

# Syllabus

## *Course Description*

Course Title	Understanding the Learner
Course Code	84009
Course Title Additional	
Scientific-Disciplinary Sector	M-PSI/04
Language	Italian
Degree Course	Training Course for Substantial Suitability
Other Degree Courses (Loaned)	
Lecturers	Dr. Francesco Rovatti, FrRovatti@unibz.it <a href="https://www.unibz.it/en/faculties/education/academic-staff/person/31734">https://www.unibz.it/en/faculties/education/academic-staff/person/31734</a>
Teaching Assistant	
Semester	First semester
Course Year/s	1
CP	0
Teaching Hours	8
Lab Hours	0
Individual Study Hours	0
Planned Office Hours	0
Contents Summary	The course aims to provide a deep understanding of the specific changes that occur during adolescence, in order to comprehend that difficult age when individuals must build their adult identity. The developmental framework of this transitional phase will be defined, marking the passage from childhood to maturity, where psychophysical changes are accompanied by transformations in social relationships and, often, by feelings of distress and risky behaviors.
Course Topics	The course will address psychophysical, psychosocial, and identity changes, as well as the key risky behaviors that students may

	engage in during adolescence.
<b>Keywords</b>	adolescence, identity, change, problematic behaviors
<b>Recommended Prerequisites</b>	
<b>Propaedeutic Courses</b>	
<b>Teaching Format</b>	Workshops, role-play, case study
<b>Mandatory Attendance</b>	In accordance with the regulation
<b>Specific Educational Objectives and Learning Outcomes</b>	<p>The goal is to improve the understanding of adolescent behavior and to learn about the specific transformations that characterize this period of life, providing both conceptual and practical tools.</p> <ol style="list-style-type: none"> <li>1. To explain the typical transformations of adolescence.</li> <li>2. To apply cognitive tools for interviews with adolescent students.</li> <li>3. To identify risky behaviors and distress in adolescent students, and to propose possible solutions.</li> </ol>
<b>Specific Educational Objectives and Learning Outcomes (additional info.)</b>	
<b>Assessment</b>	not provided
<b>Evaluation Criteria</b>	not provided
<b>Required Readings</b>	D'Alonzo, L. (2021). Come fare per gestire la classe nella pratica didattica. Metodi e strategie, unità di lavoro guidate e schede di autoformazione. GiuntiEdu.
<b>Supplementary Readings</b>	Palmonari, A. (2018). Gli adolescenti. Il Mulino.
<b>Further Information</b>	
<b>Sustainable Development Goals (SDGs)</b>	Quality education