

Seminari Theoloji Malaysia – STM-TEE (Youth Ministry)  
Lecturers: Dr Esther Daniel & Mdm Goh Kim Guat  
Date: 1 to 4 November 2006  
Venue: STM Seremban Campus

## Adolescent Psychology

### Course Objective

This module seeks to provide an understanding of the development of youth and related key issues and how to walk beside them through the maze in their journey during this phase of their life. The course will also be an opportunity for the student to critically examine the relationship between faith, science and culture.

### Course Description / Synopsis :

In general this course will focus on the engagement of modern developmental psychology and ministry, with the purpose of equipping students with tools and knowledge to effectively minister to the adolescent. The three main areas of study will include adolescent development, family systems and counselling youths. First the candidates will explore the major developmental stages of adolescence by various theorists, personality theories and biblical perspectives on adolescence. The course will also explore the place of the family and culture in shaping the life of the youth and the effects of the family dysfunctions and youth culture and sub-cultures upon their development. The third area is that of counselling for the adolescent. Key elements of counselling will be emphasized with special attention to sexuality, moral development, addictions, spiritual development and family relationships from both psychological and theological perspectives.

### Expected Outcomes

*The student will know and understand:*

1. The developmental stages of adolescents
2. The major issues that affect the adolescent sub-cultures
3. The biblical perspective on many adolescent issues
4. Basic counselling skills

*The student will feel:*

1. Compassion for young people and the special issues they face
2. An urgency to be prepared to minister to a hurting adolescent world
3. A paradigm shift in one's understanding of youth

*The student will be able to:*

1. Effectively minister to young people with the issues they face in ways appropriate to their developmental stages
2. Counsel and equip others to counsel adolescents dealing with a variety of issues.

## COURSE OUTLINE

<b>Date</b>	<b>Topic</b>	<b>Descriptions</b>	<b>Time Allocation</b>
November 1 (Wed)	1. Introduction & Expectations  2. Explore the major developmental stages of adolescent by various theorists  3. Personality theories; and biblical perspectives on adolescents	Adolescent development & Why Do Teenagers Act the Way They Do.  Piaget's Theory Freud's Theory Vygotsky's Theory Erikson's Theory Skinner's Theory and others  Emotional and Social Issues Physical and Sexual Issues Cognitive Issues  Gender Development Biblical Views on Gender Sexual Development Biblical/Theological Views Moral Development Biblical/Theological Views Spiritual Development Biblical/Theological Views	8 hours
November 2 (Thurs)	Contexts of Development:  1. Explore the place of the family and culture in shaping the life of the youth and the effects of family dysfunction upon their development	Relational Issue: Authority and Rebellion  Familial Issue: Non-Christian Parents and Students with no Spiritual Family Familial Issue: Divorce, Single Parents, and Blended Families Familial Issue: Sibling Position and Relationships	8 hours

	<p>2. Explore the various sub-cultures of adolescents</p> <p>3. Explore the influence of peers</p> <p>4. Explore the influence of the school</p> <p>5. Explore work and career choice</p>	<p>Relational Issue: Peer Pressure, Rejection &amp; Persecution  Relational Issue: Love and Infatuation  Relational Issue: Gangs, Violence,</p> <p>Educational Issue: Overachievement, Underachievement</p> <p>Vocational Issue: College, Career</p>	
<b>Date</b>	<b>Topic</b>	<b>Descriptions</b>	<b>Time Allocation</b>
November 3 (Friday)	<p>Counselling for the adolescent. Introduction</p> <p>Basic Counselling Skills:</p> <p>(i) Thinking</p> <p>(ii) Socio-emotional Skills</p> <p>(iii) Motivational Skills</p> <p>Key elements of counselling will be emphasized (from both psychological and theological perspectives.)with special attention to</p> <p>(i) Sexuality</p> <p>(ii) Spiritual Development</p>	<p>Sexuality Issue: Sexuality and Maturity (Differences between girls and boys)</p> <p>Sexuality Issue: Sexuality Myths and Truths; Modesty: Teaching God's Standards</p> <p>Sexuality Issue: Pregnancy and Abortion</p> <p>Sexuality Issue: Homosexuality</p> <p>Moral Issue: Search for Faith, Loss of Faith</p>	8 hours
November 4 (Saturday)	<p><i>Continuation:</i> Key elements of Counseling (from both psychological and theological perspectives.) will be emphasized with special attention to</p>		4 hours

	<p>(iii) Addictions  (iv) Family Relationships from both psychological and theological perspectives</p> <p>Rounding up- Conclusion</p> <p>Psychological Research and Christian Beliefs and Practices - a source of challenges, insights and reminders</p>	<p>Addictive Issue: Drugs, Alcohol, Tobacco</p> <p>Abuse Issue: Sexual, Emotional, Physical</p> <p>Loss and Relocation</p> <p>Difference in Focus  Difference in View of Human Nature  Difference in View of Values  Difference in Our Source of Answers  Difference in Methodology</p>	
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## ASSIGNMENTS :

### I. Attendance and participation (20% of final grade)

1. **Preparation:** readings, reflection, bringing your own questions, insights, experiences, observations of youth/young adult culture.
2. **Attendance.** Students are expected to attend all classes. In case of emergencies, the TEE director or the lecturer should be consulted.
3. **Participation in class discussion and activities.** Seek a balance between listening and speaking.

### II. Class Presentations and Summary Report (40% of final grade)

1. On Day 2, each group will have to give a 5-minute presentation of what was discussed in Day 1, that is 'Aspects of Adolescent Development' from a biblical viewpoint. The presentation mode is up to the individual groups. Examples of presentation modes include role play, short sketch, powerpoint presentations, etc.
2. On day 3, each group will have to prepare a simple exhibition for what was discussed in Day 2, that is 'Contexts of Adolescent Development' from a biblical viewpoint. Charts, powerpoint displays can be used.
3. A summary report of both presentations **must be submitted together with the written assignment.**

### III. Written Assignment (Please refer TEE Handbook for the due date) (40% of final grade)

Select **one** of the following and write a 10 page, double spaced, 12-point, 1-inch margin, essay:

1. Select one of the following problems you have personally encountered in your ministry among youth: suicide, pregnancy, alcohol abuse, drug use, smoking, or one of your choice, and discuss the problem, causes, effects, struggles, and the counselling process, drawing upon your personal experiences and what you have learned from this course.
2. We cannot hope to understand youth culture and ministries without direct experience with people in this age group on their own terms. Think about a youth class, missions/service trip, worship service, or other activity that you have participated with the youths in your church or organisation.

Write a report of what you heard and observed, with insights into theology, youth culture and developmental issues, and implications for ministry. Please include a list of the questions you asked.

**Note:** Please remember that your report should not include the names of young people, but describing demographics is important.

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3. A project of your choosing, to advance your ministry practice, theological reflection, and understanding of issues related to youth and development and cultures. This project is a creative Event Design for a program for youth: a workshop, retreat, Bible study, class, service adventure, missions project, conference, worship service, youth rally, spiritual formation program, leadership training program, etc.

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4. From your own experience, describe what you understand by the term 'adolescence'. Include in your description the changes people at this age experience, the challenges they face and what distinguishes them from adults. Talk to a group (3-5) of adolescents about what you have learned and find out in what ways the theories you have learned describe or deviate from their experience.

*Adapted from: CRUMBS, Churches Youth Ministry Association (CYMA), New Zealand.*

5. Find two adolescents who are willing to be interviewed closely by you. Spend some time talking with them to build up a picture of their development in their context. Write up a case study for each showing:

- (a) What stage of development they are at (early/middle/late adolescence)
- (b) How the various aspects of their development – physical, social, cognitive, etc. – have been influenced by their context and environment

*Adapted from: CRUMBS, Churches Youth Ministry Association (CYMA), New Zealand.*

### **Written Work:**

Remember to cite any idea or language you use from another author, to avoid plagiarism. When in doubt, cite, and ask if you need help.

### **TEACHING STRATEGIES**

The teaching strategies will include

- (i) lectures,
- (ii) discussions,
- (iii) debates,
- (iv) forum,
- (v) role-play etc.

## REFERENCES

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