

Course Outcomes

Student's Name

Institutional Affiliation

8-1 Discussion: Course Outcomes

Reviewing the PSY 322 course outcomes provided a comprehensive understanding of the competencies expected from the Adolescent Development course. Navigating to the course's Overview page and syllabus familiarized me with all the outcomes, ensuring clarity on the skills and knowledge required.

Reflecting on my work throughout this course, I identified two outcomes where I made the most significant gains: understanding the biological and psychological changes during adolescence and the impact of social and environmental factors on adolescent development. To assess my progress, I reviewed all assignments, projects, and notes completed during the course.

One of the critical outcomes where I observed significant growth was understanding the biological and psychological changes during adolescence. Through the course, I delved deeply into the hormonal changes that occur during puberty and their effects on adolescent behavior and emotions. A concrete example of this is the research paper I wrote on the role of hormones in mood swings during adolescence. This assignment required extensive research and critical analysis, enabling me to develop a nuanced understanding of the topic. By synthesizing information from various scholarly sources, I was able to articulate the complex interplay between biological processes and psychological outcomes, thus solidifying my grasp of this outcome.

Another outcome where I saw substantial progress was recognizing the impact of social and environmental factors on adolescent development. This was particularly evident in the group project on peer influence and its effects on adolescent decision-making. Collaborating with my peers, I conducted surveys and analyzed data to understand how peer relationships shape adolescents' choices and behaviors. This project not only enhanced my research skills but also

highlighted the importance of social contexts in adolescent development. By presenting our findings and discussing the implications, I gained a deeper appreciation of how external factors influence developmental trajectories.

Overall, the assignments and projects in PSY 322 Adolescent Development were instrumental in achieving these outcomes. By engaging in thorough research, critical analysis, and collaborative efforts, I was able to develop competencies that are essential for understanding adolescent development. These experiences have significantly contributed to my academic and professional growth, preparing me for future endeavors in the field of psychology.

Peer Responses

When responding to your peers, compare your experiences.

Response 01

Hey Max, nice post! I enjoyed reading your reflection. Like you, I also made significant gains in understanding the biological changes during adolescence. However, while you focused on mood swings, my research centered on cognitive development. Your insights on peer influence were fascinating; my group project explored family dynamics instead. It's fascinating to see how different factors shape adolescent development.

Response 02

We are supposed to write two peer responses. I have addressed the given instructions in one response. Following these instructions, you can write your peer responses to Module 8 Discussion without a hassle.

References

- Elson, M., & Przybylski, A. K. (2017). The science of technology and human behavior. In *Journal of Media Psychology*. Hogrefe Publishing.
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- Neophytou, E., Manwell, L. A., & Eikelboom, R. (2021). Effects of excessive screen time on neurodevelopment, learning, memory, mental health, and neurodegeneration: A scoping review. *International Journal of Mental Health and Addiction*, *19*(3), 724–744.
- Zewde, N., & Crystal, S. (2022). Impact of the 2008 recession on wealth-adjusted income and inequality for US cohorts. *The Journals of Gerontology: Series B*, *77*(4), 780–789.