

Adulthood

Guided Reading

Section 3

READING THE SECTION

DIRECTIONS Read each sentence and fill in the blank with the correct word or phrase.

1. _____ are developmental theories that maintain that aging is the result of genetics. (**Programmed theories/Cellular damage theories**)
2. _____ are unstable elements in our bodies that some scientists think cause damage to our bodies. (**Dementia/Free radicals**)
3. According to the view called _____, proteins within a cell bind together, toughening body tissue and causing aging. (**cross-linking/senile dementia**)
4. _____ is a progressive form of mental deterioration that affects about 10 percent of people over 65. (**Alzheimer's disease/Ego integrity**)
5. _____ occurs after the age of 65. (**Senile dementia/Cross-linking**)

DIRECTIONS Read each of the following descriptions, and write who or what is "speaking" in the space provided.

- _____ 6. "I am a serious loss of cognitive functioning characterized by memory loss."
- _____ 7. "I believe that life is meaningful and worthwhile even when physical abilities are not what they used to be."
- _____ 8. "I believe that cells malfunction as a result of damage, not heredity."
- _____ 9. "I am an unstable molecule that can cause damage to the body."
- _____ 10. "I believe that aging is the result of genetics."

POST-READING QUICK CHECK

DIRECTIONS Look at each set of four terms. On the line provided, write the letter of the term that does not relate to the others.

- _____ 11. a. programmed theories
b. aging is caused by genetics
c. cells malfunction because of damage
d. biological clock moves at predetermined pace

- _____ 12. a. cellular damage theories
b. aging result of genetics
c. cells malfunction because of damage
d. free radicals

- _____ 13. a. successful aging
b. dementia
c. ego integrity
d. positive outlook

- _____ 14. a. tasks of late adulthood
b. adjusting to physical change
c. adjusting to illness
d. choosing a career

DIRECTIONS Use vocabulary terms to write a summary of what you learned in the section.
