

BHSC310 Working with Adolescents

ECTS Value: 6 ECTS
Self-Study Hours: 72

Contact Hours: 30
Assessment Hours: 48

Module Description

The aim of this unit is to provide educators with the skills and knowledge to support their students to understand the health and social care needs of adolescents and to encourage them to show awareness on the different types of services that can be offered to meet the adolescent's needs. Puberty is a crucial period in a person's life. Course participants will be expected to describe the following areas of development and in the holistic development of an adolescent (physical development, social development, emotional development, intellectual development, nutrition).

The course participants will then be given tools on how to put theories of development and how to work with adolescents into practical experiences for students whom they will be teaching.

Overall Objectives and Outcomes

By the end of this module, the learner will be able to:

Competences

- a. Adapt theories of child and adolescent development to practice.
- b. Monitor milestones in adolescent development.
- c. Create activities how to best work with adolescents especially in social and emotional well-being and communication skills

Knowledge

- a. Describe the needs of healthy lifestyles in adolescents.
- b. Describe the changes happening during puberty in adolescence.
- c. Identify behavioural changes happening during adolescence due to puberty.
- d. Describe the development in adolescents.
- e. Describe the interaction between theories of development to practice in working with adolescents.
- f. Identify delayed milestones in adolescence (including SEBD/SEMH)
- g. Identify ways how to give ownership and a degree of independence to adolescents.
- h. Identify steps and procedures in working with adolescents especially on social and emotional well-being, communication, independent living skills and nutrition.

Skills

- a. Apply the theories of development in adolescence into practical aspects when working with adolescents.
- b. Demonstrate knowledge of physical, social and emotional, communication and intellectual development in adolescents.
- c. Demonstrate knowledge of physical development in adolescents.
- d. Demonstrate knowledge of emotional development in adolescents.
- e. Demonstrate knowledge of social development in adolescents.
- f. Demonstrate knowledge of communication development in adolescents.
- g. Demonstrate knowledge of intellectual development in adolescents.
- h. Demonstrate steps in working with adolescents in independent living skills, social skills, communication skills and emotional well-being.

Mode of Delivery

This module adopts a Blended Approach to Learning. Information related to the structure and delivery of the module may be accessed through the IfE Portal. For further details, kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education's website.

Assessment Methods

This module will be assessed through: Scheme of Work, Lesson Plans, Resources and Assessment.

Suggested Readings

Core Reading List

1. Hayes. L. (2015). *The Thriving Adolescent : Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection*. USA: New Harbinger Publications
2. McCormick. C. B. & Scherer. D. G. (2018). *Child and Adolescent Development for Educators*, Second Edition. USA: Guilford Publications
3. Smith. P. K., Cowie. H. & Blades. M. (2011). *Understanding Children's Development* (5th Edition). UK: John Wiley & Sons.
4. Gruwell. E. (2007) *The Freedom Writers Diary: Teacher's Guide*. USA: The Freedom Writers Foundation
5. Kelly. A. & Sains. B. (2017). *Talk about for Teenagers: Developing Social and Emotional Communication Skills*. UK: Routledge