

# MAPC FOCUS

**002**

**Lifespan  
Psychology**

[www.mapchelp.com](http://www.mapchelp.com)

## **MUST READ for Dec 2019 Exam**

**Please note that this is**

**MUST READ TOPICS**

**and**

**NOT THE ONLY READ Topics**

**Also, the Guesses are**

**not expected to be exact**

**I used my logic of analysis**

**and you can follow it**

**at your discretion**

**Just one request....kindly don't ask for  
any clarification regarding this document**

**Please use it as per your understanding**

**Thank you!!**

## **MUST READ for Dec 2019 Exam**

### **Success Rate of MAPC Focus for Dec 18 Exam**

#### **Without Option (Out of 50 Marks)**

<b>Marks</b>	<b>Percentage</b>
<b>50</b>	<b>100%</b>

### **Success Rate of MAPC Focus for June 19 Exam**

#### **Without Option (Out of 50 Marks)**

<b>Marks</b>	<b>Percentage</b>
<b>37</b>	<b>74%</b>

## MUST READ for Dec 2019 Exam

Year	Block 1	Block 2	Block 3	Block 4
June 15	10,3,3	10,6,6,3	10,10	6,6,6
	20%	32%	25%	23%
Dec 15	10,6,3,3	10,6	10,6,3	10,6,6
	28%	20%	24%	28%
June 16	6,6,3	10,10,10,6	6,3	10,6,3
	19%	46%	11%	24%
Dec 16	10	10,6,6,6,3	10,6	10,6,3,3
	13%	39%	20%	28%
June 17	10,6,3	10,6,6,3	10,6,3	10,6
	24%	32%	24%	20%
Dec 17	10,6,6,3,3	10,6	10,6,3	10,6
	36%	20%	24%	20%
June 18	10,6,6,3,3	10,6	10,6,3	10,6
	36%	20%	24%	20%
Dec 18	10,10,10,3,3	6,6,3	6,6	10,6
	46%	19%	15%	20%
June 19	10,10,6,,3,3	10,6,3	6	10,6,6
	41%	24%	8%	28%

1 <sup>st</sup> Priority	
Block	Unit
1	3
2	2
3	**
4	3
<b>39% of Questions</b>	
<b>31 Marks</b>	

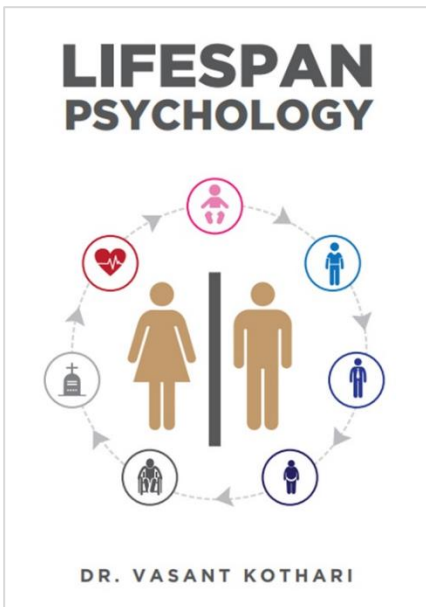
2 <sup>nd</sup> Priority	
Block	Unit
1	1,4
2	3
3	3,4
4	2
<b>42% of Questions</b>	
<b>33 Marks</b>	

3 <sup>rd</sup> Priority	
Block	Unit
1	2
2	1,4
3	1,2
4	1,4
<b>19% of Questions</b>	
<b>15 Marks</b>	

Block 1 – Unit 3  
 Block 2 – Unit 2  
 Block 4 – Unit 3

Almost 39% questions asked in the exams comes from these..  
**SHOULD NOT BE SKIPPED**

# MUST READ for Dec 2019 Exam



**ERR** For the **people** who are **following this book** which is specially written for **MAPC IGNOU Students**

**Lifespan Psychology**

by **Dr Vasant Kothari**

ISBN: 978-81-935047-1-0

Pages: 240

**Price: Rs-350 → Rs 280**

Available for purchase at

**[www.springseason.in](http://www.springseason.in) & Amazon**

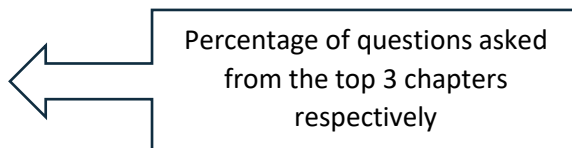
1 <sup>st</sup> Priority
Chapter No.
<b>3,6,15</b>
<b>39% of Questions</b>
<b>31 Marks</b>

2 <sup>nd</sup> Priority
Chapter No.
<b>1,4,7,11,12 14</b>
<b>42% of Questions</b>
<b>33 Marks</b>

3 <sup>rd</sup> Priority
Chapter No.
<b>2,5,8,9,10, 13,16</b>
<b>19% of Questions</b>
<b>15 Marks</b>

It has been observed that **Chapter No. 3, 6, & 15 are the most important** as 39% questions in the exam comes from these only, so you should not miss these chapters at any cost

Chapter No. 6 → 14.35%  
 Chapter No. 15 → 13.64%  
 Chapter No. 3 → 10.60%



## **MUST READ for Dec 2019 Exam**

<b>Block-1 Prenatal, Infancy and Early Childhood</b>	
<b>Unit 1 – Concept of Development, Growth and Development, Life Span Perspective, Methods of Studying Development and Characteristics of Development</b>	
<ul style="list-style-type: none"> <li>• Concept of Development</li> <li>• Growth and Development</li> <li>• Research Methods for Life Span Development</li> </ul>	
<b>Unit 2 -Prenatal Development</b>	
<ul style="list-style-type: none"> <li>• Period of Prenatal Development</li> <li>• Characteristics of Prenatal Period</li> <li>• Environmental Influences</li> </ul>	
<b>Unit 3 - Development During Infancy</b>	
<ul style="list-style-type: none"> <li>• Characteristics of Infancy Period</li> <li>• Hazards during Infancy Period</li> <li>• Physical Development in Infancy</li> <li>• Psychosocial development during Infancy</li> <li>• Cognitive development during Infancy</li> <li>• Language development during Infancy</li> </ul>	
<b>Unit 4 - Early Childhood</b>	
<ul style="list-style-type: none"> <li>• Characteristics of Early Childhood</li> <li>• Hazards during Early Childhood</li> </ul>	

# **MUST READ for Dec 2019 Exam**

## **Block-2 Development during Early School Years (6-11 Years)**

### **Unit 1 - Physical Development**

- Physical Growth in Early Year School Years
- Motor Development
- Disorders in Physical Development During 6-11 Years of Age

### **Unit 2 - Cognitive, Social, Emotional and Moral Development**

- Concept Formation
- Information Processing Approach to Cognitive Development
- Language Development
- Peer Group
- Kohlberg's Theory of Moral Development
- Emotional Development
- Common Emotional Patterns

### **Unit 3 - Schooling and Development**

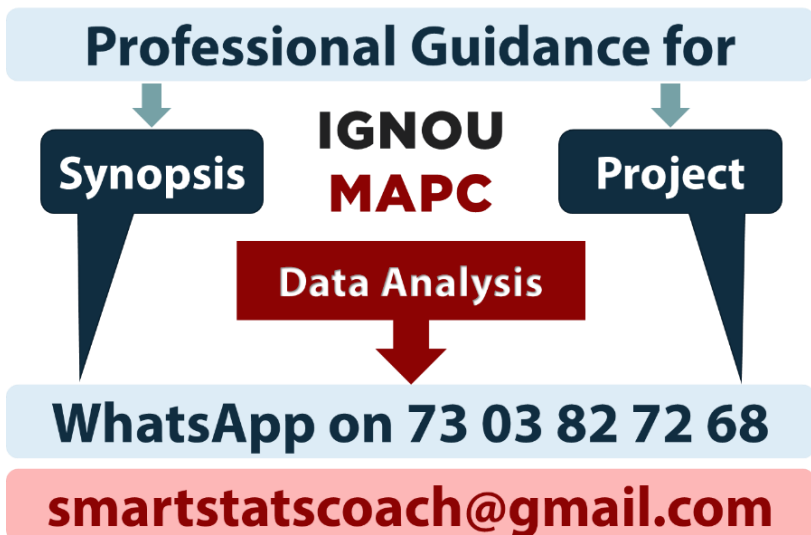
- Basic School Skills
- Value Education
- Educational Excursions

### **Unit 4 - Identification of Problems in School Children and Remedial Measures**

- Orthopedically Handicapped
- Gifted and Talented Children

## **MUST READ for Dec 2019 Exam**

<b>Block-3 Development during Adolescence</b>	
<b>Unit 1 - Physical Changes</b>	
<ul style="list-style-type: none"> <li>• Meaning and Definition of Adolescence</li> <li>• Puberty</li> </ul>	
<b>Unit 2 - Cognitive Changes</b>	
<ul style="list-style-type: none"> <li>• Piaget’s Theoretical Approach on Cognitive Development</li> <li>• Information Processing Perspective</li> </ul>	
<b>Unit 3 - Identity Self Concept, Self Esteem, Peer Group Relationship</b>	
<ul style="list-style-type: none"> <li>• Identity in Adolescence</li> <li>• Identity Crisis</li> <li>• Marcia’s Identity Statuses</li> <li>• Self Concept and Self Esteem in Adolescence</li> <li>• Signs of Negatives Self Concepts in Adolescents</li> <li>• Egocentrism in Adolescence</li> </ul>	
<b>Unit 4 - Challenges and Issues in Adolescent Development</b>	
<ul style="list-style-type: none"> <li>○ Coping with the Loss of Normalcy</li> <li>○ Acknowledging Sexuality</li> <li>○ High Risk Behaviours</li> </ul>	





## **MUST READ for Dec 2019 Exam**

### LAST MINUTE REVIEW

**Available for all  
1<sup>st</sup> Year & 2<sup>nd</sup> Year Subjects**

- Covers maximum syllabus of MAPC
- Covers all important topics in just a few pages
- Simple, short, precise & extremely ease language
- Extremely beneficial for revision

*Available only in ebook [PDF] form*



*Available during exam season only*

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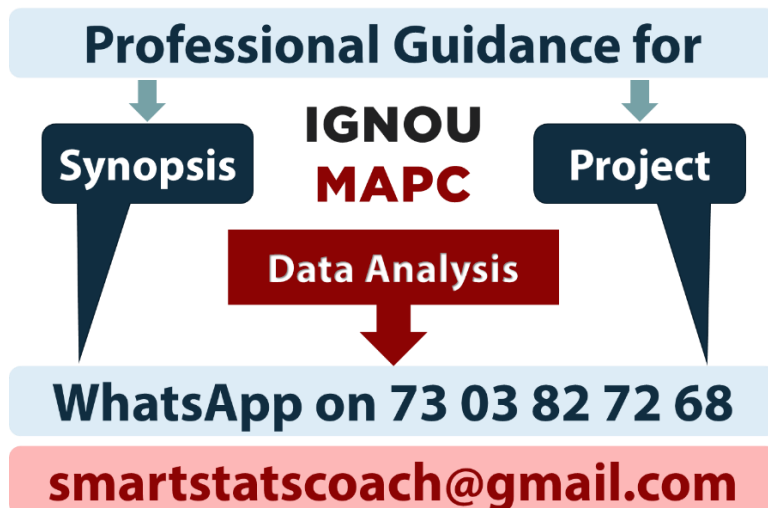
**[www.springseason.in](http://www.springseason.in)**

*from 1<sup>st</sup> May & 1<sup>st</sup> Nov onwards...*

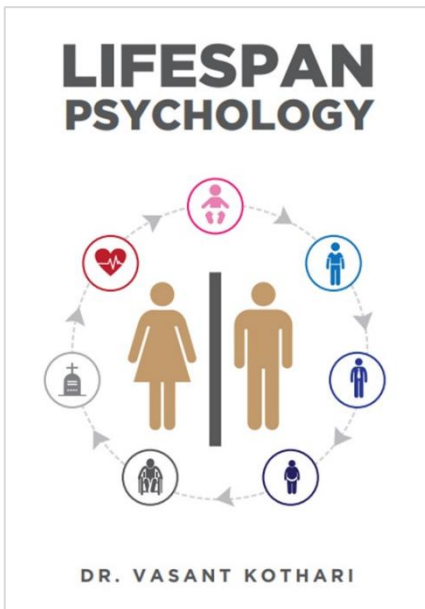
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## **MUST READ for Dec 2019 Exam**

<b>Block-4 Adulthood and Ageing</b>	
<b>Unit 1 - Physical Changes (Early Adulthood, Middle Age, Old Age)</b>	
<ul style="list-style-type: none"> <li>• <b>SKIP TOTALLY</b></li> </ul>	
<b>Unit 2 - Cognitive Changes (Early Adulthood, Middle Age, Old Age)</b>	
<ul style="list-style-type: none"> <li>• Cognitive Changes in early adulthood</li> <li>• Cognitive Changes mid adulthood</li> </ul>	
<b>Unit 3 - Psychosocial Changes (Early Adulthood, Middle Age, Old Age)</b>	
<ul style="list-style-type: none"> <li>• Stage Theories versus the Contextual Approach</li> <li>• Eric Erikson's Theory</li> <li>• Psychosocial Changes During Middle Adulthood</li> <li>• Four Developmental Tasks of Middle Adulthood</li> <li>• Attachment Patterns and Romantic Relationships</li> <li>• Family life cycle</li> <li>• Psychosocial Changes During Old Age</li> </ul>	
<b>Unit 4 - Challenges and Issues in Ageing Process</b>	
<ul style="list-style-type: none"> <li>• Ageing Process</li> <li>• Ageing Issues and Challenges in Early Adulthood</li> <li>• Ageing Issues and Challenges in Middle Adulthood</li> </ul>	



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Chapter No.	Topic No.				
1	1.1	1.2	1.6	**	**
2	2.2	2.3	2.4	**	**
3	3.2	3.4	3.5	3.6	3.7
4	4.2	4.3	**	**	**
5	5.1	5.2	5.2.2	5.3.1	**
6	6.2/3/4	6.4.2	6.5.2	6.6	6.6.1
7	7.2	7.4	7.5.3	**	**
8	8.5	8.8	**	**	**
9	9.1	9.3	**	**	**
10	10.2	10.3	10.4	**	**
11	11.1	11.2	11.2.1	11.4(1/4)	**
12	12.1.1	12.1.2	12.1.3	**	**
13	**	**	**	**	**
14	14.1	14.2	**	**	**
15	15.1.1	15.2.1/3	15.3/4	15.4.2	15.5
16	16.1	16.2	16.3	**	**

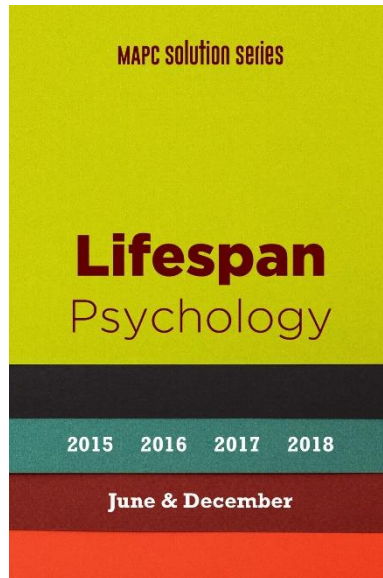
## **MUST READ for Dec 2019 Exam**

**MPC002 – All 9 Solved Question Papers**

**Dec 17 Exam**

**51 Marks**

Questions were  
from previous  
year question  
papers



**Jun 18 Exam**

**48 Marks**

Questions were  
from previous  
year question  
papers

**Purchase @ Rs 125 ONLY**

**FROM [www.springseason.in](http://www.springseason.in)**

**Dec 18 Exam**

**100%**

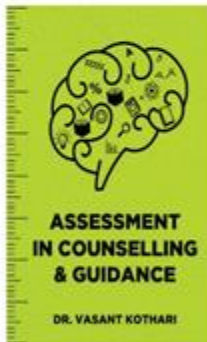
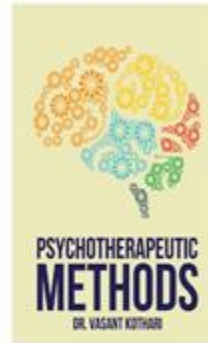
Questions were from previous year question  
papers

**June 19 Exam**

**88%**

## MUST READ for Dec 2019 Exam

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