

## **Maslow's model on becoming Self-Actualized And Cognitive Development**

Maslow's model on becoming a self-actualized individual is a great inspiration or guideline for someone to follow. A self-actualized person has it all together, they know what they want, they know what they are doing, and they do not let others confuse or restrict that. Self-actualized individuals are grown up, hard working, capable people. These people have a mission in life; they know what they are here to do. They also are able to discern between honesty and dishonesty, and between what is right, and what is not. They accept themselves, and they accept others for the way they are. They are very open minded, understanding people. Maslow stated that you know you reach the point of being self-actualized, when you reach a value. Pure truth, justice, perfection, beauty, and goodness motivate self-actualized people. These are contained on Maslow's list of "B" values. These people have reached their highest potential; they exercise their talents and abilities to the fullest.

This model has definitely helped me understand better my developmental process, and has given me insight and understanding of myself. By learning about this model of self-actualization, I have been able to see clearer where I am at in my development. Maslow's definition is good because I find it very up beat and hopeful, he is very optimistic. I have been able to see most of these qualities in myself, and this had been reassuring for me. His model has also helped me to know what is missing in my life, or what is holding me back from reaching self-actualization. It has also helped me better understand other people and their developmental processes.

### **Cognitive Development**

According to Piaget, cognitive development occurs in four stages. The first stage called sensorimotor, occurs from birth to the age of 2 years. In this stage, you learn by using your senses and your own body movements. During this stage, you are not very capable of thought, and your intelligence is strictly action. The second stage called the preoperational stage occurs between the ages of 2 and 7 years. This stage is full of your development of language; you begin to communicate using language and objects. Also, in this stage you believe that every object has feelings, and you act as if everyone sees as you do, and thinks as you do. The third stage called concrete operations stage occurs between the ages of 7 to 12 years. In this stage, you learn the concept of conversation and learn other people have their own thoughts and are different than you are. You also develop the ability to think logically. The fourth stage called the formal operational stage occurs at the ages of 12 and beyond. This stage is when you are able to think very much on your own, and are able to carry conversations dealing with the "what if's" of various ideas. This is when you become interested in world ideas, philosophy, and such related fields. You begin to get a view of world issues and develop your own opinion and are able to share that with others.

Piaget's theory of development is a little harder for me to relate my life to, because there are only four defined stages. I think that there are numerous stages of development, and that it cannot be summed up into only four. Piaget's major emphasis is on the early years of development. Which is fine, but what about all the development that occurs in adulthood. I believe people never stop learning or growing. I do not remember my early years, and because that is his emphasis, I do not find favor of his theory. I believe that it will be useful when observing and understanding my own children when the time comes.

