

# **COU493 Psychosocial Development through the Life Span**

**Level:** 4

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## **Synopsis:**

Isn't it fascinating how our perspectives change as we age? This module is the first of our series of Foundation Studies for the Master of Counselling Programme. The course focuses on the psychosocial development in the life span from infancy to old age. Understanding the psychosocial aspect of life span development and their implications for counselling, students learn to relate better to their clients of various age groups and help them more effectively.

## **Topics:**

- The life span perspective of human development
- Major theories for understanding human development
- Major theories for understanding early childhood (first 24 months to 6 years old)
- Salient issues and implications for counselling early childhood
- Major theories for understanding middle childhood (first 7 years to 12 years old)
- Salient issues and implications for counselling middle childhood
- Major theories for understanding adolescence
- Salient issues and implications for counselling adolescence
- Major theories for understanding adulthood
- Salient issues and implications for counselling adults
- Major theories for understanding elderhood
- Salient issues and implications for older adults

## **Textbooks:**

Barbara M. Newman | Philip R. Newman: Development Through Life: A Psychosocial Approach  
(eText) 13th Edition Cengage  
ISBN-13: 9789814844864

**Learning Outcome:**

- Discuss the life span perspective of human development and the rationale for emphasising on the psychosocial aspect of human development
- Appraise major theories for understanding human development
- Debate social and emotional issues related to lifespan development
- Critique issues related to death, dying and bereavement through case studies
- Recommend intervention methods that are developmentally appropriate for the various age groups
- Examine the implications that psychosocial issues in lifespan development have on counselling

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	30
	GROUP BASED ASSIGNMENT 1	20
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>