**Reflection on INTASC 2: Child Development and Learning Theory**

Understanding how children learn and develop is crucial to creating lessons that will be helpful to all students. By using material tailored to fit the developmental stages of the children in the classroom, an instructor will be able to ensure they are teaching each of their students efficiently. In order to create lessons that are appropriate for students, teachers must understand how children develop throughout their school years; it is important for teachers to know how children change throughout adolescence and how altering instruction can help them reach each child. An important part of growing up during the high school years is developing mental maturity. It is not likely that a sixth grade health class would contain intricate explanations of sexual reproduction and methods of safe sex. Because students are not mentally mature enough to handle such topics with the care they require, it is not taught to them. At the high school level, when children have had the chance to mature, children will be taught sexual education. Planning for the maturity and development of students can be applied to the English classroom as well. For example, when teaching a sixth grade class, a teacher would not choose a text that had graphic scenes of violence or foul language; in the high school setting books containing this material are part of the curriculum (*To Kill a Mockingbird, The Catcher in the Rye).* A teacher must understand how the child develops in order to plan lessons that will effectively teach their students. If students are unable to handle the material they will lose focus and not retain the information, and if students believe material is not relevant to them because they are too mature they will dismiss the material and not attempt to retain information.