

SEMESTER-IV

CPSY-211

LIFE DEVELOPMENT

Credit Hour: 3

Type: Foundation

Course Objectives

The Course will provide Students insight 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 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 on developmental Psychology

- **Theories of Development**

- Freud"s psychoanalytic theory

- Erik Erikson"s psychosocial stages of development

- Piaget"s theory of cognitive and moral 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 in infancy with reference to Piaget"s theory

- Language development in infancy

- Socio emotional development in infancy

- **Childhood**
 - Physical development
 - Emotional development
 - Cognitive development in childhood with reference to Piaget's theory
 - Personality development (role of familial and extra familial influences)
- **Adolescence**
 - Physical development
 - Emotional development
 - Identity formation in adolescence
 - Sexual development
 - Cognitive development in adolescence with reference to Piaget's theory
 - Social development
 - Problems and disturbances in adolescence
- **Early Adulthood**
 - Physical development
 - Occupational adjustments
 - Family adjustments
- **Middle Adulthood**
 - Physical changes
 - Social adjustments
 - Occupational adjustments
 - Family adjustments

Course 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.

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.
- Brown, C. (2008). Developmental Psychology. London: SAGH Publications
- 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.
- 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.