

HHS4U Final Midterm Review Notes

Families • Relationships • Theories • Research & Inquiry Skills • Adulthood

UNIT 1: RESEARCH & INQUIRY SKILLS

What Is Research?

Research is the process of collecting information to answer a question or test an idea.

Good research should be:

- organized
 - reliable
 - focused
 - ethical
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Research Plan

A research plan includes:

1. Purpose

Why are you doing the research?

2. Method

How will you collect information?

3. Sources

Where will the information come from?

4. Tools

Examples:

- survey
- interview
- observation
- questionnaire

5. Ethics

Researchers must:

- respect privacy
- avoid harm
- protect participants
- obtain consent

Example:

Participants remain anonymous.

Types of Sources

Primary Sources

Information collected directly by you.

Examples:

- interviews
- surveys
- observations
- questionnaires

Secondary Sources

Information already created by others.

Examples:

- books

- articles
 - websites
 - textbooks
 - Statistics Canada reports
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Reliable vs Unreliable Sources

Reliable Sources

- government websites
- Statistics Canada
- registered news agencies
- academic journals

Unreliable Sources

- Wikipedia
 - homemade blogs
 - random websites/videos
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Strong Research Questions

Strong questions should be:

- specific
- focused
- clear
- researchable

Weak Question

“What makes people adults?”

Strong Question

“How do family expectations influence young adults’ transition into adulthood in Canada?”

Hypothesis

A prediction using IF–THEN.

Example:

If young adults experience stronger family expectations, then they may become independent later.

Communicating Research

Research can be communicated through:

- oral presentations
- posters
- reports
- multimedia presentations
- webpages

The format should match:

- audience
 - purpose
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APA Citation Basics

In-Text Citation

(Smith, 2023)

Reference Example

Smith, J. (2023). Teen sleep and technology. Toronto Publishing.

Why APA matters:

- avoids plagiarism

- gives credit to sources
 - improves reliability
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Reflection Questions

- What worked well?
 - What challenges occurred?
 - How did my thinking change?
 - What could improve next time?
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UNIT 2: THE THREE DISCIPLINES

Anthropology

Studies:

- culture
- traditions
- beliefs
- human behaviour

Question:

How do cultures define adulthood?

Sociology

Studies:

- society
- groups
- relationships
- family roles

Question:
How does society influence family life?

Psychology

Studies:

- thoughts
- emotions
- behaviour
- identity

Question:
How does development affect people?

UNIT 3: KEY FAMILY VOCABULARY

Nuclear Family

Parents and children living together.

Extended Family

Includes relatives beyond parents and children.

Examples:

- grandparents
- aunts
- uncles
- cousins

Blended Family

Families joined after remarriage.

Dual-Income Family

Both partners work and earn income.

Patriarchy

A system where men hold most authority.

Monogamy

Having one marital partner.

Polygamy

Having more than one spouse.

Adoption

Legally becoming a child's parent.

Fostering

Temporarily caring for a child.

Social Policy

Government laws and programs that affect families.

Example:

Parental leave policies.

Life Expectancy

Average lifespan of a population.

Replacement Rate

Population level needed to replace itself.

UNIT 4: FUNCTIONS OF FAMILIES

1. Reproduction

Families help society continue through raising children.

2. Socialization

Families teach:

- values
- behaviour
- traditions
- language
- cultural expectations

3. Physical Maintenance

Families provide:

- food
- shelter
- clothing
- safety
- healthcare

4. Nurturance and Love

Families provide:

- emotional support
- belonging
- care

5. Social Control

Families teach acceptable behaviour.

Examples:

- curfews
- household rules

6. Production of Goods and Services

Families contribute through:

- work
 - chores
 - cooking
 - childcare
 - financial support
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UNIT 5: FAMILY STRUCTURES

Single-Parent Family

Strengths

- independence
- close relationships

Challenges

- financial pressure
 - time demands
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Two-Parent Family

Important Idea:

Family success depends more on support and communication than structure.

Grandparent-Led Family

Grandparents become primary caregivers.

Challenges

- finances
 - health concerns
 - generation differences
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Extended Family

Includes relatives beyond parents and children.

Benefits

- shared responsibilities
 - strong support systems
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Childless Family

Families without children can still provide:

- love
 - support
 - caregiving
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UNIT 6: RELATIONSHIP DEVELOPMENT

Factors Influencing Relationships

- communication
 - trust
 - personality
 - culture
 - values
 - kindness
 - respect
 - shared beliefs
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Healthy Relationships Include

Communication

Sharing thoughts respectfully.

Trust

Feeling safe and reliable.

Respect

Treating others fairly.

Responsibility

Supporting and caring for others.

Cooperation

Working together.

UNIT 7: RELATIONSHIP & FAMILY THEORIES

Psychodynamic Theory

Childhood experiences affect future relationships.

Example:

Strong family support may lead to easier trust later in life.

Structural Functionalism

Families help maintain stability in society.

Example:

Parents teach values and support children.

Conflict Theory

Power and inequality create conflict.

Example:

Arguments over money or responsibilities.

Symbolic Interactionism

Relationships are shaped by communication and daily interactions.

Example:

Family traditions create meaning.

Social Exchange Theory

People compare costs and rewards.

Example:

People stay in relationships when benefits outweigh costs.

Systems Theory

Families are connected systems where members affect one another.

Example:

Conflict between parents may affect children emotionally.

Feminist Theory

Focuses on gender inequality and unequal roles.

Example:

Women may perform more caregiving or housework.

Ecological Perspective

Families are influenced by outside environments.

Examples:

- school
 - media
 - culture
 - economy
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Life Course Approach

Life stages and important events affect development over time.

Example:

Divorce affects people differently depending on age.

Equality & Respect Perspective

Healthy relationships need:

- fairness
 - respect
 - communication
 - shared responsibility
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Diversity & Inclusion Perspective

Families can look different across cultures and communities.

UNIT 8: THEORIES OF ATTRACTION

Filter Theory

People choose partners with:

- similar values
- interests
- goals

Social Homogamy Theory

People choose partners with similar:

- culture
- religion
- education
- social background

Complementary Needs Theory

People may choose partners with opposite traits that balance them.

Examples:

- quiet + outgoing
- organized + creative

Evolutionary Theory

People often seek:

- stability
 - support
 - caring partners
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UNIT 9: SEX VS GENDER & NATURE VS NURTURE

Sex

Biological traits such as:

- hormones
 - reproductive systems
 - body differences
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Gender

Socially learned roles and expectations.

Examples:

- boys expected to be “tough”
 - girls expected to be “caring”
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Nature

Biology and genetics.

Nurture

Environment, culture, and socialization.

Important Idea:

Nature and nurture always work together.

Stereotypes

Oversimplified beliefs about groups of people.

Examples:

- “All boys like sports.”
- “All girls are emotional.”

Important Idea:

Similarities between people are often greater than differences.

UNIT 10: CAREGIVING

Caregiving

Providing support to:

- children
 - elderly family members
 - family members with illnesses/disabilities
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Caregiver Identity Theory

People may feel stress when becoming caregivers.

Possible feelings:

- guilt
 - stress
 - exhaustion
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Attachment Theory

Strong emotional bonds affect development.

Secure Attachment

Children feel safe and supported.

Insecure Attachment

Children may experience anxiety or trust difficulties.

Roy Adaptation Model

Caregivers adapt to stress and changing demands.

Stress factors:

- finances
 - emotional exhaustion
 - time management
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UNIT 11: ADULTHOOD

Adulthood

A stage where people become more:

- responsible
- independent
- capable of making decisions

Important Idea:

There is no single definition of adulthood.

Factors Affecting Adulthood

Education

- high school
- college
- university
- trades

Employment

Employment may increase:

- independence
- financial responsibility

Family Expectations

Families may influence:

- education
- career choices
- marriage
- responsibilities

Living Arrangements

Examples:

- parents
- roommates
- alone
- partner

Culture

Different cultures define adulthood differently.

Canada often values:

- independence
- education
- career success

Other cultures may value:

- marriage
 - helping family
 - community responsibility
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FINAL QUICK MEMORY TIPS

- Childhood → Psychodynamic
 - Stability → Structural Functionalism
 - Power → Conflict Theory
 - Communication → Symbolic Interactionism
 - Costs/Rewards → Social Exchange
 - Similar Values → Filter Theory
 - Similar Background → Social Homogamy
 - Opposites Attract → Complementary Needs
 - Emotional Bonds → Attachment Theory
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FINAL SUCCESS CHECKLIST

- ✓ Know family functions and structures
- ✓ Know major theories and examples
- ✓ Understand caregiving impacts
- ✓ Understand adulthood concepts
- ✓ Know research skills and APA basics
- ✓ Understand nature vs nurture
- ✓ Know anthropology vs sociology vs psychology
- ✓ Use examples for every concept
- ✓ Review healthy relationship qualities