

1 Jamal Jones

Overview

Built from a series of cases studies developed and actively used by Stephanie Wright, several colleagues, and a multitude of students, *Cases in Lifespan Development* offers students a fun, comprehensive view into life through key developmental stages. Students themselves have weighed in on the case details and outcomes, sharing their own observations, worries, and moments of triumph to build engrossing examples. By using paired assessment delivered through a SAGE Coursepack, instructors and learners will also have the opportunity to check understanding, to spark discussion, and to share their experiences as they follow development through a semester.

Introduction

Welcome to your case study!

Congratulations! You will follow the lifespan of baby boy Jamal Jones. Try to use your best judgement, your textbook, classmates, instructor and supplementary resources to make the best decisions to help him grow.



Credit: TK

This semester you will observe Jamal as he grows from infant to child to teen to adult. Who will he become in your care? Will you understand and agree with all decisions available within his circumstances? How will you feel about the tough decisions that forever shape his path in life?

Meet Jamal Jones

Jamal is the third son of a single African-American mother. His father is not involved in his development or present in his life. However, Jamal has a father figure—his uncle Malik, who spends a good deal of time with the family. Jamal's mom works two part-time jobs, until she requires bed rest during her pregnancy with Jamal and is fired from one of them. The Jones's are poor, but Jamal's mother Neka works hard to support her family. The family lives in subsidized housing, and Jamal's mother has no employer-sponsored health insurance.

Through this case study and your lifespan course you will be asked to consider decisions regarding Jamal's physical, emotional, and cognitive growth and development from several perspectives: his mother Neka's, his uncle Malik's, his brothers' Kiyon and Keyun, as well as his spouse's, his children's, other family members', friends', teachers', doctors', and supervisors'.

Now let's get started.



1. Development and Its Influences: Jamal Jones

Today you will:

- 1.1 *Outline five principles of the lifespan developmental perspective.*
- 1.2 *Explain three theoretical controversies about human development.*
- 1.3 *Summarize five theoretical perspectives on human development.*
- 1.4 *Describe the methods and research designs used to study human development.*

Neka didn't expect to have a third son. In fact, she had been weighing how to afford more permanent birth control when she realized she was pregnant. She learned of her pregnancy with Jamal only after feeling nauseous in the mornings consistently during her first trimester. During the twenty-fourth week of her pregnancy, on a Tuesday, Jamal's mother Neka feels very unwell at work. She nearly faints as she is eating her turkey sandwich, chips and coke while on her lunch break. At the insistence of her co-worker and close friend Janessa she manages to leave early enough to see her doctor, Dr. Coop. Neka has to drive to this appointment alone.



After thoroughly examining Neka, Dr. Coop is concerned about Neka's blood pressure, which is very high.

"Neka, given your blood pressure it's highly possible you are suffering from pre-eclampsia. For you and the baby to be okay I need you to take it easy for the next two weeks. You'll need to call out sick and stay at home in bed or on the couch. You'll also need help with your other boys. At least you'll get to catch up on TV." Dr. Coop sighs with a soft smile.

Frightened for both her unborn baby's health and her own, Neka follows Dr.

Coop orders. This means she must let not one, but two bosses know that she has been ordered to rest in bed. Her boss at the facility where she's worked since high school is understanding, but Neka's second job supervisor, whom she has only worked for a short while, is not. She is fired from her second job.

As a result Neka must make sacrifices to manage her spending, which means she must begin choosing carefully who to feed what and when, with her two small children receiving the best food she can afford each day. At the end of her bed rest period, she begins to hunt for another job to replace the one she was fired from. She participates in several interviews, trying to mask her growing belly each time, but she quickly finds that no one is very interested in hiring a pregnant woman who will soon need to be absent for a lengthy maternity leave.

2. Jamal's Biological and Environmental Foundations

Today you will:

- 2.1 Discuss the genetic foundations of development.
- 2.2 Identify examples of genetic disorders and chromosomal abnormalities.
- 2.3 Discuss the choices available to prospective parents in having healthy children.
- 2.4 Describe the interaction of heredity and environment, including behavioral genetics and the epigenetic framework.

"Oh Jamal, you're never going to know your Daddy. I didn't either, and I turned out okay," Neka whispers with a smile to her growing abdomen as she brushes her teeth before work. Neka's statement holds true, and Jamal will never know the biological history of his own father. However, he will interact throughout his life with other biological family members, from his Uncle Malik to his mother to his two older brothers, Kiyun and Keyon. His smile will reflect a gap between his front teeth, similar to his shy, older brother Kiyun's and the smile of his mother. In fact, this is the same smile Kiyun will show when he greets and holds baby brother Jamal for the first time.

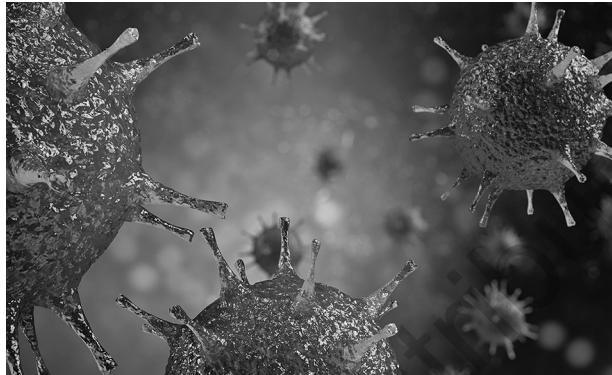
Despite his closeness from the start with Kiyun, as a small child Jamal's dimples and his bubbly personality will reflect that of his heavy set older brother Keyon. As an infant Jamal is warm, friendly, a bit tenacious, and he laughs regularly.

The Jones family lives in a low-income housing unit in an urban environment. Because of this the Jones' are close to several neighboring families, the Lewis family, the Milsteins, and the Washburnes. Growing up Jamal can hear the arguments that occur between his teenage neighbor Avi Milstein and his mother, Krista. He spends time as a child with Ms. Lewis, his mother's close friend and support.

"Mom, I'm hungry," is a phrase Jamal will learn to repeat early on from his brothers, as Jamal and his family have very few resources to spare during his childhood.

Jamal's family only rarely enjoys a dinner out together at Kiyon and Keyun's favorite restaurant, McDonald's. These and his other biological and environmental factors will increase Neka, Jamal's mother's, prenatal stress levels. Biologically speaking, this means that greater than ideal amounts of corticosteroids will pass the blood-brain barrier during her pregnancy with Jamal.

Neka's preeclampsia, the cause of her needed bed rest in the prior section, puts Jamal at risk for a number of negative outcomes including preterm birth or being small-for-date, both of which would have cascading effects.



Credit: TK

3. Jamal's Prenatal Development, Birth, and Newborn Experience

Today you will:

- 3.1 Describe the three periods of prenatal development that begin with conception.
- 3.2 Identify how exposure to teratogens can influence the prenatal environment.
- 3.3 Explain the process of childbirth.
- 3.4 Discuss the neonate's physical capacities, including development in low-birthweight infants.

"Sis, I hope you got enough rest today. How you feeling? I went to Red Box snagged the new Avengers and scooped up burgers for us and the boys tonight. I think they put pickles on yours, even though I asked them not to, but you can pick them off, right?" Neka wrinkles her nose, though a beaming smile crosses her face. Jamal's uncle Malik, a handyman, has stepped in to help her provide for the boys for a short period of time during her bedrest.

After two weeks Neka is able to find short-term, part-time work- caring for her next door neighbor's vivacious little boy, Bobby- enabling her to work from home while Bobby's parents are at work.

"Mom, I have a hole in my shoe! By my big toe from being too active again!" Keyun shouts as he barrels in the front door after school.

Kiyun looks up from his game on the floor with his friend Bobby, "Geez, good thing I don't think she heard you. Mom says we can't buy new things like shoes right now, Key. Don't tell her,



Credit: TK

it will make her cry again.” As evidenced by the brothers’ interaction, the money Neka earns keeping an eye on Bobby doesn’t make up for the lost job, but it’s a big help and allows her to rest as her doctor recommended.

Thanks to Malik and Neka’s second job, Jamal is born full-term after 39 weeks and healthy, and his brothers are able to remain healthy, too. Throughout his childhood baby Jamal will soon hear his uncle Malik repeat, “The night you were born, right as I went to bed, your Momma was up pacing around, saying you was banging

around in her belly. I knew you were just having batting practice. You batted your way right out of her belly that same night and were home just a couple nights later. Right on time to catch the last game of the series in my arms. You slept through the whole thing, but you’ve been a baseball fan ever since birth, bud.”

4. Jamal’s Physical Development in Infancy and Toddlerhood

Today you will:

- 4.1 Discuss growth and the role of nutrition in development during infancy and toddlerhood.
- 4.2 Summarize brain development during infancy and toddlerhood.
- 4.3 Compare infants’ early learning capacities for habituation, classical conditioning, operant conditioning, and imitation.
- 4.4 Describe infants’ developing sensory abilities.
- 4.5 Analyze the roles of maturation and contextual factors in infant and toddler motor development.



Credit: TK

Neka is able to continue working from home for a few more weeks, which allows her to spend a bit of time at home with Jamal in his earliest life stages. They bond very well, and he is a happy, healthy baby boy. When she does return to working two jobs, she leaves him in the care of a neighbor, Ms. Lewis, who watches children in her home. This saves Neka money and also allows Jamal to be in a safe, comfortable setting with other children he already knows. His older brother, Neka’s middle son Kiyun, also stays at this home, too. While Jamal’s

oldest brother Keyon attends the local elementary school. At least twice a week Uncle Malik continues to join the family for dinner.

“Uncle Malik, cheeseburgers are your favorite food! You always bring them when you come over. They’re mine too, but Mom says I need to eat more apples,” Keyon states thoughtfully. Looking at Jamal, who is at his mother’s feet he continues, “When can Jamal even eat cheeseburgers like us? All he ever has is milk, French fries and the boring scrambled eggs mom usually makes!”

“Keyon! Where are your manners? And say thank you to your uncle for bringing over anything at all for dinner!” Neka chides.

She scoops Jamal up in her arms, moving him to his seat at the small kitchen table as Keyon apologizes, “Sorry Uncle. Sorry Mom. Fries and burgers are good too. Mom, can we draw a story with pictures tonight with you after dinner? Even Kiyun and Jamal like doing that.”

Momentarily ignoring Kiyun’s question Neka turns to her brother, “Malik, thanks for bringing over burgers again. Lately this kid is always on the move. We really need a baby gate so I can keep him away from the stairs. I’m noticing that he’s super curious about them, especially when his brothers run up and down.” Fourteen month old Jamal gleefully reaches for a handful of French fries as he watches his family gather around the dinner table.

“Fy!” he says, turning to shove a French fry into Neka’s nose. She laughs and tells him to eat his own fries. “Fy!” he says again, offering the soggy spears to his Uncle Malik. So far, Jamal can say *momma*, *bo* for brother, *Mee* for Malik... and *fy*. Neka figures everyone knows what his favorite food will be.



Credit: TK

5. Jamal’s Cognitive Development in Infancy and Toddlerhood

Today you will:

- 5.1 *Discuss the cognitive-developmental perspective on infant reasoning.*
- 5.2 *Describe the information processing system in infants.*
- 5.3 *Discuss individual differences in infant intelligence.*
- 5.4 *Summarize the patterns of language development during infancy and toddlerhood.*

Jamal first called Neka, “Momma.” Now he can say “fy” for fries and “Key” and “Kie” for his brothers. He can also say “dog” quite well. Ms. Lewis, who takes care of him when Neka works, has a small dog he likes to play with.

With the near-constant presence of his brothers and Neka and Uncle Malik reading to him and playing with him, Jamal will learn more words every day. He already counts on his fingers to three even though he doesn't say the numbers, and he uses babbling to help go to sleep at night. Third and later children often talk later and less than other children in families, but Jamal is happy and engaging. His family can't help but interact with him, helping facilitate his timely language development.

6. Jamal's Socioemotional Development in Infancy and Toddlerhood

Today you will:

- 6.1 Summarize the psychosocial tasks of infancy and toddlerhood.
- 6.2 Describe emotional development in infancy and identify contextual and cultural influences on emotional development in infants and toddlers.
- 6.3 Identify the styles and stability of temperament, including the role of goodness of fit in infant development.
- 6.4 Describe how attachment develops in infancy and toddlerhood.
- 6.5 Differentiate the roles of self-concept, self-recognition, and self-control in infant development.



Credit: TK

Neka notices that going to work has become a particular challenge. Every day now Jamal has a crying jag that lasts from the minute she starts to edge for the door until she can no longer hear him as she walks down the hallway away from Ms. Lewis' door. She went through the same thing with Keyon and Kiyun, so she knows this is perfectly normal. Jamal's just dealing with separation anxiety because they have such a close bond. She also knows he stops crying before she even gets to the car. Knowing these things

doesn't make it any easier to leave her crying baby for hours and hours when she just wants to hold him and dry his tears.

7. Physical and Cognitive Development in Early Childhood

Today you will:

- 7.1 Discuss physical development in early childhood.
- 7.2 Compare Piaget's cognitive-developmental and Vygotsky's sociocultural perspectives on cognitive development in early childhood.

- 7.3 Describe information-processing abilities during early childhood.
- 7.4 Summarize young children's advances in language development.
- 7.5 Contrast social learning and cognitive-developmental perspectives on moral development in early childhood.
- 7.6 Identify and explain various approaches to early childhood education.

When Jamal approaches preschool age, Neka applies for him to start at the nearby Headstart Pre-K program. Both of his brothers, Kiyun and Keyon attended the school, and Jamal is accepted into the program. Jamal begins to learn to draw, to write his letters, to count to ten on his fingers, to understand colors (his favorite is green), to describe shapes, and even to grasp a small bit of geography and other foundational real world concepts. Additionally, preschool allows Jamal the opportunity to catch up with his more affluent peers in reading and math.



Credit: TK

At the first parent-teacher conference, Neka is dismayed when Jamal's teacher expresses some concerns. Jamal was significantly behind his peers in fine motor development. The teacher laid several pieces of paper on the table between them. They were different shapes like circles and diamonds and rectangles edged with dotted lines, and Neka could see where Jamal had been instructed to cut around the edges with scissors. His edges were uneven, and often he'd cut into the shape. The teacher suggested that Neka could practice with Jamal at home and said that she was sure with practice Jamal would catch up quickly. Neka agreed and bought safety scissors at the dollar store on her way home. That night, she made a game of cutting out shapes that she drew on the backs of envelopes she found in the junk mail pile. Getting all three boys in on the activity, she thought she could make Jamal feel less targeted and maybe having his brothers there to guide him would help some, too.

8. Jamal's Socioemotional Development in Early Childhood

Today you will:

- 8.1 Discuss young children's emerging sense of initiative, self-concept, and self-esteem.
- 8.2 Summarize the development of emotional understanding, regulation, and behavior in early childhood.
- 8.3 Identify four parenting styles and their associations with child outcomes.
- 8.4 Compare biological, cognitive, and contextual theoretical explanations of gender role development.
- 8.5 Explain the function of play and the form it takes during early childhood.



Credit: TK

In his preschool Jamal also befriends his classmates, beginning to develop some of his social skills before starting kindergarten in a year. Neka knows all of the teachers and administrators and feels fortunate that Jamal will be headed to the program in the fall. When Jamal starts the Headstart program, Neka enrolls in a few morning classes at the local state college. She thinks it will be nice to be going to school with her boys even if it means she'll have to work more at night instead of being at home with them.

Even though Jamal and his brothers are all in school during the day now, Ms. Lewis still keeps an eye on them while Neka works. Jamal likes going to Ms. Lewis' because he gets to spend time with one of Ms. Wilson's other charges and a good friend of Jamal's, Zuri, who didn't go to Headstart with him. They're still good pals, and one of the things Jamal really likes is that he gets to show Zuri all the stuff he's learning. It's almost like he gets to be the teacher when they're together. She doesn't read as fast as he does, and it takes her longer to do some of the math problems he shows her. He doesn't care, because when she gets stuck he can unstick her. He hopes they get to be in the same Kindergarten classroom next year.

9. Jamal's Physical and Cognitive Development in Middle Childhood

Today you will:

- 9.1 Identify patterns of physical and motor development during middle childhood and common health issues facing school-age children.
- 9.2 Discuss school-age children's capacities for reasoning and processing information.
- 9.3 Summarize views of intelligence including the uses, correlates, and criticisms of intelligence tests.
- 9.4 Examine patterns of moral development during middle childhood.
- 9.5 Summarize language development during middle childhood.
- 9.6 Discuss children's learning at school.

By the time Jamal is moving through elementary school, he's only a year or so behind Kiyun, and their oldest brother is in middle school. All the boys are doing well academically. The thing Jamal likes best about elementary school is homework. His mom has two years of school left to get a degree in marketing, and she does her homework at the table with Jamal and Kiyun. Jamal loves this time of day, because his mom is pretty much the most amazing person he knows.

On Jamal's very first day of school, his Kindergarten teacher Ms. Anderson asks all of the children in the class to sit on the "reading rug" so she can read them a story. Jamal loves books, and he loves reading. He gets as good a seat as he could near the teacher's feet and sits very still,

waiting. Once everyone is more or less quiet, she picks up a book with a fish on the cover. He can see that the title says *Rainbow Fish*. Jamal has this book at home and likes it. When Ms. Anderson finishes reading the book and asks the class a few questions, she sends everyone back to their seats. Jamal stands, and the teacher says to him, “Jamal, that was very good sitting. How did you learn to sit so still?” Jamal laughs. “I have two big brothers, Ms. Anderson. Sometimes I have to sit still just so they don’t know where I am. If I don’t, they either tickle me until I pee or steal my cookies.” Ms. Anderson laughs with him. “I think I’d learn to sit still, too.” to develop some of his social skills before starting kindergarten in a year. Neka knows all of the teachers and administrators and feels fortunate that Jamal will be headed to the program in the fall. When Jamal starts the Headstart program, Neka enrolls in a few morning classes at the local state college. She thinks it will be nice to be going to school with her boys even if it means she’ll have to work more at night instead of being at home with them.

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10. Jamal’s Socioemotional Development in Middle Childhood

Today you will:

- 10.1 *Describe school-age children’s self conceptions and motivation.*
- 10.2 *Examine the roles of friendship, peer acceptance, and peer victimization in school-age children’s adjustment.*
- 10.3 *Discuss family relationships in middle childhood and the influence of family structure on adjustment.*
- 10.4 *Analyze the role of resilience in promoting adjustment to adversity, including characteristics of children and contexts that promote resilience.*

Jamal has shown a real talent for baseball. His uncle Malik works hard to ensure he has money for Jamal’s Little League uniform and cleats, and every year the two establish a tradition: selecting



Credit: TK

a new glove for Jamal. Jamal's two favorite pastimes are playing baseball with his teammates and watching baseball games with his brothers.

When Jamal is close to finishing elementary school, his family leaves the apartment he's always lived in. His mom has rented a house a few miles away. Her boss hired her full-time when he learned she would be getting her degree in a few months, and she saved as much money as she could until they could afford to move. Jamal's even getting his own room. He can't wrap his head around the idea. When they move in, Uncle Malik helps him

hang a shelf for his baseball trophies and then takes him into the backyard to play catch. One month before his last day of elementary school, his mom graduates from college. Everyone goes to watch her walk across the stage, and then they all go out to dinner to celebrate. Life is just about as good as it gets.

In his new neighborhood, Jamal's mom let's him go to the park by himself and with his brothers. It's only two streets away. After a few times at the park, Jamal realizes that he doesn't ever see kids his age, not like when he and Zuri played at their old playground. He does see big boys a lot. His big brothers seem to know them but don't ever speak to them. Uncle Malik brought burgers over one night a few weeks after they moved in, and while Jamal munched his fries his mom talked about the playground and what his brothers told her. Uncle Malik said it sounded like gang business and they shouldn't go the playground anymore. Jamal knew about gangs, but he didn't know anyone who was actually in one. Uncle Malik's advice seemed pretty good to him, and he promised his mom they wouldn't go anymore ever.

11. Physical and Cognitive Development in Adolescence

Today you will:

- 11.1 Evaluate the storm and stress perspective on adolescence in light of research evidence.
- 11.2 Summarize the physical changes that occur with puberty and the correlates of pubertal timing.
- 11.3 Discuss brain development during adolescence and its effect on behavior.
- 11.4 Identify ways in which thinking changes in adolescence and how these changes are reflected in adolescent decision making and behavior.
- 11.5 Discuss moral development and influences on moral reasoning.
- 11.6 Describe the challenges that school transitions pose for adolescents and the role of parents in academic achievement.

If you ask Jamal, going through puberty is rough. He starts to develop strange feelings for his best friend, Zuri, and now he's glad he moved away from her. It would be ten times worse if he had to ride the bus with her everyday. Between vocal changes and the changes in his thoughts and feelings

toward girls in his class and normal teasing at the hands of his older brothers, Jamal is lucky to have the support of his Uncle Malik, his friends on the baseball field, and his mom Neka in his academics to offset the razzing from his older brothers.

His mom asks him a couple times if he's seen Zuri lately, and he tries to avoid her question. Unfortunately, his brothers notice and correctly guess what's going on. Keyon's been dating for a couple years. There's always a new girl coming over to the house, so many that their mom and Uncle Malik make jokes about it when Keyon isn't around, but Jamal knows it's his turn now. Keyon starts teasing him about Zuri even though Jamal tells him they're just friends. One day, Zuri bikes over to his house after school to work on a project for social studies, and they watch a little television when they're finished. Jamal finally gets the courage to hold her hand, but his mom's car door slamming in the driveway puts an end to that fast. Zuri leaves quickly after that, and Jamal shuts himself in his room to think about how being so close to her and holding her hand made him feel.



12. Socioemotional Development in Adolescence

Today you will:

- 12.1 Summarize the processes by which self-concept, self-esteem, and identity change during adolescence.
- 12.2 Discuss the nature of parent-child relationships in adolescence.
- 12.3 Examine the developmental progression of peer relations in adolescence.
- 12.4 Analyze patterns of adolescent sexual activity including sexual orientation.
- 12.5 Identify common psychological and behavioral problems in adolescence.

Jamal is finally in high school. He has become a bit more shy during his middle school and early high school years. Despite his position as a starter on the baseball team he prefers to spend his lunch hours in a corner or the library reading. Jamal is an honor roll student in the classroom. His older brothers Kiyun and Keyon have graduated. Keyon has found a successful career as a manager in a local car dealership. Kiyun just left for college and his freshman year in the dorms. Jamal knows his mom and Uncle Malik expect him to do well, too. After



everything his mom did for them, there's no way he's not going to do everything he can to make her proud.

As graduation draws closer, Uncle Malik starts taking Jamal for a weekly burger and fries. Their "boys' night" his uncle calls them. Jamal tries to remember if his older brothers had the same sort of one-on-one times with their uncle and thinks maybe they did. When they're at dinner, Uncle Malik always has something he wants to say, and Jamal figures this is the stuff his dad would talk to him about if he had one. Well, he does, Uncle Malik, and he doesn't care that his biological dad isn't around. A lot of what they talk about Jamal learned in sex ed. How not to get an STD, how not to get a girl pregnant, how not to take advantage of someone. Those were clinical discussions though, and he likes having someone close to him that he can ask personal questions.

It seems like all his teammates on the baseball team talk about their girlfriends and having sex. Jamal's dated some, but he's still a virgin. Every now and then, he thinks about Zuri, his best friend from the old neighborhood, and wonders what she's doing, but he knows calling her would be the wrong thing to do. He misses being a little kid with her, but he doesn't think hooking up with her would be a good idea. The night Uncle Malik tells him that *not* having sex is normal - good even! - is one of the most reassuring nights he's had in high school. Now he can stop thinking about sex, even if it's just until he's on his next date, and spend time with his uncle talking about other things he worries about sometimes, like how his friends always want him to go partying after they win a game or how so many of his friends do stupid things to look cool. At a party once, Jamal tried smoking with his friends just to fit in, but he ended up looking like a dork when he couldn't stop coughing and he thought he would throw up after he finished the cigarette.

13. Jamal's Physical and Cognitive Development in Early Adulthood

Today you will:

- 13.1 Describe the features and characteristics of emerging adulthood.
- 13.2 Summarize the physical developments of emerging and early adulthood.
- 13.3 Analyze physical and sexual health issues in emerging and early adulthood.
- 13.4 Compare postformal reasoning, pragmatic thought, and cognitive-affective complexity.
- 13.5 Explain how attending college influences young adults' development, and identify challenges faced by first generation and nontraditional students.
- 13.6 Discuss vocational choice and the transition to work.

Following in his middle brother's footsteps, Jamal goes to college when he graduates from high school. He's very fortunate to receive a partial scholarship for baseball to a state college. Jamal worked a part-time job in high school, just like Keyon and Kiyun, and he always saved half of every paycheck. Because of this and because she's saved a little money when she could since he was

a young kid, he and Neka can pay the rest of his tuition. Jamal studies hard, is a good teammate, and manages to graduate only a year late.

When mom, Uncle Malik, and his brothers move him into his dorm room a couple hours away from home, Jamal is very aware of his privilege. His mom is smart, and for more than half his life she's made a good income even if they were still a single-parent family. She worked hard, and she knew how to keep all of them straight. They also had Uncle Malik standing in as a father. Going to school with lots of kids who started out just like himself but without those advantages, Jamal knew how lucky he was. So many of those kids - kids like Zuri - never even made it out of high school. They dropped out to get jobs and help their parents with bills, or they got pregnant and started families when they were still kids themselves. He didn't have as much as some of the other kids he knew, never would probably, but he knew how to make the most of what he had and he knew the value of working hard and staying in school. When he started college, he figured that gave him an advantage over people who had less. Keeping his old classmates in his mind and never forgetting the goals he had for himself - a college degree, a good job, a home of his own one day - he was able to focus on what mattered. He didn't party like some of his teammates, and he never once let himself slack off in his classes. Jamal wasn't a straight-A student, but he gave everything he had to everything he did, and in the end, that was enough.



Credit: TK

14. Jamal's Socioemotional Development in Early Adulthood

Today you will:

- 14.1 Summarize psychosocial development in early adulthood.
- 14.2 Discuss influences on friendship and mate selection and interactions in early adulthood.
- 14.3 Analyze the diverse romantic situations that may characterize early adulthood, including singlehood, cohabitation, marriage, and divorce.
- 14.4 Compare the experiences of young adults as stepparents, never-married parents, and same-sex parents.

As he makes his way through college he falls in love (a couple of times), His freshman year, he's so busy with class and baseball that he doesn't even look at girls much even though they look at him. One, a girl named Sarah, tries to talk to him a few times, but he tells her as politely as he can that he's just too busy for a relationship. When he runs into her again in the fall of his



Credit: TK

sophomore year, she tries again, and he asks her out. They date for a while, and Jamal kicks himself for waiting so long. Sarah is gorgeous and smart. She's funny and likes all the same things he does. After a few months, they have sex, and at 19, he's finally not a virgin anymore. A few weeks later, Sarah stops taking his calls, and when he finally shows up at her dorm to ask what's going on she tells him she's met someone else. Devastated, Jamal spends a week in his bed skipping class and practice and even meals, though the opportunity to eat is the one thing he never misses.

Eventually, his roommate and teammate Sam pulls him out of bed and down to the dining hall. He eats three cheeseburgers and a plate of fries and ignores Sarah when she comes in with her new boyfriend. He does meet another girl a couple weeks later, and he dates Kaila through the spring until he decides she's not the one for him. Over the next three years, he continues to meet, and date, different girls, but no one is the perfect match.

After five years of college, Jamal graduates. Having not been drafted by any baseball league - not that he really expected it - he gets a job copyediting for a small entertainment e-zine published online once a week. He meets a girl in his department, Erica, and they find they have a lot in common, including similar childhood stories, and they go out for dinner one Friday after a long workweek. Jamal is trying to decide whether or not to apply for an opening in the marketing department (he does, and he gets the job), and Erica is getting ready to pitch their boss on a new section for the magazine (she does, and the boss loves her idea). Eventually—after many road trips, adventures, and a series of long discussions with Neka, his uncle Malik, and asking Erica's father for her hand—Jamal will propose to and marry Erica.

15. Jamal's Physical and Cognitive Development in Middle Adulthood

Today you will:

- 15.1 Summarize age-related physical changes during middle adulthood.
- 15.2 Discuss common health conditions and illnesses and the roles of stress and hardiness on health during middle adulthood.
- 15.3 Contrast the findings of cross-sectional and longitudinal studies of crystallized and fluid intelligence over adulthood.
- 15.4 Analyze changes in cognitive capacities during middle adulthood, including attention, memory, processing speed, and expertise.

After successfully managing the marketing department at the e-zine, Jamal makes a big career move. He takes a position as the marketing director for the local A-league baseball team. He and Erica talk about the possibility for a long time before the job is even available, and they both agree that he will be happiest doing that kind of work. When the team needs the leadership Jamal knows he can give, he goes for it. After a number of years with the team, he's offered another position, COO of a well-known technology firm (his company creates sleek, streamlined smart phones). His mother Neka, who is just retiring from her own role in a public relations firm, is very proud.



16. Jamal's Socioemotional Development in Middle Adulthood

Today you will:

- 16.1 Summarize the theories and research on psychosocial development during middle adulthood.
- 16.2 Describe the changes that occur in self-concept, identity, and personality during middle adulthood.
- 16.3 Analyze relationships in middle adulthood, including friend, spousal, parent-child, and grandparent relationships.
- 16.4 Discuss influences on job satisfaction and retirement planning during middle adulthood.

Erica and Jamal have a stable, loving marriage from their earliest days well into middle-age. The two of them, despite their busy careers and lives, have two creative, energetic little girls, Amelia and Alexis, who keep them busy, including Jamal getting to coach the girls' softball teams throughout their childhood. When he looks back to his own childhood, Jamal doesn't think about how far he's come; he thinks about how lucky his whole family is.

He and Erica bought a house on a street in the same neighborhood as Neka, Jamal's mother, and she is able to care for Jamal and Erica's young children as they grow. Jamal is also able to support and care for his mother as she ages. Often, in the evenings when it's time to take the girls home, Neka comes with them and stays for dinner. Jamal likes these nights, because it gives his mom a chance to reminisce, which he senses she needs. As Amelia grows older and Erica starts to talk about college for their oldest child, Neka takes Jamal's hand and warns him of the empty nest and how quiet the house will be with the children gone. "I thought I would relish the quiet," she admits, "but once you were gone, I realized how wrong I was."

He and his family routinely see Kiyun, Keyon and their two families as well. Theirs is very close-knit family, which is why Jamal finds himself struck to the core when Uncle Malik dies



suddenly of a stroke a few months before Amelia graduates from high school. Neka withdraws and grieves for her brother, who was such a support all of Jamal's life, and he lets her have this time to herself while he tries to figure out how to let go of the uncle who was the only father he ever knew.

They all miss Uncle Malik so much. After a few months pass and the world starts to right itself again, Jamal reaches out to his mom and to his daughters. Amelia has held them all together after the funeral, but Alexis is as withdrawn as Neka has been. Erica expresses her concern to him one night. "Do you think she's doing drugs? Or - Jamal, you don't think she's cutting, do

you?" Jamal shakes his head. "I don't know, but we'll find out, and we'll handle it together."

Alexis has been drinking and smoking weed with friends whenever she gets the chance. Erica and Jamal are mortified by the discovery but determined to keep their family together and get Alexis the help she needs. Neka steps in with firm, no-nonsense advice, too. For the first time in his life, Jamal looks to an uncertain future without the confidence that he has whatever is necessary to take care of anything that happens.

17. Jamal's Physical and Cognitive Development in Late Adulthood

Today you will:

- 17.1 Discuss age-related changes in brain and body systems in late adulthood, and identify ways that older adults may compensate for changes.
- 17.2 Identify risk and protective factors for health in late adulthood.
- 17.3 Summarize common dementias including characteristics, risk and protective factors, and treatment.
- 17.4 Analyze patterns of cognitive change in late adulthood.

As Jamal ages, he experiences a range of normal declinations based on his genetic makeup, from weight gain to gray hair. He develops myopia and Type II diabetes, though he is able to successfully manage his diabetes through diet, exercise, and with the help of an insulin pump. Each time he goes to the doctor for a checkup, he's reminded of his mother's aging, which was complex and difficult to watch. Neka remained healthy for her entire life, not developing any major illnesses like heart disease or suffering any severe injuries like broken hips. In her late 60s, however, she began to show signs of forgetfulness that were more than not knowing where she left her keys. She always knew where her keys were, but sometimes she would forget what exactly she was meant to use them for, or she would get to the grocery store and not know what she was supposed to buy there or how to find her way home. The family doctor diagnosed her with Alzheimer's disease and

said that, while there was no one cause for the disease, Neka's long struggles with the chronic acute stress from being poor and working two jobs while raising the boys and trying to attend school probably resulted in excess secretions of corticosteroids over a number of years. This, he told them, may be at least partially responsible.

Jamal, however, remains cognitively sound, enjoying a fine memory and routinely beating his wife and daughters when they play *Jeopardy!* after dinner. Watching games shows and continuing to read his favorite books does become more difficult after a while, and like his mother, Jamal is eventually fitted for a pair of bifocals to see better both at a distance due to myopia and up close because of hyperopia. For a while, he thinks failing eyesight will be the worst of it, especially since his mom was so healthy. Uncle Malik did pass away younger than his mom of a hypertension-related stroke, but he had that unhealthy habit of only eating cheeseburgers and fries. Jamal eats well, always has, and he's physically active. So, he's very surprised when he learns at a checkup that he's developed Type II diabetes. His doctor tells him she believes he probably inherited the predisposition from his biological father. For several years, he's able to manage his diabetes with a careful diet and exercise, but eventually, he requires a combination of medications to help. In his last few years, he needs insulin shots as well.



18. Jamal's Socioemotional Development in Late Adulthood and the End of Life

Today you will:

- 18.1 Examine the contributions of self-concept, personality, and religiosity to older adults' well-being.
- 18.2 Identify social contexts in which older adults live and their influence on development.
- 18.3 Summarize features of older adults' relationships with friends, spouses, children and grandchildren, and identify how these relationships affect older adults' functioning.
- 18.4 Discuss influences on the timing of retirement and adaptation to retirement.

As he nears his own retirement, Jamal becomes a grandfather. His first grandchild, a little girl named Addison, is the light of his life. He and Erica both continue to work well into their 60s, and they share the challenges associated with caring for their aging parents. Erica's parents still live independently, but Jamal convinces Neka she will be more comfortable and happier in a nearby assisted living facility that specializes in the care of patients with dementia. He sees her everyday on his way to work or on the way home. Erica is visiting her one evening Neka decides she's tired and needs a nap. It's been a difficult day of not remembering who she is or who her family are, and her anger drains both of them. Just before she falls asleep, Neka returns to herself, looks at Erica



Credit: TK

lucidly, and tells her she loves her and she's been a wonderful daughter. She passes away while she sleeps. Even through the deaths of his mother and later his two older brothers, both Jamal and his wife are able to maintain a healthy, vibrant lifestyle. They are loved and cared for by their supportive network of children and the grandchildren they thoroughly enjoy.

Jamal and his brothers struggle with Neka's death. Though the family has always been close, losing her draws them all a little closer, and Keyon and Kiyun begin hosting a weekly barbeque, alternating houses. Jamal is only too glad to offer his house,

too. Erica talks to Jamal. She's worried about Alexis and how she's handling Neka's death. They remember all too well how she bottomed out after Malik died, and she's worried about what will happen now that her beloved grandmother is gone. She and Jamal agree to talk to her - everyday if they need to - and make sure she has all the support she needs to grieve in a healthy way.

Even through the deaths of his mother and much later his two older brothers, both Jamal and Erica are able to maintain a healthy, vibrant lifestyle. They are loved and cared for by their supportive network of children and the grandchildren they thoroughly enjoy.

19. Jamal's Experience With Death and Dying

Today you will:

- 19.1 Identify ways in which death has been defined and end-of-life issues that may arise.
- 19.2 Contrast children's, adolescents', and adults' understanding of death.
- 19.3 Discuss the physical and emotional process of dying as it is experienced over the lifespan.
- 19.4 Summarize typical grief reactions to the loss of loved ones and the influence of development on bereavement.

Erica outlives Jamal. He dies in his sleep at the age of 89. Erica remains into their family home, which is located in neighborhood where Jamal grew up and where their oldest daughter, their son-in-law, and their granddaughters Addison and Sidney live.

Jamal's death is neither expected nor unexpected. At his age, both Jamal and Erica understand that death is inevitable but doesn't have to be imminent. He's lived a long, healthy, and very full life, and when he passes away, he's been ready to do so. Erica isn't ready. Often, she and Jamal talked about who should go first, and she always hoped she would. Living in a world that didn't contain her lifetime partner was a change she couldn't contemplate. Jamal joked and told her she was a hot tamale even in her 80s and could find someone new. Now, with him really gone, she knows she was right. The house is so empty, and that's just how she feels. The children, Alexis and Amelia, need her to be strong for them even though they're hardly children

anymore. Their own children will be making them grandchildren soon enough. Sometimes, that thought makes her almost smile. She will be a great-grandmother. Then she remembers; Jamal will never be a great-grandfather.

They want her to talk about it, of course, the girls do, and she tries. As she zips the black dress and pins on the black hat for Jamal's funeral, Erica acknowledges to herself that she'll want to probably sooner than later. Just not yet. Right now she just wants to be alone in her house with her grief and her memories. She reaches out and touches his face in a photograph on her dresser. She read somewhere that losing a spouse is the most devastating loss a person can endure. Well, she figures that's true.



Credit: TK

CASE DISCUSSION QUESTIONS

Jamal

1. Why is Jamal's mother Neka's choice to spend two weeks in bed like the doctor strongly suggests not a no brainer as it might seem it should be?
2. Neka never marries, spending all of her time and resources on her children. What positive and negative effects might have been felt in Jamal's life across any/all domains (biological, cognitive, and socioemotional) if she'd found a good man she loved and married him, allowing this new person to help her parent the boys?
3. In early adulthood, Jamal begins running with a gang to which his brother Keyon belongs. Both he and his brother are killed in a shooting in middle adulthood. What factors in this case led to this outcome? Why?
4. Jamal's entire life occurs over many decades that are - loosely - contemporary. Cars, telephones, televisions, etc. exist, but era-specific technology isn't presented (e.g., cell phones, space shuttles, artificial intelligence). Would Jamal's life have been different if he were born in a specific period of time, earlier or later? If so, how? Be specific.