UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
DEVELOPMENTAL PSYCHOLOGY

Academic Year 2025/2026

## 1. Organic Unit

Higher Institute of Social Work

## 2. Course

SOCIAL WORK

## 3. Cycle

1st

## 4. Course Unit

DEVELOPMENTAL PSYCHOLOGY (L4508)

## 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: | 30,00 |
| Practical classes: | |
| Theoretical-Practical Classes | |
| 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 social service'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': 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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