

**Subject Area:** Psychology  
**Unit Title:** Introduction to Freud's Psychosexual Stages of Development and their Application in Adult Life  
**Grade Level:** College/University  
**Lesson Number:** 1 of 10

**Duration:** 60 minutes  
**Date:** March 10, 2024  
**Teacher:** Dr. Jane Smith  
**Room:** Psychology Lab

### Lesson Overview

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Welcome to this lesson on Freud's psychosexual stages of development and their application in adult life. This lesson is designed to introduce 23-year-old students to Sigmund Freud's psychosexual stages of development, exploring how these stages influence adult personality and behavior. The key learning focus will be on understanding the five stages of development, their characteristics, and how they impact adult relationships, career choices, and overall well-being.

### Lesson Objectives

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By the end of this lesson, students will be able to:

1. Analyze the five psychosexual stages of development (oral, anal, phallic, latency, and genital) and identify their characteristics.
2. Evaluate the impact of the psychosexual stages on adult relationships, career choices, and overall well-being.
3. Apply their knowledge of the psychosexual stages to real-life scenarios, such as career development, relationships, and personal growth.
4. Create a personal reflection on how the psychosexual stages may have influenced their own development and behavior.

### Differentiated Activities

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**Graphic Organizers:** Students will use graphic organizers to visualize the psychosexual stages and their characteristics.

**Think-Pair-Share Discussions:** Students will engage in think-pair-share discussions to explore the characteristics of each stage and their impact on adult behavior.

**Reflective Journal Prompts:** Students will write reflective journal entries to explore how the psychosexual stages may have influenced their own development and behavior.

### Lesson Introduction

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The lesson will begin with a hook to engage students and stimulate their interest in the topic. The instructor will ask students to reflect on their childhood experiences, exploring how these early years may have shaped their adult personalities and behaviors. This introductory activity will be followed by a brief overview of the lesson, highlighting the key learning objectives and outcomes.

## Teaching Script

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### Introduction (5 minutes)

- Introduce the topic of Freud's psychosexual stages of development.
- Ask students to reflect on their childhood experiences and how they may have shaped their adult personalities and behaviors.

### Direct Instruction (20 minutes)

- Provide a brief overview of Freud's theory and the five psychosexual stages of development.
- Use graphic organizers to illustrate the characteristics of each stage.

### Guided Practice (20 minutes)

- Have students work in pairs to match the characteristics of each stage with their corresponding stage.
- Circulate around the room to provide guidance and answer questions.

### Independent Practice (20 minutes)

- Have students write a reflective journal entry on how the psychosexual stages may have influenced their own development and behavior.
- Allow students to share their reflections with a partner or in a small group.

### Guided Practice

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The guided practice section of the lesson will consist of 5 teacher-led activities designed to help students understand and apply the concepts learned in the lesson. The first activity, "Psychosexual Stages Sorting Game," will require students to sort cards with different characteristics of each stage into the correct stage category.

#### Engagement Strategies:

- Think-pair-share discussions
- Graphic organizers
- Reflective journal prompts

### Independent Practice

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The independent practice section of the lesson will consist of 4 differentiated activities designed to cater to mixed-ability groups. The beginner activity, "Psychosexual Stages Worksheet," will require students to complete a worksheet with multiple-choice questions and short-answer questions on the psychosexual stages.

#### Reflection:

- What did you learn about the psychosexual stages of development?
- How do you think the psychosexual stages may have influenced your own development and behavior?

### Conclusion

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In conclusion, this lesson on Freud's psychosexual stages of development and their application in adult life provides a comprehensive overview of the topic, including the key characteristics of each stage, their impact on adult behavior, and their application in real-life situations. Through differentiated activities and teaching strategies, the instructor can cater to mixed-ability groups, ensuring all students engage with the material and achieve the learning objectives.



## Assessment

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### **Formative Assessment:**

- Observations of student participation during guided and independent practice activities
- Review of student worksheets and reflective journal entries

### **Summative Assessment:**

- Quiz or test on the psychosexual stages of development
- Reflective essay on the application of the psychosexual stages in adult life

### Resources

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**Textbook:** Freud, S. (1916). Introductory Lectures on Psycho-Analysis.

**Online Resources:**

- American Psychological Association (APA) - Psychosexual Development
- Psychology Today - Freud's Psychosexual Stages