

### Module Schedule 2021 (Reading List)

| Week | Topics                                                                                             | Reading                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| W1   | Introduction to the Module;<br>What's Adolescence: Key<br>Definitions & Theories of<br>adolescence | Arnett, J. J. (1999). Adolescent storm and stress, reconsidered. <i>American Psychologist</i> , 54(5), 317-326.<br>Coleman, J.C. (2011). <i>The nature of adolescence</i> (pp. 4-21). Routledge.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| W2   | Physical & Cognitive<br>Development                                                                | Blakemore, S. J. (2018). <i>Inventing ourselves: The secret life of the teenage brain</i> . Hachette.<br>Coleman, J.C. (2011). <i>The nature of adolescence</i> (chapters 2 & 3). Routledge.<br>Galván, A. (2017). Neurocognitive development. In <i>The neuroscience of adolescence</i> (Cambridge Fundamentals of Neuroscience in Psychology, pp. 116-150). Cambridge University Press. doi:10.1017/9781316106143.006<br>Santrock, J. (2019). <i>Adolescence</i> (pp. 47-58 & 89-120). McGraw-Hill.                                                                                                                                                                                                                                                                                                                                                                    |
| W3   | Social &<br>Emotional<br>Development                                                               | Burt, S. E. (2019). <i>The art of listening in coaching and mentoring</i> (pp. 1-13). Routledge.<br>Coleman, J.C. (2011). <i>The nature of adolescence</i> (chapters 5 & 9). Routledge.<br>DuBois, D., & Karcher, M. (2014). Youth mentoring in contemporary perspective. In D. L. DuBois, & M. J. Karcher <i>Handbook of youth mentoring</i> (pp. 3-14). Sage. doi-org.ezproxy.uwtsd.ac.uk/10.4135/9781412996907.n1<br>Pachucki, M. C., Ozer, E. J., Barrat, A., & Cattuto, C. (2015). Mental health and social networks in early adolescence: A dynamic study of objectively-measured social interaction behaviors. <i>Social Science &amp; Medicine</i> , 125, 40-50.<br>Smetana, J. G. & Turiel, E. (2005). Emotional development in adolescence (pp. 269-289). In G. R. Adams & M. Berzonsky (Eds.) <i>The Blackwell handbook of adolescence</i> . Wiley Blackwell. |
| W4   | Self & Identity                                                                                    | Santrock, J. (2019). <i>Adolescence</i> (pp. 127- 147). McGraw-Hill.<br>de Visser, R. & McDonell, E. (2012). 'That's OK. He's a guy': A mixed-methods study of gender double- standards for alcohol use. <i>Psychology &amp; Health</i> , 27(5), 618-639.<br>Kroger, J. (2003). Identity development during adolescence. In G. R. Adams & M. Berzonsky (Eds.) <i>The Blackwell handbook of adolescence</i> . Wiley Blackwell.                                                                                                                                                                                                                                                                                                                                                                                                                                            |

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| <b>W5</b>   | Reading Week                                     | Reading Week                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>W6</b>   | Health-Related Behaviours                        | <p>Burt, S. E. (2019). <i>The art of listening in coaching and mentoring (pp. 1-13)</i>. Routledge.</p> <p>Coleman, J.C. (2011). <i>The nature of adolescence</i> (chapters 6 &amp; 7). Routledge.</p> <p>Pound, P., Denford, S., Shucksmith, J., Tanton, C., Johnson, A. M., Owen, J., Hutten, R., Mohan, L., Bonell, C., Abraham, C., &amp; Campbell, R. (2017). What is best practice in sex and relationship education? A synthesis of evidence, including stakeholders' views. <i>BMJ Open</i>, 7(5), e014791. <a href="https://doi.org/10.1136/bmjopen-2016-014791">https://doi.org/10.1136/bmjopen-2016-014791</a></p> <p>DuBois, D., &amp; Karcher, M. (2014). Youth mentoring in contemporary perspective. In D. L. DuBois, &amp; M. J. Karcher <i>Handbook of youth mentoring</i> (pp. 3-14). SAGE Publications, Inc., <a href="https://www-doi-org.ezproxy.uwtsd.ac.uk/10.4135/9781412996907.n1">https://www-doi-org.ezproxy.uwtsd.ac.uk/10.4135/9781412996907.n1</a></p> <p>Sibeoni, J., Orri, M., Colin, S., Valentin, M., Pradère, J., &amp; Revah-Levy, A. (2017). The lived experience of anorexia nervosa in adolescence, comparison of the points of view of adolescents, parents, and professionals: A metasynthesis. <i>International Journal of Nursing Studies</i>, 65, 25–34. <a href="https://doi.org/10.1016/j.ijnurstu.2016.10.006">https://doi.org/10.1016/j.ijnurstu.2016.10.006</a></p> |
| <b>W7-9</b> | Mental Health                                    | <p>Coleman, J.C. (2011). <i>The nature of adolescence</i> (chapter 10). Routledge.</p> <p>Gunnell, D., Kidger, J., &amp; Elvidge, H. (2018). Adolescent mental health in crisis. <i>British Medical Journal</i>. <a href="https://doi.org/10.1136/bmj.k2608">https://doi.org/10.1136/bmj.k2608</a></p> <p>Santrock, J. W. (2019). <i>Adolescence</i> (pp. 433-473). McGraw-Hill.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>W10</b>  | Resilience & Wellbeing                           | <p>Coleman, J.C. (2011). <i>The nature of adolescence</i> (chapter 11). Routledge.</p> <p>Leventhal, K. S., Gillham, J., DeMaria, L., Andrew, G., Peabody, J., &amp; Leventhal, S. (2015). Building psychosocial assets and wellbeing among adolescent girls: A randomized controlled trial. <i>Journal of Adolescence</i>, 45, 284–295. <a href="https://doi.org/10.1016/j.adolescence.2015.09.011">https://doi.org/10.1016/j.adolescence.2015.09.011</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>W11</b>  | Transition to Emerging Adulthood & Module Review | <p>Arnett, J. J. (2015). <i>Emerging adulthood : the winding road from the late teens through the twenties</i> (Second edition.). Oxford University Press.</p> <p>Côté, J. E. (2014). The dangerous myth of emerging adulthood: An evidence-based critique of a flawed developmental theory. <i>Applied Developmental Science</i>, 18(4), 177-188.</p> <p>Santrock, J. W. (2019). <i>Adolescence</i> (chapter 10). McGraw-Hill.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |