Welcome to the wonderful world of Child and Adolescent Development. In this class we will get a glimpse at how we become who we are, how personality develops, how we learn and how we develop morals. To get us started let’s discuss some developmental theories.

Have you ever wondered what a theory is or why we study them? Theories help to explain the underlying reasons for behaviors. When we ask, “Why would someone do that?” we can look to a theory for an explanation.

Why should we study theory in developmental psychology? Theories provide a foundation for understanding development and they help to define and describe stages of development so that we can understand how and when children develop. Developmental delays can now be determined and early intervention can help many children to catch up. Developmental psychologists use developmental charts and an understanding of how development occurs to help children with developmental and other disorders.