

**COURSE DATA****Data Subject**

Code	33299
Name	Life cycle psychology II
Cycle	Grade
ECTS Credits	6.0
Academic year	2021 - 2022

Study (s)

Degree	Center	Acad. year	Period
1319 - Degree in Psychology	Faculty of Psychology and Speech Therapy	1	Second term

Subject-matter

Degree	Subject-matter	Character
1319 - Degree in Psychology	3 - Psychology of the life cycle	Basic Training

Coordination

Name	Department
MELENDEZ MORAL, JUAN CARLOS	305 - Developmental and Educational Psychology

SUMMARY

This subject belongs to the subject area of Life-Span Developmental Psychology. It is the second half of it and corresponds with the study of development in adulthood and the aging process. It is related to Life-Span Developmental Psychology 1, which examines childhood and adolescence. Moreover, as it is a core unit, its contents are related to all the subjects of the Degree in Psychology which approach the study of adulthood and the aging process, whether it be normal and/or pathological.

This subject is prerequisite for the basic preparation in Psychology regardless of the specific professional field



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

RECOMMENDATION:

We recommend students have a thorough conceptual and procedural knowledge from Life-Span Psychology 1

OUTCOMES

1319 - Degree in Psychology

- Students must have acquired knowledge and understanding in a specific field of study, on the basis of general secondary education and at a level that includes mainly knowledge drawn from advanced textbooks, but also some cutting-edge knowledge in their field of study.
- Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.
- Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.
- Know how to analyse the patient's needs and demands in different contexts.
- Be able set goals for psychological treatment in different contexts and in collaboration and agreement with those involved.
- Be able to identify differences, problems and needs.
- Be able to make a diagnosis according to professional criteria
- Know how to analyse the context where individual behaviour and group and intergroup processes are developed.
- Know how to select and manage tools, products and services, and identify stakeholders.
- Be able to establish the goals of intervention and develop a basic work plan according to its purpose (prevention, therapy, rehabilitation, insertion, guidance, etc.).
- Know how to choose the appropriate psychological intervention techniques to achieve the intended goals.
- Know how to analyse and interpret the results of assessment.
- Be able to prepare oral and written reports.
- Know and comply with professional ethics of Psychology.



- Know the functions, characteristics and limitations of the theoretical models of Psychology of the Life Cycle .
- Know the processes and stages of psychological development throughout the life cycle.
- Analyse and compare individual and group developmental contexts based on historical and cultural dimensions.
- Be able to identify, analyse and evaluate the developmental characteristics, needs and demands, problems and differences of the human being in the different stages of the life cycle.
- Know the grounding and principles of developmental intervention and its preventive, optimizing and therapeutic nature.
- Be able to provide developmental counselling to the agents involved in different contexts.
- Know how to prepare oral and written reports about the development in the different stages of the life cycle.
- Adopt a self-reflexive attitude towards one's own development and a developmental sensitivity towards the development of others.

LEARNING OUTCOMES

- 1.- Analyse and compare the functions, characteristics and limitations of the theoretical models from Life-Span Developmental Psychology in adulthood and aging.
- 2.- Identify processes and stages of psychological development in adulthood and aging.
- 3.- Identify, analyse and assess developmental features of human beings in adulthood and aging.
- 4.- Develop “developmental sensitivity” and adopt a reflective attitude about one’s and other’s development, regarding adulthood and aging

Transferable competences (cognitive, methodological, interpersonal,...)

- 5.- Develop skills of analysis and synthesis, as well as organizing and planning.
- 6.- Find, choose and use primary and secondary sources.
- 7.- Develop team-working skills as well as communication, writing and presentation skills.

DESCRIPTION OF CONTENTS



1. Theoretical foundations and background concepts in the study of adult development and aging process.

This section is introductory. Background models and concepts are studied. The student will apply them to study adulthood and the aging process.

1. Development beyond adolescence. Models and concepts.
2. Transitional concepts: transition, event, crisis and developmental tasks.
3. Psychological maturity.

2. Development in young adulthood.

This section is about bio-social, cognitive and psychosocial changes occurring between ages 20 and 40, and the characteristic contexts in which these changes take place.

4. Young adulthood: Bio-social and cognitive development.
5. Young adulthood: Psychosocial development.

3. Development in middle and late adulthood

This section approaches bio-social, cognitive and psychosocial changes between ages 40 and 60, and the characteristic contexts in which these changes take place.

6. Middle and late adulthood: Bio-social and cognitive development.
7. Middle and late adulthood: Psychosocial development

4. Development in the aging process.

This section approaches bio-social, cognitive and psychosocial changes from age 60 to one's death, and the usual contexts in which these changes take place. We will differentiate the psychological processes involved in normative, pathological and optimal aging.

8. Normative, pathological and optimal aging.
9. Aging: Bio-social and cognitive development.
10. Aging: Psychosocial development.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theoretical and practical classes	60,00	100
Attendance at events and external activities	2,00	0
Development of group work	10,00	0
Development of individual work	10,00	0
Study and independent work	10,00	0
Readings supplementary material	4,00	0
Preparation of evaluation activities	30,00	0
Preparing lectures	8,00	0
Preparation of practical classes and problem	8,00	0
Resolution of case studies	6,00	0
Resolution of online questionnaires	2,00	0
TOTAL	150,00	

TEACHING METHODOLOGY

We will be using an active and participative teaching methodology. We are aiming at encouraging a meaningful learning of the contents as well as developing the subject competencies.

Presentations of the contents as well as in-class exercises will be used.

Individual and group tutorial, preparation of individual and group activities, along with formative and additional feedback will be part of the teaching resources

EVALUATION**EVALUATION****First and Second Calls**

- Exam. Written test on the theoretical and practical contents. This exam has a value on the final grade of the subject of 60%. It comprises objective questions (60% of the exam) and of test or open (40% of the exam). Recoverable in the Second Call.

- Presentation of a report on deepening and theoretical-practical application (20% of the final grade of the subject). Recoverable in the second call.



- Activities in the classroom and outside the classroom (20% of the final grade of the subject).

50% of these activities will be Recoverable in the Second Call with a written test designed to evaluate if the competences of each task have been acquired. In the First Call, if these recoverable activities have not been performed, they can not be evaluated by written test.

Remaining 50% of remaining tasks will be Non Recoverable since it is not possible to design a written test to evaluate if the competencies of those tasks have been acquired.

In each group the responsible teacher will specify which tasks are Recoverable and which are Not Recoverable in the second call respecting that percentage.

In order to pass the subject it will be necessary to reach a minimum note of 5 in the exam (about 10) or 3 (over 6) as well as to have exceeded the activities (1 over 2) and the Field Practice report (1 over 2). Only in the event that each and every one of these conditions are fulfilled will the student be able to overcome the matter.

The mark obtained in the continuous assessment (SE2 and SE3) will be kept until the second sitting if the required minimum is exceeded.

In the event that the sum does not reach 5 as a Final Note, it must be recovered in the 2nd Call that modality in which the minimum grade is not exceeded and that is recoverable in said call (Report or RECOVERABLE ACTIVITIES)

The copying or plagiarism of any task that forms part of the evaluation is a suspension in both the first and second Summons, and then subjected to appropriate disciplinary procedures. Please note that in accordance with article 13d) of the University Student Statute (RD 1791/2010, of December 30), it is the duty of a student to refrain from using or cooperating in fraudulent procedures in the evaluation tests, in the works that are carried out or in official documents of the university. However, in case of plagiarism in the first call, the student has the right to present himself to the second.

All written tests will take into account syntactic, grammatical and orthographic correction.

The grade of the subject will be subject to the provisions of the Regulations of Qualifications of the Universitat de València (ACGUV 108/2017) and is expressed in numerical expression, from 0 to 10, to a decimal, using the following rating scale:

- 0 to 4.9: Suspended
- From 5 to 6.9: Approved
- From 7 to 8.9: Notable
- From 9 to 10: Outstanding or Outstanding Honorary Degree.

Mention of Matriculation of Honor ("Matrícula de Honor") (Art. 17): The mention of matriculation of honor (Art. 17) can be awarded to the student who has obtained a grade equal to or greater than 9.0 by strict order of note in the score report. The number of enrollments can not exceed 5% of students enrolled in the subject in the academic year. These conditions will apply in each of the groups of the subject.



In both examinations, in the Minutes of the subject will be incorporated the obtained qualification according to the following rules:

- Not Submitted when the test has not been performed
- Suspended when the grade in the exam is less than 5 (out of 10), or 3 (above 6) or the sum of the Exam grade and the modalities of Report and Activities do not reach 5 (out of 10)

The consultation and challenge of the qualification obtained in evaluation tasks, will be subject to the provisions of the Regulation of Challenging Qualifications (ACGUV 108/2017).

http://www.uv.es/graus/normatives/2017_108_Reglament_avaluacio_qualificacio.pdf

REFERENCES

Basic

- Papalia, D. E., Olds, S. W. y Feldman, R. D. (2010). Desarrollo Humano. 11ª Edición. México: McGraw Hill.

Additional

- 1. Bayés, R. (2006). Afrontando la vida, esperando la muerte. Madrid: Alianza
- 2. Berger K.,Thompson R. (2009). Psicología del Desarrollo. Adultez y Vejez. Madrid: Médica Panamericana
- 3. Feldman,R.S. (2007). Desarrollo psicológico a través de la vida (4ª ed.). México. Pearson Educación.
- 4.Gutiérrez, M., Serra, E. y Zacarés, J.J.(2006). Envejecimiento Óptimo: Perspectivas desde la Psicología del Desarrollo. Valencia: Promolibro.
- 5. Pérez Blasco, J. (2013). Aprender de los grandes cambios vitales. Valencia: Publicaciones Universitat de València
- 6. Schaie, K.W. y Willis, S.L. (2003). Psicología de la edad adulta y la vejez (5ª ed.). Madrid: PearsonPrentice Hall (Or. 2002).
- 7. Triadó, C. y Villar, F. (2006). Psicología de la vejez. Madrid. Alianza
- 8. Zacarés, J.J. y Serra,E. (1998). La madurez psicológica: Perspectivas desde la Psicología. Madrid: Pirámide.

ADDENDUM COVID-19



This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

1. CONTENTS

The contents of this subject included in the course guide remain unchanged.

2. WORKLOAD AND TEACHING PLAN FOR THE TEACHING

The classes will be adapted to the online format and will be extended for the time determined by the Academic Committee of the Degree, in accordance with the guidelines received from the Rectorate. The volume of work will be always adapted to the current model, being online, hybrid or face-to-face.

The course guide establishes 60 theoretical-practical hours in the classroom. However, in order to adapt the subject to the hybrid teaching model, classes will be delivered onsite and online in alternate weeks.

The first week (week 1) will be taught synchronously online and will include all students, and the second week (week 2) will be taught onsite with 50% of students attending the first day of class that week, and 50% of students attending the second day of class that week. So online and onsite classes will be alternating successively. Synchronous online classes and onsite classes will take place in the timetable established by the Faculty of Psychology.

Every fortnight, each lecturer will plan the onsite/online theoretical/practical work, and independent work.

3. TEACHING METHODOLOGY

A hybrid teaching model will be employed combining onsite traditional teaching, synchronous online teaching in real time with simultaneous connection via Blackboard Collaborate or any other similar software given by the UV, as well as lecturer-led independent work.

Each group of 50 students approximately will be divided into 2 subgroups of 25 students each. Students will be allocated to each subgroup by administrative staff; each student will know in which group they will be, and no changes will be allowed.

On the onsite week subgroup 1 will attend the class on the first day, and subgroup 2 will work independently using the materials or activities suggested by the lecturer in the fortnightly plan. Subgroup 2, which had been working independently the previous day, will attend the second onsite day. Subgroup 1 will work independently. In the virtual classroom, lecturers will provide materials, presentations with or without comments and video recordings in which contents are explained and the required competences are modelled.

The synchronous online classes will only be delivered in the timetable established by the Faculty of Psychology for this subject.



The theoretical-practical classes, whatever type they are, will be dynamic with a teaching methodology that will encourage participation and will address the most complex contents and competences, answer questions, discuss contents, analyse cases and practise assessment and diagnosis. Keeping this objective in mind, different activities to work independently will be uploaded to the virtual classroom such as reading materials, analysis and assessment of cases, and other practical activities to reflect on and/or extend contents. These activities will be corrected and discussed onsite (in the classroom), online synchronously (videoconferences or chats), or online asynchronously (for example, by using Forum in the virtual classroom).

The requirements for the report to be completed as part of this subject are described in the course guide and remain unchanged.

Possible lockdown scenario due to health emergency. If the health situation requires a decrease or cancellation of onsite classes, these will be substituted by theoretical-practical synchronous online classes (videoconferences or chats) or asynchronous online classes (commented Power Point presentations, video recordings or forums).

4. ASSESSMENT METHOD

The assessment method will not change and as specified in the course guide three elements will be taken into account: **exam, written report and class activities**.

The *exam* will account for 60% of the final aggregate mark; the *report to study in depth and apply the theory to the practical world*, 20%; and the *class activities*, 20%. Moreover, all the elements of assessment can be retaken in the second examination sitting

The *exam* of the first and the second examination sittings will be taken **onsite**, unless the health situation requires otherwise, and it will consist of multiple choice questions (60% of the exam final aggregate mark) and essay questions (40% of the exam final aggregate mark).

Therefore, in the first examination sitting the student will need to fulfil the following requirements in order to pass the whole subject:

- To achieve a minimum mark of 50% in the exam.
- To achieve a minimum mark of 50% in the report.
- To achieve a minimum mark of 50% in the class activities.

The marks for those elements meeting the minimum requirements will be carried forward to the second examination sitting.

These will be the requirements to pass **the second examination sitting**:



- To achieve a minimum mark of 50% in the exam (there will be no difference between the two parts of the exam).
- To achieve a minimum mark of 50% in the report which will be handed in before the exam day.
- To achieve a minimum mark of 50% in the classroom activities through a written exam.

The exam of the class activities will include various essay questions and case analysis about the activities and tasks carried out during the semester.

The final exams will be held in accordance with the regime determined by the agreements of the Governing Council of the University of Valencia at that time.

5. RESOURCES

The references of this subject remain as they are proposed in the teaching guide.