**M.A. Applied Psychology 2022-24**

**Semester 1**

**Human Growth & Development**

**Written assignment Weightage: 50%**

This project is a culminating activity for the course on Human Growth and Development.  The purpose of this exercise is to ask you to consider your development and life history.  How would you describe your early years?  How have the theories studied helped you understand your own development?  Where are you are now in your life?  How does your family and cultural history relate to these issues?

This project entails integrating the readings and class discussions as well as undergoing a process of critical self-reflection.

Mention your name and roll number clearly on the first page of the assignment

Cite all references used appropriately.

**Date of submission for this assignment is Friday 4th November 2022. Closing date is Monday 14th November 2022.**

The typed, double-spaced paper of about 3000 words should consist of the following sections:

**Final Project: My Personal Development**

1. **Developmental History**
   * Prenatal Development
   * Early Childhood (Prenatal-Birth-Infancy-Toddler and Preschool Years)
   * Middle Childhood & Adolescence
   * Young adulthood to present
   * Discussion: How these factors/events influenced my life?
2. **Contexts, culture, and environment**
   * Time line of important life events
   * Family history and description (Characteristics and important events; Description of family interactions and communication patterns)
   * Ethnic and cultural background
   * Gender and sexual identity
   * Discussion: How these factors/events influenced my life?
3. **Great debates: Discuss how your own development influences your view and understanding of:**
   * Nature vs. Nurture
   * Discontinuity vs. Continuity
   * Neuroplasticity and Critical/Sensitive Periods
   * Universality vs. Cultural Relativism
4. **Conclusions**: Share your final thoughts/insights regarding this assignment and the class in general.  How did this course influence your view/knowledge about your own development? How has learning about your own development influenced your development as a counselor? How has this course influenced your views/approach towards individual differences, diversity issues, special concerns, or special populations?  What theories of development appeal to you, and why?
5. What type of professional curriculum for further learning do you see for yourself in the future?

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