



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A. (Honours) Psychology
Paper Title:	Child and Adolescent Development (L)
Unique Paper Code:	2112102502
Semester:	V
Faculty:	Dr. Veena Gupta
Year:	III

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1	Understand the importance of studying the paper, its implications and applications	1	Introduce the Paper, teaching pedagogy, books, reading material
	To trace human development from conception to adolescence	2	Concepts
	Recognize the various issues in human development	3	Themes
	Comprehending the reasons/ why humans develop the way they do	4	Theoretical Perspectives of Human Development
		5	Theoretical Perspectives of Human Development
	How to do research or understand research done in this area	6	Research Designs
2	Identify the milestones in physical development	7	Prenatal development
		8	Teratogens & Other factors
		9	Birth
		10	Infancy
		11	Infancy
	Inculcate sensitivity to socio-cultural context of human development	12	Developmental stages of child-rearing practices in the Indian context
1	Assessment	13	Class Test from Unit 1
3	Understand the cognitive and socio-emotional factors that determine Development	14	Cognitive Development (Piaget)
		15	Cognitive Development (Piaget)
		16	Cognitive Development (Piaget)
		17	Cognitive Development (Piaget)

		18	Cognitive Development (Piaget)
		19	Cognitive Development (Vygotsky)
		20	Language Development
		21	Language Development
		22	Language Development
		23	Language Development
		24	Emotional Development
		25	Emotional Development
		26	Emotional Development
		27	Emotional Development
		28	Emotional Development
		29	Emotional Development
		30	Moral Development
		31	Moral Development
		32	Moral Development
		33	Moral Development
		34	Moral Development
2	Understanding physical and psychological challenges faced by adolescents	35	Adolescence
		36	Adolescence
		37	Adolescence
3	Assessment	38	Test 2 (Unit 3)
2	Comprehend the contributions of various socio-cultural contexts toward shaping human development	39	Socio-cultural contexts of development (Family)
		40	Socio-cultural contexts of development (Family)
		41	Socio-cultural contexts of development (Family)
		42	Socio-cultural contexts of development (Peers)
		43	Socio-cultural contexts of development (Media)
		44	Socio-cultural contexts of development (Schooling)
		45	Revision and Reflections

Unit	Contents/Syllabus
I	Introduction: Concepts; Themes; Theoretical Perspectives of Human Development (Psychoanalytic, Behavioural, Ethological, Evolutionary, Ecological Perspective); Research Designs.
II	Stages of Development: Prenatal Development, Birth and Infancy, Adolescence; Developmental stages and child-rearing practices in the Indian context; Socio-cultural contexts of development.

III	Domains of Human Development: Cognitive Development (Piaget, Vygotsky); Language Development; Emotional Development; Moral Development (Kohlberg)
S. No.	Name of Authors/Books/Publishers
1.	Belsky, J. (2022). <i>Experiencing the lifespan</i> (6 th ed.). New York: Worth Publishers Macmillan Learning.
2.	Berk, L. E. (2010). <i>Child Development</i> (9th Ed.). New Delhi: Prentice Hall.
3.	Feldman, R.S. & Babu, N. (2023). <i>Discovering across the lifespan</i> (9 th ed.). New-Delhi: Pearson.
4.	Kakar, S. (2012). <i>The inner world: A psychoanalytic study of childhood and society in India</i> (4th Ed.). New Delhi. Oxford University Press.
5.	Rangaswamy, K. (1992). Indian model of stages in human development and developmental tasks. <i>Indian Journal of Psychological Medicines</i> , 15(1), pp. 77-82. doi: 10.1177/0975156419920112
6.	Santrock, J. W. (2019). <i>Life-span development</i> (17th ed.). New Delhi: Tata McGraw Hill.

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	0	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment - Class Test - Attendance		30
		12	
		12	
		6	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance	NA	
3.	Practical Continuous Assessment		40
		10	
		20	

	• End Term Written/Practical Exam • Viva	10	
4.	End Semester Examination		90