

**PSYC 4500 C: ADVANCED TOPICS IN DEVELOPMENTAL PSYCHOLOGY THE  
THEORY OF EMERGING ADULTHOOD:  
WHERE WE ARE AND WHERE WE'RE GOING**

Instructor	Lisa Menard
Term	Fall 2024
Prerequisites	Fourth year standing, and one of PSYC 3500, PSYC 3505, PSYC 3506, PSYC 3507.
Delivery	Face-to-Face; Wednesday 2:35 – 5:25 p.m.
Email Address	lisamenard@cunet.carleton.ca
Office Location & Hours	TBA

**COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT**

This seminar class will focus on the theory of emerging adulthood as detailed in *The Oxford Handbook of Emerging Adulthood* (Arnett, 2015).

Emerging adulthood is a life stage from 18-29 years of age first suggested by Jeffrey Jensen Arnett (2000). This life stage is more likely to occur in industrialized societies that have experienced social and economic changes because these societal changes have resulted in delays in marriage, parenthood, and the assumption of other adult roles. Most people in industrialized countries now postpone these transitions until at least their late 20s, spending these years in self-focused explorations as they try out different possibilities in their education, careers, and relationships.

The *Handbook* includes chapters on a wide range of topics, from structural influences (i.e., class, gender, race, and ethnicity), to media use, the importance of relationships and family, and the development of the Self. In the first class we will decide which topics the class is most interested in covering and finalize the topic list and presentation order.

Using the *Handbook* as a starting point, we will examine and discuss what the research has found over the past 10 years, investigating in particular, the influence of social media use and the impact of COVID-19 pandemic on the lives of emerging adults.

## EVALUATION

Tentatively, evaluations will consist of:

Class presentations; Leading/facilitating discussions; Creating discussion questions; Participating in class discussions and group work; A written research proposal.

Details will be further discussed in the first class and outlined in the course syllabus.

## COURSE READINGS (ALL AVAILABLE ONLINE FROM THE LIBRARY)

Arnett, Jeffrey Jensen. *The Oxford Handbook of Emerging Adulthood*. 1st Edition., Oxford University Press, 2015, <https://doi.org/10.1093/oxfordhb/9780199795574.001.0001>.

**Note:** PSYC 3509 (Adolescence and Emerging Adulthood) is not a pre-requisite for this course and for those who have not taken it we will spend the first class reviewing the basic theory.

- If interested, you can also check out Arnett's Open Access course/discussions about Emerging Adulthood at <https://nobaproject.com/modules/emerging-adulthood>