

## **COURSE CONTENT**

**Course Code / Title** : HP3305 Adolescence

**Pre-requisites** : HP1000 + HP1100 or CS2008 (PSMA) and one of the following courses:  
HP2100, HP2200, HP2300, HP2400, HP2600 Cognitive Psychology, or  
HP2700 Abnormal Psychology

**No. of AUs.** : 3

**Contact Hours** : 39

### **Course Aims**

This course provides a comprehensive exploration of the developmental period of adolescence, focusing on the physical, cognitive, and socio-emotional changes that occur during this period. Students will learn about key developmental theories, methodological approaches, and empirical findings on the scientific study of adolescence. Topics such as physical and cognitive development, family and peer relationships, and mental health are covered. Through lectures, discussions, and hands-on projects, students will gain practical skills and knowledge to support and understand adolescents in various contexts.

### **Intended Learning Outcomes (ILO)**

By the end of the course, you should be able to:

1. Describe the key theories and concepts related to adolescence.
2. Apply these theories to interpret and understand adolescent behaviors in real-world scenarios.
3. Identify and critically evaluate the empirical evidence and methods employed in studying adolescence.
4. Propose a research study focusing on a particular topic of adolescence.

### **Course Content**

Topics include theoretical and methodological approaches to understanding biological and cognitive development, identity, autonomy, achievement, families, peer groups, intimacy, sexuality, media impact, and psychosocial problems.

### Course Assessment

CA1	Class participation and reflection notes	: 20%
CA2	Test/Quiz	: 20%
CA3	Research Proposal and Presentation	: 20%
CA4	Final exam	: 40%
<b>Total</b>		----- <b>100%</b>

### Reading and References

Primary textbook: L. Steinberg (2022). Adolescence, 13th edition (NY: McGraw-Hill Education)

NOTE: The above listing comprises the foundational readings for the course and more up-to-date relevant readings will be provided when they become available.

### Planned Weekly Schedule (subject to changes, if any)

Week	Topic	Course LO	Readings/ Activities
1	Introduction and Social Development	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 3
2	Biological Development	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 1
3	Cognitive Development	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 2
4	Identity	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 8
5	Autonomy	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 9
6	Achievement	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 12

7	Quiz	1, 2, 3	NA
8	Families	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 4
9	Peer Groups and Schools	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapters 5 & 6
10	Intimacy and Sexuality	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapters 10 & 11
11	Work, Leisure, and Media	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 7
12	Psychosocial Problems	1, 2, 3, 4	Course documents (e.g., slides) and Textbook Chapter 13
13	Project Presentation	1, 2, 3, 4	NA