

## PSYCHOLOGY 3480: Adult Development & Aging

Section 001: Monday, Wednesday, Friday 11:00 am – 11:50 am; BLB 055

### Course Syllabus – Spring 2015

**Instructor:** Megan Douglas, M.S.

**Office:** Terrill Hall, Room 246

**Office Hours:** M: 2 – 3 pm; W: 10 – 11 am

W: 1 – 2 pm; TR: 10 – 11 am, or by appointment

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**T.A.:** Arubah Khan

**Office:** Terrill Hall, Room 215, Cube 38

**Office Hours:** W: 8 – 9 am; TR: 8 – 9 am

and TR: 10 – 11 am, or by appointment

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**Required Text:** Bjourklund, B.R. (2015). *The Journey of Adulthood*, 8<sup>th</sup> Edition. Florida Atlantic University: Pearson (ISBN: 978-020-597-0759)

### Course Description:

Personality, cognitive, social and sensory-perceptual aspects of development from early adulthood through death. Emphasis on the development of a comprehensive understanding of the adult portion of the life span.

Prerequisite(s): PSYC 1630 or PSYC 1650; Same as AGER 3480. (3 credits)

### Course Objectives and Overview:

*Upon completion of the course, the student should:*

1. Understand the basic introduction to gerontology and its relationship with psychology
2. Apply methodological approaches to understanding development and aging
3. Understand basic age-related and pathological changes to our biological and cognitive functioning
4. Demonstrate an awareness of the social context and unique environment of our aging populations
5. Possess basic introduction to the mental health aspects related to development and aging
6. Demonstrate increased knowledge related to assessment and interventions with older adults
7. Be aware of new perspectives regarding death and dying among senior citizens
8. Possess an appreciation of the unique, diverse, and eclectic period of the human lifespan
9. Learn to adeptly critique the current developmental literature and relate it to learned content

The basic format of the course will consist of lectures, readings from the text, four assignments, and in-class discussion. **Reading the textbook before class and regular attendance of lectures are strongly encouraged.** In-class lectures, videos, and assignments may also compose examination questions. Attendance will not be recorded for this course; however students are strongly encouraged to attend all classes; particularly because extra credit opportunities **must** be turned in during that class period.

**Course Policies:**

**Attendance.** Attendance is strongly encouraged, but not officially required, however it will facilitate better course achievement. **Out of courtesy to both your instructor and your T.A. do not e-mail us for notes from class.** Outlines of the lecture will be posted on Blackboard, and all other notes should be obtained from a classmate. Exams must be taken during the scheduled course time as indicated by the instructor and/ or syllabus. The only exceptions to this rule are documented university-sponsored activities (which must be approved in advance by department chairs and academic deans) or medical/ family emergencies (such as hospitalization, car accidents, or death in the family). If a student is unable to make this period for any reason other than the above listed exceptions (university-approved absences or emergencies), then they are allotted **ONE** opportunity per semester to make-up an exam at a **10-point reduction within one week of the original examination date**. Additionally, to receive full points for exams or for the opportunity to make-up one exam, it is the student's responsibility to contact the instructor and provide documentation.

**Assignments.** There will be a total of 4 assignments (two reflection papers and two article critiques) throughout the semester to provide students the opportunity for an alternative assessment of their understanding of course material. The format for all assignments will be a short paper (1-3 pages in length, double spaced) and must be turned-in to Blackboard before the designated class time. Rubrics will be provided online for students to clarify specific instructions and expectations for each assignment. **5 points will be deducted for each day an assignment is late.** Students should be sure they receive a Blackboard/ Turn-it-in receipt to ensure that their assignment was successfully submitted. If there are any issues with turning the assignment in online students must e-mail the course instructor BEFORE the due date/ time for help with uploading the assignment.

**Reflection Papers.** Two reflection papers will be assigned following in-class films. These assignments are designed to provide students the opportunity for a subjective response to the film content and its relation to course content. Assignments should be typed, checked for grammar and prose, and submitted online. Specific instructions and a rubric will be provided before the due date and posted on the course Blackboard page.

**Article Critiques.** The final two assignments will be a brief critique of scientific articles relating to specific themes discussed throughout the semester. This assignment is intended to teach students how to thoughtfully, professionally, and critically evaluate current scientific literature and be able to relate it back to course themes. It also provides students with a better understanding of the difference between an informal subjective assignment (Reflection Paper) and a formal academic critique. Specific instructions and a rubric will be provided before the due date and posted on the course Blackboard page.

**Exams.** There will be a total of **four** 100-point exams throughout the semester. All exams will consist of 50 multiple-choice questions which will be composed of lecture material, readings (textbook or articles provided on Blackboard), and in-class discussions or films. **Students should bring a pencil and scantron for each test day.** The fourth exam will be held during the final examination period, and will be the same format as the other exams, not “comprehensive”. Students are only allotted to make-up ONE exam with the 10-point reduction opportunity, unless otherwise qualified as an excused absence (please see above for details). **Failure to contact the instructor about missing an exam, to make-up an exam within the week allowance, or already having used the 10-point reduction for one exam will result in a zero for that exam score.** If students are unable to make the scheduled exam time AND contact the instructor a week before the scheduled exam time they can schedule to take the exam in advance with the instructor.

**Extra-Credit Opportunities.** A total of 10 points of extra credit are built into this course. These points are awarded for random in-class participation of various activities. These extra credit opportunities will be announced in-class and can result in up to 10 points added to your final point total. **Students must be present the day of class to earn these points, with no exceptions!** If additional extra-credit opportunities arise, they will be discussed in-class.

**Blackboard.** This course will utilize Blackboard Learn as a supplementary classroom tool. Announcements, grades and other information will be posted here. You can log into Blackboard at <https://learn.unt.edu/>. Please check this resource frequently as the semester progresses. **IMPORTANTLY it should also be noted that grades WILL NOT be discussed through e-mail, and Blackboard or face-to-face meetings are the only outlets for personal discussion, including grades.**

**Course Achievement and Grades.** Final grades will be allocated as follows:

4 Exams (at 100 points each):	<b>400 points</b>
4 Assignments:	
2 Reflection Papers (20 points each)	<b>40 points</b>
2 Article Critiques (30 points each)	<b><u>60 points</u></b>
Total Possible:	<b>500 points</b>

Grade equivalents & points required\* for letter grades:

90 – 100 %	A	450 – 500
80 – 89%	B	400 – 449
70 – 79%	C	350 – 399
60 – 69%	D	300 – 349
0 – 59%	F	< 300

**\*Grades WILL NOT be rounded up; the 10 points extra credit are made available for this reason.**

***Incompletes.*** Incompletes will be given at the instructor's discretion in accordance with university policy. Be aware that incompletes become F's if the work is not made up within one year.

***Accommodations.*** In accordance with university policies and state and federal regulations, the university is committed to full academic access for all qualified students, including those with disabilities. **Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility.** If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. **Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.** For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

***Academic Integrity.*** The University of North Texas is committed to the highest standards of academic integrity. Students are reminded that academic misconduct, including (but not limited to) cheating, plagiarism, forgery, fabrication, facilitating academic dishonesty or sabotage, will not be tolerated. If cheating is suspected, but no definitive proof is available, the instructor reserves the right to re-administer any examination in question. Any violation of these guidelines could result in an "F" for that assignment, or the course, depending on the severity of the discretion. Additionally, violators of the University Code of Conduct will be referred to the Academic Integrity Office for action. For more information, please refer to policy number 18.1.16 Student Standards of Academic Integrity.

***Classroom Behavior.*** Students are expected to contribute to a respectful learning environment within the classroom. This includes limiting disruptions such as silencing cell phones, or being quiet while the instructor or other classmates are speaking. **Please silence all cell phones and laptops at the beginning of each class period.** Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The Code of Student Conduct can be found at <https://deanofstudents.unt.edu/conduct> for more information).

***This syllabus should not be interpreted as a contract. The instructor will communicate any changes to this syllabus to you during class and via blackboard.***

**Class Schedule:** *The instructor reserves the right to change the class schedule as necessary and additional supporting material will be provided throughout the course.*

Week	Date	Topic	Readings
1	1/19	MLK Day (no classes)	
	1/21	Introduction to Course and Instructor	None
	1/23	Introduction to Adult Development	Chapter 1
2	1/26		
	1/28		
	1/30	Physical Changes	Chapter 2
3	2/2		
	2/4		
	2/6	Health and Health Disorders	Chapter 3
4	2/9		
	<b>2/11</b>	<b>Exam 1</b>	<b>Review Chapters 1 – 3</b>
	2/13	Cognitive Abilities	Chapter 4
5	2/16		
	2/18		
	2/20	Social Roles	Chapter 5
6	2/23	Reflection Paper 1 Assigned	Reflection Paper Rubric
	2/25		
	2/27		
7	<b>3/2</b>	<b>Reflection Paper 1 DUE</b> ; Social Relationships	Chapter 6
	3/4		
	3/6		
8	3/9	Article Critique # 1 Assigned	Article Critique Rubric
	3/11		
	<b>3/13</b>	<b>Exam 2</b>	<b>Review Chapters 4 – 6</b>
9	3/16	Spring Break (no classes)	
	3/18	Spring Break (no classes)	
	3/20	Spring Break (no classes)	
10	3/23	Work and Retirement	Chapter 7
	3/25		
	<b>3/27</b>	<b>Article Critique # 1 DUE</b>	
11	3/30	Personality	Chapter 8
	4/1	Article Critique # 2 Assigned	Article Critique Rubric
	4/3		
12	4/6	The Quest for Meaning	Chapter 9
	4/8		
	4/10		
13	4/13		
	<b>4/15</b>	<b>Exam 3</b>	<b>Review Chapters 7 – 9</b>
	4/17		
14	4/20	Stress, Coping, and Resilience	Chapter 10
	4/22	Reflection Paper # 2 Assigned	Reflection Paper Rubric

	<b>4/24</b>	<b>Article Critique # 2 DUE</b>	
15	4/27	Death and Bereavement	Chapter 11
	4/29		
	<b>5/1</b>	<b>Reflection Paper # 2 DUE</b>	
16	5/4	The Successful Journey	Chapter 12
	5/6		
	5/8	Reading Day (no classes)	
	<b>5/11</b>	<b>Final Examination Period**:</b> Exam 4	<b>Review Chs. 10 – 12</b>

\*\*This course is scheduled to take the final examination from 10:30 am – 12:30 pm on Monday May 11<sup>th</sup>, 2015.