



Course: Psychology of Adolescence and Youth  
Code: 19363  
Center: School of Psychology  
Degree: Psychology  
Level: Bachelor  
Type: Optional  
Credits: 6 ECTS

## 1. COURSE TITLE

Psychology of Adolescence and Youth

### 1.1. Course code

19363

### 1.2. Content area

Psychology of Adolescence and Youth

### 1.3. Course type

Optional

### 1.4. Course level

Bachelor

### 1.5. Year

3rd and 4th year

### 1.6. Semester

1<sup>st</sup> (Fall Semester)

### 1.7. ECTS allotment

6 ECTS

### 1.8. Prerequisites

This course is taught in English.

### 1.9. Minimum attendance requirement

There is no attendance requirement. Nevertheless, some class activities may be graded and used toward the final assessment of the course.



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## 1.10. Instructor

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## 1.11. Course objectives

By the end of the course, the expectation is that students will be able:

- To know the present state of art in theoretical knowledge of adolescence and youth as psychological developmental stages.
- To be able to perform a critical review of scientific papers and other media related to scientific knowledge (audiovisual media, socio-educational programs) on adolescence and youth.
- To understand the nature of psychology of adolescence and its relation to several scientific disciplines and various professional settings.
- To approach the understanding of the meaning of adolescence and youth from different disciplinary perspectives and from the different relevant aspects in these stages (physical, cognitive, social, affective).
- To understand the diversity in the experiences of changing in adolescence and youth, and the diversity in ways in which these changes in adolescents and youth are expressed.
- To strengthen attitudes and values that benefit an in-depth understanding of adolescents and their needs, that goes beyond the myths or social representations of this stage.
- To be able to communicate, in writing and orally, one's own ideas and reflections on the course contents, and to cooperate with other students in joint tasks.
- To incorporate a human rights, democratic and social justice perspective in the study of psychology of adolescence and youth and psychological practice.



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The previous course objectives involve Specific Competencies (CE in the General Study Plan for the UAM Bachelor Degree in Psychology). They also include the following Basic Competencies (CB) and General Competencies (CG) in the Bachelor of Psychology Study Plan (for details consult the General Study Plan for the UAM Bachelor Degree in Psychology):  
CG4 - CG5 - CG6 - CG2 - CG3 - CB2 - CB4

## 1.12. Course contents

### 1. Adolescence and youth: conceptual and contextual aspects

Characterization of the stage of adolescence. The adolescence in context: historical, cultural, social and gender variables. Transition to adult life. The psychological study of adolescents. Adolescents and youth in the 21st century.

### 2. Physical development

Puberty and adolescence. Physical growth. Sexuality and affective-sexual diversity. Psychological impact of pubertal changes. Risk behaviour related to health in adolescence and youth.

### 3. Cognitive development

The adolescent as a thinker. Inhelder and Piaget's theory of formal operations. Post-piagetian studies. Contributions from neuroscience: executive functions. Decision-making. Social cognition. Personal relationships, society and morality.

### 4. Identity development

Self-concept and self-esteem. Individual and social dimensions of identity in adolescence and youth. Ethnic identity. Gender identity.

### 5. Social development

Adolescents and youth in various social settings. Family. Peer experiences. School context. Anti-social behavior.



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### 1.13. Course bibliography

This course will use as its basic textbook the following text:

Coleman, J.C. (2011). *The nature of adolescence*. 4th edition. London: Routledge.

In addition, the instructor will assign and provide in electronic format a set of research articles and studies related to various units of the course. This required reading list will be provided and discussed at the beginning of the course.

## 2. Teaching methodology

(1) The course will use primarily the following instructional and educational activities inside the classroom:

- (a) Teacher directed classroom lectures
- (b) Classroom exercises and activities: reviews, reflections, discussions in relation to reading and audiovisual materials

(2) Also, students will have to complete a practical component focused on a particular aspect of adolescent and youth psychological development. Various options of this practical component will be presented during the course, together with an explanation of the work-plan, but will include options of conducting interviews with volunteer participants, as well as writing an essay.

(3) Finally, the course lecturer has assigned office hours and a general availability through e-mail to discuss individually concerns and topics of interest to the students related to psychology of adolescence and youth.

## 3. Student workload

The table below provides a general guideline of the student workload for this 6 ECTS (150 student work hours) course. Although assignments and workload may vary from week to week, this distribution provides a general overview of the work demands of the course.



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		Hours	%
<b>Contact hours</b>	Class activities and lectures	<b>45</b>	33% = 50 hours
	Practical work in the classroom		
	Tutoring hours	<b>3</b>	
	Final exam	<b>2</b>	
<b>Out-of-class activity / Individual study</b>	Practical project work	<b>45</b>	66% = 100 hs.
	Weekly study (total)	<b>55</b>	
<b>Total student workload = 25h x 6 ECTS</b>		<b>150</b>	

#### 4. Evaluation procedures and weight of components in the final grade

The final grade of the course will be based on:

Final written exam: 60% (6/10 points). To pass the course, students must obtain the minimum required score in the exam (5/10 points).

Practical activities: 40% (4/10 points). These activities will consist of the completion of the practical project (20% weight in the final score) and classroom exercises (20% weight in the final score).

Provisions:

Students who have completed the practical project and classroom exercises activities but do not pass the final exam, may save the grade of the practical component and attempt to pass the exam in the extraordinary examination date. In this case, the initial (non-passing) mark to be computed for the student will be the sum of all completed activities except the exam. Students who do not attend/complete the final exam will be marked as "Not assessed" regardless of the complementary and practical activities they have turned in. The marks of these practical activities will only compute and be "saved" for students grading during the on-going academic year of the course. It is not possible for students to redo their practical project or complete any other practical exercises between the ordinary and extraordinary evaluation dates. All practical activities have to be completed before deadlines as indicated by the instructor during the course.

Important notice:

Copying in exams and or "plagiarism" in written assignments (defined as literally copying substantial written materials without proper reference and/or with the intention of presenting the text as the student's original writing and ideas) are not admissible academic practices and go against the UAM academic code. If the instructor identifies a student enrolled in the



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course engaging in any of these practices the procedure will be as follows: the copied/plagiarized assignment (i.e. exam, written report, etc.) will be marked with a 0 and without the possibility of remaking this component; (b) the final grade of the course will be the sum of the rest of the admissible grades from the student and will constitute a "passing grade" if they meet the requirements set out above.

## 5. Course calendar

The general calendar of the course (15 weeks of study + final examination day) will be distributed as follows. This calendar is provisional and is subject to change as the course unfolds. During the course, the instructor will maintain a detailed updated public calendar of the course.

Week	Content	Contact hours	Non-contact hours
1-2	Unit 1	6	9
3-5	Unit 2	9	16
6-8	Unit 3	9	20
9-11	Unit 4	8	16
11-14	Unit 5	10	20
15	Course overview / Conclusions	3	9
16	Final exam	2	10