



FICHA TÉCNICA DE LA ASIGNATURA

Datos de la asignatura	
Nombre completo	Psychology across the lifespan
Código	E000012238
Nivel	Intercambio
Cuatrimestre	Semestral
Créditos	6,0 ECTS
Carácter	Optativa
Departamento / Área	Departamento de Psicología
Responsable	Asunción Tena Justice/ Almudena Sánchez Mazarro
Horario	First Semester: Monday 14:30-16:30/Friday 12:30-14:30// Second Semester: to be determined

Datos del profesorado	
Profesor	
Nombre	Almudena Sánchez Mazarro
Departamento / Área	Departamento de Psicología
Correo electrónico	asmazarro@comillas.edu
Profesor	
Nombre	Asunción Tena Justice
Departamento / Área	Departamento de Psicología
Correo electrónico	atjustice@comillas.edu

DATOS ESPECÍFICOS DE LA ASIGNATURA

Contextualización de la asignatura
Aportación al perfil profesional de la titulación
Subject Contextualization
Course Aims and Outcomes:
To acquire understanding of development as a continuous process with its own unique features and themes through the different stages of life.
Utilizing a stage-approach, students will learn about human development following a psychosocial framework, therefore, focusing more on social and emotional growth, where individual competencies interact with culture, society, family history, relationships and personal experiences.



Students will also gain insight into human difficulties and vulnerabilities throughout the different stages of life.

Competencias - Objetivos

BLOQUES TEMÁTICOS Y CONTENIDOS

Contenidos – Bloques Temáticos

Theme 1: Period of Pregnancy and Birth

Theme 2: Infancy

Theme 3: Toddlerhood

Theme 4: Early School Age

Theme 5: Middle Childhood

Theme 6: Adolescence

Theme 7: Late-Adolescence

Theme 8: Early Adulthood

Theme 9: Middle Adulthood

Theme 10: Later Adulthood and Elderhood

Theme 11: Understanding Death, Dying and Bereavement

METODOLOGÍA DOCENTE

Aspectos metodológicos generales de la asignatura

TEACHING METHODS

General Teaching/Learning Methods on the Subject

In-class Learning Techniques: Activities

Classes will consist of an initial didactic presentation through audio-visual formats such as a class lecture with or without PowerPoint presentation, video clips, use of whiteboard, etc., followed by class discussion on specific topics, in-class group or individual projects and other active/task-based learning such as group discussions and research.

Independent Learning Techniques: Activities



Students will be required to read specific material on subjects discussed in class or complimentary topics, as well as individual and group projects based on a given topic or visual material such as video clips or movies, forwarding critical writing based on these subjects.

RESUMEN HORAS DE TRABAJO DEL ALUMNO

SUMMARY/DISTRIBUTION OF STUDENT WORK HOURS			
IN-CLASS LEARNING			
Theory Classes	Practical Classes	Academically Guided Activities	Assessments
20 h	20 h	15 h	5 h
AUTONOMOUS LEARNING			
Self-study of Theoretical Content	Self-study of Practical Content	Group Work Exercises	Revision
50 h		30 h	10 h
TOTAL: 150h			

EVALUACIÓN Y CRITERIOS DE CALIFICACIÓN

ASSESSMENT AND GRADING CRITERIA

EVALUACIÓN Y CRITERIOS DE CALIFICACIÓN 2021

Assessment Activities	Criterion	Weight
In-class/independent Activities: Assessment activities to be completed in-class or assigned as homework	These assignments can be either group projects or individual. They will be assigned in the course of the classroom session or posted in Moodle. The deadline will be in accordance with the specific requirements of each assignment.	15%



Reading/Video Assignments	These will consist of either a summary, a commentary or specific questions regarding a selected reading (articles/book chapters/websites...) or videoclip/movie. They will be assigned in the course of the classroom session or posted in Moodle. The deadline will be in accordance with the specific requirements of each assignment.	15%
Class Participation	Each student is expected to participate in class with questions, comments, active involvement in discussions, etc. Class etiquette is expected, showing respect and tolerance for peers, the teacher and the class-flow (being on time, paying attention and not interrupting)	5%
Evaluation]	There will be two quizzes or exams. A mid-term, to take place halfway through the course and a final. Both exams will consist of multiple choice questions (no more than 30) related to the material and topics presented in class.	65%

Calificaciones

ASSESSMENT AND GRADING CRITERIA

EVALUACIÓN Y CRITERIOS DE CALIFICACIÓN 2021

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BIBLIOGRAFÍA Y RECURSOS

Bibliografía Básica

Newman, B. M., & Newman, P. R. (2018). *Development through life: A psychosocial approach*. Cengage Learning.

Bibliografía Complementaria

Azevedo, D. J. (2016). *The assertiveness guide for women: How to communicate your needs, set healthy boundaries, & transform your relationships*. New Harbinger Publications, Inc.

Bernstein, J. (2020). *The Stress Survival Guide for Teens: Cbt skills to worry less, develop grit, and live your best life*. New Harbinger Publications.

Garriga, J. (2020). *The good love: When One Plus One is More Than Two*. Sim a Vida Editora

Newman, B. M., & Newman, P. R. (2018). *Development through life: A psychosocial approach*. Cengage Learning.

Perry, P. (2020). *The book you wish your parents had read: (and your children will be glad that you did)*. Pamela Dorman Books Life.

Samuel, J. (2019). *Grief works: Stories of life, Death, and surviving*. Scribner.

Yalom, I. D. (1980). *Existential psychotherapy*. Basic Books.



COMILLAS

UNIVERSIDAD PONTIFICIA

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GUÍA DOCENTE

2022 - 2023