



**Bow Valley
College**

Course Outline

PSYC2301

Adolescence

Fall 2024 - Current

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PSYC2301 Adolescence**COURSE DESCRIPTION**

This course is designed to provide an overview of the physical, social, emotional and cognitive developmental changes that occur during adolescence. An emphasis is placed on individual aspects of development, the contexts and social spheres that shape adolescent development, and transitions of adolescence.

REQUISITES	Complete the following courses: • PSYC1101 - Introduction To Psychology (3)
EQUIVALENTS	None
CREDITS	3
HOURS	45
ELIGIBLE FOR PLAR	Yes
ZERO TEXTBOOK COST	No

COURSE LEARNING OUTCOMES

Bow Valley College is committed to ensuring our graduates can demonstrate their abilities in key areas that will make them effective citizens and encourage their development as lifelong learners. In addition to the discipline-specific skills that learners acquire in their programs, the College has identified ten learning outcomes.

College-Wide Outcomes:

1. Communication
2. Thinking Skills
3. Numeracy and Financial Literacy
4. Working with Others
5. Digital Literacy
6. Positive Attitudes and Behaviours
7. Continuous Learning
8. Health and Wellness Awareness
9. Citizenship and Intercultural Competence
10. Environmental Sustainability

COURSE LEARNING OUTCOME(S) COLLEGE WIDE OUTCOMES SUPPORTED

1	Describe developmental changes in the physical, social, emotional, moral, and cognitive characteristics and capacities of individuals over the course of adolescence.	1, 2, 6, 8
2	Characterize major theoretical conceptions of adolescent transitions and identity formation and the research evidence supporting these.	1, 2, 3, 6, 8
3	Explain the ways an adolescent's development affects, and is affected by, changes in family, the peer group, the school, and broader cultural contexts.	1, 2, 4, 6, 8, 9
4	Communicate research findings, arguments and ideas on adolescence.	1, 2, 3, 4, 5, 6, 7, 8, 9
5	Explain the nature and implications of psychosocial challenges and strengths during adolescence.	1, 2, 4, 6, 8, 9

COURSE MODULES AND SCHEDULE

**Course schedule subject to change, depending on delivery mode and term of study. For exact dates, please consult the Course Offering Information in Brightspace.*

WEEK/HOURS MODULES

Week 1	The Study of Adolescence - Past, Present & Future
Week 2	Biological Changes in Adolescence
Week 3	Cognitive Changes in Adolescence
Week 4	Social Changes in Adolescence
Week 5	Contexts of Adolescence - Families
Week 6	Contexts of Adolescence – Peer Groups
Week 7	Contexts of Adolescence - School
Week 8	Contexts of Adolescence – Work, Leisure & Media
Week 9	Psychosocial Development - Identity
Week 10	Psychosocial Development - Autonomy
Week 11	Psychosocial Development - Intimacy
Week 12	Psychosocial Development – Sexuality
Week 13	Adolescent Challenges and Prospects – Externalizing Problems
Week 14	Adolescent Challenges and Prospects – Internalizing Problems
Week 15	Adolescent Challenges and Prospects – Resilience & Emerging Adulthood

ASSESSMENT

COURSE

LEARNING ASSESSMENT

OUTCOME(S)

WEIGHT

1, 2, 3, 4, 5	Exams (minimum of two)	30%
1, 2, 3	Creative Writing Assignment	10%
1, 2, 3, 4	Personal Reflection Paper	15%
1, 2, 3, 4, 5	Myth Research and Presentation	20%
1, 2, 3, 4, 5	Learning Activities / Discussions	25%

Important: For details on each assignment and exam, please see the Course Offering Information.

PERFORMANCE STANDARDS

A minimum grade of D is required to pass this course. However, a program may require a higher grade in this course to progress in the program or to meet specific program completion requirements.

Please consult with the program area or contact the program chair for further details. A minimum Grade Point Average of 2.0 is required for graduation.

GRADING SCHEME

Grade	Percentage	Grade Point	Description
A+	95-100	4.0	Exceptional: superior knowledge of subject matter
A	90-94	4.0	Excellent: outstanding knowledge of subject matter
A-	85-89	3.67	
B+	80-84	3.33	
B	75-79	3.0	Very Good: knowledge of subject matter generally mastered
B-	70-74	2.67	
C+	67-69	2.33	

C	64-66	2.0	Satisfactory/Acceptable: knowledge of subject matter adequately mastered
C-	60-63	1.67	
D+	57-59	1.33	
D	50-56	1.0	Minimal Pass
F	Less than 50	0.0	Fail: an unsatisfactory performance

REQUIRED LEARNING RESOURCES

E-book to purchase:

Steinberg, L. (2020). *Adolescence* (12th ed.). McGraw Hill.

Free (Online / PDF):

Arnett, J.J. (2000). Emerging Adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469-480.

http://jeffreyarnett.com/ARNETT_Emerging_Adulthood_theory.pdf

McMahon, I. & Thompson, S. (2015). *Adolescence*, Pearson. PDF

- Adolescents in a Global Age
- Where is Adolescence Going?

Noltmeyer, A.L. & Bush, K.R. (2013). Adversity and resilience: A synthesis of international research. *School Psychology International*, 34(5), 474-487. <https://doi.org/10.1177/0143034312472758>

Offer, D. & Schonert-Reichl, K.A. (1992). Debunking the myths of adolescence: Findings from recent research. *American Academy of Child and Adolescent Psychiatry*, 31(6), 1003-1014. PDF

Additional learning resources may be found in the Course Offering Information or in Brightspace.

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ADDITIONAL INFORMATION

Additional information may be found in the Course Offering Information or in Brightspace.

ACADEMIC ACCOMMODATIONS

Learners with a disability (learning, physical, and/or mental health) may qualify for academic and exam accommodations. For more information, or to apply for accommodations, learners should make an appointment with Accessibility Services in the Learner Success Services (LSS) Department. Accessibility Services can also assist learners who may be struggling with learning but do not have a formal diagnosis. To make an appointment visit LSS on the first floor of the south campus or call 403-410-1440. It is the learner's responsibility to contact Accessibility Services and request academic accommodations. For more information, please visit our website at <http://www.bowvalleycollege.ca/accessibility>.

INSTITUTIONAL POLICIES

Bow Valley College is committed to the highest standards of academic integrity and honesty. Learners are urged to become familiar with and uphold the following policies: Academic Integrity (500-1-7), Learner Code of Conduct, Procedures and Guidelines (500-1-1), Learner Appeals (500-1-12), Attendance (500-1-10), Grading (500-1-6), Academic Continuance and Graduation (500-1-5), and Electronic Communications (300-2-13). Audio or video recording of lectures, labs, seminars, or any other teaching and learning environment by learners is allowed only with consent of the instructor as part of an approved accommodation plan. Recorded material is to be used solely for personal study and is not being used or distributed without prior written consent from the instructor.

Turnitin:

Students may be required to submit their course work to Turnitin, a third-party service provider engaged by BVC. Turnitin identifies plagiarism by checking databases of electronic books and articles, archived webpages, and previously submitted student papers. Students acknowledge that any course work or essays submitted to Turnitin will be included as source documents in the Turnitin.com reference database, where it will be used solely to detect plagiarism. The terms that apply to a student's use of Turnitin are described on Turnitin.com.

Online Exam Proctoring:

Examinations for this course may require proctoring through an online proctoring service. Online proctoring enables online exam taking within a controlled and monitored environment, thereby enhancing academic integrity. Online proctoring may occur through a variety of methods, including but not limited to:

- a. live online proctoring where a remote invigilator authenticates identity and observes completion of an exam using specialized software and recordings;
- b. automated proctoring where the exam session is recorded and AI (artificial intelligence) analyzed;
- c. browser lockdown that limits access to other applications, websites, copying, printing, screen capture and other functions; or

d. a combination of both live/automated proctoring and browser lockdown.

Course instructors will review recordings, analyses, and data obtained through online proctoring for academic integrity infractions. It is the student's responsibility to meet the technical, software, location, and identity verification requirements necessary to enable online proctoring.

Further details of these policies are available in the Academic Calendar and on the Bow Valley College website, bowvalleycollege.ca.

Learners are encouraged to keep a copy of this course outline for future reference.

Collection of Personal Information:

This course, including your image and voice, may be recorded and made available to you and other students taking the course section. By attending the class(es) online or in person, you consent to the collection of your personal information. If you do not wish to be recorded, please contact your instructor before starting the course/class to discuss alternative arrangements.

You may use the recordings only for educational purposes and you must not copy, share, or use the recordings for any other purpose without the instructor's express permission.

Your personal information is collected in accordance with section 33(c) of the Freedom of Information and Protection of Privacy Act (Alberta) to deliver academic programming, support learner flexibility, promote universal design for learning principles, and for purposes consistent with the course activities and outcomes. If you have any questions about the collection, disclosure, use, or protection of this information, please contact the College's Access and Privacy Officer at foip@bowvalleycollege.ca.