

COURSE OUTLINE

1. GENERAL

SCHOOL	Faculty of Social Sciences		
ACADEMIC UNIT	Psychology		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE	PSY3322	SEMESTER	5 th
COURSE TITLE	Psychosocial Development in Adolescence: Autonomy, Family Relationships, and Resilience		
INDEPENDENT TEACHING ACTIVITIES	WEEKLY TEACHING HOURS	CREDITS	
Lectures and individual presentations/assignments	3	6	
COURSE TYPE	Seminar		
PREREQUISITE COURSES:	Ψ1201 – Research Methods in Social Sciences I, Ψ1202 – Statistics I, Ψ1301 – Developmental Psychology I: Infancy and Early Childhood, Ψ2301 – Developmental Psychology II: Life course Development: Adolescence to Late Adulthood		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek, English terminology used		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	No		
COURSE WEBSITE (URL)	https://elearn.uoc.gr/course/view.php?id=3792		

2. LEARNING OUTCOMES

Learning Outcomes
<p>The aim of this seminar will be to help students delve into key aspects of psychosocial development during adolescence, but also how these aspects can be studied empirically. Based on Self-determination Theory, but also on the approach Resilience framework, students will immerse themselves in concepts such as basic psychological needs, the development of autonomy during adolescence, changes in parent-adolescent relationships, the development of personal identity, and how all of the above may be linked to healthy psychosocial development. The seminar will be based both on the teaching of theoretical concepts and on the presentation and discussion of empirical articles.</p> <p>At the end of this seminar, the student will be able to:</p> <ul style="list-style-type: none"> • understand the main pillars of the Basic Psychological Needs Theory (part of Self-determination Theory)

- delve into the concept, importance and development of autonomy during adolescence
- understand the changes that occur during adolescence in family relationships
- deepen their knowledge into the concept and models of personal identity development

General Competencies

- Search, analysis and synthesis of data and information, using the necessary technologies
- Generation of new research ideas
- Decision making
- Autonomous work
- Exercise criticism and self-criticism
- Promotion of free, creative and inductive thinking

3. SYLLABUS

- Introduction to Self-Determination Theory
- Introduction to the Resilience framework
- Autonomy and basic psychological needs in adolescence
- Family relationships during adolescence
- Development of personal identity during adolescence
- Psychosocial development and mental health of adolescents
- Study and presentation of empirical studies in the above thematic sections

4. TEACHING and LEARNING METHODS - EVALUATION

DELIVERY	In class		
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	Use of ICT in teaching, support of the learning process through the 'e-class' electronic platform.		
TEACHING METHODS	<i>Activity</i>	<i>Semester Workload</i>	<i>ECTS</i>
	Lectures	39 hours	1,56
	Individual assignments and presentations	30 hours	1,20
	Independent study for final exams	60 hours	2,40
	Final exams	2 hours	0,08
	<i>Total</i>	<i>131</i>	<i>5,24</i>
STUDENT PERFORMANCE EVALUATION	I. Weekly presentations/individual assignments (30%) II. Final exam (70%)		

	Exams will be conducted in Greek.
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5. RECOMMENDED REFERENCES

Basic:

- Soenens, B., Vansteenkiste, M., & Van Petegem, S. (2018). *Autonomy in Adolescent Development: Towards Conceptual Clarity*. London: Routledge.
- Masten, A. S. (2015). *Ordinary Magic: Resilience in Development*. New York: The Guilford Press.
- Ryan, R. M., & Deci, E. L. (2017). *Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness*. New York: The Guilford Press.