EXAM-DAY · 90-MIN REVISION CARD

Human Development

Print this · Fold it · Carry to the exam-hall gate · Revise once · Then walk in.

FORMULAS & KEY RESULTS

DEVELOPMENT = progressive, orderly, lifelong change in body, mind, emotion & behaviour, from heredity x environment INTERACTION.

GROWTH = increase in physical SIZE (stops with age) | MATURATION = genetic timetable, no practice needed | DEVELOPMENT = both + qualitative change, lifelong.

DEVELOPMENT vs EVOLUTION: development = one INDIVIDUAL's lifetime; evolution = whole SPECIES over generations.

LIFE-SPAN PERSPECTIVE (5 features): Lifelong | Multidimensional | Multidirectional (gain + loss) | Plastic (modifiable) | Contextual.

FACTORS: Heredity (sets potential/range) x Environment (realises it) -> continuous INTERACTION. No nature-vs-nurture.

BRONFENBRENNER (5 systems, in->out): Micro -> Meso -> Exo -> Macro -> Chrono (TIME).

Micro = child IS in it (family, peers, school) | Exo = affects child but child NOT in it (parent's office).

STAGES: Prenatal -> Infancy -> Childhood -> Adolescence -> Adulthood -> Old age.

ERIKSON tasks: Infancy = TRUST vs mistrust | Adolescence = IDENTITY vs role confusion.

TOP 5 PYQ PATTERNS

1 Define development; distinguish growth, maturation, development (and evolution)
4 marks · 90% of years
Quote the definition stressing 'life-span' + 'interaction', then contrast the four terms with one example each.

2 Explain the life-span perspective / list its key features
4 marks · 70% of years
Name all features: lifelong, multidimensional, multidirectional, plastic, contextual — one line each.

3 Describe Bronfenbrenner's ecological model / name three systems
5 marks · 75% of years
Five systems inner->outer; never swap micro and exo; end on 'context shapes development'.

4 How do heredity and environment influence development?
4 marks · 65% of years
Heredity = potential/range; environment = realisation; stress continuous INTERACTION, not either-or.

5 Case study: name the stage + developmental task (adolescence/ identity)
6 marks · 65% of years
Spot the age cue, name the stage, state Erikson's task, link to context/heredity-environment.

90-MIN REVISION FLOW

0-15 min
Write the definition of development from memory, then make the three-column table distinguishing GROWTH, MATURATION and DEVELOPMENT with one example each. Add the development-vs-evolution one-liner.

15-30 min
List and explain the FIVE features of the life-span perspective (lifelong, multidimensional, multidirectional, plastic, contextual) with a one-line example for each.

30-45 min
Draw Bronfenbrenner's concentric circles and label all five systems inner-to-outer with what each contains. Self-test by writing micro vs exo from memory.

45-60 min
Self-quiz the danger pairs: growth vs development; maturation vs learning; development vs evolution; micro- vs exosystem; and Erikson's infancy (trust) vs adolescence (identity) tasks.

60-75 min
Take the 15-MCQ Quick Drill (companion PDF) under a 20-minute timer. Target >= 12/15.

75-90 min
Review every wrong answer, re-read the matching notes slide, and rewrite one case-study answer (stage + task + context). Done.

Confidence, not anxiety. You've practised this all year. Trust your steps. Don't change strategy on exam morning.
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