PSY-358 Adult Development and Aging

**Topic 2 – Cognitive Changes during Adulthood**

**Directions:** This assignment will require you to type directly in this worksheet. Part I will require you to research cognitive related changes during adulthood. In each box, describe 3-4 cognitive changes that generally occur during that age-range (**include things such as** **memory, attention, structural change, processing speed, executive functioning, and neurotransmission**). Part II, requires that you answer thefollow-up questions*. Please delete the examples in red.*

A minimum of three resources are required. Your textbook may serve as one resource. Make sure the references *are current and cited both with your chart and referenced in the reference section.*

**Part I: General Cognitive Changes**

|  |  |
| --- | --- |
| **Age Range** | **Brain Development/Cognitive Changes** |
| Emerging Adulthood through Early Adulthood  (approx. 17-25-ish) | *EXAMPLES:*  The prefrontal cortex is still developing, which influences reasoning, judgement, and problem solving …  The limbic system, which serves as the reward system (e.g. linked to risk taking)...  Synaptic pruning… |
| Early Adulthood  Through Middle Adulthood  (25-45-ish) |  |
| Middle Adulthood  through late adulthood  (45-ish through death) |  |

**Part II:** Follow-up Questions

In 150-250 words, please answer the following questions:

* During what age range do we see the most dramatic cognitive changes occurring?
* Choose (and explain how) at least two factors that might exacerbate the cognitive changes above. Examples: Lack of sleep, binge drinking.
* What can be done to offset some of these cognitive changes (chose one example from your chart and include both preventive and accommodating ideas/tips). Examples: Nutrition and creativity.
* What was your biggest take-away from this activity? What changes might you make now?

References:

Full APA references belong here