UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Developmental Psychology of Adult and Senior

Academic Year 2023/2024

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Developmental Psychology of Adult and Senior (20311)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutor ANTÓNIO MARTINS FERNANDES REBELO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Allow the acquisition of fundamental knowledge at the theoretical and practical level about the development process of adults and the elderly throughout the life cycle.

15. Specific Objectives

Acquire knowledge about the theoretical and practical perspectives of adult and elderly development, lifespan and aging

16. Skills to be acquired

1. Define and differentiate adulthood and advanced adulthood;
2. Distinguish development perspectives: moral, physical, cognitive, psychosocial, and diachronic
3. Understand and discern lifespan models
4. Acquire and develop critical thinking about aging, death, reminiscence, spirituality and wisdom
5. Integrate the theories and basic concepts of successful aging and learn the main factors of adjustment to aging

17. Teaching Methodology

METHODOLOGY: Theoretical-practical classes with an expository method, discussion and active reflection on the themes, practical implications and discussion of the themes.

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18. Course Unit Program

ntroduction: Human Development and the Life Cycle Perspective.
1. The Emergence of Adulthood (Arnett)
2.Adulthood and advanced adulthood: stability or change?
2.1 Physical development: health and physical changes; reproductive issues; longevity.
2.2 Cognitive development (e.g.: ?Beyond Piaget. Post-formal thinking?- Arlin, Labouvie-Vief; ?Development for a lifetime?-Schaie; ?Discernment and Practical Knowledge?-Sternberg).
2.3 Moral development (e.g., Kohlberg, Gilligan).
2.4 Psychosocial development - main models: Trait (Costa & McCrae); Typological (e.g., Block); From Normative Crises (e.g., Erikson, Levinson); Sequence of Events (Neugarten et al.).
2.5 Development of the Diachronic Perspective (Montangero).
3. Lifespan models (e.g., selective optimization with compensation, socio-emotional selectivity)
4. Wisdom and the development of adults and the elderly.
5. Aging
5.1 Psychological perspectives on successful aging
5.2. Adjustment to aging
5.2 Aging, death, reminiscence, and spirituality (e.g.: Frankl, Wilson)

19. Assessment Methods

The continuous assessment of the P.Language will be carried out taking into account
- two individual written tests
- attendance and participation
- written exam on all contents taught

20. Didactic Resources

Use of practical cases, interactive methods and multimedia material and reference publications on the subject.

21. Sustainability Objectives

Quality health
Quality education

22. Keywords

Development Process
Adult and Elderly
Life span
Aging

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23. Main Bibliography

Author(s):	Stacey B. Whitbourne		
Title:	Adult Development and Aging: Biopsychosocial Perspectives		
Edition:	5	Year:	2014
Local:	USA		
Publisher:	John Wiley & Sons		

Author(s):	Cavanaugh, J. &, Blanchard-Fields, F.		
Title:	Adult Development and Aging		
Edition:	7	Year:	2015
Local:	Belmont		
Publisher:	Wadsworth Publishing Co Inc		

Author(s):	Tara L. Kuther		
Title:	Lifespan Development in Context		
Edition:		Year:	2016
Local:	USA		
Publisher:	Sage		

24. Complementary Bibliography

Author(s):	Fonseca, A.		
Title:	Desenvolvimento humano e envelhecimento.		
Edition:		Year:	2004
Local:	Lisboa		
Publisher:	Climpesi Editores.		

Author(s):	Fontaine, R.		
Title:	Psicologia do envelhecimento		
Edition:		Year:	2000
Local:	Lisboa		
Publisher:	Climepsi Editores		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA DO DESENVOLVIMENTO DO ADULTO E DO IDOSO': Academic Year 2023/2024
Autor / Author	Prof. Doutor ANTÓNIO MARTINS FERNANDES REBELO
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0

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