Using Developmental Science to Shed New Light on Allostatic Load

Paul Hastings, PhD

Friday, January 11th, 2019
11:30 a.m.—12:30 p.m.

Location: PSSB Auditorium, Room G300

Address: 4150 V Street
Sacramento, CA 95817

For more information, please contact Hillary Brown at 916-734-2614 or habrown@ucdavis.edu

Professor Hastings is chair and professor of psychology at the University of California, Davis, and a member of the core faculty of The Health Emotions, Relationships and Development Lab (HERD), which explores the factors contributing to children’s social and emotional development. He examines the contributions of “nurture” through children’s close relationships with family and friends, and “nature” through their autonomic and neuroendocrine regulatory systems.

Dr. Hastings’ research centers around understanding the ways in which biological and environmental factors shape the trajectories of children’s emotional and social development. This focus encompasses normal and adaptive development, such as the physiological arousal experienced by healthy and well-functioning children when they experience various emotions. It also extends to atypical and maladaptive development, such as the difficulties experienced by anxious children when they enter a daycare or preschool, if their parents have not effectively prepared them for these kinds of social and academic challenges.

Course Objectives:

1. Understand the allostatic load model of stress and health
2. Consider adolescent development as a window of susceptibility
3. Recognize diversity of life contexts and personal characteristics as keys to linking stress and health.