

Syllabus Adult Development & Aging

335 section B2 – Summer 2011

Version 05-31-2011

Who

Instructor: Estelle Mayhew

Instructor email: emayhew@rci.rutgers.edu

Location: Tillett 116

Time: MTWTh 10:10 – 12:05

Office hours instructor: Wednesdays, 2:30 - 3:30 pm

Office location instructor: Room 229, Tillett Hall Livingston Campus

What

The goal of this course is to examine adult development and aging. The focus will be on the period from mid-life through old age. We will look (among other things) at the physical changes, health issues, changes in cognitive abilities, and social roles at various stages of adulthood, the part that social relationships, personality and work play in the experience of adulthood, and the effects of retirement and bereavement. At the end of the course you should (1) understand the research methods employed in the study of adult development and aging; (2) be familiar with what is known about the cognitive, biological and psychosocial processes in adulthood; (3) be able to apply this knowledge to your own development and that of others.

Required Readings

Available at the Livingston bookstore

Barbara R. Bjorklund (2011). *The Journey of Adulthood* (7th ed.). Prentice Hall.

- There will be a number of copies of the book on reserve in the Kilmer library.

Class Website

- The class has a Sakai website which you should have access to if you are enrolled in the course.
- The class slides (which are only an outline of the material covered) will be posted on Sakai. Posting may take place before or after the class, I know you want them before but that is not always possible. Please don't send me emails suggesting how much better it would be if the powerpoints were posted beforehand, I am not all that big a fan of posting the slides in the first place.

Tentative Class Schedule

Date	Main Topics	Chapters
Tue 5/31	Syllabus & Introduction	Chapter 1
Wed 6/1	Introduction cont'd, Physical changes	Chapter 2
Th 6/2	Physical changes	
Mon 6/6	Health and Health disorders	Chapter 3
Tue 6/7	Health cont'd Cognitive abilities	Chapter 4
Wed 6/8	EXAM 1	
Thu 6/9	Cognitive abilities	
Mon 6/13	Social Roles	Chapter 5
Tue 6/14	Social Roles cont'd/Social Relationships	Chapter 6
Wed 6/15	Social Relationships	
Thu 6/16	Work and Retirement	Chapter 7
Mon 6/20	EXAM 2	
Tue 6/21	Work cont'd/Personality	Chapter 8
Wed 6/22	Personality	
Thu 6/23	Meaning quest	Chapter 9
Mon 6/27	Meaning cont'd/Stress coping	Chapter 10
Tue 6/28	EXAM 3	
Wed 6/29	Stress cont'd	
Thu 6/30	Death and bereavement	Chapter 11
Mon 7/4	NO CLASS TODAY	
Tue 7/5	Death cont'd/"Successful" aging	Chapter 12
Wed 7/6	"Success" cont'd – Class presentations.	
Thu 7/7	EXAM 4	

What makes the grade?

(1) Exams 90%

- There will be four non-cumulative exams.
- The lowest exam grade will be dropped, but you will not get a course grade unless you have completed the fourth (and final) exam.
 - Exam 1, covers chs. 1-3, June 8.
 - Exam 2, covers chs. 4-6, June 20
 - Exam 3, covers chs. 7-9, June 28
 - Exam 4, covers chs. 10-12, July 7
- Exam characteristics:
 - 45 Multiple choice questions
 - Covers lecture and book

(2) In class-assignments 5%

- There will be in-class assignments at various points over the session. They will not be announced in advance, and they cannot be made up. Basically, you have to be in class to get the points.
- There will be some redundancy, i.e. more than 5% in assignments will be given.

(3) Group presentations 5%

- There will be a signup for groups on the first day of classes.
- Groups will prepare short presentations on what can be learned about “best practices” for “successful” aging in various domains. For example: what can we learn from research about courses of action to take to maximize gains and minimize losses in cognitive abilities?
- Presentations will take place on the penultimate day of classes.
- Peer evaluations of group work will be taken into account for grading of group presentations.

Grading Scale for letter grades end semester

A	90% or higher
B+	85% - 89%
B	80% - 84%
C+	75% - 79%
C	70% - 74%
D	60% - 69%
F	below 60%

Course Ground Rules

(a) In class

I really only want you in class if you are going to be paying some attention, so be so kind as to turn off your cell phone, and if you urgently need to have a conversation, or if you want to read the newspaper or do crosswords rather than be in class, you are free to do so, but go elsewhere.

(b) Academic dishonesty

You are required to abide by the Rutgers policy on academic integrity; please familiarize yourself with this policy, you can view it at

<http://academicintegrity.rutgers.edu/integrity.shtml> Read the section on level three violations and the sanctions that follow!

(c) Missing class

It is your responsibility to arrange to obtain information (other than the downloadable class slides, and those are outlines) if you miss one or more classes. Please do not ask or send email to the professor. If you can, arrange in advance for someone in the class that you know to take good notes for you. Most of the videos are not available for separate viewing.

(d) Missing an exam / group presentation

- If you miss exams 1, 2, OR 3, that will count as your lowest grade.
- You **MUST** take exam 4.
- If you are absent from exam 4, OR MORE than ONE of the other exams, you will be allowed to take a make-up exam (in AUGUST) if, within one week of the exam, you present a doctor's note or letter from your dean's office to the professor.
- If you miss the group presentation, you must present a doctor's note or letter from the dean's office to the professor, and the peer evaluations of your contribution to the group project will be weighted more heavily.
- Excuse documentation:
 - (a) For illnesses: I need a doctor's note to verify your illness. So if you get sick, *get a doctor's note.*
 - (b) For car accidents: the dean will most likely ask for a police report to verify that the accident took place.
 - (c) For personal or family emergencies: the dean will most likely require some verification of the emergency (such as a death certificate if a relative has died). If it is a personal issue of some other nature, it will be up to the judgment of the dean to determine whether or not you should be excused from the exam (and thus be allowed to take the make-up).
- Basically folks: I need some paper documentation from you.

Note: Your decision to remain enrolled in the course after the first class session is your implicit agreement to abide by everything stated above.