UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Developmental Psychology of Children and Adolescent

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Developmental Psychology of Children and Adolescent (20303)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st 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. Doutora ANA CRISTINA DOS SANTOS LOPES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

General aims:

- Provide students with comprehensive knowledge about the different currents of psychology of child and adolescent development from an ecological perspective
- Know the development processes in specific health conditions and in different sociocultural contexts

15. Specific Objectives

Specific aims:

- Know the different theories about the development path of children and adolescents
- Explore and understand the implications of different theoretical approaches in psychosocial analysis and understanding of development
- Know and understand the main risk factors and protective factors of development

16. Skills to be acquired

- Identify the contributions of different authors/theories of child and adolescent development
- Develop skills of critical reflection on learning processes
- Understand the impact of physical, psychological and social factors on development
- Understand the psychologist's role in promoting healthy development, namely in populations with disadvantaged health or social conditions

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17. Teaching Methodology

METHODOLOGY:
- Theoretical and practical classes with emphasis on the discussion of texts/practice works, participation in lectures and seminars on the topics to be taught and carrying out small research works.

18. Course Unit Program

1. Developmental psychology
- Theories and methods

2. Prenatal development
- from conception to birth
- embryonic development and embryopathies

3. Development in childhood and adolescence
- Bowlby's attachment theory
- Mary Ainsworth Attachment Theory
- Harry Harlow's Attachment Studies
- Other latest studies on linkage
- Parenting Styles
- The child's social world
- The social world of the teenager
- The development of relationships between peers
- Theory of the development of moral reasoning: Piaget and Kholberg
- Piaget's theory of cognitive development
- Psychosocial development: Lev Vygotsky's theory, Erik Erikson's theory, Albert Bandura's theory
- Development of emotional intelligence and social intelligence
- Sexual abuse in childhood and its consequences on development

3. Risk behaviors in childhood and adolescence

4. People with special needs (health and education) and development problems

19. Assessment Methods

- Attendance and participation in classes
- Carry out the proposed tasks throughout the semester
- Two interim written tests (without consultation)

20. Didactic Resources

Pedagogical, technological, cultural and audiovisual resources

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21. Sustainability Objectives

SDG 4: Quality education & SDG5: Gender equality
SDG 8: Decent work and economic growth & SDG 10: Reduce inequalities

22. Keywords

Developmental Psychology
Attachment
Developement
Children
Adolescents
Parenthood
Special educa

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23. Main Bibliography

Author(s):	Tara L. Kuther		
Title:	Lifespan Development: Lives in Context		
Edition:	2.ªED	Year:	2019
Local:	USA		
Publisher:	Sage Publication		

Author(s):	SMITH, P.		
Title:	Understanding children´s development		
Edition:		Year:	2011
Local:	London		
Publisher:	Sage Publications		

Author(s):	Laura E. Berk		
Title:	Exploring Lifespan Development		
Edition:		Year:	2017
Local:			
Publisher:	Pearson Education		

24. Complementary Bibliography

Author(s):	Laura E. Levine, Joyce Munsch		
Title:	Child Development From Infancy to Adolescence		
Edition:		Year:	2015
Local:	USA		
Publisher:	Sage Publication		

Author(s):	José Tavares , Anabela Sousa Pereira , Ana Allen Gomes , Sara Marques Monteiro , Alexandra Gomes		
Title:	Manual de Psicologia do Desenvolvimento e Aprendizagem		
Edition:		Year:	2011
Local:			
Publisher:	Porto Editora		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA DO DESENVOLVIMENTO DA CRIANÇA E DO ADOLESCENTE': Academic Year 2025/2026
Autor / Author	Prof. Doutora ANA CRISTINA DOS SANTOS LOPES
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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