

**COURSE TITLE:            ADOLESCENT PSYCHOLOGY**

**COURSE CODE:            GC 2104**

**HOURS TAUGHT:           3 HRS PER WEEK**

**PREREQUISITES:           None**

### **PURPOSE OF COURSE**

This course unit is to expose students to the nature of adolescence, ie being a crucial and significant a period of an individual's life, it is period of rapid revolutionary changes in the individuals' physical, mental, moral sexual and social outlook. During this stage human personality develops new dimensions. This is a time to learn new things, it's a period of anxieties and worries, ambitions, conflicts and complexity. The ten years are a time of tremendous growth and experiences and adolescents have more diverse experiences than do young individuals.

### **EXPECTED LEARNING OUTCOMES**

By the end of the course, students should be able to;

Define adolescence

- explain the rationale of studying adolescence psychology
- Discuss the physical, mental, moral sexual and social changes that take place during adolescence stage.
- Describe the effects of all these changes.
- Explain the how adolescents can be helped to handle these changes positively.
- Discuss the effects of body variations on adolescents' behavior.
- Explain the special problems arising out of family life.
- Explain the role of peer pressure /groups in influencing behavior.
- Explain the causes / effects of adolescence delinquency.
- Discuss the special problems arising out of sexual maturation.
- Describe views on adolescents by different psychologists.

## **COURSE CONTENT**

Definition of Adolescence

Significance / rationale of studying adolescence psychology

Psychologists views on adolescence.

- Aristotle
- Plato
- G. Stanley
- Hall VsHuvighust
- Erickson

Sigmund Freud's view on personality development.

Needs and developmental tasks of adolescents.

Developmental tasks of adolescents and their importance.

Psychological impact of physical change.

- Effects of early and late maturation
- Common emotional patterns in adolescents.
- The effects of these heightened emotional patterns.

## **MODE OF DELIVERY**

- Lectures
- Reading assignments
- Practical assignments
- Field trips
- Documentaries

## **INSTRUCTIONAL MATERIALS AND / OR EQUIPMENT**

- Whiteboard and Markers
- Flip Charts

- LCD Projectors
- CDs, DVDs and Tapes

## **COURSE ASSESSMENT**

- Continuous assessments tests 20%
- Group and individual project (course work) 20%
- End of Semester Examination 60%

## **READING MATERIALS / LIST**

Alison Clarke – Steward

Child development infancy through Adolescence published by the library of congress cataloging in publication.

L. Josephine and Joseph church childhood and Adolescence Fourth Edition

Published by Von Hoff man press.

Luella Cole / Irma Nelson Hall Psychology of Adolescence Seventh Edition.

Lucia capacchione Recovery of your inner child published by Simon and Schuster.

James F. Calhoun and Joan Ross A cocella Psychology of Adjustment and Human relationship Thint Edition.

MC Graw Hill Publishing Company