



Syllabus

PSY 205 - Adolescent Psychology

General Information

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Department Social Science

Course Prefix PSY

Course Number 205

Course Title Adolescent Psychology

Course Information

Catalog Description This course provides an overview of human development during adolescence which occurs from age 11 through 19 years of age. Biological, cognitive, and socio-emotional development during adolescence are studied. Families, schools and cultures are emphasized as contexts for development. This course will primarily focus on normal development of the adolescent however, some attention will be directed to some of the more common or particularly problematic disorders of adolescence.

Credit Hours 3

Lecture Contact Hours 3

Lab Contact Hours 0

Other Contact Hours 0

Grading Scheme Letter

Prerequisites

PSY 100

Co-requisites

None

First Year Experience/Capstone Designation

This course **DOES NOT** satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

Social Sciences

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality, Inquiry, Perseverance, and Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Evaluate the methods that are employed to study adolescent development throughout the life span.
2. Distinguish between the psychological approaches to adolescent development and their contribution to the field, (e.g. humanistic, behavioral, or psychodynamic approaches).
3. Analyze controversies and issues using psychological approaches to adolescent development.
4. Apply different theories/approaches of adolescent psychology used to interpret adolescent behavior in a variety of social settings.

Outline of Topics Covered

- 1) Introduction to adolescent development
 - a) Adolescence in Western Cultures: A brief history
 - b) The scientific study of adolescence and emerging adulthood
 - i) Methods and designs in research
 - ii) Interdisciplinary approach to the study of adolescence
 - c) Adolescence around the world
- 2) Biological foundations
 - a) Puberty
 - b) Cultural, social and psychological responses to puberty
 - c) Biological development and the environment
- 3) Cognitive foundations
 - a) Piaget's theory of cognitive development
 - i) Abstract thinking
 - ii) Metacognition

- b) The information-processing approach
- c) Critical thinking and decision making
- d) Social cognition/Adolescent egocentrism
- 4) Cultural Beliefs
 - a) Cultural beliefs and socialization
 - b) Cultural beliefs in multicultural society
 - c) Religious beliefs
 - d) Moral development
 - e) Political beliefs
- 5) Gender
 - a) Gender in traditional cultures
 - b) Cultural beliefs about gender
 - c) Socialization and gender in western cultures
 - d) Gender and globalization
- 6) The self
 - a) Culture and self
 - b) Self-esteem
 - c) Identity
- 7) Family relationships
 - a) The adolescent in the family system
 - b) Parenting styles
 - c) Attachments to parents
 - d) Divorce, remarriage, single parenthood and dual-earner families
 - e) Physical and sexual abuse in the family
- 8) Friends and Peers
 - a) Developmental changes in friendships
 - b) Friends' influence and peer-pressure
 - c) Popularity and unpopularity
 - d) Youth culture
- 9) Love and sexuality
 - a) Developmental course of adolescent love
 - b) Sternberg's theory of love
 - c) Falling in love and breaking up
 - d) Marriage including arranged marriages
 - e) Cohabitation
 - f) Sexuality
- 10) School
 - a) Characteristics of effective schools
 - b) Engagement and achievement in high school
- 11) Work
 - a) Adolescent work in traditional cultures
 - b) Work and adolescent development
 - c) Part-time work while in high school
 - d) Occupational choice
 - e) Unemployment
 - f) Volunteer work-community service
- 12) Media

- a) Theories of media influence
 - b) Media and adolescent socialization
 - c) Controversial media
- 13) Psychological problems and Resilience
- a) Two types of problems
 - i) Externalizing
 - a. Risky behavior
 - b. Substance use
 - c. Delinquency & crime
 - ii) Internalizing
 - a. Depression and suicide
 - b. Eating disorders
 - b) Resilience