



PSY 319-01W Child and Adolescent Development
Fall 2026

INSTRUCTOR INFORMATION

Instructor: Anabel Vega Meyer, Ph.D., LP, LSP, LBA, BCBA, NCSP

Office Hours: Wednesdays 8:00am-1:00pm via Zoom, or by appointment. If you have any questions or difficulties with the course material, please contact me.

University Email Address: Anabel.VegaMeyer@etamu.edu

Preferred Form of Communication: Email

Communication Response Time: Usually 24-48 hours, with the exception of weekends and holidays

COURSE INFORMATION

Textbook(s) Required:

Lifespan Development by Riser, Spielman, and Biek

Available for free online in our course software or at

<https://open.umn.edu/opentextbooks/textbooks/lifespan-development>

COURSE DESCRIPTION

This is a developmental psychology course that examines changes from conception through adolescence. It includes physical, cognitive, and socioemotional changes that help to shape our lives during this time period. Topics include the importance of the prenatal environment on development, formation of language, and self-esteem and identity.

Throughout the course, you should keep several major questions in mind:

1. What is development, and how can it be measured?
2. What are guiding theories, themes, & principles in the field of developmental psychology?
3. How are these principles applied in extant research?
4. How do social and biological factors jointly influence development?

The syllabus/schedule are subject to change.

5. What key theoretical and methodological issues need to be taken into account when designing developmental studies?

Student Learning Outcomes

1. Theories of individual development and transitions from conception through adolescence (including cognitive, emotional, social, physical)
2. Theories of family development and transitions
3. Theories of learning and personality development
4. Human behavior including an understanding of developmental crises, disability, exceptional behavior, addictive behavior, psychopathology, and situational and environmental factors that affect both normal and abnormal behavior
5. Strategies for facilitating optimum development
6. Ethical and legal considerations related to human growth and development.

COURSE REQUIREMENTS

Instructional Methods

This is a web-based course. Each week you will be expected to complete required reading materials, and to complete assignments designed to encourage integration of the readings with previous and future readings and with applications to the real world.

Assessments

Weekly quizzes: 25%

Weekly reading quizzes will be hosted on D2L. These are designed to assess your knowledge of the week's content using a relatively low number of multiple-choice or fill-in-the-blank questions.

Reading and lecture engagement: 50%

Weekly reading assignments and short recorded lectures from me will be hosted using the platform Perusall. You will be graded on your engagement with the readings or lectures, and in practice simply opening the content, reading/watching to the end, and minimally engaging with it in any way (e.g., adding comments/highlights) should be sufficient for maximum points each week.

Final Exam: 25%

A **cumulative** final exam will be made available during finals week.

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Research participation:

A goal of this class is to help you become familiar with psychological research. One way to obtain this goal is to have you participate in research studies. Participating in research studies contributes to students and faculty at East Texas A&M, your understanding of how research is conducted, and human knowledge in general. All students in this class will be required to participate in the psychology department's participant pool or complete alternative assignments (see me for more information on alternative assignments).

Students must complete a total of 6 experiment credits. However, if you complete your first 4 experiment credits without any "no-shows" you will receive 2 free *punctual participant credits*. In other words, if you show up to your experiments on time you will only need to complete 4 experiment credits. When you first sign into the experiment management system (EMS) you will be asked to take a prescreen. The prescreen takes about 20 minutes to complete. If you complete the prescreen in the first two weeks of the semester you will receive ½ free experiment credit. This can be combined with later experiments that are worth ½ credit.

If you fail to complete this portion of the class your grade will be lowered by one full grade. In effect, if you have an 'A' in the class but fail to complete your research participation (either through participating in research studies, alternative assignments, or a mixture of both) your final grade in the class will be a 'B.' More information about participating in research, such as how to log in to the EMS, will be provided in D2L.

Makeup exams and assignments: Students are able to submit assignments in D2L through the due date and time. **After the due date and time, submissions will not be allowed, and missing assignments will receive a 0. Thus, it is important that students submit assignments before the submission window closes.** Late assignments will **NOT** be accepted unless you have provided adequate documentation allowing your absence to be excused (doctor's note in case of illness or copy of a funeral program in case of a death of a loved one). In the event your absence is excused, the missing assignment or exam must be completed **within 1 week** of your return to class or the student will receive a grade of 0. There will be no make-up exams except as mandated by University policy for University-excused absences, religious holidays and major illnesses. Students should contact the professor prior to the scheduled exam if possible, or within 24 hours of missing the exam due to accident or illness. Due dates for exams are listed below on the schedule of topics.

If you are traveling and representing the university (e.g., band members, athletes, etc.) you need to request accommodations **BEFORE** the exam or assignment is due, not after.

If you encounter any technical problems when you take any timed tests or assignments online, take screenshots and email me immediately for potential makeup.

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GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

All students should activate and regularly check their Leo Mail (e-mail account) and myLEOonline (D2L Brightspace) accounts associated with this class. All assignments will be turned in on myLEOonline (D2L Brightspace) unless otherwise instructed to do something differently by the instructor of this course. All class communication will be done through Leo Mail/myLEOonline (D2L Brightspace). **All communication about the class must be completed with your university email and will not be completed with personal email accounts.** When emailing please put the Course Number in the Subject Line of the Email, for example PSY 319: Question about assignment.

I do my best to respond within 48 hours of receiving an email, except for weekends and holidays. If you do not hear back from me within 48 hours, please email me again in case I did not receive your message. Correspondence with your instructor should be professional (i.e., Dr. Vega Meyer). If you have a question that can be addressed through email, I will do so. If your question would best be served by us meeting by telephone, video chat, or in person, I will schedule an appointment with you during office hours or at a mutually convenient time.

Minimal Technical Skills

Needed Skills needed include being able to use the learning management system to access course materials. Additionally, proficiency in Microsoft Office (Word and PowerPoint) is needed.

Student Responsibilities or Tips for Success in the Course

In order to succeed in this course you need to keep up with the readings and complete the assignments.

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Zoom Video Conferencing Tool

https://inside.etamu.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, an ETAMU campus open computer lab, etc.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

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COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Plagiarism: East Texas A&M University views plagiarism as a serious offense. Plagiarism occurs when individuals take ideas and/or words from another source and claim these ideas as their own without giving credit to the original author(s). This can include copying words from an Internet website, reading an article and taking the authors ideas without giving them credit, or writing work that is remarkably similar to other written work (e.g., Changing words to synonyms is still plagiarism). If any written work contains ideas that are not your own, you need to give credit to the author(s) by including citations. Instructors are obligated to report instances of plagiarism to university officials. Please refer to the American Psychology Association (APA) manual for instructions on citing materials. When in doubt, ask me. Ignorance will not be tolerated as an excuse for plagiarism. Acts of plagiarism on any written assignment, including discussion postings, will result in severe consequences, including the possibility of receiving a zero in the course. Acts of plagiarism will be reported to the department head.

Scholarly Expectations: All works submitted for credit must be original works created by the scholar uniquely for the class. It is considered inappropriate and unethical to make duplicate submissions of a single work for credit in multiple classes, unless specifically requested by the instructor. Duplication may result in a zero on an assignment.

Late Work: Late assignments will **NOT** be accepted unless you have provided adequate documentation allowing your absence to be excused (doctor's note in case of illness or copy of a funeral program in case of a death of a loved one). In the event your absence is excused, the missing assignment or exam must be completed **within 1 week** of your return to class or the student will receive a grade of 0. There will be no make-up exams except as mandated by University policy for University-excused absences, religious holidays and major illnesses. Students should contact the professor prior to the scheduled exam if possible, or within 24 hours of missing the exam due to accident or illness. Due dates for exams are listed below on the schedule of topics.

**** Please note that computer issues will not be considered as an excuse for failing to submit any assignment on time. It is the student's responsibility to make sure that assignments are turned in on time. Therefore, do not wait until the very end to complete an assignment. This will help ensure that you turn in the assignment on time if you are having a technology issue (i.e., you can find another computer, call the Help Desk for support, etc.).**

Professional Conduct. Students are expected to conduct themselves as mature and responsible adults while enrolled in this course. Be cognizant that side conversations in class can be distracting to the instructor and your classmates. Please show respect for others when they speak. If you do not agree with their point of view, ask for clarification or offer alternative viewpoints. Behavior meant to demean or belittle a class member will not be tolerated. Also, student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity

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to learn is unacceptable and will not be tolerated in any instructional forum at ETAMU. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor will seek the assistance from the proper authorities (e.g. Chair of Psychology, Counseling, & Special Education and/or Dean's Office).

E-mail and myLEOonline (D2L Brightspace). All Students should activate and regularly check their Leo Mail and myLEOonline (D2L Brightspace) accounts associated with this class. All assignments will be turned in on myLEOonline (D2L Brightspace) (when applicable) unless otherwise instructed to do something differently by the instructor of this course. All class communication will be done through D2L. I **WILL NOT** send communication about the class to personal email accounts.

Academic Integrity. All students are expected to conform to the East Texas A&M 's Code of Student Conduct Procedures as it relates to academic integrity (links below). This states in part that all instances of cheating, fabrication and plagiarism are prohibited and will be reported. Any student who assists in any form of dishonesty is equally as guilty as the student who accepts such assistance. Any work submitted to me with your name alone on it should represent your work alone. Even in the event you are assigned group projects, each student is still expected to complete their own part of the assignment. To the extent that others contribute ideas, suggestions, they must be directly credited by name (and fully cited as appropriate).

Disciplinary action will be taken against any student found in violation of the Code, which may include failure of the given assignment, failure in the course, and possible expulsion from the University. In the event a student fails to abide by the rules set forth in the ETAMU policy, they will receive a grade of 0 on that assignment with no opportunity to make that grade up and the student will be reported to the appropriate university officials.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct can be found at <https://www.etamu.edu/student-code-of-conduct/>.

If you believe someone has engaged in behaviors that do not align with the Code of Student Conduct or you have other concerns, please visit the File a Report page at <https://www.etamu.edu/office-of-student-rights-and-responsibilities/concerns-incident-reporting/>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

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Academic Integrity

Students at East Texas A&M are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate student academic dishonesty policy

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

Undergraduate student academic dishonesty policy

[Undergraduate Student Academic Dishonesty Form](#)

Graduate student academic dishonesty policy:

<https://inside.etamu.edu/aboutus/policiesproceduresstandardsstatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

Graduate student academic dishonesty form:

<https://inside.etamu.edu/academics/graduateSchool/faculty/GraduateStudentAcademicDishonestyForm.pdf>

ETAMU Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage.

Artificial Intelligence

East Texas A&M acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism). Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed. In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Use of AI is NOT allowed for this course. Thus, use of such software constitutes an instance of academic dishonesty for this course.

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Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Services
Velma K. Waters Library- Room 162

Phone (903) 886-5930

Fax (903) 468-8148

Email: StudentDisabilityServices@etamu.edu

Website: <http://inside.etamu.edu/campuslife/campusServices/StudentDisabilityServices/default.aspx>

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



ETAMU Supports Students' Mental Health

The Counseling Center at ETAMU, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.etamu.edu/counsel

Nondiscrimination Notice

East Texas A&M will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. *The syllabus/schedule are subject to change.*

status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and ETAMU Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all ETAMU campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance, and the updated syllabus will be posted to D2L.

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