

Psychological Foundations of the Course Design

Overview

The course is grounded in established psychological theories that address adolescent development, behavior, self-concept, and learning. These theories shaped the course structure, tone, interactions, and learning outcomes.

Core Theories Applied

1. Erik Erikson – Psychosocial Development

- *Stage:* Identity vs. Role Confusion (Ages 12–18)
- *How it's used:* The course helps teens explore and define their evolving identity by guiding them through structured self-reflection and decision-making activities.

2. Carl Rogers – Self Theory

- *Concept:* Real Self vs. Ideal Self; self-congruence
- *How it's used:* Teens evaluate how external ideals (e.g., celebrities, family roles) influence their self-image and are guided to reconnect with their true identity.

3. Albert Bandura – Social Learning Theory

- *Concept:* Behavior is shaped by observation, imitation, and social context.
- *How it's used:* Media and peer scenarios show how modeled behavior (positive and negative) influences self-perception and actions.

4. Assertiveness Training – Behavioral Psychology

- *Concept:* Communicating needs clearly without aggression
- *How it's used:* Teens practice recognizing communication styles and responding assertively to protect their boundaries and self-worth.

5. Cognitive Reframing – CBT

- *Concept:* Restructuring negative thoughts to align with truth and possibility
- *How it's used:* Journaling prompts and thought exercises help learners shift from self-criticism to self-encouragement.