Starting *Life Span Developmental Psychology*: You need to begin by preparing yourself to read and review the material. Gather all necessary and important tools (highlighters, pens, post-its, note cards, etc.) that you will want to have at your disposal.

This study plan is designed to provide structure and planning for the module. Since all learners are different, feel free to adjust the study plan to fit your schedule and study needs. To be successful with *Life Span Developmental Psychology*, you must know and understand the key terms. Creating flashcards may help you to review the terms or you can print the defined key terms online.

You are asked to prepare for your exam by viewing the course content in two different formats. First, you will be asked to read the lesson content through the Printable Resources section of the Resource Center. Once you have reviewed the lesson, you will want to view the interactive version of the content under Learning Modules.

After you complete each lesson, you will want to take the corresponding lesson quiz before progressing. Please understand the quizzes are designed to test your understanding of the content and your ability to apply the information in the appropriate settings. You will have five attempts per lesson quiz. You will not be provided the correct answers as all of the answers can be found within the module content itself. However, your quiz results will show you the percentage of questions you answered correctly and a list of the questions you missed. If you do not score a 90% or higher, we suggest you return to the content that is related to the items you missed before you move on to the next lesson, which may build on the concepts you have not mastered. It is imperative that you understand the content in order to be successful on your exams.

Scheduling your study sessions with a calendar or a day planner can be very beneficial and can help with time management. For additional study suggestions for reading the modules, please refer to the section in the Academic Guidance Planner titled “Successful Mastery of Content.” If you do not have this section in your Academic Guidance Planner hardcopy, you can access it online through Printable Resources in The College Network Resource Center. We also recommend that you view the content located in the Center for Learning Empowerment section of the Resource Center for additional study strategies and learning information.
**Week 1: Lessons 1—2**

**Day 1:** Lesson 1—The Study of Life Span Developmental Psychology  
(Printable Resources version)  
- Read lesson objectives.  
- Review key terms and create flashcards.  
- Read lesson.  
- Make any necessary notes or summaries.

**Day 2:** Lesson 1—The Study of Life Span Developmental Psychology  
(Learning Module version)  
- View the interactive content online on the Resource Center  
- Complete the mini-assessments.  
- Complete the interactive key term feature.  
- Answer the end-of-lesson study questions as best as you can from memory.  
- Complete Lesson 1 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

**Day 3:** Lesson 2—Genetics, Prenatal Development, and Childbirth  
(Printable Resources version)  
- Read lesson objectives.  
- Review key terms and create flashcards.  
- Read lesson.  
- Make any necessary notes or summaries.

**Day 4:** Lesson 2—Genetics, Prenatal Development, and Childbirth  
(Learning Module version)  
- View the interactive content online on the Resource Center  
- Complete the mini-assessments.  
- Complete the interactive key term feature.  
- Answer the end-of-lesson study questions as best as you can from memory.  
- Complete Lesson 2 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

**Day 5:** Review  
- Review key terms, lesson objectives, and end-of-lesson study questions for lessons 1 and 2. Retake any quizzes where a 90% was not achieved.
**Week 2: Lessons 3–4**

Day 6: Lesson 3-Infancy and Toddlerhood (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.

Day 7: Lesson 3-Infancy and Toddlerhood (Learning Module version)
- View the interactive content online on the Resource Center
- Complete the mini-assessments.
- Complete the interactive key term feature.
- Answer the end-of-lesson study questions as best as you can from memory.
- Complete Lesson 3 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

Day 8: Lesson 4-Early Childhood (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.

Day 9: Lesson 4-Early Childhood (Learning Module version)
- View the interactive content online on the Resource Center
- Complete the mini-assessments.
- Complete the interactive key term feature.
- Answer the end-of-lesson study questions as best as you can from memory.
- Complete Lesson 4 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

Day 10: Review
- Review key terms, lesson objectives, and end-of-lesson study questions for lessons 3 and 4. Retake any quizzes where a 90% was not achieved.

**Week 3: Lessons 5–6**

Day 11: Lesson 5-Middle Childhood (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.
Day 12: Lesson 5-Middle Childhood (Learning Module version)
- View the interactive content online on the Resource Center
- Complete the mini-assessments.
- Complete the interactive key term feature.
- Answer the end-of-lesson study questions as best as you can from memory.
- Complete Lesson 5 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

Day 13: Lesson 6-Adolescence (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.

Day 14: Lesson 6-Adolescence (Learning Module version)
- View the interactive content online on the Resource Center
- Complete the mini-assessments.
- Complete the interactive key term feature.
- Answer the end-of-lesson study questions as best as you can from memory.
- Complete Lesson 6 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

Day 15: Review
- Review key terms, lesson objectives, and end-of-lesson study questions for lessons 5 and 6. Retake any quizzes where a 90% was not achieved.

Week 4: Lessons 7-8

Day 16: Lesson 7-Early Adulthood (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.

Day 17: Lesson 7-Early Adulthood (Learning Module version)
- View the interactive content online on the Resource Center
- Complete the mini-assessments.
- Complete the interactive key term feature.
- Answer the end-of-lesson study questions as best as you can from memory.
- Complete Lesson 7 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.
Day 18: Lesson 8-Middle Adulthood (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.

Day 19: Lesson 8-Middle Adulthood (Learning Module version)
- View the interactive content online on the Resource Center
- Complete the mini-assessments.
- Complete the interactive key term feature.
- Answer the end-of-lesson study questions as best as you can from memory.
- Complete Lesson 8 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

Day 20: Review
- Review key terms, lesson objectives, and end-of-lesson study questions for lessons 7 and 8. Retake any quizzes where a 90% was not achieved.

Week 5: Lessons 9–10

Day 21: Lesson 9-Late Adulthood (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.

Day 22: Lesson 9-Late Adulthood (Learning Module version)
- View the interactive content online on the Resource Center
- Complete the mini-assessments.
- Complete the interactive key term feature.
- Answer the end-of-lesson study questions as best as you can from memory.
- Complete Lesson 9 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

Day 23: Lesson 10-Death and Dying (Printable Resources version)
- Read lesson objectives.
- Review key terms and create flashcards.
- Read lesson.
- Make any necessary notes or summaries.
Day 24: Lesson 10-Death and Dying (Learning Module version)
  • View the interactive content online on the Resource Center
  • Complete the mini-assessments.
  • Complete the interactive key term feature.
  • Answer the end-of-lesson study questions as best as you can from memory.
  • Complete Lesson 10 quiz. Review lesson information again if a 90% is not achieved and retake the quiz.

Day 25: Review
  • Review key terms, lesson objectives, and end-of-lesson study questions for lessons 9 and 10. Retake any quizzes where a 90% was not achieved.

**Week 6: Review**

Day 26: Review
  • Review the end-of-lesson study questions for Lessons 1–5.
  • Review lesson objectives for Lessons 1–5.
  • Review key terms/people for Lessons 1–5.

Day 27: Review
  • Review the end-of-lesson study questions for Lessons 6–10.
  • Review lesson objectives for Lessons 6–10.
  • Review key terms for Lessons 6–10.

Day 28: Take Practice Exam A in the Resource Center
  • Review any questions missed on the practice exam.
  • Continue reviewing key terms/people.

Day 29: Take Practice Exam B in the Resource Center
  • Review any questions missed on the practice exam.
  • If needed, still continue to review key terms, objectives, and end-of-lesson study questions.

Please refer to your Academic Guidance Planner for instructions on how to schedule your Life Span Developmental Psychology exam.