Psychology 252: Adolescent and Young Adult Development Course Outline

**Psychology 252:** Adolescent and Young Adult Development is an upper level course in the Department of Psychology. It is designed to be a thoughtful, research based introduction to the field of Adolescent and Young Adult Development. The students wanting to be enrolled in the class must have the appropriate class status, have completed course prerequisites or have the permission of the instructor.

**Psychology 252** Adolescent and Young Adult Development will provide the student with a systematic introduction and review of adolescent and young adult development from a historical perspective to the most current modern day research. The students learning in Psychology 252 will be based on a combination of experiences including lecture, audio visual materials, role playing, class discussion and their own reading. This learning experience will enable them to confront the modern urban legend that adolescence is a time of chaos and disequilibrium for the adolescent, their families and society. Students will be given a brief review of research methodologies as applied to Adolescent Psychology and be required to review and critique contemporary research as found in leading journal articles. Students will be encouraged to ask the question “What does the research tell us?” when considering questions about Adolescence. Adolescent and Young Adult Development will be studied from within and across the many contextual experiences in which young people find themselves as they grow up. The contexts which include Biological, Social, Cognitive and Familial milieus in which the individual experiences adolescence is critical in understanding the individual and their behavior. The students enrolled will gain a basic understanding of adolescent and young adult development as it occurs across gender, culture and social economic status. Diversity, a critical issue in our understanding of all human behavior will be integrated into the context of instruction.
The course content of **Psychology 252** embraces a developmental approach and students will learn that all factors of adolescent and young adult development while unique are also interdependent and interactive. **Psychology 252** will address Adolescent and Young Adult Development in the following sequence;

I. The Fundamental Changes of Development

II. The Contexts of Adolescent and Young Adult Development

III. Psychosocial Development

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