

Department Of Family Relations and Applied Nutrition  
*University of Guelph*

## **FRHD\*2280: ADOLESCENT DEVELOPMENT**

**Tuesdays and Thursday, 1:00-2:20pm**  
**THRN 1200**

**Instructor:** Jenny Glozman (jglozman@uoguelph.ca)  
MINS 115B

**Office Hours:** By appointment

**Teaching Assistants:** Andrea LaMarre (alamarre@uoguelph.ca)  
Natasha Walji (walji@uoguelph.ca)

---

### **COURSE DESCRIPTION**

This course examines psychosocial development in adolescence, emphasizing biological, cognitive, social, and emotional changes. Taking an interdisciplinary and cross-cultural perspective, we will focus on the application of theories and concepts to the lived experiences of adolescents in family, school, peer, and community contexts.

### **LEARNING OBJECTIVES**

Upon the successful completion of the course, you will be able to:

1. identify and explain the physical, cognitive, social, and emotional changes that occur during adolescence;
2. describe the major theoretical approaches;
3. expand conceptions of the range of developmental possibilities through awareness of local and global issues and the diversity of cultural practices, customs, and beliefs;
4. explore the practical implications of theory and research; and
5. actively reflect upon and communicate your own learning and the development of your understanding of adolescent development by writing reflection notes and reports.

### **REQUIRED RESOURCES**

#### **Textbook**

Arnett, J. J. (2013). *Adolescence and emerging adulthood: A cultural approach* (5th ed.). Toronto, ON: Pearson Education.

\* The textbook can be purchased at the Bookstore.

\*\* The textbook is placed at the Library on a 2-hour reserve.

## RECOMMENDED RESOURCES

### Online Learning Tool

Manis, F. (N.D.). *MyVirtualTeen*. Pearson Education. [www.myvirtualteen.com](http://www.myvirtualteen.com)

\* Please note that MyVirtualTeen is included with the purchase of a new Arnett (2013) text OR is available for purchase on its own through the website.

\*\* The reflection notes assignment in this course features two options for students to choose from. *MyVirtualTeen* is used for one of these.

## COURSE APPROACH

The organization of this course is based on principles of “learner-centeredness,” placing an emphasis on students and their personal and interpersonal process of learning. In this course, my role as the instructor will be to guide and support you as you engage with the course material. With lectures, class discussions, audio visual clips, and assignments, you will have an opportunity for in-depth focus on the adolescence period of the life span. You will also develop the writing skills that you will need throughout your degree.

## METHOD OF EVALUATION

Reflection paper	10%	Fri, Jan. 29, 11:59 pm
Midterm exam (multiple choice, Ch. 1-6)	25%	Tue, Feb. 23, 1pm
Reflection notes	15%	Fri, Mar. 11, 11:59 pm
Integrative reflection paper	20%	Fri, Apr. 1, 11:59 pm
Final exam (multiple choice, Ch. 7-13)	30%	Wed, Apr. 20, 11:30am-1:30pm

\*Assignment instructions, guidelines, and marking schemes can be found on the course website.

\*\* Midterm and final exams will be multiple choice and will cover textbook AND lecture material.

## POLICIES REGARDING COMMUNICATION

Courselink (<http://Courselink.uoguelph.ca>) will serve as the primary means of communication outside of class. You are expected to check Courselink regularly. In addition, students are required to regularly check their @uoguelph.ca e-mail, as that is the official route of communication between the University of Guelph and its students.

This is the communication protocol you are required to follow in this class:

1. Review the syllabus and assignment instructions. If the answer is there, the TAs will refer you back to these.
2. Read the announcements posted in the News section of the Courselink website. This is where the instructor will post updates and clarifications.
3. If you are still unclear, post your questions in the appropriate area of the Question Forum on Courselink. Questions regarding assignments must be posted online and will not be answered over email.
4. For special accommodations or to schedule an appointment, email the instructor. Make sure to use your @uoguelph account and to include FRHD\*2280 in the subject line of your email.

Course TAs and instructor will check discussion board and email messages on a daily basis from Monday through Friday. You can expect a response within 2 business days.

## **POLICIES AND INFORMATION**

### **Late Policy**

Late assignments will be penalized by 1 mark per day, including weekends. Assignments will not be accepted after one week and will receive a grade of 0.

### **When You Cannot Meet a Course Requirement**

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact. Where possible, this should be done in advance of the missed work or event. In this is not possible, this should be done as soon as possible after the due date, and certainly no later than one week. See the undergraduate calendar for information on regulations and procedures for Academic Consideration: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

### **Academic Misconduct**

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor. The Academic Misconduct Policy is detailed in the Undergraduate Calendar: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

### **Accessibility**

Students who need course adaptations or accommodations because of disability, or who have emergency medical information to share, please speak to the instructor during the first two weeks of class to ensure that reasonable accommodations can be made. It is your responsibility to make me aware of these needs, and to take any steps that may be required on your part in order to achieve reasonable accommodation.

If you are a student with a disability, there are academic accommodations that can be considered. Please contact: Centre for Students with Disabilities, 56208 or [csd@uoguelph.ca](mailto:csd@uoguelph.ca) or [www.uoguelph.ca/csd](http://www.uoguelph.ca/csd). For more information, see Undergraduate Calendar (p. 29) at [www.uoguelph.ca/registrar/calendars/undergraduate/current/pdf/files/calendar.pdf](http://www.uoguelph.ca/registrar/calendars/undergraduate/current/pdf/files/calendar.pdf).

### **Drop Date**

The last date to drop one-semester courses, without academic penalty, is Friday, March 11, 2016. For regulations and procedures for Dropping Courses, see the Undergraduate Calendar: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml>

### **Recording of Materials**

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter.

**COURSE SCHEDULE & READINGS****\*please note this schedule is subject to change \***

The required readings for each week should be read before coming to lecture

Lecture	Topic	Readings	Notes and Important Dates
Jan. 12	Course intro+ Thinking about Adolescence	Syllabus + Ch. 1	
Jan. 14	Biological Foundations	Ch. 2	
Jan. 19	Cognitive Foundations	Ch. 3 (pp. 60-76)	
Jan. 21		Ch. 3 (pp. 76-93)	
Jan. 26	Cultural Beliefs	Ch. 4 (pp. 94-107)	
Jan. 28		Ch. 4 (pp. 107-121)	<b>Reflection paper: Jan. 29, 11:59 pm</b>
Feb. 2	Gender	Ch. 5 (pp. 122-131)	
Feb. 4		Ch. 5 (pp. 131-147)	
Feb. 9	The Self	Ch. 6 (pp. 148-159)	
Feb. 11		Ch. 6 (pp. 159-173)	
<b>Winter break- No classes</b>			
Feb. 23	<b>Midterm exam (Ch. 1-6)</b>		
Feb. 25	School	Ch. 10	
Mar. 1	Family Relationships	Ch. 7 (pp. 174-190)	
Mar. 3		Ch. 7 (pp. 190-209)	
Mar. 8	Friends and Peers	Ch. 8 (pp. 210-222)	
Mar. 10		Ch. 8 (pp. 223-239)	<b>Reflection notes: Mar. 11, 11:59 pm</b>
Mar. 15	Love and Sexuality	Ch. 9 (pp. 240-253)	
Mar. 17		Ch. 9 (pp. 253-275)	
Mar. 22	Media	Ch. 12 (pp. 336-345)	
Mar. 24		Ch. 12 (pp. 345-361)	
Mar. 29	Work	Ch. 11	
Mar. 31	<b>No class, time to work on assignments</b>		<b>Integrative reflection paper: Apr. 1, 11:59 pm</b>
Apr. 5	Problems and Resilience	Ch. 13 (pp. 362-381)	
Apr. 7		Ch. 13 (pp. 382-393)	
<b>Final exam (Ch. 7-13): Wednesday, April 20, 11:30am-1:30 pm, location TBA</b>			