



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Developmental Psychology of Children and Adolescent

Academic Year 2026/2027

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 MARIA JOÃO VALENÇA RODRIGUES DA CUNHA RIBEIRO SOARES PEREIRA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

To provide students with the opportunity to acquire comprehensive knowledge regarding different schools of thought in child and adolescent developmental psychology, within an ecological perspective. To foster an integrated understanding of the biopsychosocial changes occurring from the prenatal period through late adolescence, as well as the significance of various sociocultural contexts for human health and well-being.

15. Specific Objectives

- To know, master, and understand the main theoretical models and research methods regarding human development;
- To explore and understand the implications of different theoretical approaches for the biopsychosocial analysis and understanding of development;
- To know and understand the key risk and protective factors in development

16. Skills to be acquired

- Identify the contributions of various authors and theories regarding child and adolescent development
- Develop skills for 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, particularly among populations facing health challenges or social disadvantage



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17. Teaching Methodology

METHODOLOGY:

- Theoretical and practical classes emphasizing the discussion of texts and practical assignments, participation in lectures and seminars on the topics to be taught, and the completion of small research projects.

18. Course Unit Program

1- Developmental Psychology

Introduction

Theories and methods

Key concepts

Introduction to historical authors: key figures in major models and developmental psychology:

Sigmund Freud; Arnold Gesell; Jean Piaget; Henri Wallon; Lev Vygotsky; Noam Chomsky; Erik Erikson; Albert Bandura; Lawrence Kohlberg; Mary Ainsworth, John Bowlby, Mary Main & Judith Solomon; Isabel Soares. Frameworks of major historical models

2- From conception to birth

From fetus to infant;

Fetal competencies

Ethology of early relationships

Sensitive periods for the organization of prenatal attachment

Newborn competencies

Parenting styles

Infant observation

3- Human development in early infancy

Physical growth, sensory and psychomotor development

Cognitive development

Communication and language

Socio-affective development

4- Psychological development between ages 2 and 6

Physical and psychomotor development after age 2

Intellectual development and cognitive processes

Language development

Personality development

Psychosocial and moral development

5- Psychological development between ages 6 and 12

Cognitive processes and intellectual development

Personality development

Social and moral development

6- Psychological development during adolescence

Puberty and adolescence ? Concepts and meanings

Evolution of thought processes

Social and moral development



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19. Assessment Methods

- Class attendance and participation
- Completion of assignments throughout the semester
- One written test

20. Didactic Resources

Pedagogical and technological resources, analysis of publications, multimedia material

21. Sustainability Objectives

- SDG 3: Good Health and Well-being;
- SDG 4: Quality Education;
- SDG 5: Gender Equality;
- SDG 8: Decent Work and Economic Growth;
- SDG 10: Reduced Inequalities;
- SDG 17: Partnerships for the Goals

22. Keywords

Developmental Psychology;
Life Cycle;
Children
Adolescents
Attachment
Parenting
Observational



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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
ISBN Code:

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

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

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
ISBN Code:

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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ISBN Code:

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Autor / Author	Prof. Doutora MARIA JOÃO VALENÇA RODRIGUES DA CUNHA RIBEIRO SOARES
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