• Physical Development:
  ○ Involves changes in the body and its various system, such as development of the brain and nervous system, bones and muscles, motor skills (movement), and the hormonal changes or puberty and menopause.

• Social Development:
  ○ Involves changes in an individual's relationships with other people and their skills in interacting with other, such as the ability to form and maintain close relationships with others in a group situation.

• Cognitive Development:
  ○ Involves changes in an individual's mental abilities, such as processing of information through perception, learning, memoir, language, moral reasoning, problem solving and decision making.

• Emotional Development:
  ○ Involves changes in how an individual experiences different feeling and how these feelings are expressed, interpreted and dealt with; for example, the way in which anger is expressed by a two-year-old compared with a 16-year-old and a 50-year-old person.