

# MyVirtualLife

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For students studying developmental psychology, seeing and practicing theories learned in class can be difficult. They likely haven't had the chance to observe how people develop over the course of their lifetimes. In the virtual world, however, students can.

MyVirtualLife is made up of two experiential learning simulations. In the first, students raise a virtual child from birth to age 18. In the second, it pivots to a first-person perspective of a virtual adult, where students make decisions about their own virtual life from age 18 to late adulthood. It is included with our lifespan development psychology resources.

Throughout the experience, students will witness how their life decisions combined with environmental and genetic factors to influence lifespan development.

At the start, students choose their gender identities and child's method of conception.

Next, they customize their digital avatar's appearance and complete a scientifically based personality inventory, which influence the look and personality type of their virtual child. Just like passing on their DNA. These customizations help students better identify with their virtual child.

After this stage, students begin their role as a parent by making decisions as they run into different realistic scenarios, including modern cultural issues like the impact of social media, or interacting with someone who is transgender.

After this first simulation, students move to a first-person perspective of a virtual adult. They will continue making decisions about education, career, relationships, health, and finances as they grow up around their virtual family and friends and experience notable life milestones.

Students will also encounter diverse characters as they would in today's world, including siblings with learning disabilities and friends from diverse socioeconomic, cultural and religious backgrounds. These relevant topics create a world students recognize, and helps them contextualize what they learn in class.

At key developmental stages, students will receive personalized feedback from virtual pediatricians, teachers, and psychologists. Videos are also embedded throughout the simulation to demonstrate important concepts.

As an instructor, you can see how each of your students are progressing and choose the pace at which students raise a virtual child, so it aligns with your curriculum.

Give students the opportunity to live the concepts they're learning with MyVirtualLife.