

الموضوع الثالث

Growth and Cognitive Development

1- The central question of developmental psychology is: how people acquire their personalities, abilities, motives, and social behaviors? The goal of this area is to describe the age changes in behavior and psychological functions , Naturalistic observation, which collects data from real-life settings, is a basic research method in this area , In longitudinal studies, the same children are observed or tested repeatedly over an extended period , In cross-sectional studies, children of different ages are studied at one time , Either method can be used effectively to study age trends in psychological functions , Longitudinal data, however, are required to study the relations between early experiences and later behavior.

2- All psychological changes involve both experience (learning or practice) and maturation (innate physiological and biochemical changes within the organism), Many aspects of development are regular and predictable, proceeding in orderly sequences .

3- All children go through the same stages in cognitive and speech development. Progress is not always smooth and gradual, however; physical growth sometimes proceeds in spurts, and similarly cognitive functions develop more rapidly at certain periods than at others , There are critical or sensitive periods in many phases of development. Experiences at early ages in these periods may seriously affect later behavior .

4- Early growth and development are to a large extent regulated by biological, maturational forces. Newborns' sensory systems function well, and many of their needs, motor abilities, and even some very complex perceptual abilities- such as the perception of objects as solid and graspable- are innate, or "rewired" into the organism , Reflexes present at birth gratify many needs in self-regulatory ways, helping infants to adjust and survive. Sensory and motor abilities improve very rapidly during the first few months in fixed, unvarying sequences or stages .

الكلمة	معناها
Cognitive	المعرفي
developmental	النمو
personalities	شخصياتهم
abilities	قدراتهم
psychological functions	الوظائف النفسية
describe	يوصف / وصف
Naturalistic	الطبيعية
observation	الملاحظة
collects	يجمع
real-life settings	الحياة الواقعية
longitudinal studies	الدراسات الطولية
period	فترة
cross-sectional studies	الدراسات المستعرضة
repeatedly	متكررة

extended	ممتدة
method	طريقة
effectively	فعال
Longitudinal data	البيانات الطولية
required	مطلوبة
early	مبكراً
later	التالي
involve	تتضمن / تشمل
learning or practice	الممارسة والتعلم
innate	فطري
biochemical changes	تغيرات الكيمياء الحيوية
organism	الكائن الحي
aspects	مظاهر / جوانب
regular	منتظم
predictable	التنبؤ
proceeding	ينشأ
orderly	منظم
sequences	سلسلة / تتابع
phases\Stages	مراحل
speech	الكلام
Progress	بتقدم
smooth	مرن / بسهولة
gradual	متدرج
proceeds	تعود
physical growth	النمو البدني
spurts	طفرة
similarly	بالمثل

cognitive functions	الوظائف المعرفية
certain	معينة
periods	فترات
rapidly	بسرعة
critical	حرجة
sensitive	حساسة
early ages	الأعمار الباكرة
phases	مراحل
affect	تؤثر
Early growth	النمو المبكر
seriously	جدياً
biological	بيولوجي
Newborns	حديثي الولادة/ مولود جديد
maturational forces	قوة نمائية
sensory systems	الأجهزة الحسية
function well	تعمل بشكل جيد
motor abilities	قدرات حركية
perception	الإدراك
solid	الصلبة
graspable	يمسك / يمكن إمساكها
rewired	مجهزة
present Reflex	الأفعال الانعكاسية
gratify	تشبع
self-regulatory ways	طرق ذاتية مختلفة

infants	الرضع
survive	التعايش
Sensory	الحسية
improve	تتحسن
very rapidly	بسرعة شديدة
fixed	ثابتة
unvarying	غير متغير
sequences	تسلسل
innate physiological	تغيرات فسيولوجية
tested	اختبار
aspects	جوانب
spurts	مفاجأة
Naturalistic – observation	ملاحظات طبيعية