



BS (4 Years) for Affiliated Colleges

Code	Subject Title	Cr. Hrs	Semester
APSY- 353	Developmental Psychology (Revised)	3	V
Year	Discipline		
3	Applied Psychology		

Course Objectives

- The course will provide students insight about the major developmental mile stones and stages of development.
- This course 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 Outcome

At the completion of this course the student will be able to:

- identify major developmental milestones
- think critically about the developmental issues
- apply knowledge from Development theories 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 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

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

Gerontology

Physical changes

Challenges faced by the elderly

The elderly and death

Recommended Books

Berger, K. S. (2012). *The developing person through the life span*. New York: Worth Publishing Company.

Brofenbrenner, V. (1972). *Influences on human development*. The Dresden Press, Inc.

Craig, J. G. (1996). *Human development* (7th ed.). New Jersey: Prentice Hall Publishing Co.

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.

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.

Freiberg, K. L. (1992). *Human development*. (4th ed.). London: Jones & Bartlett Publishers.

Kail, R. V. (2013). *Human development* (6th ed.). Australia: Wadsworth.

Malhomes, V. (2010). *Applied research in child and adolescent development*. NY: Psychology Press.

Moshman, D. (2011). *Adolescent rationality and development* (3rd ed.). NY: Psychology Press.

Rathus, S. A. (2011). *Childhood and adolescence* (4th ed.). Australia: Wadsworth.

Rice, P. F. (1998). *Human development: A life span approach*. (3rd ed.). New Jersey: Prentice Hall Inc.

Santrock, J. W. (2002). *Life span development*. New York: McGraw Hill Inc.
Santrock, J. W. (2010). *Life span development*. (13th ed.). New York: McGraw Hill Inc.
Wear, C. (1994). *Developmental psychopathology* (3rd ed.). NY: McGraw Hill.
Sandmen, W. J. (1997). *Human development* (6th ed.). New York: McGraw Hills Co.
