

- **Need to pick from one of her TOPICS and give my feedback on what she wrote! Like why? I thought it was interesting and how I see it from my point of view. For each student it has to be a different topic!! It can't not be the same.**

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CH 1: Context of SES on development and Nature vs. Nurture debate

The textbook brought up a good point on how our social status has a considerable impact on development. I found this interesting as I often wonder how being raised in a working-class household has an impact on my physical development. Socioeconomic status is defined as our social standing in society, measured by our level of education, income and occupation. Members of a social class share similarities when it comes to their lifestyle choices. These decisions can impact development in countless ways such as their pursuit for higher education or health and nutrition. People who live below the poverty line have a poorer quality of life and limited access to developmental needs. For example, lower life expectancy is associated with families who live in poverty because they may not have access to quality healthcare and nutrition. Lower income families may not have the purchasing power to afford high quality food. Oftentimes, fast food chains are also heavily marketing in lower income neighborhoods. Education also plays a big part in these dietary choices. All these factors combined with things such as, poor prenatal care or school districts can impact our overall development. The Nature vs. Nurture debate can be applied here. The nature side can argue that heredity plays a role in the state of our physical health. On the other hand, the nurture side can argue that poor lifestyle choices can lead to a slew of health complications or chronic diseases. This can be investigated through correlational research which is the measure of relationship between two or more variables. However, it is important to note that correlation doesn't equal causation. There can be a potential third variable when studying these relationships.

Ch 2 LO: Sex linked genetic disorders and teratogens

Sex linked genetic disorders occur when the defective gene is found on the X-chromosome. This explains why men are more likely to have sex linked genetic disorder because they only have one X-chromosome. For women to be affected, both X-chromosomes will have to be defective. I found this very interesting because my

husband is colorblind. He has two other siblings, a sister and brother. Interestingly, both him and his brother are colorblind while his sister is not. There is a good chance that his sister inherited only one recessive gene and therefore is unaffected.

Prenatal health is crucial for development because the fetus is developing rapidly throughout the pregnancy. As I am currently in my early 30s, I am becoming more conscious of my physical health as my husband and I are planning to start a family in the near future. Most of us are aware of the harmful effects of teratogens such as alcohol, drugs and tobacco during pregnancy. However, there are many other teratogens that women must be careful about after conception. Teratogens are defined as environmental factors that can cause birth defects. Pollutants may not be an obvious category but there is a considerable impact and some of them can be found in common household products. Toxoplasmosis is another category that I was unaware of. It is a disease that results from an infection of the toxoplasma parasite which may be found in cat feces. This means that pregnant women should refrain from scooping cat litter to avoid the risk of infection. As a cat lady, this is useful and new information!

Ch 3 LO: Malnutrition in developing countries and attachment theory

When it comes to physical development during infancy through toddlerhood, kids from developing countries are at risk of malnutrition. Infantile marasmus is defined as starvation due to the lack of food. The lack of proper nutrition results in the degeneration of their physical health and it can lead to Kwashiorkor, which causes the loss of appetite and swelling of the abdomen. It broke my heart to learn about the statistics of malnutrition as I have seen it firsthand on a humanitarian trip to Phnom Penh, Cambodia many years ago. Coming from a developed country, it can be hard to grasp the idea of not having my basic needs met. I also found it very interesting to learn that children who experienced malnutrition in the first few years of their life are linked to negative cognitive effects such as lower IQ scores and behavioral issues.

The attachment theory is a good example of how “nurture” can shape our psychosocial development. Originally formulated by John Bowlby, Mary Ainsworth continued the study of attachment in infants. She created the Strange Situation Technique to measure how a child responds in stressful situations. The attachment styles are secure, ambivalent, avoidant and disorganized, with secure being the most ideal as it symbolizes trust. The caregiver plays a huge role in attachment because when a child receives consistent physical and emotional needs from the caregiver, it reinforces the idea that the world is a safe and trusting place. On the other hand, an inconsistent or volatile caregiver causes a child to be confused or insecure. I found this topic particularly interesting because I find we carry the attachment styles into adulthood. It is reflected in our relationships with loved ones. If we do not work on these “issues”, it can

flow into our future relationships. For example, an insecure avoidant child may learn to be more independent and detached but go on to struggle with emotional intimacy in relationships due to the lack of trust.

Opinion Prompt 1: Gene Editing

The idea of gene editing being able to treat and prevent diseases is both fascinating and concerning. I see the many benefits of improving the health of human beings, but it raises the ethical dilemma. The technology is rather new and there is not enough research to study the long-term consequences. On one hand, it eliminates diseases and extends the human lifespan. People will no longer have to worry about genetic diseases. From an evolutionary biology standpoint, it disrupts natural selection. I am not a biology major but isn't diversity important for the evolution of mankind? Secondly, I also foresee overpopulation taking a toll on the Earth's resources and there will be a huge impact on the environment. Scientists will need to figure out ways to increase the Earth resources or there just won't be enough to go around. Additionally, the technology is likely to be expensive and this brings up the concern of who can afford to receive treatment. Does this mean that only the rich will have access to a better life? That sounds like a dystopian society to me...

Opinion Prompt 2: How do babies think

The TEDTalk highlighted an interesting perspective on how we can judge the cognitive ability of babies. I like Gopnik's analogy about how an adult's consciousness looks like a spotlight while a baby's consciousness is more like a lantern. Like many people, I tend to associate babies with less cognitive ability, but the lantern analogy makes so much more sense. It reminded me of the phrase "to see the world through a child's eyes". We often say that to illustrate the importance of gaining fresh perspective. This makes sense because as adults, we are often so caught up with what's important and tune out everything else. A child, on the other hand, spends most of their time taking in every bit of their environment. Adults can learn to be more mindful by thinking more like kids!