

UNIVERSITY OF VICTORIA

PSYC 339 (A01)

Adult Development and Aging

Fall 2016

Class Time: Monday/Thursday, 10-11:20 am (NO CLASSES OCT 10 or NOV 10, 2016)
Class Room: CLE A127

Instructor: Dr. Holly Tuokko **Phone:** 853-3914
Email: htuokko@uvic.ca (Please include PSYC 339 in the subject line)

Office: Cornett A 275

Teaching Assistant: Cindy Quan **Phone/E-mail:** cindyquan@uvic.ca

Required Materials: Cavanaugh, J.C. & Blanchard-Fields, F. (2015). *Adult Development and Aging (7th edition)*, Stamford, CT: Cengage Learning.

Office Hours: By appointment

COURSE DESCRIPTION:

This course presents a broad introduction to human development throughout adulthood. Major topics include what it means to age, how the processes of aging are studied, and the various factors that influence an individual's adult developmental trajectory. By the end of the course, participants should be able to: (1) Discuss major factors influencing adult development; (2) compare and contrast aging as a normal part of aging to/with age-associated pathologies; (3) apply theoretical concepts derived from the study of adult development to everyday life experiences; and (4) synthesize the knowledge gained to address emerging issues in adulthood and aging.

Students learn better when learning is made memorable, meaningful and personal. You will take away more from this course if you do the readings before attending class, take notes about it, and try to relate this information to your own life experience. Each week the topic for consideration will be introduced and explored through some interactive, experiential or applied components. Active participation is expected prior to, during and outside of the scheduled class meetings. Be prepared to ask and answer questions, and participate fully in class activities. This class will not be conducted in a strict lecture format as the instructor is not the only expert in the room. Some class presentations will follow the readings closely but most will present additional material based on the assumption that you have gained a good background from the text. Sometimes you will not take notes but listen attentively and then critique a presentation, react to it, or answer a question about it in writing. Sometimes you will work alone and sometimes in a small group. This flexible format allows for engaging you fully as learners. Discussions in class of the assigned readings are an important part of the learning process for this course, and the exams will reflect these class discussions accordingly. You are responsible for material in lectures you do not attend. Not all textbook material will be addressed in class, though you are still

responsible for learning it. If there are questions or concerns about any of the material in the textbook, please raise this in class as you and others will benefit from discussion on the topic.

EVALUATION

Class participation: Discussions in class are an important part of the learning process for this course. Students are responsible for all information presented during classes. Attendance and participation in classroom activities will contribute to the student's final grade.

Total Value = 5%

Warm-up Exercises: Prior to the start of most weeks, you will be required to complete "warm-up exercises" relevant to the material to be covered that week. These are designed to get you thinking critically about the material and provide me an opportunity to gather your feedback about the issues. This is a pass/fail activity and no individual feedback will be given. However, it is expected that you will demonstrate a professional approach to all work: spend enough time to do a good job, word process and proofread all out-of-class work, and consider how each assignment can contribute to your personal and career development. There are 10 warm-ups due during the course (see class schedule for due dates; each is worth 1% of your grade. Even if you miss the class that week, you will receive credit if you complete this task. These warm-up exercises are to be submitted on-line and are typically due by 5:00 pm each Sunday, the day before the first class of the week. Due dates are provided on the weekly schedule (below).

Total Value = 10%

Media Commentary: This will involve preparing a short paper identifying and discussing concepts relevant to the material covered in this course as portrayed in an artistic medium (e.g., film, song). More detail about the project will be given in class.

Total Value = 5%

Major paper – Life Review: This will involve planning and conducting a life review interview with an older adult (e.g., family member, family friend, or other acquaintance) and preparing a report. Interview questions related to lifespan development will be used in the interview. There will be two parts involved in the preparation of this major paper due at different points throughout the course. These parts will form a developmental process for the paper and make it more manageable to complete.

Total Value: = 25%

Examinations: There will be 3 examinations. The course material will be presented in 3 sections with examinations after each of the first 2 sections (each worth 15%). Only the material from the preceding section will be covered in each examination. The third examination (date to be determined by University Scheduling) will cover all three sections (worth 25%). Each examination will consist of multiple-choice and short answer questions. Examination 1 = 15%, Examination 2 = 15%, Examination 3 = 25%

Total Value = 55%

Grades

The final letter grade obtained in the course will be based on the total percent score rounded to the third decimal point, using the following criteria from the 2016-17 University Calendar.

Undergraduate Grading Scale			
Passing Grades	Grade Point Value	Percentage *	Description
A+ A A-	9 8 7	90 – 100 85 – 89 80 – 84	An A+, A, or A- is earned by work which is technically superior, shows mastery of the subject matter, and in the case of an A+ offers original insight and/or goes beyond course expectations. Normally achieved by a minority of students.
B+ B B-	6 5 4	77 – 79 73 – 76 70 – 72	A B+, B, or B- is earned by work that indicates a good comprehension of the course material, a good command of the skills needed to work with the course material, and the student's full engagement with the course requirements and activities. A B+ represents a more complex understanding and/or application of the course material. Normally achieved by the largest number of students.
C+ C	3 2	65 – 69 60 – 64	A C+ or C is earned by work that indicates an adequate comprehension of the course material and the skills needed to work with the course material and that indicates the student has met the basic requirements for completing assigned work and/or participating in class activities.
D	1	50 – 59	A D is earned by work that indicates minimal command of the course materials and/or minimal participation in class activities that is worthy of course credit toward the degree.
COM	Excluded Grade	N/A	Complete (pass). Used only for 0-unit courses and those credit courses designated by the Senate. Such courses are identified in the course listings.

ACCOMMODATIONS:

- 1. Assignments:** For every half-day (i.e., 12 hours) that the assignment is late, 10% of your grade on that assignment will be deducted. Once 3 full days have elapsed, a grade of zero will be assigned. Exceptions will only be made under extreme circumstances (e.g., serious illness or accident with supportive documentation provided within 10 days of the late/missed assignment).
- 2. Examinations:** The grade for a missed examination is zero. Make-up examinations will only be available under extreme circumstances (e.g., serious illness or accident with supportive documentation provided within 10 days of the late/missed assignment).
- 3. Other:** Every effort will be made to accommodate the learning needs of all students enrolled in this course. Student must discuss any specific needs with the instructor **within the first 2 weeks of class**. Some students may wish to consider registration at the Resource Centre for Students with a Disability (RCSD).

NOTES:

- i. It is possible that, due to unforeseen circumstances or in the interest of an improved learning experience, minor modifications may be made to the information contained in this document.
- ii. Any changes to due dates will be announced in class and noted on Coursespaces.
- iii. As University courses are preparation for your career, you are expected to display professional behavior in this course. Arrive on time, having prepared for the session, and remain for the entire class.
- iv. Use a professional communication style in class: one person will speak at a time; no private conversations will take place; be respectful of others' views and comment only on ideas, not personal characteristics.
- v. **Cellphones, PDAs, pagers, etc. must be switched off during class** as they are a distraction to everyone and, as such, inhibit learning.
- vi. Students are expected to attend every class. The textbook is a basic reference but additional information will be provided in class that students are responsible for knowing. Only basic PowerPoint slides will be provided. It is expected that students will take notes.
- vii. Please approach the instructor or TA as soon as possible with questions or concerns about this course. For usual and customary non-urgent requests or questions (e.g., about grades), please contact the TA. For concerns that are urgent/sensitive, contact the instructor. If corresponding by email, please be clear and expect a response delay of at least 24 hours. I will respond to emails on weekdays, **not on weekends**.
- viii. We value your feedback on this course. Towards the end of term, as in all other courses at UVic, you will have the opportunity to complete an anonymous Course Experience Survey (CES) regarding your learning experience. The survey is vital to providing feedback to us regarding the course and our teaching, as well as to help the departments and the university improve the overall program for students in the future. The survey is accessed via MyPage and can be done on your laptop, tablet, or mobile device. We will remind you and provide you with more detailed information nearer the time but please be thinking about this important activity during the course.
- ix. You are responsible for checking your **registration status** by the drop deadline (**September 20**) to ensure you are registered in the course. The last day to add this course online is **September 23**. To add this course after this date will require an Undergraduate Course Change form and are subject to the approval of the Director of the Academic Advising Centre.
- x. Please read the attached department policy regarding academic plagiarism.

Proposed Schedule September-December 2016

Section 1: Studying Aging, Physical Aging, Health and Longevity			
Date	Topic	Reading	Assignments/Exams
Week 1: Sept 8	Introduction to aging as a developmental process	Chapter 1 (Parts 1.1 & 1.2)	Warm-up due on Sept 11
Week 2: Sept 12/15	Research Methods in Aging	Chapter 1 (Part 1.3)	Warm up due on Sept 18
Week 3: Sept 19/22	Senescence and physical aging Health and Longevity	Chapter 3 Chapter 4	Warm-up due on Sept 25
Week 4: Sept 26/29	Health and Longevity	Chapter 4	Warm-up due on Oct 2 Exam 1: Sept 29
Section 2: Personality and Individual Differences			
Week 5: Oct 3/6	Personality and Emotion	Chapter 9	Warm up due on Oct 11
Week 6: Oct 10/13	Social Cognition Thanksgiving Oct 10	Chapter 8	Warm-up due on Oct 16
Week 7: Oct 17/20	Relationships	Chapter 11	LIFE REVIEW PART 1 (Interview) due Mon Oct 17 in class
Week 8: Oct 24/27	Intelligence, Wisdom & Problem-solving	Chapter 7	Warm-up due Oct 30 Exam 2: Oct 27
Section 3: Cognitive Aging, Psychopathology and End-of-life			
Week 9: Oct 31/Nov 3	Cognitive Functioning	Chapter 6	Warm up due Nov 6
Week 10: Nov 7/10	Neuroplasticity & Cognitive Rehabilitation READING BREAK – NOV 10	Chapter 2	LIFE REVIEW PART 2 (LITERATURE REVIEW AND QUESTION) due Mon Nov 7 in class; Warm-up due on Nov 13
Week 11: Nov 14/17	Psychopathology	Chapter 10	Warm-up due on Nov 20
Week 12: Nov 21/24	Death & Dying	Chapter 13	Warm up due on Nov 27
Week 13: Nov 28/Dec 1	Panel on Aging Course Wrap-up		Media commentary due Thursday Dec 1 in class
FINAL EXAM DATE TBD BY UNIVERSITY SCHEDULING			

UNIVERSITY OF VICTORIA
Department of Psychology

Important Course Policy Information
Winter 2016-2017

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see pages 383-386 of the UVic Calendar 2016-17.

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the deadlines set out in the current UVic Calendar.

Commitment to Inclusivity and Diversity

The University of Victoria is committed to promoting, providing and protecting a positive and supportive and safe learning and working environment for all its members.

In the Event of Illness, Accident or Family Affliction (See UVic Calendar, 2016-17, p. 59-60)

- ***What to do if you miss an exam other than one scheduled during the formal examination period***

Do not apply at Records Services for a "Request for Academic Concession". Instead submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- ***What to do if you miss an exam scheduled during the formal exam period***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the formal examination period. Records Services will forward the form to the instructor. If the concession is granted the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- ***What to do if you require additional time to complete course requirements***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the formal examination period. Records Services will forward the form to the instructor. If the concession is granted the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity (<http://web.uvic.ca/calendar2016-09/undergrad/info/regulations/academic-integrity.html> , p. 55-58, UVic Calendar 2016-17). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
3. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
4. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
5. **Being an Accessory to Offences.** This means that helping another student to cheat (for instance, by showing or communicating to them answers to an assignment, or by allowing them to view answers on an exam) is an academic offence.

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar (on p. 55-58 in 2016-17).

The definitive source for information on Academic Integrity is the University Calendar (p. 55-58 in 2016-17) (<http://web.uvic.ca/calendar2016-09/undergrad/info/regulations/academic-integrity.html>)

Other useful resources on Plagiarism and Cheating include:

1. The Learning Skills program: <http://www.coun.uvic.ca/learning/index.html>
2. The Ombudsperson's office: <http://www.uvss.uvic.ca/ombudsperson/pubsguides/plagiarism.pdf>