FARMINGDALE STATE COLLEGE

DEPARTMENT: PSYCHOLOGY  PREPARED BY: PSYCHOLOGY DEPT.
DATE: FALL 2017

COURSE TITLE: Adolescent Development

COURSE CODE: PSY 233

CREDITS: 3

CONTACT HOURS: 45

CATALOG DESCRIPTION:
This course focuses on adolescent behavior. The emphasis is on growth and change-
physiological, psychological/interpersonal and socio-cultural. Issues of particular concern to
adolescents will be presented and discussed. Some selected topics are: peer pressure, the sexual
issue, the availability of drugs, establishing a separate identity, dating and relationships and
finally the transition to adulthood. Prerequisite(s): PSY 101. Credits: 3 (3,0)

PREREQUISITES: PSY 101, PSY 130, or PSY 131 or permission from Department
Chairperson.

REQUIRED FOR: None

ELECTIVE FOR: All curricula with a social science elective

TEXTS CURRENTLY
A. Introduction
The first section of the course will begin by answering the question: "What is Adolescence?" In addition, historical perspectives on adolescence will be presented. Finally, the world of current adolescents will be explored.

B. Theoretical Perspectives of Adolescence
The student will be presented with an overview of the major theoretical perspectives of adolescent development. These will include: biological, psychoanalytic, social-cognitive, cultural, and psychosocial perspectives.

C. Physical Development
This section will deal with physical and sexual maturation. Topics to be covered include: puberty, the growth spurt, sexual maturation, and the psychological aspects of physical changes.

C. Cognitive Development
Intellectual changes during adolescence and the impact on varied aspects of adolescent behavior are covered in this section. Specific topics include: Piaget's Theory of Cognitive Development, changes in social cognition during adolescence, and the Information-Processing Approach to Cognitive Development.

C. Adolescents and their Families
The general impact of families on adolescent development is presented. Topics covered include: changes in the American family and the impact of parenting styles.

F. Adolescent Autonomy
This section of the course focuses on the adolescent's increasing autonomy. Topics include: the influence of family relationships, parent-adolescent communication and conflict, the process of achieving autonomy, and types of autonomy.

G. Peers
The adolescent's changing relationships with peers is covered in this section. Topics include: peer relationships, peer groups, friendship and dating.

H. Schools
The impact of schools on adolescent development is presented. Topics include: the School environment and influences on achievement.

I. Work and Career Choice
This section of the course will examine the adolescent as a worker and as an individual preparing for a future career. Topics include: Adolescents and the workplace, choosing a career goal, and preparing for a career.
J. **Identity**  
The issue of identity during adolescence is presented. Topics include: the self-concept, self-identity and developmental trends in identity.

K. **Sexuality**  
This section of the course explores the development of mature sexuality in the adolescent. Topics include: sexual attitudes, sexual behavior, sexual problems and sex education.

L. **Moral Development**  
How the adolescent copes with moral issues is the focus of this section of the course. Topics include: Kohlberg's Theory, moral behavior and religion.

M. **Delinquency**  
This section of the course focuses on the adolescent and the criminal justice system. Topics include: the extent of delinquency, contributing factors, treatment and prevention.

N. **Drugs**  
Adolescents and drug use are presented in this section. Topics include: use of drugs, alcohol, tobacco, illegal drugs, treatment and prevention.

O. **Psychological Disorders**  
This section of the course focuses on psychological disorders prevalent during adolescence. Topics include: an overview of the problem, anxiety disorders, depression, suicide, eating disorders, personality disorders, other disorders and therapy.

P. **Transition to Adulthood**  
The last section of the course deals with what is means to leave adolescence and enter adulthood. Topics include: leaving home and entering the adult world.