



## NEW Course!

### Summer 2026: Summer Session 1 (5 weeks)

# EPSY 1460W

## Thriving Through Adolescence: Science and Practice



This course reframes adolescence as a period of opportunity rather than problems to manage. Drawing on brain science and motivational research, students explore how adolescents (ages 10-25) develop and what they need to thrive.

Fulfills the Writing (W) requirement of the Common Curriculum.

**Pre-requisite:** first-year writing course.

ONLINE

ASYNCHRONOUS

### Topics Include

- brain development
- identity formation
- peer and family relationships
- mental health
- academic motivation
- digital life

This course is designed to be **accessible to first and second year students**, making it ideal for students interested in education, psychology, human development, health sciences, social work, and related fields.

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