

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
PSY 236 - ADOLESCENT PSYCHOLOGY (3 CR.)**

Course Description

Studies development of the adolescent. Investigates physical, intellectual, social, and emotional factors of the individual from late childhood to early adulthood. Lecture 3 hours per week.

General Course Purpose

The purpose of the course is to provide the student with a comprehensive understanding of the methods, theories, and main concepts related to adolescent development. The course offers scientific and practical guidance to those who 1) work with, care for, or raise adolescents, 2) design prevention and health promotion programs for adolescents and 3) provide opportunities for adolescents to thrive. There will be a special emphasis on the theories of development, offering descriptions and explanations of cognitive, motor, social, linguistic, emotional, personality, and moral development. The conditions and environments within which development takes place will be discussed, including an emphasis on those factors which promote positive development. A major goal of the course is for students to demonstrate an understanding of the interaction between the adolescent and a continually changing world.

Course Prerequisites/Corequisites

None

Course Objectives

Upon completion of the course, the student will be able to:

- Summarize and explain the major theories of adolescent development (e.g., behavioral, social-emotional, cognitive).
- Identify and explain important topical issues (e.g. family relationships, academic achievement, morality and aggression, and identity formation) in modern adolescent development.
- Describe the basic biological and contextual/cultural influences on adolescent development.
- Explain the bidirectional interactions between the developing adolescent and a dynamic environment
- Describe and interpret typical and atypical development in cognitive, emotional, social, and moral domains.
- Identify the factors that foster development, as well as be able to identify factors that are related to less than optimal development.
- Articulate how social and cultural differences impact adolescence

Major Topics to be Included

- Historical cultural overview.
- Developmental research: methods and problems
- Major theories.
- Biological influences and physiological development.
- Cognitive development and social cognition.
- Intelligence and information processing.
- Adolescents in context such as families, peer groups, school, culture, and subcultures.
- Self and identity.
- Sexuality, gender identity, and gender roles.
- Morals, values, and religion.
- Achievements in school and at work.
- Substance use and abuse.
- Non-typical development and delinquency.
- Transition to adulthood.
- Social and cultural perspectives in development

Optional Topics

- Parent/society attitudes
- Social stereotypes
- Media exposure/interaction/influence