

ADULT DEVELOPMENT AND AGING

Spring 2017

Human Development and Family Studies / Gerontology 234

Section 3401005 (HD FS) / 2026005 (GERON)

Instructor: Jennifer Margrett, Ph.D.

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Phone: 294-3028 (office)

Office Hours: Tuesday 4-5pm, Thursday 1-2pm
and by appointment

Class Meeting Time: TR 2:10 - 3:30 PM

Classroom: PHYSICS 0003

Credits: 3, A-F graded

Prerequisite: HD FS 102

Teaching Assistant: Hardeep Obhi (hkohbi@iastate.edu)

Office hour: Monday & Friday 9:30-10:30am, 96 LeBaron

COURSE DESCRIPTION

As described in the course catalog, this course provides an “Introductory exploration of the health, individual and social factors associated with adult development including young adulthood, middle age and older adulthood. Information is presented from a life-span developmental framework.”

COURSE MATERIALS

Whitbourne, S. K., & Whitbourne, S. B. (2014). *Adult development and aging: Biopsychosocial perspectives* (5th edition). Hoboken, NJ: Wiley.

SUPPORTING TECHNOLOGIES

Student grades and supporting information will be available through Blackboard. Students should check their ISU e-mail account daily for course communication.

FORMAT AND CONTENT OF THE COURSE

The course will include instructional presentation, guest speakers, and use of multimedia material. Student participation in activities and discussion are essential to the course. It is expected that students read material prior to attending class and come prepared to discuss and interact.

The course will cover four main thematic areas:

Section 1: Theories and models related to adult development and aging

Section 2: Physical and cognitive changes and health

Section 3: Relationships, transitions, personality, and mental health

Section 4: Long-term care, death and dying, and successful aging

COURSE OBJECTIVES

There are four overarching objectives of this course:

- (a) Summarize theories and methodological tools used to study adult development
- (b) Describe changes associated with adult development and aging, distinguishing normative and non-normative changes
- (c) Identify individual, family, and contextual factors impacting adult development
- (d) Describe practice and policy implications to promote optimal aging

COURSE PERFORMANCE & EVALUATION COMPONENTS

In-class activities (130 points). In-class activities and out-of-class assignments will be utilized to assess student mastery of the material and application.

Tests (350 points). Examinations will consist of three tests (75 points each) and a cumulative final (125 points). Exams will consist of multiple choice items, short answer and short essay items. Generally, make-up tests are not available; an essay test during finals week may be arranged at the instructor's discretion.

Extra Credit. Students may earn up to 25 points of extra credit. If you miss an activity or assignment, this is a way to earn some of those points. Opportunities (e.g., movie review, volunteer activity, interview) will be announced in class.

COURSE GRADING

| | | |
|---|--------------|---------------|
| A | 432-480 | 90-100% |
| B | 384-431 | 80-89% |
| C | 336-383 | 70-79% |
| D | 288-335 | 60-69% |
| F | 287 and less | Less than 69% |

Note: Points will not be rounded. Plusses and minuses will be assigned to students earning the highest or lowest 14 points within a particular letter range (A- to C-). Students are encouraged to complete extra credit.

ACADEMIC DISHONESTY

The class will follow Iowa State University's policy on academic dishonesty. Anyone suspected of academic dishonesty will be reported to the Dean of Students Office.

<http://www.dso.iastate.edu/ja/academic/misconduct.html>

CLASSROOM ENVIRONMENT

Harassment and Discrimination: Iowa State University strives to maintain our campus as a place of work and study for faculty, staff, and students that is free of all forms of prohibited discrimination and harassment based upon race, ethnicity, sex (including sexual assault), pregnancy, color, religion, national origin, physical or mental disability, age, marital status, sexual orientation, gender identity, genetic information, or status as a U.S. veteran. Any student who has concerns about such behavior should contact his/her instructor, Student Assistance at 515-294-1020 or email dso-sas@iastate.edu, or the Office of Equal Opportunity and Compliance at 515-294-7612.

It is the instructor's goal to promote an atmosphere of mutual respect in the classroom. Please contact the instructor if you have suggestions for improving the classroom environment. It is preferable if students discuss issues directly with the instructor, however, students may also leave a note in the instructor's mailbox. It is expected that students come prepared to discuss material. Students engaging in disruptive behaviors (e.g., reading newspaper, talking, text messaging) may be asked to leave the classroom. If you need to consistently arrive late/leave early or leave your cell phone on to take urgent phone calls, please discuss with the instructor.

ATTENDANCE

Illness: In general, if you are ill or think you are becoming ill, it is best to rest and stay home, away from others. The university encourages students who are experiencing flu symptoms to stay home and follow the CDC's self-isolation guidelines. The CDC currently recommends that people with flu-like illness remain at home at least 24 hours after they are fever-free (without the aid of fever-reducing medications). A fever is defined as 100 degrees F or higher. In most cases, that means an absence of three to five days. Contact me ASAP via e-mail regarding any illness-related absences so that we may discuss a plan for completing course work. I appreciate your efforts to keep fellow classmates and me illness free!

Dead Week: This class follows the Iowa State University Dead Week policy as noted in section 10.6.4 of the Faculty Handbook <http://www.provost.iastate.edu/resources/faculty-handbook> .

Religious Accommodation: If an academic or work requirement conflicts with your religious practices and/or observances, you may request reasonable accommodations. Your request must be in writing, and your instructor will review the request. You or your instructor may also seek assistance from the Dean of Students Office or the Office of Equal Opportunity and Compliance.

University Activities: If you participate in a university activity which necessitates missing class, please contact the instructor before the event and provide written documentation.

SPECIAL CONCERNS

Disability-related Accommodation: Please address any special needs or special accommodations with me at the beginning of the semester or as soon as you become aware of your needs. Those seeking accommodations based on disabilities should obtain a Student Academic Accommodation Request (SAAR) form from the Student Disability Resource (SDR) office (phone 515-294-7220). SDR is located on the main floor of the Student Services Building, Room 1076.

Student Counseling: The nature of the course means that we will cover a variety of sensitive topics. If you find that you have difficulty with any topics or activities associated with the class, please discuss the specific assignment with the instructor. Students experiencing difficulty are also encouraged to contact the Student Counseling Center at 294-5056.

Request for an Incomplete Grade: Incompletes are granted only in extenuating circumstances. Students should contact the instructor as soon as concerns arise.

ADDITIONAL CONTACT INFORMATION

If you are experiencing, or have experienced, a problem with any of the above issues, email academicissues@iastate.edu.

COURSE SCHEDULE

| Week | Tuesday | Thursday |
|---|---------------------|---------------|
| Module 1: Theory and Methods | | |
| 1. 1/10 | Introduction | Ch. 1 |
| 2. 1/17 | Ch. 2 | |
| 3. 1/24 | Ch. 3 | |
| 4. 1/31 | Review | Exam 1 |
| Module 2: Physical Changes, Cognition, and Health | | |
| 5. 2/7 | Ch. 4 | Ch. 5 |
| 6. 2/14 | Ch. 6 | |
| 7. 2/21 | Ch. 7 | |
| 8. 2/28 | Review | Exam 2 |
| Module 3: Personality, Relationships, Transitions, and Mental Health | | |
| 9. 3/7 | Ch. 8 | |
| - 3/14 Spring Break | | |
| 10. 3/21 | Ch. 9 | |
| 11. 3/28 | Ch. 10 | Ch. 11 |
| 12. 4/4 | Review | Exam 3 |
| Module 4: Long-term Care, Death and Dying, Successful Aging | | |
| 13. 4/11 | Ch. 12 | |
| 14. 4/18 | Ch. 13 | |
| 15. 4/25 | Ch. 14 | Review |
| Final: Monday May 1, 12pm-2pm | | |

Note: Students are responsible for attending class, checking e-mail and the course Blackboard, and being aware of any changes to the schedule.