HUMAN DEVELOPMENT · STUDY GUIDE

# Exam 6 Study Guide

This guide covers chapters 11 and 12, from about 18 to 65. In early adulthood the body peaks, thinking learns to hold contradiction, and love and work take center stage. In middle adulthood the body starts to keep score, knowledge outruns speed, and the urge to give something back grows. Work one chapter at a time. Read the "what to know" paragraphs, copy the tables out by hand, then try each worked case with the steps covered. Finish each chapter with its ten self-test items. The cram sheet at the end puts every name and number in one place.

WHAT THIS GUIDE COVERS

- Chapter 11 · the physical peak, senescence, peak bone mass and health habits; postformal thought, Perry, Labouvie-Vief and Schaie's achieving stage; deliberate practice and expertise; intimacy vs. isolation; adult attachment styles and earned security; the social convoy; Sternberg's seven kinds of love; partnering and parenthood; Holland, Super and Arnett's emerging adulthood.
- Chapter 12 · primary and secondary aging; presbyopia, presbycusis and sarcopenia; menopause, perimenopause and the climacteric; fluid and crystallized intelligence and the Seattle Longitudinal Study; expertise and selective optimization with compensation; generativity vs. stagnation and McAdams; the maturity principle and the midlife crisis; the career peak, the sandwich generation, kinkeepers and the empty nest.

CHAPTER 11

## Early Adulthood

Read it in full: **Chapter 11 in the textbook**. Practice it in the lab: **Postformal Thought** and **Love Triangle**.

### What to know

Early adulthood runs roughly 18 to 40. Most physical capacities, such as muscle strength, aerobic fitness, bone density, reaction time and fertility, peak in the twenties or early thirties. **$VO_2$ max**, the best single index of aerobic fitness, is highest in the late teens and twenties. Yet **senescence**,

the gradual decline of the body's systems, has already begun. After about 30, untrained aerobic capacity falls by roughly 1% a year. **Peak bone mass** is reached around 30 and sets the reserve against later osteoporosis. Female fertility declines gradually from the early 30s and faster after 35.

Because the body forgives so readily, lifelong **health habits** are set almost by accident now. The leading causes of premature death later in life are behaviors: tobacco, poor diet, inactivity and heavy drinking. Atherosclerosis is already forming in many healthy-feeling young adults. The irony is that the person with the most to gain from prevention feels the least need for it.

Piaget's stages end with formal operations, but adult problems are messy and tied to people. **Postformal thought** is **relativistic** (knowledge depends on context and viewpoint), **dialectical** (holds and integrates contradictions) and **pragmatic** (fits logic to real constraints). William Perry traced college students from **dualism** (one right answer from authorities) through **multiplicity** (all opinions seem equal) to **commitment within relativism**. Labouvie-Vief added that mature thinking reintegrates emotion with logic. Schaie's **achieving stage** applies intelligence to long-term goals such as career and family.

**Expertise** is deep, organized skill in one domain, built by **deliberate practice**: effortful, focused, feedback-rich work, which Anders Ericsson distinguished from mere repetition. The popular "ten thousand hours" figure comes from his research, but he stressed quality, not a magic number. Experts see meaningful patterns and chunks, act quickly and automatically, adapt flexibly and judge their own limits accurately. Expertise is **domain-specific**: a chess master's memory vanishes when pieces are placed at random.

Erikson's sixth stage is **intimacy vs. isolation**. Having formed an identity, the young adult must fuse it with another person's in deep, mutual closeness. Erikson insisted on the order: identity comes before intimacy. Failure slides toward isolation and self-absorption. The virtue is **love**.

Hazan and Shaver proposed that infant working models resurface as **adult attachment styles**. **Secure** adults are at ease with closeness and independence. **Anxious (preoccupied)** adults crave closeness and fear abandonment. **Avoidant (dismissing)** adults prize self-reliance and grow uneasy with dependence. These are tendencies: through a stable, responsive relationship or

reflection and therapy, people can reach **earned security**. Antonucci's **social convoy** is the moving circle of relationships around each of us. Chronic loneliness is a real health risk.

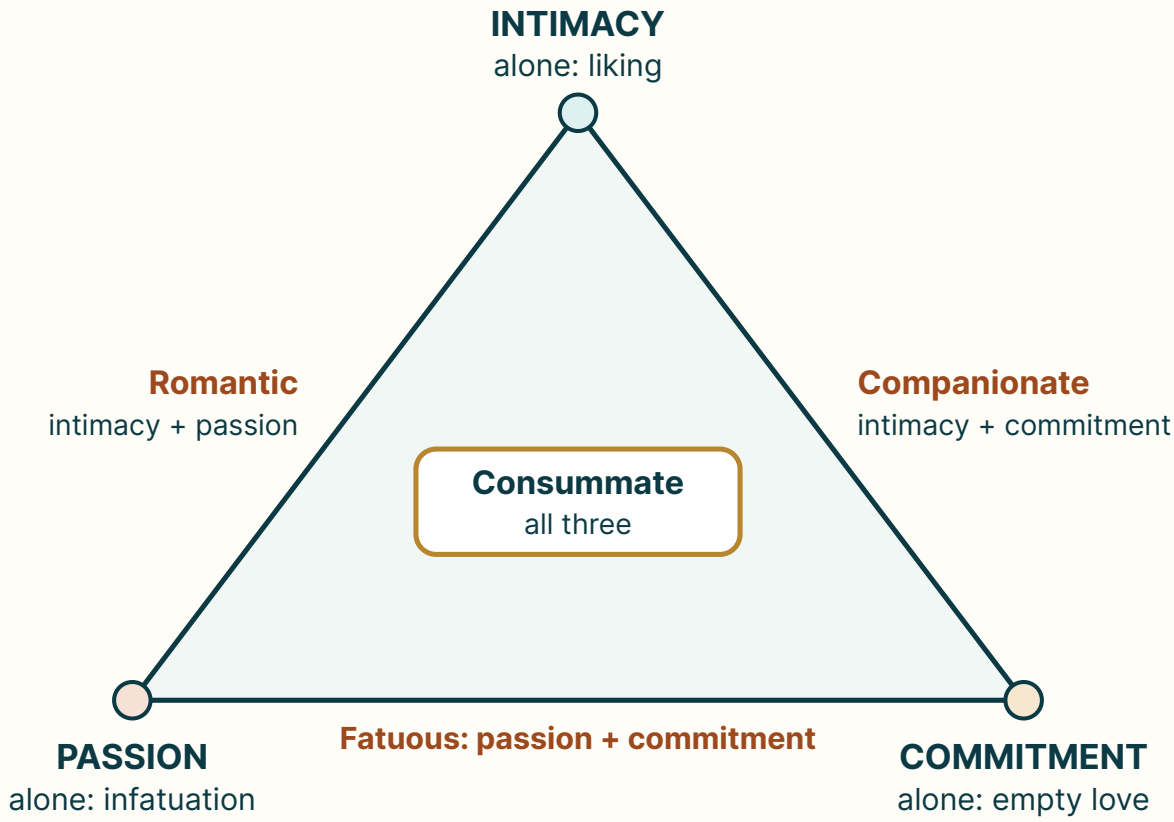
Robert Sternberg's **triangular theory of love** uses three components: **intimacy** (closeness), **passion** (romance and attraction) and **commitment** (the decision to maintain love). Combinations give seven kinds: liking, infatuation, empty love, romantic (intimacy and passion), companionate (intimacy and commitment), fatuous (passion and commitment) and **consummate** (all three). Passionate love burns hot early and fades, while companionate love tends to grow.

Partnering has changed: median age at first marriage has risen into the late twenties or beyond, cohabitation is common and family forms are more diverse. People tend to pair with similar others, **assortative mating**. The transition to parenthood is rewarding but often brings a dip in marital satisfaction in the early years with a first child. Cultures differ widely, for example in arranged versus chosen marriage.

Work structures the day and answers "what do you do?" John Holland's **RIASEC** types (Realistic, Investigative, Artistic, Social, Enterprising, Conventional) match people to jobs. Donald Super's **establishment stage** describes entering and settling a career. Jeffrey Arnett's **emerging adulthood** (about 18 to 25, stretching toward 29, in industrialized societies) has five features: identity exploration, instability, self-focus, feeling in-between and a sense of possibilities. Young people define adulthood by psychological markers, not role transitions: accepting responsibility for oneself, making independent decisions and financial independence.

**LOCK THESE IN**

- Most capacities peak in the 20s or early 30s; $VO_2$ max falls about 1% a year after 30 if untrained.
- Peak bone mass about 30. Health habits set now are the biggest lever on later health.
- Postformal thought: relativistic, dialectical, pragmatic. Perry: dualism, multiplicity, commitment within relativism.
- Expertise comes from deliberate practice and stays domain-specific.
- Erikson: intimacy vs. isolation, virtue love; identity comes first.
- Adult attachment: secure, anxious (preoccupied), avoidant (dismissing). Earned security is possible.
- Sternberg: intimacy, passion, commitment; consummate has all three; companionate is intimacy plus commitment.
- Emerging adulthood (Arnett, about 18 to 25): exploration, instability, self-focus, in-between, possibilities.




**Sternberg's triangle of love.** Each corner is one component, each side a pair, and the center holds all three. Passion often cools while intimacy and commitment carry a long partnership.

## Key terms and comparisons

| Term | What it means | Example |
|---|---|---|
| **Senescence** | Gradual decline of body systems | Begins even at the peak |
| **Peak bone mass** | Greatest bone density, about age 30 | Reserve against osteoporosis |
| **Relativistic thinking** | Truth depends on context | Two fair views of one problem |
| **Dialectical thinking** | Holds and integrates contradictions | Weighing competing truths |
| **Deliberate practice** | Focused, effortful, feedback-rich | Not just repetition |
| **Earned security** | Insecure style becomes secure | Through a steady partner or therapy |
| **Social convoy** | Moving circle of relationships | Partner, family, friends (Antonucci) |
| **Assortative mating** | Pairing with similar others | Similar age, education, values |
| **RIASEC** | Holland's six vocational types | Realistic to Conventional |
| **Establishment stage** | Super's career settling phase | Trying roles, then stabilizing |

## Novice and expert

| Dimension | Novice | Expert |
|---|---|---|
| **Knowledge** | Isolated facts and rules | Large, organized, connected |
| **Perception** | Surface features | Meaningful patterns and chunks |
| **Processing** | Slow, step by step | Fast, automatic |
| **Flexibility** | Bound to the rules | Adapts to the situation |
| **Self-knowledge** | Overestimates skill | Accurate about limits |

## Sternberg's kinds of love

| Kind | Intimacy | Passion | Commitment |
|---|---|---|---|
| **Liking** | Yes | No | No |
| **Infatuation** | No | Yes | No |
| **Empty love** | No | No | Yes |
| **Romantic** | Yes | Yes | No |
| **Companionate** | Yes | No | Yes |
| **Fatuous** | No | Yes | Yes |
| **Consummate** | Yes | Yes | Yes |

## Adult attachment styles

| Style | In close relationships | Early echo |
|---|---|---|
| **Secure** | At ease with intimacy and autonomy | Consistent, responsive care |
| **Anxious (preoccupied)** | Longs for merger; fears rejection | Inconsistent care |
| **Avoidant (dismissing)** | Values independence; keeps distance | Rejecting or unavailable care |

## Worked cases

**WORKED CASE 1 · NAMING THE KIND OF LOVE**

Rosa and Ken have been married 30 years. The early fireworks have faded, but they confide in each other daily and are firmly committed. Meanwhile, Jordan and Sky met two weeks ago, feel intense attraction and got engaged at once. Name each kind of love.

**STEP 1 · SCORE ROSA AND KEN**

Intimacy yes, passion faded, commitment yes.

**STEP 2 · NAME IT**

Intimacy plus commitment is **companionate love**.

**STEP 3 · SCORE JORDAN AND SKY**

Passion yes, commitment yes, intimacy not yet built.

**STEP 4 · NAME IT**

Passion plus commitment without intimacy is **fatuous love**.

**CHECK IT**

Cooling passion is not the failure of love; companionate love often deepens.

**WORKED CASE 2 · FORMAL OR POSTFORMAL?**

Anika, a new manager, must decide whether to let go of an employee whose work has slipped while he cares for a sick parent. Show how postformal thought handles this.

**STEP 1 · FORMAL LOGIC ALONE**

"Performance is below standard, so he goes." One rule, one answer.

**STEP 2 · RELATIVISTIC**

She sees the answer depends on context: his history, the team's needs, the cause of the slip.

**STEP 3 · DIALECTICAL**

She holds both truths, fairness to the team and compassion for him, and looks for an option that honors both.

**STEP 4 · PRAGMATIC**

She offers a temporary schedule change with clear goals and a review date.

**ANSWER**

That is postformal thought: logic bent to fit a real, messy problem.

**WORKED CASE 3 · IS THIS PERSON AN ADULT?**

Two 24-year-olds: Tomás is married with a child but still asks his parents to make his big decisions and pay his bills. Lena is single and in graduate school but supports herself and owns her choices. By the criteria young people name, who feels more adult?

**STEP 1 · LIST THE MARKERS**

Arnett's respondents named accepting responsibility for oneself, independent decisions and financial independence.

**STEP 2 · CHECK TOMÁS**

Role transitions yes (marriage, parenthood); psychological markers mostly no.

**STEP 3 · CHECK LENA**

Few role transitions; psychological markers yes.

**ANSWER**

By these markers Lena is further along. Adulthood is now an internal achievement, and its timing varies.

**TRAPS PEOPLE FALL INTO**

- **Thinking decline starts in midlife.** Senescence begins at the peak; it is just too slow to notice.
- **Treating ten thousand hours as a rule.** Ericsson stressed the quality of deliberate practice, not a magic number.
- **Thinking expertise transfers.** Expertise is domain-specific.
- **Putting intimacy before identity.** Erikson argued identity must come first.
- **Calling attachment style permanent.** Earned security is possible.
- **Reading cooling passion as failed love.** Companionate love often grows as passion fades.
- **Mixing up romantic and companionate love.** Romantic is intimacy plus passion; companionate is intimacy plus commitment.
- **Defining adulthood by marriage or a job.** Young people name responsibility, independent decisions and financial independence.

## Chapter 11 self-test · ten items

### 1. Peak bone mass is reached at about age

A. 18

B. 45

C. 55

D. 30

**D. 30** Peak bone mass near 30 sets the reserve against later osteoporosis.

### 2. After about 30, untrained aerobic capacity falls by roughly

A. 1% a year
B. 5% a year
C. 10% a year
D. nothing until 60

**A. 1% a year** $VO_2$ max declines about 1% a year if untrained; training blunts the drop.

### 3. Which describes dialectical thinking?

A. Following one rule to one right answer
B. Holding and integrating contradictions
C. Testing one variable at a time
D. Accepting what authorities say

**B. Holding and integrating contradictions** Postformal thought holds competing truths together.

### 4. Perry's final position for college students is

A. dualism
B. multiplicity
C. commitment within relativism
D. formal operational reasoning

**C. commitment within relativism** Students choose and stand behind a view while knowing others exist.

### 5. What builds expertise, according to Ericsson?

A. Deliberate practice
B. High general intelligence
C. Years on the job alone
D. Early formal operations

**A. Deliberate practice** Effortful, focused, feedback-rich practice, not mere repetition.

### 6. Erikson's virtue for intimacy vs. isolation is

A. care
B. love
C. fidelity
D. wisdom

**B. love** Fidelity comes from identity; care from generativity; wisdom from integrity.

### 7. An adult who craves closeness and fears abandonment shows which style?

A. Secure
B. Avoidant (dismissing)
C. Disorganized
D. Anxious (preoccupied)

**D. Anxious (preoccupied)** Anxious adults long for merger and watch for rejection.

### 8. Intimacy plus commitment without passion is

A. romantic love
B. fatuous love
C. companionate love
D. passionate infatuation

**C. companionate love** Companionate love is the deep bond of long partnerships.

### 9. Choosing a partner similar in education and values is called

A. the social convoy
B. assortative mating
C. earned security
D. the achieving stage

**B. assortative mating** People tend to pair with similar others.

### 10. Which is one of Arnett's features of emerging adulthood?

A. Peak generativity
B. Stable commitments
C. Few possibilities
D. Feeling in-between

**D. Feeling in-between** The five are identity exploration, instability, self-focus, feeling in-between and possibilities.

CHAPTER 12

# Middle Adulthood

Read it in full: **Chapter 12 in the textbook**. Practice it in the lab: **Fluid Vs Crystallized** and **Midlife Crisis Myth**.

## What to know

Middle adulthood runs roughly 40 to 65. **Senescence** becomes noticeable now. **Primary aging** is intrinsic and largely unavoidable. **Secondary aging** comes from disease, disuse and lifestyle (smoking, poor diet, sun, inactivity) and is largely preventable. Much of what people fear as getting old is secondary aging, which is why midlife habits matter so much.

Visible changes include thinning, wrinkling skin as collagen and elastin decline, and graying hair. **Presbyopia**, a stiffening lens that blurs near vision, sends nearly everyone to reading glasses by the mid-forties. **Presbycusis** is loss of high-frequency hearing, making speech in noisy rooms harder. **Sarcopenia**, gradual muscle loss, is markedly slowed by strength training. Metabolism cools, weight settles around the middle, and arteries stiffen, so blood pressure rises.

**Menopause** is the permanent end of menstruation and fertility, dated after **12 consecutive months** without a period; the average age in industrialized countries is about **51**. **Perimenopause** is the lead-up, when estrogen fluctuates and falls, with hot flashes, night sweats, poor sleep and mood shifts. The **climacteric** is the broader hormonal transition in either sex. Falling estrogen speeds bone loss (osteoporosis and fracture risk) and removes some cardiovascular protection. Men have no abrupt event; testosterone declines gradually, sometimes loosely called andropause, and fertility can continue. Culture shapes the experience.

Chronic conditions announce themselves in midlife: hypertension, type 2 diabetes, heart disease, arthritis and rising cancer risk. Behavior has great leverage: regular exercise preserves muscle, bone, vessels and brain, and not smoking, eating well and managing stress can postpone much decline. Income, occupation and access to care carve deep health disparities.

Cattell and Horn split intelligence in two. **Fluid intelligence** (reasoning on new problems, working memory, speed) depends on nervous system efficiency, peaks in the early twenties and declines slowly, measurably in midlife. **Crystallized intelligence** (knowledge, vocabulary, judgment) rests on experience and holds or rises into late midlife. K. Warner Schaie's **Seattle Longitudinal Study** followed the same people and found verbal ability, spatial orientation, inductive reasoning and verbal memory peaked in midlife, with only perceptual speed and

numeric ability declining earlier. Earlier cross-sectional studies had confused aging with **cohort effects**.

**Expertise** lets midlife adults outperform faster novices: experts see patterns, chunk information and use automatic procedures. Paul Baltes's **selective optimization with compensation** explains how: select the goals that matter, optimize the skills that serve them and compensate for losses with knowledge and shortcuts. The classic example is the pianist who plays slow passages a touch slower so fast ones seem faster.

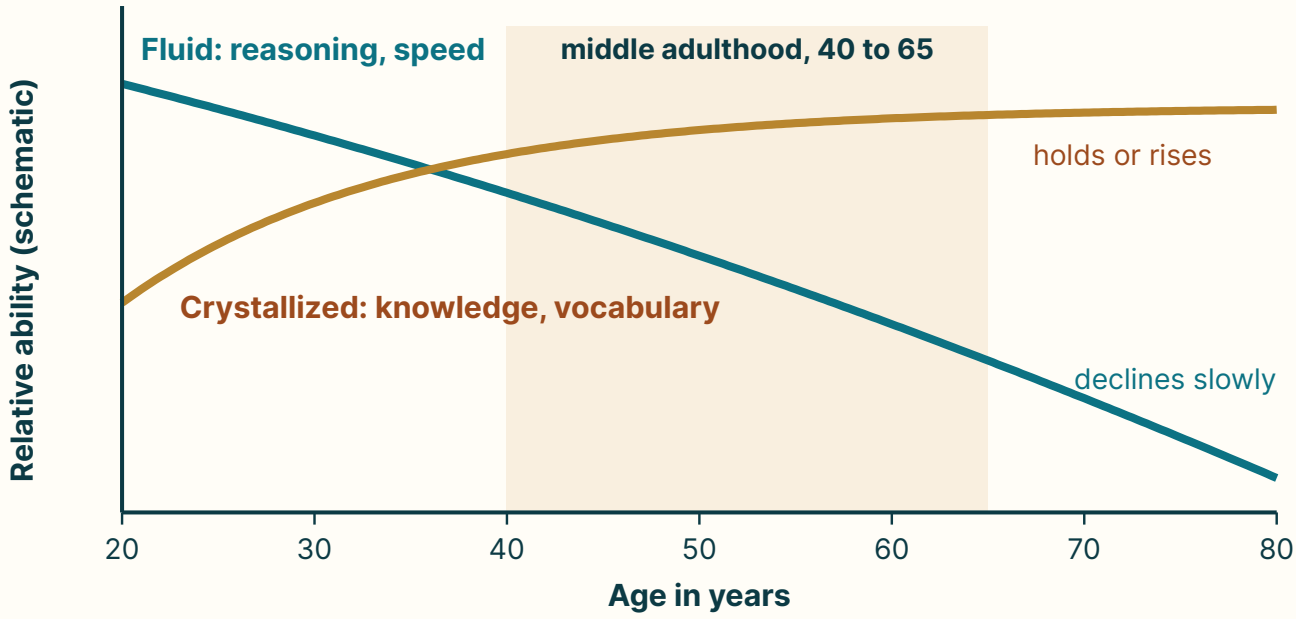
Erikson's seventh stage is **generativity vs. stagnation**. Generativity is concern for guiding the next generation, expressed in biological, parental, occupational (mentoring) or cultural forms; it does not require having children. Stagnation is self-absorption and a sense of going nowhere. The virtue is **care**. Dan McAdams described generativity as a system of desire, cultural demand, concern, belief, commitment, action and a life story, often a **redemptive** one. Generative adults report more well-being and civic engagement.

Big Five traits (openness, conscientiousness, extraversion, agreeableness, neuroticism) show high **rank-order stability**. On average, conscientiousness and agreeableness rise and neuroticism falls: the **maturity principle**. People revise their **possible selves** (Markus and Nurius) and often feel a younger **subjective age**. The phrase **midlife crisis** was coined by Elliott Jaques in 1965 and popularized by Daniel Levinson. The **MIDUS** study, led by Orville Gilbert Brim, found only a minority report a crisis, usually tied to an event such as divorce, job loss or illness, not to age. Midlife usually brings a high sense of mastery, with at most a modest U-shaped dip in well-being.

Midlife is often the career peak in earnings, authority and satisfaction, though age discrimination and layoffs hit hard. The **sandwich generation** supports children (sometimes boomerang kids) and aging parents at once. Care falls heavily on women, often the family **kinkeeper**, and can cause role strain as well as meaning. The **empty nest** usually raises marital satisfaction, which tends to trace a U-shape across adulthood. Grandparenthood often begins, siblings reconnect around aging parents, and "gray divorce" has been rising.

**LOCK THESE IN**

- Primary aging is intrinsic; secondary aging comes from disease and lifestyle and is largely preventable.
- Presbyopia (near vision), presbycusis (high frequencies), sarcopenia (muscle), arterial stiffening.
- Menopause: 12 months without a period; average about 51. Falling estrogen raises osteoporosis and heart risk.
- Fluid intelligence peaks early and declines slowly; crystallized holds or rises into late midlife.
- Seattle Longitudinal Study: several abilities peak in midlife; cross-sectional studies confused age with cohort.
- Baltes: selective optimization with compensation.
- Erikson: generativity vs. stagnation, virtue care. Generativity does not require children.
- Maturity principle: conscientiousness and agreeableness up, neuroticism down. MIDUS: crises are a minority, event-driven.




**Two kinds of intelligence across adulthood (schematic).** Fluid reasoning and speed decline slowly from early adulthood, while crystallized knowledge holds or keeps rising through midlife.

## Key terms and comparisons

| Term | What it means | Example |
|---|---|---|
| **Primary aging** | Intrinsic, largely unavoidable | Graying hair |
| **Secondary aging** | From disease and lifestyle; preventable | Smoking-related lung decline |
| **Presbyopia** | Stiff lens blurs near vision | Holding a menu at arm's length |
| **Presbycusis** | Loss of high frequencies | Trouble hearing in a noisy room |
| **Sarcopenia** | Gradual muscle loss | Slowed by strength training |
| **Perimenopause** | Fluctuating, falling estrogen before menopause | Hot flashes, night sweats |
| **Climacteric** | Broader midlife hormonal transition | Either sex |
| **Possible selves** | Selves hoped for and feared | Markus and Nurius |
| **Kinkeeper** | Coordinates family ties and care | Often a midlife woman |
| **Empty nest** | Grown children leave | Usually raises marital satisfaction |

## Fluid and crystallized intelligence

| Feature | Fluid | Crystallized |
|---|---|---|
| **What it is** | Reasoning, working memory, speed | Knowledge, vocabulary, judgment |
| **Depends on** | Nervous system efficiency | Learning and experience |
| **Peak** | Early adulthood | Late midlife or beyond |
| **Midlife trend** | Gradual decline | Stable or rising |
| **Example** | Unfamiliar logic puzzle | Defining rare words; a familiar case |

## The midlife crisis, myth and evidence

| Popular image | What the evidence shows |
|---|---|
| **A universal crisis at 40 to 50** | Only a minority report one; most feel stable and in control |
| **Personality is upended** | Traits are stable; change is small and toward maturity |
| **Age itself triggers it** | Distress tracks events such as divorce, job loss, illness |
| **Midlife is the unhappiest time** | At most a modest U-shaped dip; mastery is high |

## Worked cases

**WORKED CASE 1 · PRIMARY OR SECONDARY AGING?**

At 52, Dale has reading glasses, gray hair, high blood pressure from years of smoking and inactivity, and weaker legs after a decade at a desk. Sort each change.

**STEP 1 · INTRINSIC CHANGES**

Presbyopia and graying are **primary aging**.

**STEP 2 · LIFESTYLE-DRIVEN CHANGES**

High blood pressure linked to smoking and inactivity is largely **secondary aging**.

**STEP 3 · THE LEG WEAKNESS**

Sarcopenia has a primary part, but disuse makes it worse, so much of it is secondary and can be slowed by strength training.

**ANSWER**

The secondary changes are the ones Dale can still change, and exercise is the most powerful single tool.

**WORKED CASE 2 · WHY THE LONGITUDINAL STUDY LOOKED BETTER**

A 1960s cross-sectional study found that 60-year-olds scored lower than 30-year-olds on verbal tests. Schaie's longitudinal data showed verbal ability peaking in midlife. Explain the difference.

**STEP 1 · NAME THE DESIGNS**

Cross-sectional compares different age groups at once; longitudinal follows the same people.

**STEP 2 · SPOT THE CONFOUND**

The 30-year-olds were born later and had more schooling: a **cohort effect**.

**STEP 3 · WHAT LONGITUDINAL REMOVES**

Following the same people separates true aging from generational differences.

**ANSWER**

The cross-sectional gap overstated decline. Several abilities actually peak in midlife.

**WORKED CASE 3 · SELECTIVE OPTIMIZATION WITH COMPENSATION**

Marisol, 58, is a veteran emergency nurse. She is slower than new nurses at learning a new computer system but faster at spotting a patient in trouble. Show how she uses Baltes's strategy.

**STEP 1 · SELECT**

She focuses on the core of her work: assessment and patient safety.

**STEP 2 · OPTIMIZE**

She keeps sharpening those skills through practice and mentoring others.

**STEP 3 · COMPENSATE**

For slower speed with new software she uses checklists and asks a younger colleague for shortcuts.

**CHECK IT**

Her crystallized expertise outruns the small loss in fluid speed. Mentoring also shows generativity.

**TRAPS PEOPLE FALL INTO**

- **Treating all aging as inevitable.** Secondary aging is largely preventable.
- **Dating menopause from the last period alone.** It is confirmed after 12 consecutive months without one.
- **Saying men go through menopause.** Male testosterone declines gradually; there is no abrupt end to fertility.
- **Thinking intelligence simply declines in midlife.** Crystallized intelligence holds or rises, and several abilities peak.
- **Trusting cross-sectional declines at face value.** Cohort effects can make midlife look worse than it is.
- **Requiring children for generativity.** Mentoring, teaching, art and volunteering are generative too.
- **Believing the midlife crisis is universal.** Only a minority report one, usually after a specific event.
- **Expecting the empty nest to bring sadness.** Marital satisfaction usually rises after children launch.

## Chapter 12 self-test · ten items

### 1. Which is an example of secondary aging?

A. Graying hair
B. A stiffening lens in the eye
C. Lung damage from smoking
D. Thinning skin collagen

**C. Lung damage from smoking** Secondary aging comes from disease, disuse and lifestyle.

### 2. A 47-year-old needs reading glasses. The cause is

A. presbyopia
B. presbycusis
C. sarcopenia
D. osteoporosis

**A. presbyopia** The lens stiffens and cannot focus up close.

### 3. Menopause is confirmed after how long without a period?

A. 3 consecutive months
B. 6 consecutive months
C. 24 consecutive months
D. 12 consecutive months

**D. 12 consecutive months** It is dated in retrospect after twelve months; average age about 51.

### 4. Falling estrogen after menopause raises the risk of

A. presbyopia
B. osteoporosis
C. presbycusis
D. type 1 diabetes

**B. osteoporosis** Estrogen loss speeds bone loss and removes some heart protection.

### 5. Which intelligence holds steady or rises into late midlife?

A. Fluid
B. Processing speed
C. Crystallized
D. Working memory

**C. Crystallized** Knowledge, vocabulary and judgment rest on experience.

### 6. Schaie's Seattle study differed from earlier work by

A. following the same people over time
B. testing only young adults in college
C. measuring only processing speed
D. comparing several age groups at once

**A. following the same people over time** The longitudinal design separated aging from cohort effects.

### 7. Selective optimization with compensation was described by

A. Dan McAdams
B. Paul Baltes
C. Daniel Levinson
D. Elliott Jaques

**B. Paul Baltes** Select key goals, optimize skills, compensate for losses.

### 8. Erikson's virtue for generativity vs. stagnation is

A. love
B. wisdom
C. care
D. hope

**C. care** Generativity yields care.

### 9. Across midlife, which Big Five trait tends to fall?

A. Conscientiousness
B. Agreeableness
C. Rank-order stability
D. Neuroticism

**D. Neuroticism** The maturity principle: conscientiousness and agreeableness up, neuroticism down.

**10. What did the MIDUS study find about the midlife crisis?**

A. It is a minority, event-driven experience
B. It strikes most adults near age 45
C. It is caused simply by turning 40
D. It upends most personality traits

---

**A. It is a minority, event-driven experience** Crises, when they occur, usually follow events such as divorce or job loss.

ONE PAGE

# Cram sheet

Everything from chapters 11 and 12 in one place. Cover the right column and see if you can rebuild each row.

## Numbers to know

| Item | Value | Note |
|---|---|---|
| **Early adulthood** | About 18 to 40 | Physical peak in the 20s |
| **Aerobic decline** | About 1% a year after 30 if untrained | Training blunts it |
| **Peak bone mass** | About 30 | Reserve against osteoporosis |
| **Fertility** | Declines from early 30s, faster after 35 | Female |
| **Emerging adulthood** | About 18 to 25 (toward 29) | Arnett |
| **Middle adulthood** | About 40 to 65 | Career peak |
| **Presbyopia** | Near-universal by mid-40s | Reading glasses |
| **Menopause** | Average about 51 | After 12 months without a period |
| **Midlife crisis term** | Coined 1965 by Jaques | Popularized by Levinson |

## Names to know

| Name | Idea |
|---|---|
| **William Perry** | Dualism, multiplicity, commitment within relativism |
| **Labouvie-Vief** | Mature thought reintegrates emotion and logic |
| **K. Warner Schaie** | Achieving stage; Seattle Longitudinal Study |
| **Anders Ericsson** | Deliberate practice |
| **Hazan and Shaver** | Adult attachment styles |
| **Antonucci** | Social convoy |
| **Robert Sternberg** | Triangular theory of love |
| **Holland and Super** | RIASEC types; establishment stage |
| **Jeffrey Arnett** | Emerging adulthood |
| **Cattell and Horn** | Fluid and crystallized intelligence |
| **Paul Baltes** | Selective optimization with compensation |
| **Dan McAdams** | Generativity as a system; redemptive stories |
| **Markus and Nurius** | Possible selves |
| **Brim (MIDUS)** | Midlife crisis is a minority experience |


Dr. Garg Learning · CC BY-SA 4.0