This course will introduce students to the concept and definitions of adolescence, the major theories of adolescence's physical, sexual, social, cognitive, moral and emotional development, the unique tasks and challenges confronted by adolescents at each developmental stage, the effect of individual differences and the socio-cultural context on reactions to stresses at each stage i.e. the emotional maturity of adolescence and youth, the pattern of adult life and old age developmental stages.
Over the past 10-15 years, there has been a dramatic increase in the attention paid to adolescence. Few development periods are characterized by so many changes at so many different levels – changes due to pubertal development, social role redefinitions, cognitive development, school transition and the emergence of sexuality. The nature and pace of these changes make adolescence an ideal focus for the study of human development. This course will provide lectures to facilitate students’ in-depth understanding of the major theories relating to development and growth of adolescence through adulthood. Adolescence will be defined. Emphasis will be on the unique tasks and challenges of adolescence. Factors that lead to stress and stressful life event in adolescence will be examined. Individual differences and socio-cultural context on reactions to stress at each stage will be examined.

**OBJECTIVES**

On completion of this course, students will be able to:

1. Define adolescence and discuss the major theories of adolescence’s physical, sexual, social, cognitive, moral and emotional development.
2. Discuss the unique tasks and challenges confronted by adolescents at each developmental stage.
3. Discuss and explain the effect of individual differences and the socio-cultural context on reactions to stresses at each stage i.e. the emotional maturity of adolescence and youth.
4. Describe the pattern of adult life and old age developmental stages.

**Course Descriptions**

**Lectures 1 to 3:** Development in Adolescence:

Introduction, Definitions of Adolescence and Adolescent, An overview of the major theories of adolescent’s physical, social, cognitive, morals and psychosocial development.

**Lectures 4 - 5:** Some unique tasks/ challenges during adolescence

(i) Identity formation
(ii) Drug use by adolescence
(iii) Adolescence sexuality

**Lecture 6:** Individual differences and the socio-cultural context on reactions to stress at different stages of adolescents.

**Lectures 7 to 8:** Development in adulthood

- Early adulthood
- Marriage and family
- Career choice etc

- **Lecture 9- 10:** Development during Middle Adulthood
- Challenges during middle childhood

**Lecture 11:** Late Adulthood  
- Challenges during late Adulthood

**Lecture 12:** What does IT MEANS TO BE OLD?  
- Death and dying

**Lecture 13:** Tutorial Groups Presentation

**Lecture 14:** Continuous Assessment Test & General Revision.

**Teaching strategies**
- Lecture  
- Discussion and Group work  
- Case studies  
- Tutorial Group Presentation

**Grading:**
- Class Attendance & Participation: 10%  
- Continuous Assessment Test: 20%  
- Tutorial Presentation: 10%  
- Final Examination: 60%  
- TOTAL: 100%

**SOME RECOMMENDED TEXT BOOKS FOR PERSONAL STUDIES**


Visit various websites on Adolescence and Adulthood