

PSY-203: Life Span Development (3 CHs)

Pre-requisite: None

Course Description:

This course is designed to provide an overview of the developmental stages that human beings pass through. This knowledge about how human life goes through change and how humans become unique individuals will help foster personal insight about learner's own self. This course will be taught through various group and individual activities. It will include intensive brainstorming sessions, discussions and self-reflections relating to various stages of personal development.

Course Objectives:

This course will facilitate students to:

- Build an understanding of the various dimensions of human development (i.e., biological, social, and cognitive development).
- Strengthen critical thinking skills regarding different domains of human development.

Course Learning Outcomes:

By the end of this course the students will be able to:

- Demonstrate knowledge about biological, social, and cognitive dimensions of development.
- Critically analyze developmental theories in cultural context.
- Apply their knowledge related to the role of social relationships, parenting, and culture in human development, to understand their own development.

Course Contents:

- The Life Span perspective, Nature of Development, Theories of Development
- The Beginning of Life: Prenatal Development, Birth and Early Infancy
- Physical Development: Developmental Milestones
- Cognitive Development: Piaget, Vygotsky and Information Processing Theories

- Individual Differences in Cognitive Development
- Language Development
- The Development of Social Relationships: Attachment Theory
- Moral Development: Kohlberg's Stages of Moral Development
- The Development of Social Cognition
- Development Within the Family System: Systems Theory, Bronfenbrenner's Ecological Approach
- Development Within the Family System: Parenting Styles
- Impact of Broader Culture on Development and Atypical Development
- Geriatric Care, Dying and Grieving

Textbooks:

- Santrock, J.W. (2019). *Life Span Development* (17th ed.). McGraw-Hill Education, NY.
- Boyd, D., Bee, H. L. (2004). *The Developing Child* (10th ed.). Pearson. Boston.

Reference Books:

- Feldman, R.S. (2016). *Development across life span*. Pearson. Education. N.
- J. Sigelman, C.K., Rider, E.A. (2008). *Life Span Human Development*. Wadsworth Cengage Learning. Canada.
- Boyd, D., Bee, H. L. (2006). *Lifespan Development* (6th ed.). Pearson. Boston.
- Sugarman, L. (2009). *Life Span Development: Frameworks, Accounts and Strategies* (3rd Ed.). Routledge, NY.
- Papalia, D. E. et.al. (2004). *Human Development* (9th ed.). New York: McGraw Hill