Course Information Form (CIF)

Course Code: PSY 208 (IAI S6 904)
Course Title: Adolescent Psychology

Department: Arts, Media, and Social Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 42.2703
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 3-0-3
Credit Hour Distribution:

Lecture: 3	Lab: 0	Clinical: 0	**Total: 3**

General Course Information

Catalog Description

Introduction to adolescence with emphasis on physical, social, and cognitive development. Examines changing relationships with family, friends, and peers, with an emphasis on identity formation.

General Course Objectives

Major course objectives include understanding adolescent growth and adjustment from a physical, cognitive, social, and emotional point of view. The learning outcomes listed below are the minimal outcomes required for every section of this course. Any additional learning outcomes are determined by the instructor.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

Credit in PSY 101

Methods of Evaluation

3-4 exams (objective, comprehension, and application level multiple choice and/or short answer); 4-6 application activities and/or writing assignments.

Instructional Materials and Additional Supplies

Adolescence, by John Santrock.

Course Content

General Learning Outcomes (GLOs)

- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Introduction and Overview	1. Explain the place of adolescence in the life span.	3	0	0
Physical Aspects of Development	1. Accurately identify physical changes occurring in adolescence including those associated with the endocrine system, maturation and functions of sex organs, and alteration of caloric requirements and nutritional needs. 2. Compare and differentiate characteristics associated with early/late maturation; subsequent relational impact on body image should be accurately delineated.	5	0	0
Cognitive Development	1. Accurately identify the changes occurring in cognitive development, including characteristics of formal operational thought and impact on personality, behavior, and scholastic ability.	8	0	0
Emotional Development	1. Accurately identify changes occurring in adolescent emotional development and the consequences of emotional states (joyous, inhibitory, hostile) on self esteem and self concept.	8	0	0
The Adolescent's Social World	1. Examine and delineate the role of the parents, siblings, and peers in the social development of the adolescent.	5	0	0
Dating, Courtship, and Early Marriage	1. Explain the relationship between dating and courtship patterns and early marriage.	4	0	0
Adolescent Delinquency	1. Examine and evaluate the causes and consequences of delinquent behavior.	3	0	0
Educating the Adolescent	1. Compare the needs of the adolescent with the needs of the school and analyze how they are naturally exclusive as well as complimentary. 2. Identify special needs of the adolescent including mental disorders, conduct disorders, and learning disabilities.	5	0	0
Vocational Development	1. Examine the maturational development of the adolescent and the pressures for vocational decision.	2	0	0
Moral and Religious Development	1. Examine Kohlberg's stages of moral development and apply them to the moral development of the adolescent.	2	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0