.- Adolescent Psychology: Risk and Addictions

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COURSE AIMS AND INTENDED LEARNING OUTCOMES

The course aims to present and explore the adolescent's growth and development path, in terms of developmental tasks, highlighting elements of risk and, at the same time, defining aspects of protection and resilience to counter these risks.

Knowledge and understanding

At the end of the course, students will be able to analyse different types of adverse situations that affect adolescence, in terms of risk and vulnerability, as well as the resources for reducing the extent of criticality and favouring positive developmental processes and resilience.

Ability to apply knowledge and understanding

They will have acquired and internalised concrete tools for use in developing assisted resilience educational practices with adolescents and families in vulnerable contexts, and will be able to select these appropriately according to the intervention context and unique features of the user. Finally, they will be able to know and develop applied understanding skills that will allow them to design and conduct assisted resilience interventions in support of vulnerable adolescents.

COURSE CONTENT

The following topics will be addressed in the course:

- reference models and theories applied to the areas of adolescent development and the main difficulties they encounter along their growth path;

- evaluation, prevention and intervention in the face of some of the main problems encountered by adolescents;

- resilience and creative-expressive tools when caring for minors in vulnerable contexts;

- definition and implementation of assisted resilience educational practices when working with minors and families.

*READING LIST[[1]](#footnote-1)*

A. Maggiolini - G. Pietropolli Charmet (Eds.), *Manuale di Psicologia dell’Adolescenza. Compiti e Conflitti*, FrancoAngeli, Milan, 2004 (Part II and Part III).

C. Castelli, *Resilienza e creatività. Teorie e Tecniche in contesti di vulnerabilità,* FrancoAngeli, Milan, 2011 (chaps. 1, 2, 3, 5, 8, 9, 10, 11, 12, 13, 14). [*Bought from VP*](https://librerie.unicatt.it/scheda-libro/resilienza-e-creativita-teorie-e-tecniche-nei-contesti-di-vulnerabilita-9788856833737-175335.html)

C. Castelli ( Ed.), *Tutori di resilienza. Guida orientativa per interventi psico-educativi,* Educatt, 2015, second edition (*in* *print*, available at the Università Cattolica Vita e Pensiero library). [*Bought from VP*](https://librerie.unicatt.it/scheda-libro/castelli-cristina/tutori-di-resilienza-9788867809349-231482.html)

TEACHING METHOD

Frontal lectures, alternating with group practical exercises aimed at consolidating and applying the topics addressed during the lectures. Seminars will also be offered in the co-presence of scholars or specialists in various topics. The course will adopt an interactive teaching method. The material available to students will be optimised through use of the Blackboard platform on the University website.

ASSESSMENT METHOD AND CRITERIA

The exam will take place in oral form with questions aimed at evaluating students' knowledge of the texts adopted and their application of the theoretical constructs learned in concrete educational practices.

In particular, starting from the case studies illustrated in the texts adopted and/or in class, students will be asked to go into detail on the best practices of assisted resilience to be adopted with users. The assessment will be based on the relevance of students' answers, the reasoned and coherent structuring of their discourse, their appropriate use of specific terminology, and their ability to identify conceptual links.

NOTES AND PREREQUISITES

Being introductory in nature, in line with the three-year degree cycle, there are no particular prerequisites for attending the course. However, students are expected to possess interest and motivation in learning the resilience-oriented methodologies and tools, which will be applied both with them and on them during the course, in order to promote the process of acquisition and internalisation.

Should the current Covid-19 health emergency not allow face-to-face teaching, remote teaching will be guaranteed using methods that will be communicated in good time to students.

Information on office hours available on the teacher's personal page at http://docenti.unicatt.it/.

1. The texts indicated in the reading list may be purchased at the University bookstores; they may also be bought from other outlets. [↑](#footnote-ref-1)