**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. | | | | | |
| **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. | | | | | |
| **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) | |  | |
| **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 | | | | | |
| **Online Resources (If Any)** | |  | | | |
| **Assignment and Class Test Schedule for Semester** | | Link the assignment and Test (optional) | | | |