

Course Unit	Adult Psychology		Field of study	Psychology	
Bachelor in	Social Education		School	School of Education	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Annual	Semester	-	ECTS credits	7.0
Code	9084-628-1004-00-23				
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) António Francisco Ribeiro Alves

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.)
 - Presentations - 50% (Group presentations of a recent article related to UC content.)
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

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11-12-2023	12-12-2023	31-12-2023	11-02-2024