

FYSM 1310 E : EMERGING ADULthood AND BEYOND

Instructor	Lisa Menard
Term	Fall 2026/Winter 2027
Course Delivery	In-Person
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COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course will introduce you to psychosocial development across the lifespan, from emerging adulthood (roughly ages 18-29) through late adulthood (75+ years). Our psychosocial development is shaped by the social and cultural contexts in which we live, including the influence of family, friends, media, and technology. We will examine issues such as: As a society, how are we dealing with the higher rates of mental health issues for youth and emerging adults? In terms of identity development and a fast-changing world, how do emerging adults set goals and come up with strategies to help achieve them? What is the impact of social media on our abilities to socially connect and build relationships with others?

In the Fall term, we explore emerging adulthood, and the challenges and opportunities associated with 'coming of age,' including identity development, changing relationships with family and friends, as well as the transition to university. In the Winter term, we focus on the transition to work and career, the formation of committed romantic relationships, and explore the 'secrets' of successful aging into the elder years. Throughout the course, you will have opportunities to reflect on your own development, including identity development and career aspirations. Who you are, who you hope to become, what issues most concern you, and who you care about are all factors that influence the development of a cohesive sense of identity.

The course will also introduce you to:

- required **academic research and writing skills** such as, critically reading, evaluating, analyzing, and writing academic texts and papers
- **communication skills** required to work effectively in groups and interact with others in a variety of settings and situations
- **creating and giving** presentations; **providing and receiving** constructive peer feedback

- **university life** (e.g., support services and social organizations)
- more **general life skills** such as time management, connecting with campus life, and work/life balance.

EVALUATION (SUBJECT TO CHANGE)

Evaluation includes active participation in each class (e.g., verbal participation, completion of low stakes exercises and activities, attendance; being prepared for class), written assignments throughout the course (e.g., annotated bibliography), group work, workshops, and presentations.

TEXT

All assigned readings will be available on the course Brightspace site. There is no required textbook for this course.