

COURSE TITLE: **ADOLESCENT MENTAL HEALTH AND DEVELOPMENT**

LECTURER: Elona Krasniqi

MINIMAL NUMBER OF STUDENTS: 5 ECTS CREDITS: 3

ABOUT THE COURSE:

The course is intended to provide students with an overview and understanding of development following adolescence with a nuanced and critical understanding of influence of factors that shape identity, adolescent personality also of factors that promote risk and resilience on them. The course will cover also health status of youth adolescents (anxiety, depression) and behaviors associated with adolescent health (delinquency, aggressive behavior).

Upon completing the course, students are expected to have deep-knowledge for the influencing factors that influence transitional years between childhood and adulthood, identify the role of puberty in prevalence of psychopathology among teens also effective ways which we can assist youth experiencing mental health problems.

COURSE STRUCTURE:

The course will be divided in the following lessons:

- Puberty and psychological development
- Cognitive and brain development
- Adolescent relationships and influences in context
- Adolescence and media
- Risk and resilience processes during adolescence
- Introduction to developmental psychopathology perspective
- Internalizing problems, Externalising problems
- Mental health youth promotion and prevention

To complete the course: Students are required to attend lessons, engage in discussion and fulfill seminars assigned during the semester. Upon completing the course, students will be assessed with examination seminars and written individual final report.