

Summer 2014

COURSE SYLLABUS

COURSE TITLE : Psychology 208, Adult Development and Aging. **CRN 2046**

CREDIT HOURS: 3

COURSE PREREQUISITES: Psy. 111 and Eng. 101

COURSE MEETING TIME: on-line.

INSTRUCTOR/ph.#/e-mail: Dr. Rebecca M. Loew/ 860-343-5813/rloew@mxcc.commnet.edu

OFFICE LOCATION Snow Hall, Room. 508.

TEXT: Annual Editions: Aging 14/15. Elaina Osterbur, Editor. 26th edition. McGraw Hill, 2014.

Scope of Course

This course examines adult development from young adulthood through old age and death. Emphasis is on developmental theories concerning the important milestones of life, such as career choice and change, intimacy and marriage, parenthood, mid-life adjustment, retirement, aging, and death.

Course Objectives

Upon completion of this course, the student will have a greater understanding of:

1. the theory, concepts, and terminology within the scope of life span development and gerontology;
2. interdisciplinary perspectives of adult development and aging;
3. different cultural perspectives of adult development and aging;
4. the psychological, cultural and societal implications resulting from the growth of the aging population;
5. the issue and implications of ageism;
6. the lifestyle choices and opportunities which face the older person;
7. intimacy and development during the stages of adulthood;
7. family development in later life, kin structure, and social networks of the older person;
8. mental health and the aging individual;
9. clinical interventions and coping strategies for the older adult;

9. issues of caregiving for the aging individual;
10. special problems facing the aging individual such as poverty, isolation, elder abuse, suicide, substance abuse, and mental illness;
11. end of life issues;
12. one's own attitudes, beliefs, and values regarding aging and persons who are older.

Methods of Evaluation

1. **Media Review:** The purpose of the assignment is to address the question: *Does the Media perpetuate ageism?* Students are to review their daily newspapers, weekly magazines, and favorite television shows to determine how elders are depicted and how stereotypes are perpetuated. Students should review ads, news articles and accounts, television images, and commentary. In addition, you are to identify and use at least one scholarly article to support your analyses. Your review will result in a 5-7 page paper which addresses the following:

- How are older people portrayed?
- How often were older people represented or highlighted?
- Were the images of older people positive or negative? How so?
- Were older men viewed differently than older women? How so?
- Was cultural and ethnic diversity reflected in the images of aging?
- Was aging viewed as positive and life affirming, or was it viewed as negative, a process of deterioration?
- Was aging seen as a process to deny or to embrace?
- If an older person was portrayed as a member of a family, how did other family members view him/her? With reverence or with disdain?
- How often did you see younger persons interacting with older persons?
- How often did you see images which reflected the older person's capacity for love and intimacy?
- What are your closing thoughts about what you reviewed?

Due Date: Monday, June 9th.

NOTE: You may find the following links helpful as you search for scholarly sources:

How to Read a Scholarly Article (tip sheet) <http://mxcc.edu/wp-content/uploads/2013/09/ReadScholarly.pdf>

Talking to databases (video)
<http://www.schooltube.com/video/f42863cbb7cb4db6a3f4/Talking%20to%20Databases>

APA citation help <http://mxcc.edu/wp-content/uploads/2013/11/APA-Citation-Guide.pdf>

In addition, go to the "Library Tab" in my.comnet.edu, then go to 'Find Articles' – [All Ebsco], being sure to limit to "peer reviewed" and date (current years). Keywords will be the main concepts you want to research such as 'media' and 'ageism' or other issues.

The class has a "personal librarian," who is available to assist you with your research project or any questions you may have about Middlesex Community College library resources. Her name is Joy Hansen, JHansen@mxcc.comnet.edu, 860.343.5830 and you may contact her directly.

2. Interview Paper:

Each student is required to interview two older persons, (defined as 65 or older,) one living in an institutionalized setting such as Assisted Living or Skilled Nursing, and one living independently. Your interview questions need to cover the following: **personal history, family history, occupational history, past and present psychosocial well-being, changes in lifestyle, student's commentary regarding how the older person's responses reflects the theories we're learning in class, and how the two persons interviewed compare or contrast with one another.** An outline of suggested questions is posted under the "assignment" link on the home page. As with the first paper, you should draw from at least one scholarly source. Paper should be 5-7 pages and appropriately cited.

Due Date: Monday, June 23rd.

3. Weekly Discussion Assignment:

Each week, you will be assigned discussion questions that require your response. You are required to post a response to each discussion question **and** to two of your classmates or a classmate and your professor. Your responses need to reflect the reading in the text and other lecture notes or links as assigned. Responses must reflect college level writing, free of grammatical and spelling errors, (no "instant messaging lingo or spelling, please.) and incorporate citations, as appropriate. The discussion grading rubric can be accessed from your home page. **Discussion questions are assigned on the Monday of each week. Your response to the discussion question and your responses to two of your classmates are due the following Sunday, at 11:59p.m.** The weekly assignments are worth **10 points each.**

All assignments are equally weighted toward your final grade.

ADAACCOMMODATIONS STATEMENT:

Students with physical or learning disabilities who may require accommodations are encouraged to contact the counseling office. After disclosing the nature of the disability, students are urged to discuss their needs with individual instructors. This should be done at the beginning of each semester. Instructors, in conjunction with appropriate college officials, will provide assistance and/or accommodations only to those who have completed this process.

INFORMATION REGARDING ACADEMIC ETHICS AND CLASSROOM BEHAVIOR: "At Middlesex Community College we expect the highest standards of academic honesty. Academic

dishonesty is prohibited in accordance with the Board of Trustees Proscribed Conduct Policy in Section 5.2.1 of the Board of Trustees' Policy Manual. This policy prohibits cheating on examinations, unauthorized collaboration on assignments, unauthorized access to examinations or course materials, plagiarism, and other proscribed activities. Plagiarism is defined as the use of another's idea(s) or phrase(s) and representing that/those idea(s) as your own, either intentionally or unintentionally." (*Board of Trustees' Policy 5.2.1*)

TOPIC OUTLINE/READING ASSIGNMENTS

Week of: Topic/Assignment

Week 1, Beginning 5/27: Overview of course and adult development and aging; defining gerontology; defining periods of adult development; exploring the meanings of age and ageism; exploring cultural views of aging; reviewing the challenges of shifting demographics and the graying world. Understanding theoretical perspectives and research methods; reviewing factors of longevity and physiological processes of aging.

Read: Articles 1.1- 1.6, & 3.1- 3.5 Discussion assigned 5/27, due 6/1

Week 2, 6/2 Review of changes in health and body systems; Alzheimer's Disease and other diseases of aging; lifestyle and socioeconomic factors which contribute to health and well-being; processes of and changes in memory during the adult years.

Read: Articles 2.1- 2.4, 4.1- 4.7, & 8.2- 8.5. Discussion assigned 6/2, due 6/8.

Week 3, 6/9 Intellectual and cognitive development in adulthood; development of mature thought, post-formal thinking and creativity; the roles of experience; wisdom.

Read: http://plp.mxcc.commnet.edu:6020/entry/cupage/cognitive_changes_across_the_lifespan
http://plp.mxcc.commnet.edu:6020/entry/cupage/intelligence_and_wisdom

Discussion assigned 6/9; due 6/15.

Media Review Due 6/9.

Week 4, 6/16 Exploring options for life long learning; work and leisure; retirement and its implications; other later life options for fulfillment. Rediscovering intimacy and intimate relationships; options for the older adult; marriage and marital satisfaction; divorce; sexuality; changes in family life and structure. Family kinship ties; changing

roles in the adult family; grandparenting; empty nest and challenges for the “sandwich” generation; family caregiving and care of the homebound and frail elderly.

Read: Articles 5.1- 5.4 & 7.1- 7.5. Discussion assigned 6/16; due 6/22.

Week 5, 6/23 Personality development during adulthood; models for studying personality development; gender and personality; aging and personality. “Successful aging”; challenges of aging and special problems: poverty, abuse, mental illness, substance abuse; coping strategies and clinical intervention. Death and bereavement; attitudes regarding death and grief; processes of grief; coping with death; spirituality and aging.

Read: Articles 6.1- 6.7 & 8.1.

Read: http://plp.mxcc.commnet.edu:6020/entry/cupage/personality_and_ageing

http://plp.mxcc.commnet.edu:6020/entry/cupage/religion_spirituality_and_older_people

http://plp.mxcc.commnet.edu:6020/entry/cupage/stress_and_coping

http://plp.mxcc.commnet.edu:6020/entry/cupage/reminiscence_developmental_social_and_clinical_perspectives

Discussion assigned 6/23; due 6/29.

Interview Paper Due 6/23.
