

I. Course Overview:

Upon successful completion of this course, the students should be able to demonstrate their knowledge of physical, intellectual and personality development in adolescence and young adulthood.

II. Units:

Unit 1. Philosophical Overview of Adolescence

General Outcome:

1.0 The students should be able to understand distinctive nature of the adolescent period, stages, theories, and development.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

1.1 Define adolescence.

1.2 Discuss theories of adolescence

1.3 Identify adolescent stages and developmental tasks.

1.4 Describe development in young adulthood.

Unit 2. Physical Development

General Outcome:

2.0 The students should be able to understand physical changes in adolescence and young adulthood.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

2.1 Define puberty and pubescence.

2.2 Explain growth spurt and maturational changes.

Unit 3. Intellectual Development

General Outcome:

- 3.0 The students should be able to understand changes in intellectual functioning in adolescence and young adulthood.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 3.1 Explain theories of intellectual development in adolescence and young adulthood.
- 3.2 Describe measurement of intellectual development in adolescence and young adulthood.

Unit 4. Personality Development

General Outcome:

4.0 The students should be able to understand personality formation and changes during adolescence and young adulthood.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 4.1 Explain the influence of physical development on personality emergence.
- 4.2 Discuss theories of personality development.
- 4.3 Define identity and explain the formation of values.
- 4.4 Define conflict and resolution.

Unit 5. Adolescent Sexuality

General Outcome:

5.0 The students should be able to understand sexual identity and conflict, sexual behavior, and gender identity.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 5.1 Differentiate between sex role identification and gender identity.
- 5.2 Discuss sexual behavior and concerns.
- 5.3 Chronicle sexual maturity and identity formation.

Unit 6. Current Issues

General Outcome:

- 6.0 The students should be able to understand current perspectives, issues and conflicts in adolescent and young adult.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 6.1 Discuss changing attitudes, mores, and values.
- 6.2 Describe peer group pressure, social problems and deviant behavior.
- 6.3 Identify medical, educational and occupational concerns.