**Bharati College**

 **(University of Delhi)**

Janak Puri, Delhi- 100058

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**Lesson Plan (CORE, Semester I, July to November2022)**

| **Name of Teacher** | Swati Bawa Sawhney | **Department** | Human Development and Family Empowerment |
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| **Course** | B.A Prog | **Semester** | I |
| **Paper** | Theoretical Foundations in Human Development | **Academic Year** | 2022 |
| **Learning Objectives** |
| * To enable an understanding of the significance of the theoretical basis of Human Development.
* To gain an in-depth understanding of selected theories in Human Development.
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| **Learning Outcomes** |
| * Gain an insight into the importance and role of theories in Human Development.
* Develop an understanding of selected theories in Human Development.
* Become aware of the concepts and perspectives related to Human Development.
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| **Lesson Plan** |
| **Week No.** | **Theme/Curriculum** | **Any Additional Information** |
| Week 1 -Week 4 | **Unit I- Introduction to theories in Human Development*** Key themes in the study of Human Development- Nature/nurture, heredity/environment, continuity/discontinuity, individual differences and similarities
 |  Allocation of Assignment I (Last Date 20th  September 2022) |
| Week 5 -Week 9 | **Unit II- Psycho-analytic perspectives on Human Development*** Psycho-sexual theory by Sigmund Freud
* Psycho-social theory by Eric H. Erikson
 |  Test Scheduled |
| Week 10 – Week 15 | **UNIT III: Theories on Cognitive Development** * Theory of Cognitive Development by Jean Piaget
* Socio-cultural theory of Cognitive Development by Lev Vygotsky
 |  Allocation of Assignment II |
| Week 15 – Week 20 | **UNIT IV: Selected Theories in Child Development*** Ecological Systems Theory by Urie Bronfenbrenner
* Social Learning Theory by Albert Bandura
* Attachment Theories (John Bowlby, Mary Ainsworth, Harry Harlow)
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| **References*** Newman, P.R., & Newman, B.M. (2015). Theories of Human Development. New York: Routledge
* Rice, P. (2000). Human Development: A Lifespan Approach (4th edition). (and all further editions). New Jersey, Prentice-Hall Inc
* Srivastava, V.N., Srivastava D.N. (2020). Adhunik vikasatmak manovigyan. Shi Vinod Pustak Mandir.
* Allen, B.P. (2006). Personality theories: Development, growth and diversity (5th ed.) Needham Heights, MA: Allyn and Bacon

**Additional Resources*** Berk, L. E. (2000). Child development. New Delhi: Prentice Hall.
* Berk, L. E. (2017). Exploring Lifespan Development. New York: Pearson
* Berger, J.M. (2010). Personality (8th ed.). Belmont, CA: Thomson/Wadswort. Journal of Developmental Psychology
* Santrock, J.W. (2007). Lifespan Development (3rd ed.). New Delhi, Tata- McGraw Hill
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| **Online Resources (If Any)** |  |
| **Assignment and Class Test Schedule for Semester** | Link the assignment and Test (optional) |