

Lyceum 144, April 23, 2026 – Nurture and Nature Influences according to developmental psychology. Neighborhood/Parish Lyceum – a forum to Think, Discuss, Share, and Learn from one another. Your input is welcomed.

“The 1826, in Connecticut, a farmer named Josiah Holbrook started a school for ‘the general diffusion of knowledge and raising the moral and intellectual taste’ of Americans. In those days, the opportunities for higher education were limited to those venerable old universities that had long served the upper crust. Holbrook’s vision was to make learning – practical, liberal, and humane – available to working people of all kinds. He named his school the Lyceum, after the garden where Aristotle once taught his students philosophy... We need to go deeper than the superficial fights that characterize public life. We need to return to the first principles and meet each other there as human beings.”

The following 40 Developmental influences may have been foundational in nurturing and reinforcing how your upbringing slipped through the cracks of daily life. It shows how people you interacted with, how you responded to mistakes, and how exposed you were to the following 40 assets as influential in your upbringing – review these influences as to whether they were influential in your developmental years. As a parent, grandparent, or great grandparent; you might find these 40 influences helpful for guiding you in the parenting for your children, grandchildren, and great grandchildren.

Then review the 15 Habits that expose how someone was raised – which ones most represent you, and are your present habits influenced by any of the 40 assets. I suspect you can tell who grew up around patience and who didn’t. Manners aren’t rehearsed—they’re remembered. The smallest habits often reveal the deepest lessons, and the ones learned quietly without anyone realizing they’d last forever. I have focused on nurturing influences as opposed to our nature/ DNA predisposition which should also be factored in.

In summary, developmental psychology provides a comprehensive framework for understanding human growth and change, emphasizing the dynamic interaction of biological, cognitive, social, emotional, and spiritual factors throughout life. -Life-span Developmental Psychology, Introduction to Research Methods by Paul B. Baltes, Hayne W. Reese, and John R. Nesselroade, 1980.

Good luck. -Roger J. Vanden Busch

40 assets/influences during your developmental years and beyond.

- 1. Family Support-Family life provides high levels of love and support.**
- 2. Positive Family Communication-Young person and her or his parent(s) communicate positively,
and young people are willing to seek advice and counsel from parents.**
- 3. Other Adult Relationships-Young person receives support from three or more nonparent adults.**
- 4. Caring Neighborhood-Young person experiences caring neighbors.**
- 5. Caring School Climate- School provides a caring, encouraging environment.**
- 6. Parent Involvement in Schooling-Parent(s) are actively involved in helping young people succeed in school.**
- 7. Community Values Youth-Young person perceives that adults in the community value youth.**
- 8. Youth as Resources-Young people are given useful roles in the community.**
- 9. Service to Others-Young people serve in the community one hour or more per week.**
- 10. Safety-Young person feels safe at home, school, and in the neighborhood.**
- 11. Family Boundaries-Family has clear rules and consequences and monitors the young person's whereabouts.**
- 12. School Boundaries- School provides clear rules and consequences.**
- 13. Neighborhood Boundaries-Neighbors take responsibility for monitoring young people's behavior.**
- 14. Adult Role Models-Parent(s) and other adults' model positive, responsible behavior.**
- 15. Positive Peer Influence-Young person's best friends' model responsible behavior.**

16. High Expectations-Both parent(s) and teachers encourage the young person to do well.

17. Creative Activities-Young person spends three or more hours per week in lessons or practice in

music, theater, or other arts.

18. Youth Programs-Young person spends three or more hours per week in sports, clubs, or

organizations at school and/or in the community.

19. Religious Community-Young person spends one or more hours per week on activities in a religious

institution.

20. Time at Home-Young person is out with friends "with nothing special to do" two or fewer nights

per week.

21. Achievement Motivation-Young person is motivated to do well in school.

22. School Engagement-Young person is actively engaged in learning.

23. Homework-Young person reports doing at least one hour of homework every school day.

24. Bonding to School-Young person cares about her or his school.

25. Reading for Pleasure-Young person reads for pleasure three or more hours per week.

26. Caring-Young person places high value on helping other people.

27. Equality and Social Justice - The young individual strongly priorities advancing equality and addressing injustices in society.

hunger and poverty.

28. Integrity-Young person acts on convictions and stands up for her or his beliefs.

29. Honesty-Young person "tells the truth even when it is not easy."

30. Responsibility-Young person accepts and takes personal responsibility.

- 31. Restraint-Young person believes it is important not to be sexually active or to use alcohol or other drugs.**
- 32. Planning and Decision Making-Young person knows how to plan and make choices.**
- 33. Interpersonal Competence-Young person has empathy, sensitivity, and friendship skills.**
- 34. Cultural Competence-Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.**
- 35. Resistance Skills-Young person can resist negative peer pressure and dangerous situations.**
- 36. Peaceful Conflict Resolution-Young person seeks to resolve conflict nonviolently.**
- 37. Personal Power-Young person feels he or she has control over "things that happen to me."**
- 38. Self-Esteem-Young person reports having high self-esteem.**
- 39. Sense of Purpose-Young person reports that "my life has a purpose."**
- 40. Positive View of Personal Future-Young person is optimistic about her or his personal future. -Developmental Psychology.**
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15 Habits That Expose How Someone Was Raised – which ones most represent you and were your habits influenced by any of the 40 assets listed above.

1. They Say Thank You Without Thinking.

It comes out before thought. A soft thank you to the driver when the bus stops. Another went to the server, placing water on the table. No pause. No show. It sounds lived in. Childhood meals taught me to carry weight with small words. Now the habit runs on its own and smooths edges in busy places. People breathe easier around it. Doors hold a second longer. Lines move cleaner. Warmth passed along.

2. They Clean Up After Themselves.

You can tell they've done this forever. The chair goes back, crumbs brushed away, the light switch clicked off as they left. No one asks. It's not tidy pride; it's care for whoever comes next. They grew up where help wasn't optional, everyone managed something. The habit never needed explaining again. It's just how they keep life smooth without making a big deal out of it.

3. They Listen All the Way Through.

You can tell a lot about someone from how they listen. Those who let you finish without interrupting grew up in an environment where patience was valued. They make eye contact, nod lightly, and wait through the pauses. No rushing, no rehearsed replies. It's more than politeness, it's curiosity. They learned that being quiet isn't about losing your voice. It's about giving others room to use theirs.

4. They Manage Embarrassment Calmly.

A slip happens. Coffee dots are sleeves. A name comes out wrong. They steady, smile once, and keep going. No big apology that drags on for a minute. That ease was learned in rooms where a towel beat a scolding. Fix the small thing. Reset the moment. Move forward. People nearby relax, and the noise fades. Grace becomes practical, like spare pins in a bag, for later.

5. They Notice Who's Left Out.

They pick it up without trying. Someone is standing nearby, not involved, and pretending to be busy. They ease the tension a little, say something small, or make space so the person feels welcome. It's not forced or planned. They know what it's like to be overlooked once. That memory shaped them more than they realized.

6. They Apologize Without Excuses.

When they say sorry, it sounds real. No long story, no reason attached to soften it. Just the words and a tone that feels steady. They fix what they can and move on. That kind of honesty doesn't appear out of nowhere. It begins in places where taking responsibility takes precedence over saving face. They learned early that trust grows faster when you stop trying to look perfect.

7. They Treat Service Workers Kindly.

They talk to everyone the same way: the person taking orders, the driver at the gate, or the cleaner stacking chairs. Their voices are patient. No act, no switch in tone. It's a habit now. They were raised around people who respected effort, no matter who gave

it. That sense of equality stayed with them, quietly shaping how they move through the world.

8. They Knock Before Entering.

They don't step in until they're sure it's fine. It's such a small thing, but it tells you everything. They grew up in an environment where personal space mattered, even inside one's home. That moment before crossing in means something to them. It's not about rules or politeness. It's simply how they show care without needing to say it.

9. They Stay Polite When Frustrated.

Manners under pressure show the truth. Someone who still says "please" when the line is slow or the order's wrong learned that decency shouldn't depend on mood. Calm voices replace sharp sighs. They take a breath instead of snapping. That control isn't forced—it's familiar. It's what happens when patience wasn't optional growing up but expected as part of being decent.

10. They Don't Brag About Being Kind.

There's a certain humility that comes from being raised right. People who were taught to do good quietly don't need attention for it. They help, they give, and they move on. No posts, no praise requests. It's not self-denial—it's comfort with doing what's right without an audience. Those raised around quiet kindness learned that goodness speaks loudest when left unsaid.

11. They Remember Small Things.

Someone who remembers you like black coffee or that your dog was sick last week didn't just memorize facts—they paid attention. That kind of memory comes from care, and care is something that is taught. When children grow up around people who listen closely, they carry that habit into adulthood. Remembering details becomes their way of saying, "You matter." It's gentle, but it leaves a mark.

12. They Respect Time.

Showing up when promised is simple, yet it says everything. People who value time were raised to understand it's not just their own that matters. They plan, check the traffic, and send a quick text if they are delayed. They don't see punctuality as pressure, it's courtesy. Respecting schedules reflects respect for people. It's an early lesson that grows into reliability without ever needing to be said aloud.

13. They Help Without Being Asked.

The helpful ones don't wait for cues. At gatherings, they grab empty cups or straighten chairs. They jump in where needed, not to prove anything, but because they can't ignore what needs to be done. That habit usually came from homes where pitching in wasn't optional. It was how love looked—hands busy, no spotlight. They don't talk about teamwork. They live it.

14. They Stay Calm in Arguments.

Their voices stay even. They listen to the last sentence before answering—a breath. A sip of water could be possible. They ask what was meant, not what was said in anger. That practice began at kitchen tables where talk didn't turn into noise. It was stuck. Now they keep the room usable while the problem is sorted. No winner. Just two people who can still hear well.

15. They Care for What They Own.

Objects tell stories. A person who keeps things clean, folded, and in good condition learns that ownership comes with care. Their shoes aren't spotless for show—they're maintained out of respect. They treat what they have as if someone taught them to earn it. It's not pride. It's gratitude in motion, a small echo of being raised to value what's given, not replace it carelessly.