**North East School Division**

**Psychology 30.9 - Outcome**

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| **Unpacking the Outcome** | | |
| Investigate --> sociocultural factors | | |
| **Outcome**(circle the verb and underline the qualifiers) | | |
| Investigate various sociocultural factors that influence adulthood. | | |
| **KNOW** | **UNDERSTAND** | **BE ABLE TO DO** |
| Vocabulary:  Examples of Lifestyle choices:   * nutrition, exercise, substance abuse, how one chooses to handle stress, deceitfulness in a relationship (\*1)   Adverse Childhood Experiences:   * abuse, death of caregiver, divorce, caregiver incarceration, abandonment (\*2)   Examples of Issues and Challenges facing Seniors:   * financial, mental and physical well-being, cognition, retirement, relationships (\*3) | That  The choices that we make have a long-lasting impact on development.  Substance misuse affects all domains and is multi-faceted in its effects.  All families experience stressors (economic, divorce/separation, etc.) and use a multitude of coping and resiliency strategies.  All families are different and can be established at various times in life.  Human development continues throughout adulthood (parenting, extended families, aging, cultural influences, perceptions of death and dying etc.).  One’s personality, lifestyle, health and relationships are all interconnected and evolving. | 1. Analyze the influences of various lifestyle choices \*1 on the four dimensions (i.e., biological, cognitive, emotional, spiritual) during adulthood. 2. Research influence of substance misuse on cognitive, biological, spiritual well-being and identify reasons why some people may be susceptible to addiction. 3. Research various relationship trends, processes and moral and legal commitments. 4. Explore how adverse childhood experiences \*2 influence choices and behaviour in adult life. 5. Examine causes and affects of divorce on couples and their families. 6. Conduct an inquiry into various cultural influences on one’s perceptions of death and dying. 7. Explore the meaning of the phrase “living beyond one’s means” and the effects this can have on one’s physical and mental well-being. 8. Examine some issues and challenges \*3 seniors face and consider potential solutions. 9. Determine stressors parents face and research resiliency and coping skills they can develop to maintain balanced and healthy lives. 10. Examine the strengths and challenges of becoming new parents at different stages (e.g., 20s, 40s, 60s) of life. 11. Explore the emotional and physical effects of grandparents becoming primary care givers for their grandchildren and research available community supports. 12. Analyze the pros and cons (e.g., medical, emotional) of postponing motherhood/pregnancy to establish one’s career. 13. Debate when old age starts and discuss various cross-cultural attitudes towards aging. 14. Conduct an inquiry into the definition of personality and determine if aspects of one’s personality continue to develop during a lifespan. 15. Determine the connections between one’s personality, lifestyle, health and relationships. |
| **ESSENTIAL QUESTIONS** | | |
| What does it mean to be an adult?  What does old age look like?  What issues do adults face? How do they cope and deal with these issues?  Is there an ideal stage of life for raising a family?  Is there social norms expected of various ages and stages? | | |