



## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Development and Maturation - 34371*

*Last update 03-11-2024*

*HU Credits: 2*

*Degree/Cycle: 1st degree (Bachelor)*

*Responsible Department: Teaching Training - Diploma*

*Academic year: 0*

*Semester: 1st and/or 2nd Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. ScopusMt. Scopus*

*Course/Module Coordinator: Dr. Judy Kohan  
Dr. Judith Kohan-Mass*

*Coordinator Email: [judy.kohan@mail.huji.ac.il](mailto:judy.kohan@mail.huji.ac.il)*

*Coordinator Office Hours: sunday, by appointment*

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Teaching Staff:

Ms. Ofra Mok,  
Dr. Judith Kohan

Course/Module description:

*the course deals with theories and concepts related to the effects of biology, cognition, personality, family, peers, school and culture. Although this course gives emphasis on normative development, risks and problems of adolescence and early adulthood will be discussed too. Special emphasis will be placed on discussing the complex age related issues and dilemmas*

Course/Module aims:

*An understanding of the processes of personal development during puberty period.*

Learning outcomes - On successful completion of this module, students should be able to:

*Describe the characteristics of adolescence*

*Analyze different behaviors characteristic of this age*

*Identify the difficulties that characterize adolescents.*

*To integrate the effects of biology, cognition, personality, family, peers, school and culture in order to understand the adolescent as a whole*

Attendance requirements(%):

80%

*Teaching arrangement and method of instruction: Lectures, discussions and peer learning*

Course/Module Content:

- 1. Development of a teenager in a historical context*
- 2. biological basis, adolescence, Brain and Behavior*
- 3. Cognitive development in adolescence*
- 4. Cultural Context and adolescent development*
- 5. Gender and gender roles in adolescence*
- 6. self and identity during adolescence*
- 7. Family Relationships in adolescence*

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8. Friends and peers at the age of puberty
  9. love and sexuality
  10. School, work and career in adolescence
  11. Communication and socialization
  12. problems and disorders

Required Reading:

Arnett, J. (2014) *Adolescence and emerging adulthood: a cultural approach*. Fifth Edition. Pearson Education Limited.

Serafini, T.; Rye, B.J.; Drysdale, M. (2013) *Taking Sides: Clashing Views in Adolescence*. Third Edition. Boston, MA: McGraw-Hill.

Additional Reading Material:

Albert, D. Chein, J., & Steinberg, L. (2013) The teenage brain: Peer influences on adolescent decision making. *Current Directions in Psychological Science*, 22 (2), 114-120

Larson, R.W. (2011) Positive development in a disorderly world. *Journal of Research on Adolescence*, 21, 317-334.

Arnett, J.J. (2002) The Psychology of globalization. *American Psychologist*, 57, 774-783

Perry, D.G. & Pulletti R.E. (2011) Gender and adolescent development. *Journal of research on Adolescence*, 21(1), 61-74

Sidanius, J., Van Laar, C. Levin, S. & Sinclair, S. (2004) Ethnic enclaves and the dynamics of social identity on the college campus: the good, the bad and the ugly. *Journal of personality and social psychology*, 87, 96-110

Fuligni, A.J. & Masten, C.L. (2010) Daily family interactions among adults from Latin American, Filipino, East Asia, and European backgrounds. *International journal of behavioral development*, 34, 491-499

Davis, K. (2010) Friendship 2.0: Adolescents' experience of belonging and self-disclosure online. *Adolescence*, 35, 1527-1536.

Bergman, H.R., Malik, N.M., Page, M.J., Makynen, E. & Lindhahl, K.M. (2013) Identity profiles in lesbian, gay and bisexual youth: the role of family influences. *Journal of youth and adolescence*, 42, 417-430.

Sanchez, B., Esparza, P., Colon, Y. & Davis, K.E. (2010) Trying to make it during the transition from high school: the role of family obligation attitudes and economic context for Latino emerging adults. *Journal of Adolescence Research*, 25, 858-884.

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*Manago, A.M., Taylor, T. & Greenfield, P.M. (2012) me and my 400 friends: the anatomy of college students' Facebook networks, their communication patterns and well-being. Developmental Psychology, 48, 369-380.*

*Raudino, A., Fergusson, D.M., Horwood, J.L. (2013) the quality of parent/child relationships in adolescence is associated with poor adult psychosocial adjustment. Journal of Adolescence, 36, 331-340.*

Grading Scheme:

*Essay / Project / Final Assignment / Home Exam / Referat 80 %  
Submission assignments during the semester: Exercises / Essays / Audits / Reports / Forum / Simulation / others 20 %*

Additional information:

*none*