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| **Minor Award Name** | **Human Growth and Development** |
| **Minor Award Code** | **5N1279** |
| **Level** | **5** |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Concept of Human Growth and Development from Conception to Old Age – Key issues | Book | Chapter 1: Excellent introduction to some of the key issues in Human Growth and Development. Includes activities to stimulate thinking about causes of behaviour, nature vs nurture debate and free will vs predetermination | Human Growth and Development. Beckett, Chris and Taylor, Hillary. | <https://www.amazon.com/Human-Growth-Development-Chris-Beckett/dp/1847871798> |
| PDF | An introduction to how early experiences may affect future development including studies on cases of child deprivation and adoption. | Prof Elizabeth Nixon TCD | <https://psychology.tcd.ie/assets/pdf/Early%20Experiences%20and%20Later%20Development%202015.pdf> |
| Youtube | Youtube video clips explaining the nature vs nurture debate through social experimentation of twins. | Youtube: StuChannel3 | <https://www.youtube.com/watch?v=qw3S35wGgT8> |
| Youtube: KiotasPCC | <http://www.youtube.com/watch?v=bRKbZtpBcgI&sns=em> |
| Youtube | Youtube video of Genie case – can be used to discuss debate regarding Critical Vs Sensitive period in development and effects on development of lack of stimulation in early life. | Youtube: TLC Documentary. | <https://www.youtube.com/watch?v=VjZolHCrC8E> |
| Development in Infancy and childhood: | Book | Excellent, well laid out book with good visual support outlining holistic development of infant and child from birth to age 19. Includes a DVD providing video clips of children's developmental stages at all ages | Meggitt, Carolyn | <https://www.bookdepository.com/Child-Development-Illustrated-Guide-Carolyn-Meggitt/9780435078805> |
| Early Development | BBC Documentary | Over 3 engaging and informative episodes Dr. Michael Mosely looks at prenatal development and the first 8 weeks of life including the factors that can affect development including some exceptional cases. | Dailymotion: Countdown to Life: The Extraordinary Making of You.  Costello74 | Episode1: <http://www.dailymotion.com/video/x38hyti> |
| Episode 2:  <http://www.dailymotion.com/video/x38hzm7> |
| Episode 3:  <http://www.dailymotion.com/video/x38san2> |
| Attachment | Website | Thorough overview of John Bowlby’s theory of attachment – components, related studies, evaluation of theory and subsequent studies. | McLeod, Saul. | <http://www.simplypsychology.org/bowlby.html> |
| Youtube | Video clip of Harry Harlow’s monkey experiments to demonstrate importance of contact comfort in formation of attachment between child and caregiver. | Youtube: Michael Baker | <http://www.youtube.com/watch?v=OrNBEhzjg8I> |
| Youtube | Video clip of Mary Ainsworth’s Strange Situation with explanation of Bowlby’s theory and importance of attachment | Youtube: Mark Souter | <https://www.youtube.com/watch?v=s608077NtNI> |
| Emotional Development | Website | Explanation of Freud’s psychosexual stages of development | McLeod, Saul | <http://www.simplypsychology.org/psychosexual.html> |
| Exercise | Exercise where you are asked to match given scenarios to appropriate Erikson psychosocial stage. Also explains each of the stages. | Arlene F. Harder | <http://www.rhsroughriders.org/ourpages/auto/2010/4/23/34202676/U9%20Erikson_s%20Stages%20Activity.doc> |
| Cognitive Development | Website | Good descriptions of Piaget’s and Vygotsky’s theories of Cognitive development including in depth look at different stages of development. Includes links to YouTube clips demonstrating ability at different stages, animations and diagrams all supporting understanding. | Simplypsychology.or  McLeod, Saul | [www.simplypsychology.org](http://www.simplypsychology.org) |
| Language Development | PDF | Looks at language development including milestones and theories such as nativist, learning and interactionist. | Prof Jessica Sommerville, University of Washington | <http://faculty.washington.edu/sommej/LanguageDevelopment0607.pdf> |
| Youtube | Video clip demonstrating prelinguistic communication and development of first words | Albert Einstein College of Medicine | <https://www.youtube.com/watch?v=a7WAfwKi88Q> |
| Youtube | Video clip explaining milestones in communication and social engagement in baby and toddlerhood | Albert Einstein College of Medicine | <https://www.youtube.com/watch?v=pZSjm0drIGM> |
| Development in Adolescence | PDF | Good overview of physical, socio-emotional and cognitive development of teenagers | Hubner Angela, Virigina Tech | <https://pubs.ext.vt.edu/350/350-850/350-850_pdf.pdf> |
| Book | Chapter 6 discusses different aspects of adolescence including cultural differences, transitional aspect of this age, sexuality and theories such as Erikson, Marcia and Piaget. Also some useful exercises to apply learning. | Beckett, Chris and Taylor, Hilary. Human Growth and Development | <https://www.amazon.com/Human-Growth-Development-Chris-Beckett/dp/1847871798> |
| PDF | Explores major areas of development and issues associated with adolescence including eating disorders, sexuality, identity, risk taking behaviour | American Psychological Association.  Developing Adolescents: A Reference for Professionals | <https://apa.org/pi/families/resources/develop.pdf> |
| Development in Early/Middle Adulthood | Book | Chapter 7 looks at issues in this period and includes theories such as Erikson and Levinson. Also includes 3 very good case studies which clearly show application of theory to different life stages. | Beckett, Chris and Taylor, Hilary. Human Growth and Development | <https://www.amazon.com/Human-Growth-Development-Chris-Beckett/dp/1847871798> |
| Parenting | Website | Gives an overview of Baumrinds 3 parenting styles and also mentions Maccoby and Martin. Provides links to further and more in-depth information on other parenting styles e.g. attachment parenting | Coste, Birgitte | <http://www.positive-parenting-ally.com/3-parenting-styles.html> |
| PDF | A review at Irish parenting styles based on a study of Irish families includes an overview of contemporary perspectives on parenting and changing family contexts | The National Strategy Research Series: Halpenny, Ann Marie, Nixon, Eliabeth, Watson, Doroth | <http://www.dcya.gov.ie/viewdoc.asp?fn=/documents/Publications/Parents_Perspectives_on_parenting_styles.pdf> |
| YouTube | Amy Chua: Tale of a Tiger Mother – Amy Chua discusses the tiger parenting style | YouTube: Channel 4 News | <https://www.youtube.com/watch?v=eDdEnKPA5_s> |
| Film Documentary | Informative and entertaining film looking at the influence of fathers on their child’s development | Biology of Dads | <http://topdocumentaryfilms.com/biology-of-dads/> |
| Development in Older Adulthood | Online book chapter | Looks at ageing from adolescence to late adulthood and the cognitive and socio-emotional changes that occur | Blackwellpublishing.com | <http://www.blackwellpublishing.com/intropsych/pdf/chapter10.pdf> |
| Website | Describes disengagement, activity and continuity theories of ageing. | Boundless.com | <https://www.boundless.com/sociology/textbooks/boundless-sociology-textbook/aging-18/the-functionalist-perspective-on-aging-128/> |
| Panorama Documentary | Engaging and informative documentary following Chris and his family as they deal with the progression of Chris’s Dementia | Panorama: Living with Dementia: Chris’s Story  [Abdul Nickels](https://www.youtube.com/channel/UCnds6LB9lJxlsU4aN0zxyjw) | <https://www.youtube.com/watch?v=QDOzQr2wBqc> |
| DVD Film | Documentary look at accounts of people over 100 years of age talking about their lives and how they  cope with ageing and bereavement | Older Than Ireland (DVD) | <http://www.easons.com/p-4140897-older-than-ireland-dvd.aspx> |
| Book | Engaging and accessible book looking at all aspects of ageing including changes to personality, cognition, mental health issues and language at this stage of life. Also looks in detail at death and bereavement and theories related to these subjects. | The Psychology of Ageing. Hamilton, Ian Stuart. | <https://www.amazon.com/Psychology-Ageing-Introduction-Ian-Stuart-Hamilton/dp/184905245X> |
| Youtube | Documentary about Elizabeth Kubler Ross and her work researching the experiences of dying people to formulate a psychological theory of dying. | YouTube: To Live Until You Die  [Noble Belton](https://www.youtube.com/channel/UC-qWoRu1hrHvhxM4vLyC6dQ) | <https://www.youtube.com/watch?v=jTxOiq3V7Bw> |
| Interpersonal Skills | Website | This website provides helpful advice on interpersonal skills and contains interactive material, in particular, an interpersonal skills self-assessment to get started with. Also available is an ebook on emotional intelligence | Skills you need | <http://www.skillsyouneed.com/interpersonal-skills.html> |
| Website | Brief discussion on the skills required by healthcare personnel when dealing with clients and team members in health sector | Will Gemma | <https://blog.udemy.com/list-of-interpersonal-skills/> |
| Website | A list and explanation of skills need in a therapeutic setting | GoodTherapy | <http://www.goodtherapy.org/become-a-therapist/skills-needed.html> |
| Film Documentary | Entertaining film demonstrating the importance of reading and interpreting body language and the role it plays in communication. | Secrets of Body Language | <http://topdocumentaryfilms.com/secrets-of-body-language/> |
| All/ Majority of Learning Outcomes | Book | Written to cover QQI Level 5 learning outcomes | Human Growth and Development. O’Brien, Emma Zara | <http://www.omahonys.ie/v2/r_prod_info.php?p=356135> |
| Book | Comprehensive and easy to read textbook looking at development across the lifespan – chapters 7 and 8 focus on Middle and Late Adulthood including topics such as End of Life, Death, Dying and Bereavement. | Lifespan Development. Boyd and Bee. | <https://www.amazon.co.uk/Lifespan-Development-Denise-Boyd/dp/1292065621> |
| Book | A popular textbook exploring all aspects of development from conception to death. An excellent reference book. | Lifespan Development. Santrock, John W. | <http://www.easons.com/p-2803272-life-span-development.aspx?gclid=CN299ODmkc4CFeR02wodNDoBA> g |
| PDF | Chapter from textbook describing major psychological theories of development from newborn to adolescence and how to apply these theories when planning care for different age groups. | Principles of Pediatric Nursing Caring for Children. Ball, Jane W.  Bindler, Ruth C.  Cowen, Kay J | <http://health.prenhall.com/ball/pdf/ball_05.pdf> |
| Website | Succinct explanation of stages of development from conception to death. Includes exploration of issues in development, relevant research and looks at physical, cognitive and psychosocial development at all stages of life. | Cliff Notes: Haughton Mifflin Harcourt. | <https://www.cliffsnotes.com/study-guides/psychology/development-psychology> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Barnardo’s | [www.barnardos.ie](http://www.barnardos.ie) |
| HSE | [www.hse.ie](http://www.hse.ie) |
| CARDI (Centre for Ageing Research and Development in Ireland | [www.cardi.ie](http://www.cardi.ie) |
| The Alzheimer Society of Ireland | [www.alzheimer.ie](http://www.alzheimer.ie) |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |