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Archer, T., & Vanderhoven, D. (2010). *Growing and sustaining self-help*. Community Development Foundation, 1-28.

Archer and Vanderhoven wrote this article with the key focus placed on self-help and adaptive development among human beings. The article enlightens readers on the significance of self-help in the course of human development. It also contains a wide variety of information about adaptive living among humans and the manner in which individuals can make it in life through interacting with others. It was published in 2010, hence indicating its concern over the current issues of self-help and adaptive living among human beings in society. The strength of the article is the immense research it offers while its weakness emanates from the manner it employs technical terms in the explanation of some terms. This limits understandability among all individuals.

The article defines self-help as the groups in a society that exist with the aim of boosting the development of human beings in society. Additionally, it defines adaptive development as the way in which humans try to fit in society with the changing trends. In terms of substance, the article contains enormous information on the significance of self-help in the development of human beings. It asserts that self-help gives people hope and may facilitate their growth to the highest levels in society. It argues that adaptive development is instrumental for effective living among human beings in society. They always have to adapt to the changing trends in society to live effectively with the rest of the community. Notably, the article offers wide research on the significance of self-help in the prosperity of human beings in society. It also offers immense research on adaptive development and its importance in the lives of human beings.

Hesketh, E. S. (2011). *Effective communication skills. Effective Communication Skills, 1-20.*

Hesketh wrote the Effective Communication Skills article, which was published in 2011. The article was written with the key aim of explicating the significance of effective communication among human beings. This encouraging article urges individuals to adopt effective communication skills that play a vital role for coexistence and the development of different aspects within society. The article is advantageous, because it substantiates the different aspects of effective communication in a clear manner. The separation of different parts that constitute effective communication enables individuals to understand and acquire these skills effectively. On the hand, the article is disadvantageous, since it does not show the practical application of the alleged effective communication skills. Pragmatism could have given readers a better understandability of effective communication skills and their applicability in society.

The article defines communication as the process of passing information from one person to another and ensuring that the required feedback is received. It also explains that communication entails the process of listening, speaking, and the use of gestures among individuals. In terms of substance, the article has a wide range of skills that constitute effective communication among individuals. It offers much content concerning the significance of communication among human beings and the manner in which individuals can adopt the skill of communicating effectively to others. It argues that human beings can only lead effective lives, in cases, where they adopt the required communication skills. Therefore, the article affirms that effective communication skills play a significant role in the development of human beings all over the globe. It offers immense research on the appropriate communication skills that humans are supposed to adopt in order to ensure that they develop properly within society. In its research on communication skills, the article holds that these skills are also instrumental in promoting

harmonious living in society.

Lundahl, D. (1992). Sensory and cognitive aspects of food preference. Info Sense, 1-33.

It is worth noting that Lundahl wrote this article, which was published in 1992, and its focus is sensory and cognitive aspects relating to the development of food preferences among human beings. The development of human beings will always involve the selection of different foods, which are deemed to meet most of the requirements desired by the individual. The article investigates the role of sensory and cognitive aspects in the determination of food preferences among human beings. The article is valuable, because it contains wide research that enables readers to draw the nexus between sensory and cognitive aspects and food preferences among human beings. This promotes the understandability of the entire process of human development within society. On the other hand, the article is disadvantageous, because it does not indicate the flexibility of sensory and cognitive aspects in relationship to food consumption among human beings.

The article defines sensory and cognitive aspects as innate characteristics that exist within human beings. They determine the way in which human beings can live in society by making key decisions and adapting to different things in society. Concerning substance, the article contains wide research about the foods consumed in different countries and the way in which sensory and cognitive aspects may contribute to the adoption of these preferences. This promotes the understandability of readers about the food preferences adopted by different people in different regions around the world. It argues that people would always tend to prefer foods they are exposed to at the first instance. They will always try to uphold the foods they grow up consuming compared to those that they are exposed to at later stages. It offers appropriate research relating to the field of sensory development and cognitive development among human beings. It relates the development of these aspects to the adoption of food preferences among various people

around the globe.

Shenouda, N., Gabel, L., & Timmons, B. W. (2011). Physical activity and motor skill development. Preschooler Focus, 1-2.

Shenouda, Gabel, and Timmons conducted research in the field of physical activity and consequently, wrote this article. The article was published in 2011, and it concentrates on physical activity and motor skill development among children. The article explains the significance of allowing children to engage in different games as this would be instrumental in promoting their development. The article is advantageous as it focuses on young children who are vital for the future of every society. It enlightens individuals and encourages them to take care of the future generation by allowing children to participate in different activities that contribute to their physical and motor skill development. The article is disadvantageous, because it does not assert the significance of physical activity and motor skill development in the future lives of these young children.

According to the article, physical and motor skills involve the acquisition of important skills such as running, throwing, and other vital activities such as jumping. In terms of substance, the article brings forth significant reasons for allowing the development of physical activity and motor skills among children. It also outlines the significance of ensuring that children are given the opportunity to interact with others through games such as athletics and other sporting activities. The article contains immense research on the physical and motor development among children. It illustrates research conducted on the significant of various sporting activities on physical and motor skills development. It offers wide research in this area hence ensuring that individuals pay attention to this matter. It argues that the development of physical and motor skills is the building block for the effective growth and development among children. More so, it urges individuals to uphold the principles relating to physical and motor development among children.

Toth, A. L., & Robinson, G. E. (2007). *Evolution of social behavior- insights from the honey bee*. *Trends Genetics*, 334-341.

Toth and Robinson wrote this article with the focus on social behavior development among human beings. The article was published in 2007 with the concern of highlighting the evolution of social behavior among human beings. It draws the evolution of social behavior to different stages in the life of human beings all over the world. The article is advantageous, because it enables individuals to understand the history behind social behavior among human beings and the contributions of social behavior in the lives of individuals. Otherwise, the article does not effectively establish the relationship between social behavior among honeybees and human beings. This makes it difficult for individuals to draw the required conclusions pertaining to social behavior among humans.

The article defines social behavior as the act of working together toward a common goal in society. Therefore, it is the ability of humans to associate and collaborate with others for the development of the entire society. Concerning substance, the article contains much information about the origin of social behavior and the way in which social behavior has been evolving among human beings over years. Moreover, it reflects on the significance of social work among all human beings within society. In terms of research, the book offers adequate information on the significance of social behavior among human beings and the relevance of social behavior within society. Lastly, it argues that social behavior promotes determination and completes society. More so, the article reiterates on the need of individuals to cooperate with others in society toward development in society.

References

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