

Indraprastha College for Women

University of Delhi

WORK PLAN FOR ODD SEMESTER – 2026

Course Name _____
Paper Title Foundations of Developmental Psychology
Paper Code GE-16
Semester _____5_____
Faculty(s) Jaswant Singh Yadav _____
Year 2026

Work Plan

Unit No.	Learning Objective	Lecture No.	Topics to be Covered
IV	To develop an understanding of adolescence as a major developmental stage, with particular emphasis on physical changes and socioemotional development involving self, identity, family and peers.	1	Introduction to Adolescence: Concept, Nature and Developmental Significance
		2	Adolescence as a Stage of Development: Major Developmental Transitions
		3	Physical Changes during Adolescence: Puberty and Growth
		4	Physical Changes during Adolescence: Developmental Implications
		5	Socioemotional Development during Adolescence: Introduction
		6	Self during Adolescence: Development and Self-understanding
		7	Identity Development during Adolescence
		8	Identity Formation and Developmental Transitions
		9	Family Relationships during Adolescence
		10	Family and Socioemotional Development during

		Adolescence
	11	Peer Relationships during Adolescence
	12	Adolescence: Integration of Physical and Socioemotional Development, Self, Identity, Family and Peers

Unit-wise Syllabus Coverage

Unit IV: Stages of Development II

12 Lectures

The complete prescribed Unit IV syllabus is covered through:

Adolescence

- Adolescence as a developmental stage
- Physical changes
- Socioemotional development

Self

- Development of self during adolescence

Identity

- Identity development during adolescence

Family

- Role and significance of family during adolescence

Peers

- Peer relationships during adolescence

Lecture Distribution

Component	Number of Lectures
Introduction to Adolescence	2
Physical Changes	2
Socioemotional Development	1
Self	1
Identity	2
Family	2
Peers	1
Integration and Revision	1
Total	12

Paper Components

Credits	Lecture (L)	Tutorial (T)	Practical/Practice (P)
4	3	0	1

Eligibility and Pre-requisite

Eligibility Criteria Pre-requisite

Class 12th Pass Nil

Learning Objectives Relevant to the Assigned Unit

1. To equip learners with an understanding of the concepts and issues of human development, with specific focus on adolescence.
2. To enumerate and understand adolescence as a major stage of human development.
3. To develop an understanding of socioemotional development during adolescence.

Learning Outcomes Relevant to the Assigned Unit

After studying this unit, students will be able to:

1. Develop an understanding of adolescence as a major stage of human development.
2. Understand physical changes during adolescence.
3. Understand socioemotional development involving self, identity, family and peers.

Essential / Recommended Readings

1. Berk, L. E. (2010). *Child development* (9th ed.). Prentice Hall.
2. Feldman, R. S., & Babu, N. (2023). *Development across the lifespan*. Pearson.
3. Rangaswami, K. (1992). Indian model of stages in human development and developmental tasks. *Indian Journal of Psychological Medicine*, 15(1), 77–82.
4. Santrock, J. W. (2012). *Lifespan development* (13th ed.). McGraw Hill.

Suggested Reading

1. Belsky, J. (2022). *Experiencing the lifespan* (6th ed.). Worth Publishers, Macmillan Learning.
2. Khalakdina, M. (2008). *Human development in the Indian context: A socio-cultural focus* (Vol. 1). Sage Publications.
3. Srivastava, A. K. (1997). *Child development: An Indian perspective*. NCERT.

Note

Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.