

Detailed Syllabus

Curriculum Designed for: UG		Self-Finance Programme: UG
Semester: II	Course No.: 122	Course Code: DSC-C-PSY-4
		Course Title: Developmental Psychology-II
Credits: 04		Course Category:- Major

Course Objectives:

Number	Objective
Objective 1:	To understand the physical, cognitive, emotional, and social development during middle childhood.
Objective 2:	To examine developmental changes during adolescence, including puberty, identity formation, and socio-emotional issues.
Objective 3:	To analyze the role of family, peers, and media in shaping behavior during adolescence.
Objective 4:	To explore physical, cognitive, and psychosocial changes during early and middle adulthood.
Objective 5:	To understand the challenges of career development, relationships, stress, and coping in adulthood.
Objective 6:	To examine the processes of aging, including physical and cognitive decline, adjustment to retirement, and successful aging.

Course Outcomes: On successful completion of the course, the learner will be able to

CO#	COGNITIVE ABILITIES	COURSE OUTCOMES
CO1	REMEMBERING	Recall key characteristics and stages of development from middle childhood to late adulthood.
CO2	UNDERSTANDING	Explain developmental changes in physical, cognitive, emotional, and social domains across different life stages.
CO3	APPLYING	Apply developmental concepts to real-life contexts such as education, relationships, career, and aging.
CO4	ANALYSING	Analyze the influence of family, peers, and socio-cultural factors on development across the lifespan.
CO5	EVALUATING	Assess challenges related to adolescence, adulthood, and aging, including stress, coping, and adjustment.
CO6	CREATING	Develop strategies to promote healthy development, well-being, and successful aging across the lifespan.

Course Contents:

Unit No.	Unit Contents	Sessions Allotted
1	Middle Childhood (6–12 years) <ul style="list-style-type: none">• Physical and motor development• Cognitive development (school readiness, intelligence)• Emotional and social development• Peer relationships and schooling	15
2	Adolescence <ul style="list-style-type: none">• Physical changes (puberty)• Cognitive development (abstract thinking)• Identity formation• Emotional issues and risk behaviors• Role of family, peers, and media	15
3	Adulthood (Early and Middle) <ul style="list-style-type: none">• Physical and cognitive changes• Career development and work life• Relationships, marriage, and family• Stress and coping	15
4	Late Adulthood and Aging <ul style="list-style-type: none">• Physical and cognitive decline• Memory and intelligence in aging• Adjustment to retirement• Death, dying, and bereavement• Successful aging	15

REFERENCES:

- Hurlock, E. (1980). Developmental Psychology, Tata McGraw Hill Publishing.
- Penney Upton (2014). Developmental Psychology, Pearson Publishing Company. Link: Papalia, D. E., Olds, S.W., & Feldman, R. D. (2004). Human Development. 9th Ed. New Delhi: McGraw 7. Hill.
- Santrock, J. W. (2007). Child Development. 11th Ed. New Delhi: Tata McGraw Hill. 8. Travers, D. (1999). Human Development. Across the Life Span. 4th ed. London: McGraw Hill.

E-RESOURCES:

- <https://www.youtube.com/watch?v=XrvotGHKUr4>
- <https://www.youtube.com/watch?v=9H2LxJ9CuZ0>
- <https://www.youtube.com/watch?v=5vPSIlz3jb8>
- <http://www.apa.org>