

**Unit 1****Cognitive Development**

Moral Development, Learning Disabilities, Jean Piaget's Formal Operations, Information Processing Theory and Cognition, Research and Cognition, Crystallized Intelligence, Fluid Intelligence, Levels of Optimal Cognitive Development- Hierarchy of Adult Skill Levels, Development Beyond Abstractions, Development of Reflective Judgment and Moral Judgment

**Unit 2****Emotional Development**

Crises in Early adulthood, Developing Sense of Identity, Erikson's Intimacy versus Isolation, Establishing career, Work-Life balance, Raising Self-Esteem, Emotional Intelligence, Group Differences in Emotional Development, Gender Differences, Ethnic Diversity, Sexuality

**Unit 3****Social Development**

Changing nature of friendship, Benefits and challenges of friendship, Managing friendships – maintaining the self within peer group, Social Identity, Complexity and the Multiplicity of identities, Negotiation and Conflict Management, Wider Social Network, Online Group Affiliation – Social Media and Social Networks, From Friends to Romantic Partners, Importance of Identity in Late Adolescence, Offline Identity Management, Online Identity management, Social Skill and social interaction, Faith Institutions

**Unit 4****Adolescent Behavioural Development**

Reasons for Late Adolescent Risk Taking , When Risk-Taking Behaviour Becomes Problem Behaviour, Alcohol and Drug Abuse, Pregnancy and Sexually Transmitted Diseases, School Failure and Dropping Out, Delinquency, Crime, and Violence, Protective Factors and Psychological Capital

**Unit 5****Transition to the Work World**

Dynamic Elements in Work Transitions- Individual Level of Analysis, Social Level of Analysis, Macro Level of Analysis, Work transitions. Identity Formation and the Road to Adulthood- Different Pathways, Pains of Development, Dynamic Interventions

**TEXTS BOOKS/REFERENCES:**

1. Fischer, K. W., Yan, Z., & Stewart, J. (2003). Adult cognitive development: Dynamics in the developmental web. In J. Valsiner & K. Connolly (Eds.), *Handbook of developmental psychology*. Pp. 491-516. Thousand Oaks, CA: Sage
2. Ian Stuart-Hamilton, Leo B Hendry, Marion Kloep & Rachel Taylor (2016). *Development from Adolescence to Early Adulthood: A Dynamic Systemic Approach to Transitions and Transformations*. Psychology Press

3. Barbara M. Newman & Philip R. Newman (2012). Development through Life A Psychosocial Approach. Wadsworth
4. Laura E Berk (2014) Emotional and Social Development in Early Adulthood. Pearson Education Inc.
5. Developing Adolescence- A Reference for Professionals (2002). American Psychological Association
6. Early Adulthood Cognitive Development- <https://phdessay.com/early-adulthood-cognitive-development/>
7. Cognitive Development in Adulthood- <http://oer2go.org/mods/en-boundless/www.boundless.com/psychology/textbooks/boundless-psychology-textbook/human-development-14/early-and-middle-adulthood-74/cognitive-development-in-adulthood-288-12823/index.html>
8. Jane Kroger (2007). Identity Development- Adolescence through Adulthood. Sage Publication.  
<http://oxfordre.com/psychology/view/10.1093/acrefore/9780190236557.001.0001/acrefore-9780190236557-e-54>
9. Early and Middle Adulthood <https://courses.lumenlearning.com/boundless-psychology/chapter/early-and-middle-adulthood/>