

# **Syllabus Adult Development & Aging**

## **335 section B2 – Summer 2013**

### **Version 05-28-2013**

## **Who**

Instructor: Estelle Mayhew

Instructor email: emayhew@rci.rutgers.edu

Location: Livingston Classroom building 109

Time: MTWTh 10:10 am – 12:05 pm

Office hours instructor: by appointment

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, mental health and coping 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 and at NJ books**

Barbara R. Bjorklund (2011). *The Journey of Adulthood* (7<sup>th</sup> 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 5/28	Syllabus & Introduction	Chapter 1
Wed 5/29	Introduction cont'd	
Th 5/30	Physical changes	Chapter 2
Mon 6/3	Physical changes cont'd	
Tue 6/4	Health and Health disorders	Chapter 3
Wed 6/5	Health disorders continued	
Thu 6/6	Cognitive abilities	Chapter 4
Mon 6/10	Cognitive abilities & Mental health	
Tue 6/11	NO CLASS TODAY	
Wed 6/12	EXAM 1	
Thu 6/13	Mental health & Stress & Coping	Chapter 10
Mon 6/17	Stress & Coping cont'd	
Tue 6/18	Social Roles	Chapter 5
Wed 6/19	Social Relationships	Chapter 6
Thu 6/20	Social Relationships/ Personality	Chapter 8
Mon 6/24	Personality	
Tue 6/25	Work & retirement	Chapter 7
Wed 6/26	Work & retirement / Death and bereavement	
Thu 6/27	Death cont'd	Chapter 11
Mon 7/1	Search for meaning/ class presentations	Chapter 9
Tue 7/2	Class presentations.	
Wed 7/3	EXAM 2	
Thu 7/4	NO CLASS semester already over	

## What makes the grade?

### (1) Exams 80%

- There will be two non-cumulative exams.
  - Exam 1, covers chs. 1, 2, 3 & 4 on June 12 will be 35% of grade.
  - Exam 2, covers chs. parts of 5, all of 6, 7, 8, 10 and 11 on July 3, will be 45% of grade
- Exam characteristics:
  - 60 Multiple choice questions
  - Covers lecture and book, NOT EVERYTHING IS IN THE BOOK!

### (2) In class-assignments 8%

- 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 8% in assignments will be given. If you complete more than 8, the rest will count as extra credit points.

### **(3) Group presentations 7%**

- There will be a signup for groups on the 4th day of classes (i.e. in week 2).
- 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 last two days of classes.
- Peer evaluations of group work will be taken into account for grading of group presentations.

### **(4) Attendance 5%**

- You get two absence “freebies” for which you won’t be deducted any points. After that every absence is 0.25 course point deduction. In order for an absence to be excused I need documentation of your absence from a doctor or dean.
- 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.

## **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 are absent for an exam, you will be allowed to take a make-up exam 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, someone else in the group has to present your part, and the peer evaluations of your contribution to the group project will be weighted more heavily.
- See the information on excuse documentation above

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