

PSY 331-01 – Adolescent Development
Tu/Th 11:30 to 12:45 Au Sable Hall 1310
Winter 2021

Instructor: Mihaela Friedlmeier, Ph.D.
Office: ASH 2309
E-mail: friedlmm@gvsu.edu

Phone: 616-331-8706 (office)
616-331-2195 (Psych Dep)

Class Attendance:

Attendance of weekly synchronous meetings is not mandatory, but very strongly encouraged; they provide good opportunities to communicate directly with the instructor by asking & answering questions as well as participate in break-out rooms with other classmates.

Students are responsible for checking Blackboard regularly for announcements and class material.

Virtual Office hours on ZOOM: Mondays and Wednesdays from 11am to 12pm. You can always reach me by email!

<https://gvsu-edu.zoom.us/j/9308966369?pwd=NVV2Z2tBbTR3a1RhcDJqakhmWVlYZz09>
Meeting ID: 930 896 6369
Passcode: 6CYP A5

Textbook: Arnett, J. J. (2013, 5th ed; 2018, 6th ed). *Adolescence and Emerging Adulthood. A Cultural Approach*. Pearson Education, Inc. One option is to purchase a Revel access card from the University bookstore (without print book). If you are trying to save money, you could buy the book through a third party site *without* the online access code (we won't use it for class assignments, but it can be useful if you have it already).

Course Overview:

Development happens on multiple levels (biologically, cognitively, socially, and emotionally) and in multiple contexts (family, school, community, media, culture, peers, and friendships). In this course, you will learn that adolescent development is not simply more of the processes and development of childhood, but is functionally and qualitatively different. In addition to considering the typically defined stage of adolescence, this course will consider the evidence for a new developmental stage “emerging adulthood,” as an extension of adolescence. Throughout the semester, we will look at how the research is done in this developmental field.

Course Format:

In the beginning of each week, materials for every new chapter will be posted on Blackboard: lecture notes, videos, additional readings, etc. Every Wednesday and Friday we will have our synchronous sessions (around 50 to 60 minutes each), which will focus on clarifying class material, Q&A, watching short videoclips, and small groups discussion. At the end of every week (Bb link open from Friday evening to Tuesday night), there will be an online multiple-choice quiz covering newly assigned material from the book or documentary.

Course Objectives:

- ❖ To gain a better understanding of the effects of a variety of physical/environmental influences, culture, and life changes on youth development and psychological well-being,
- ❖ To understand how our current knowledge of human development can be applied to improve the lives of adolescents,
- ❖ To improve your ability to communicate both orally and in writing.

Course Outcome Measures:

Your final grade will be based on the total number of points that you receive on two midterm exams, a final exam, 11 quizzes and a number of written assignments.

EXAMS: Each exam consists of multiple-choice questions drawn from lectures, readings, class discussions, and videos. The exams are designed to assess your *comprehension* of the material, rather than superficial memorization.

A total of 11 online quizzes (5 points each): they will consist of 5 multiple choice questions (worth 1 point per question) that will assess your knowledge on topics covered in the most recent lecture (certain assigned pages from the textbook or additional reading or video).

Written assignments on various topics covered in class (individual sheets with instructions will be posted).

Grading Scale

	Points	Final Grade
		A 94 - 100%
<i>Exam 1</i>	60	A- 90 – 93%
<i>Exam 2</i>	60	B+ 87 - 89%
<i>Final Exam</i>	75	B 84 – 86%
<i>Quizzes (11x5)</i>	55	B- 80 – 83%
<i>Assignments</i>	125	C+ 77 – 79%
Total	375	C 74 - 76%
		C- 70 – 73%
		D+ 67 – 69%
		D 60 – 66%
		F 59% and lower

Integrity of Scholarship and Grades: All academic work will be done by the student to whom it was assigned. Anyone caught cheating (e.g., procuring, providing or accepting any materials which contain questions or answers to any exam or assignment, submitting work that has been previously graded) or plagiarizing (taking ideas or material from another source for either written or oral presentation without acknowledging the original source) will be dropped from the course, given an F, and referred to the University for further action. Cheating is a serious violation of academic integrity. For more information on academic honesty please see the GVSU student code <http://www.gvsu.edu/studentcode/section-4-academic-integrity-of-grades-and-scholarship-73.htm> This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

HOW TO SUCCEED IN PSYCH 331:

- Read textbook Chapter(s) associated with each lecture *before* the lecture is given during synchronous sessions.
- Prepare for exams well in advance. You should re-read your lecture notes and review material on a weekly basis. If you wait until the last minute to begin preparing for an exam, you are unlikely to perform as well.

Your resources:

Often the most exciting and interesting resources are the ones that you bring to the course. Issues related to adolescence and teens themselves are often in the media. If you discover an interesting book, article, news event, or any other resource, please don't hesitate to send it to me. I will review it and send it to the class and/or post it on Blackboard.

TENTATIVE COURSE SCHEDULE & READING ASSIGNMENTS

	Topic	Readings
Week 1 Jan 19-22	Course Overview & Introduction Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #1	Ch. 1
Week 2 Jan 25-29	Biological Foundations Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #2	Ch. 2
Week 3 Feb 1-5	Cognitive Foundations Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #3	Ch. 3
Week 4 Feb 8-12	Cultural Beliefs Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: First Exam (Ch. 1, 2, 3, 4)	Ch. 4
Week 5 Feb 15-19	Gender Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #4	Ch. 5
Week 6 Feb 22-26	The Self Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #5	Ch. 6
Week 7 Feb 29-March 5	Family Relationships Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #6	Ch. 7
Week 8 March 8 to 12	Friends and Peers Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Exam 2 (Ch. 5, 6, 7, 8)	Ch. 8
Week 9 March 15-19	Love and Sexuality Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #7	Ch. 9
Week 10 March 22-26	School Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #8	Ch. 10
Week 11 March 29 to April 2	Work Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #9	Ch. 11
Week 12	Media	Ch. 12

April 5-9	Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #10	
Week 13 April 12-16	Problems and Resilience Synchronous Meeting, Wed & Fr, 9:00-10:00 Friday to Tuesday: Online Quiz #11	Ch 13
Week 14 April 19-23	Final Review No additional Material	
	Final Exam Wednesday, April 28, 8:00 am - 9:50 am	

The Science of Adolescent Development

Scientific Organizations:

The Society for Adolescent Medicine (SAM) www.adolescenthealth.org.

From their website: "SAM is a multi-disciplinary organization of health professionals who are committed to advancing the health and well-being of adolescents. Through education, research, clinical services, and advocacy activities, members of the Society for Adolescent Medicine strive to enhance public and professional awareness of adolescent health issues among families, educators, policy makers, youth-serving organizations, students who are considering a health career as well as other health professionals. SAM members come from many different professional disciplines but share the common goal of better understanding the unique health needs and concerns of adolescents."

The Society for Research on Adolescence (SRA). www.s-r-a.org.

From their website: "The Society for Research on Adolescence (SRA) is a rapidly growing, dynamic society focused on the theoretical, empirical, and policy research issues of adolescence. Through its biennial meetings and publishing efforts, SRA promotes the dissemination of research on adolescents and serves as a network and forum for its members. SRA publishes both the Journal of Research on Adolescence and a bi-annual Newsletter."

Scientific Peer-Reviewed Journals on Adolescence:

You may find it useful to access the following peer-reviewed scientific journals that focus on adolescence either wholly or in part. There are many other journals that publish peer-reviewed research on adolescence. But, these are some of the most prominent ones. Those journals marked with an asterisk (*) are generally considered to be the best journals in the field.

- *Adolescence*
- *Applied Developmental Science*
- *Child Development**
- *Developmental Psychology*
- *Emerging Adulthood*
- *Journal of Adolescence*
- *Journal of Adolescent Health*
- *Journal of Adolescent Research*
- *Journal of Applied Developmental Psychology*
- *Journal of Early Adolescence*
- *Journal of Educational Psychology**
- *Journal of Research on Adolescence**
- *Journal of Youth and Adolescence*