

CHLD 102: Child Growth and Development

Personal Story Journal

Learning Outcomes	3. Explain the relationship between biology, maturation, environment, and culture in terms of their impact on typical and atypical growth, development, and learning. 4. Explain the impact of early experiences--including the spectrum of child and family diversity--on healthy development and learning 8. Explain the connection between family culture, language, and environment in the understanding of growth and development and the implications of these connections for effective practices within the early childhood environment
DEC Recommended Practice	PP15 ...participate in activities in which they increase their knowledge of their own culture and heritage, learn that they are a member of different cultures and recognize intragroup and intergroup differences among members of different cultures.
NAEYC Standards	1b: Knowing and understanding the multiple influences on development and learning.

Throughout the semester you will gradually compile the personal story of your childhood. To research your life history you will need the assistance of your family and people who have known you throughout your life.

You will also be looking at the role professionals have had in supporting you and your family relative to your learning and development. For many of the modules you study during the semester, you will be adding another component to your story. Throughout the assignment, you will make references and connections between course readings completed and your story. When completing your assignment be sure to use and apply the terminology you are being introduced to in course materials.

Please share only what you are comfortable sharing, but make an effort to learn and communicate facts about your life. If for some reason this assignment is inappropriate for you, discuss the problem with your instructor and alternative plans may be arranged.

Journal Entry 1: Understanding Your Foundations

- Genetic Foundation (Ch. 2)
 - Describe your genetic foundations in terms of traits you have inherited.
 - Research what nature has provided you using these methods
 - Interview some of your oldest relatives
 - Study any family trees that have been created for your family
 - Look at photo collections of as many generations of your extended family as you have access to and note physical similarities.

- Environmental Foundations (Ch. 2)
 - Share a story from your family history (Refer to this resource on “**Gathering Your Family Stories.**” Available from <http://www.easyfamilyhistory.com/learning-center/gathering-family-stories>)
 - Describe your family's characteristics, including but not limited to:
 - Structure
 - Socioeconomic status
 - Language
 - Religion
 - Child-rearing beliefs
 - Cultural factors
 - What do you feel were your family's strengths in terms of meeting your needs as a child? What challenges did your family experience with regard to meeting your needs.
 - Describe factors within the environment and community and their impact on you and your family.

Journal Entry 2: Baby Story

For this entry you will need to contact your family and learn your birth story. Chapters 3 and 4 will guide you as to what aspects might be important. Be sure to include:

- What influenced your prenatal development?
- What major factors, including teratogens had an impact on you?
- What is the birth story?

Journal Entry 3: Infancy and Toddlerhood

For this entry you will need to contact your family and/or family friends to learn about your first two years. Read Chapters 5, 6 and 7 to help guide you as to what you need to include:

- What were you like physically, cognitively, socially and emotionally as an infant/toddler?
- Did your development proceed in a typical or atypical manner (please describe)?
- What language/s were you acquiring?
- What factors and individuals influenced your development during this time?

Journal Entry 4: Early Childhood

This journal entry will explore your preschool and early primary years (2-6 years). Read Chapters 8, 9 and 10 and then contact your family to gather information to answer these questions:

- What were you like physically, cognitively, socially and emotionally?
- Did your development proceed in a typical or atypical manner (please describe)?
- What languages were you acquiring?
- What factors and individuals influenced your development during this time in your life?

Journal Entry 5: Middle Childhood

You will learn about middle childhood in chapters 11, 12 and 13. Use them to guide you as you investigate that time period in your childhood. Be sure to include in your story:

- What were you like physically, cognitively, socially and emotionally?
- Did your development proceed in a typical or atypical manner (please describe)?

- What languages were you acquiring?
- What factors and individuals influenced your development during this time?

Journal Entry 6: Today

Summarize and draw three to five conclusions about how each of the different stages of your life have had an impact on you today. In other words, how have these foundations and the unique developmental trajectory experienced during your early years created the individual that you have become?