

Type: Major

Course Objectives

The course will provide insight to the students about the major developmental mile stones and stages of development. It will enable students to think critically about the developmental issues such as parenting styles, identity crisis, family& culture. It would also help to develop an understanding of developmental theories and their application in the Pakistani cultural context.

Course Contents

- **Introduction**
 - Nature and scope of developmental psychology
 - Historical perspective of developmental psychology
 - Research methods for studying developmental changes
 - Ethical issues in research in developmental psychology
- **Theories of Development**
 - Freud's psychoanalytic theory
 - Erik Erikson's psychosocial stages of development
 - Piaget's theory of cognitive development
 - Vygotsky's socio cognitive cultural theory
 - Kohlberg's theory of moral development
- **Prenatal Development**
 - Prenatal development phases
 - Genetic influences in development
 - Prenatal environmental influences
- **Infancy**
 - Physical development
 - Cognitive development
 - Language development in infancy
 - Socio emotional development in infancy
- **Childhood**
 - Physical development
 - Cognitive development
 - Emotional development
- **Adolescence**
 - Physical development
 - Cognitive development
 - Emotional development
 - Identity formation

Social development
Problems in adolescence

- **Early Adulthood**
Physical development
Occupational adjustments
Family adjustments
- **Middle Adulthood**
Physical changes
Social adjustments
Occupational adjustments
Family adjustments

Learning Outcomes

At the completion of this course the student will be able to identify major developmental milestones, think critically about the developmental issues and apply knowledge from development theories in the Pakistani cultural context

Teaching-learning Strategies

Use of multimedia/slides
Assignments
Handouts
Group discussions
Quiz

Assignments

One assignment and quiz will be given to the students.

The quiz will be taken before mid-term examination while assignment will be taken after mid-term examination.

Recommended Books

- Boyd, D. B., & Bee, H. (2014). *The developing child*. (13th ed.). New York: Longman.
- Berger, K. S. (2012). *The developing person through the life span*. New York: Worth Publishing Company.
- Bolte T., Carrick F., Hunfavalay M., & Singh A., *Age Based Developmental Biomarkers in Eye Movements: A Retrospective Analysis Using Machine Learning*. Journal of Brain Science. 14(7):686
- Brown, C. (2008). *Developmental psychology*. London: SAGH Publications Ltd
- Crain, W. (2011). *Theories of development*. (6th ed.). Boston: Prentice Hall.
- Crain, W. (2010). *Theories of development: Concepts and applications*. (6th ed.). New York: Pearson Higher Education Inc.
- Dunn, W. L. & Craig, J. G. (2013). *Understanding Human development* (3rd ed.). New

Jersey: Pearson

- Dacey, J. S., & Travers, J. F. (2004). *Human development*. (5th ed.). Boston: McGraw-Hill.
- Dehn, M. J. (2010). *Long term memory problems in children and adolescents*. New Jersey: John Wiley and Sons.
- Feldman, R. (2003). *Development across the life span*. (3rd ed.). New York: Prentice Hall Publishers.
- Hurlock, E. B., (2011). *Developmental Psychology: a Life span approach*. (5th ed.). New Dehli: McGraw Hill.
- Kail, R. V. (2013). *Human development*. (6th ed.). Australia: Wadsworth.
- Kaur, R. (2006). *Developmental psychology: New trends & innovations*. New Dehli: Deep & Deep.
- Malhomes, V. (2010). *Applied research in child and adolescent development*. New York Psychology Press.
- Mishra, R.C. (2009). *Developmental psychology*. New Dehli: A.P.A.
- Morganti F., *Longevity as a Responsibility: Constructing Healthy Aging by Enhancing within Contexts over the Entire Lifespan*. Journal of Geriatrics. 9(4):93
- Moshman, D. (2011). *Adolescent rationality and development*. (3rd ed.). New York: Psychology Press.
- Rathus, S. A. (2011). *Childhood and adolescence*. (4th ed.). Australia: Wadsworth.
- Rice, P. F. (2007). *Human development: A life span approach*. (3rd ed.). New Jersey: Prentice Hall Inc.
- Santrock, J. W. (2010). *Life span development*. (13th ed.). New York: McGraw Hill Inc.
- Shaffer, D.R., & Kipp, K. (2007). *Developmental psychology: Childhood & adolescence*. (7th ed.). Australia: Thomson.
- Wear, C., Kerig, P., & Ludlow, A. (2012). *Developmental psychopathology*. (6th ed.). New York McGraw Hill.