

Course Unit	Adult Psychology		Field of study	Psychology	
Bachelor in	Social Education		School	School of Education	
Academic Year	2022/2023	Year of study	1	Level	1-1
Type	Annual	Semester	-	ECTS credits	7.0
Code	9084-628-1004-00-22				
Workload (hours)	189	Contact hours	T -	TP 63	PL -
			TC -	S -	E -
			OT 18	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Paula Marisa Fortunato Vaz

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Understands the concept of life-span;
2. Understands the emergence of wisdom as psychological dimension of late adulthood;
3. Knowing the concepts of psychosocial crises and development tasks in adulthood;
4. Articulate knowledge of psychological functions and social competence in adulthood and during aging.

### Prerequisites

Before the course unit the learner is expected to be able to:  
None.

### Course contents

1. Beliefs about adulthood and old age. 2. adult development models. 3. Development of psychological functions and social skills in adulthood and during aging.

### Course contents (extended version)

1. Beliefs about adulthood and old age.
2. Models of development of the adult:
  - Epistemological issues
  - Methodological issues
  - The life-course perspective
  - The life-span perspective
3. Development of psychological functions and social skills in adulthood and during aging:
  - The adult tasks of development in life adult and old age.
  - Cognition
  - Memory
  - Personality
  - interpersonal relations in different areas: private life and sexuality, family, work and retirement
  - Gender Issues in the adult life and old age

### Recommended reading

1. Alaphilippe, D., & Bailly, N. (2014). Psicologia do adulto e do idoso. Edições Piaget.
2. Feldman, S. (2017). Development across the life span. Pearson Education.
3. Kail, V., & Cavanaugh, C. (2019). Human development: a life-span view. Cengage Learning.
4. Papalia, E., & Feldman, D. (2013). Desenvolvimento humano. McGraw Hill.
5. Santrock, J. (2017). Life-span development. McGraw Hill.

### Teaching and learning methods

Theoretical explanation of the central themes, group work, analysis of supporting texts, viewing and commenting on videos, completion of worksheets.

### Assessment methods

1. Alternative 1 - Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 50% (Frequency.)
  - Intermediate Written Test - 50% (Frequency.)
2. Alternative 2 - Exam Evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (Exam)

### Language of instruction

1. Portuguese
2. Portuguese, with additional English support for foreign students.

### Electronic validation

Paula Marisa Fortunato Vaz	Pedro Augusto Oliveira Salgueiro	Maria do Céu Ribeiro	Carlos Manuel Costa Teixeira
12-12-2022	12-12-2022	12-12-2022	02-01-2023