

FUC - Ficha de Unidade Curricular

Curricular Unit's File

Code	L5240
Name (PT)	Psicologia do Desenvolvimento do Adulto
Name (EN)	Developmental Psychology of Adult
Regime	Semestral
Level	1.º Ciclo
Teaching language	Português , Inglês
School	Escola de Ciências Sociais e Humanas (ECSH)
Department	DPSO
Scientific area	Psicologia (Psi)
Responsible academic staff	Lígia Maria Santos Monteiro
Pre-requisites	Don't exist
Objectives	This course aims to provide students with knowledge on life-span development concepts and theories, focusing particularly on adulthood. It will focus on continuity and change processes throughout life in several domains: psychological, social and physical.
Learning outcomes	This course aims at providing students with knowledge on life-span development theories, particularly from young adulthood to old age. It will focus on continuity and change processes throughout life in several domains, in particularly psychosocial ones. A student who completes this course will be able to: 1. Characterize the life-span perspective and differentiate it from the traditional perspective on development. 2. Describe and compare the main life-span development theories. 3. Identify and analyse the main changes occurring throughout adulthood in intimate relationships, family, parenting, and social relations (e.g. friendships and social support). 4. Identify and analyse the processes and main changes occurring throughout adulthood in career and work domains
Syllabus	Theme 1- Introduction to life-span development theories. 1.1. Historical background of the concepts of continuity and change throughout the life span. 1.2. The main theoretical and epistemological characteristics of the life-span approach to development. 1.3. Methodological issues on life-span development research. Theme 2- Main theories on adult development. Theme 3- The emerging of adulthood. The young adult. 3.1. Psychosocial development themes 3.2. Brief approach to physical and cognitive development Theme 4- Middle adulthood. 4.1. Psychosocial development themes 4.2. Brief approach to physical and cognitive development Theme 5- Late adulthood and ageing. 5.1. Psychosocial development themes 5.2. Brief approach to physical and cognitive development
Assessment	Students may choose a periodical or final evaluation regime. The periodical regime includes: a) A group assignment (5 students): Critical analyses, based on the developmental theories and empirical studies of a theme of adult development (40%). b) a written test (60%). Students choosing a final evaluation need to take a written exam (100%). Students must have at least 9,5 points in each and every evaluation component to approve the course.
Teaching methodology	Classes will be theoretical/practical, where concepts and theories will be presented to students. Films and practical exercises will be proposed in order to stimulate critical thinking over the theoretical contents. The tutorial aims at clarifying any doubts students may have (Monday from 16h15 to 17h15; and Tuesday and Wednesday from 17h40 to 18h40). After each class (at the end of the week) the powerpoints, summary and specific references will be available on E-learning.

Demonstration of the syllabus coherence with the curricular unit's objectives	<p>In this course all learning objectives (LO) are achieved in the program (P). Thus, the following relationships demonstrate such consistency:</p> <p>P 1 - LO 1 P 2 - LO 2 P 3 - LO 3, 4, 5, P 4 - LO 3, 4, 5,</p>
Demonstration of the coherence between the teaching methodologies and the learning outcomes	<p>The consistency between each teaching methodology and the learning goals (LG) is the following:</p> <ol style="list-style-type: none"> 1.Expositive: Oral presentation of theoretical/factual contents to the all the students - All LG 2.Participative: Exercises of analysis of contents in class - All LG 3.Active: Group assignment - LG 2 to 4 4.Autonomous study: relative to the student's autonomous work - All LG <p>This course includes 19 hours of contact (18h TP + 1 TO) and 131 hours of autonomous work. It is expected that the autonomous work will be distributed by the following tasks:readings from the basic and specific references; group assignment; studying for the exam.</p>
Main Bibliography	<p>Horário de Atendimento(mediante marcação prévia: Segunda das 16h15 às 17h15; Terças e Quartas feiras das 17h40 às 18h40</p> <p>O trabalho de grupo apenas será aceite se submetido via safeassign e na data definida.</p>
Complementary Bibliography	<p>Schedule for the Tutorials(previous appointment by e-mail is required): Monday from 16h15 to 17h15; Tuesday and Wednesday from 17h40 to 18h40</p> <p>The group assignment must be submitted through the safeassign and on date.</p>