

Course: PSYC 339 A01 (CRN 22710)

Instructor: Dr. Sherrie Atwood (please call me Sherrie)

Email: sherrieatwood@uvic.ca

Asynchronous: New content posted on Tuesdays/Thursdays, exams on Thursdays

ZOOM Office Hours: Tuesdays 1:30pm-2:30pm or by appointment

TM: Michael Willden

Email: mwillden@uvic.ca

Office Hours: Michael will post his office hours for the proposal and project feedback at a later date. Since he is working limited hours he will **NOT** be holding weekly hours.

Course Overview: In this course, we will take a biopsychosocial approach to examine the physical, mental, and social changes that occur in adulthood. The central theme of the course is on 'change' rather than 'decline' and, as such, we take a realistic, but positive approach to aging. We will examine issues pertaining to the topic of aging; for example, physical and mental health, cognition, relationships, and eventually, death.

Learning Outcomes:

- Greater understanding of the physical, mental, and social changes that occur over adulthood
- Access to evidence-based information on the aging process
- Examine our own and society's attitudes towards aging and the elderly
- Project will give students a chance to apply what they have learned in the course

Textbook: Whitbourne, S.K., Whitbourne, S. B., & Konnert, C. (2021). *Adult development and aging* (2nd Canadian ed.). Toronto: John Wiley and Sons, Ltd.

Link to Bookstore and Textbook: <https://www.uvicbookstore.ca/text/search/results>

Course Overview:

The Role of the Instructor

- Provides lecture material, including textbook and outside research/other sources material
- Prepares and presents recorded lectures
- Hold set office hours (set time) and by appointment
- Provides guidance and instructions for assignments
- Deals with absences and student concerns
- Writes exams and makes these exams available on exams days
- Communicates with Centre for Accessible Learning; adjusts extra time on exams
- Provides a reading and activity schedule for the term
- Communicates with the TM with regard to grading, grades, assignment instructions
- Completes course paperwork for administrative purposes

- Finalizes grades and submits final grades to the administration

Role of the TM

- Holds office hours once per week
- Grades assignments and gives overall class and/or student specific feedback on assignments
- Enters all grades in gradebook
- Once approved, keeps track of absences

Grading Overview

1. Proposal 10% of total grade out of 25 points
2. Project 30% of total grade graded out of 50 points
3. Exams: 20% of total grade X 3 = 60% of total grade.

Proposal and Project Submission

Early and On Time Submission: The TM will be grading proposals and projects. Students who want to get the **proposal and/or project completed early** should submit their papers before each deadline. Prior to the proposal deadline, the TM will grade on a rough 'first come first graded' basis so that you can get started on your project and submit it early. The TM will be doing a regular submission check to make sure that early papers are graded in a timely fashion.

Papers submitted **at the deadline** will be graded in alphabetical order. All proposal submissions will be graded by **March 3rd**. All projects will be graded by **April 5th**. Students have until **Friday April 8th** to make an appointment with the TM to discuss their grade. Since there is no final exam in this course, the grades must be in within 72 hours of the last day of classes.

This is a reminder that **all papers are due at the deadline** and no late papers will be accepted without expressed permission from the instructor (**not the TM**).

*****You must email me at least one day before or on the due date to obtain permission for a late upload which will only be granted under extenuating circumstances, ideally with a medical note.**

After the deadline any non-submitted papers will receive a zero. To ensure that your papers are submitted before the deadlines please plan ahead—upload the paper the day before the deadline or early on the day of the deadline. To be on the safe side, avoid uploading papers after 7:00pm. I am very strict on not accepting late papers so please do not email us if you missed the deadline, even by one minute.

Exams (20% each X 3) and Grading

The exams are comprised of multiple-choice questions. Brightspace calculates these grades, and they are entered in the gradebook automatically.

Exam Rules

Since this is an asynchronous class, all exams will be completed remotely. The exams will be available for 12 hours (from 12:00pm to 11:59 pm) on exams days. It is up to all students to ensure they have a stable internet connection before logging into the exam. Using an ethernet cable may provide a more secure connection than does some WIFI connections. Check to see if the UVIC library is open on exam days—the university provides a very stable internet connection. Of course, all academic integrity rules should be followed including but not limited to the following:

- **Closed book**
- **No additional screens, chat functions, googling questions (I do not use the databank for the test questions).**
- **Just study and get the test over with!**

Academic Integrity: This following information and information on potential consequences of academic dishonesty is available at <https://www.uvic.ca/students/academics/academic-integrity/index.php#ipn-policies-consequences>

Academic dishonesty includes, but is not limited to:

- Using an editor, whether paid or unpaid, unless the instructor grants explicit written permission.
- Fraudulently manipulating laboratory processes, electronic data or research data in order to achieve desired results.
- Using work prepared in whole or in part by someone else (e.g., commercially prepared essays) and submitting it as your own.
- Citing a source from which material was not obtained.
- Using a quoted reference from a non-original source while implying reference to the original source.
- Submitting false records, information or data in writing or orally.
- Copying the answers or other work of another person.
- Sharing information or answers when doing take-home assignments, tests or examinations except where the instructor has authorized collaborative work.
- Having any materials or equipment in an exam or test other than those authorized by the examiners.
- Accessing unauthorized information when doing take-home assignments, tests or examinations.
- Impersonating a student on an exam or test, or being assigned the results of such an impersonation.
- Accessing or attempting to access examinations or tests before it is permitted to do so.
- Helping or attempting to help others to engage in any of the conduct described above.

Weekly Syllabus (Dates and Content Subject to Change). Note that the lecture slides and recordings unless noted below will typically be posted on Tuesdays with any additions posted on Thursdays.

Date	Chapter(s)	Topic	Notes
Week 1 January 11 th /14 th	1, 14	(1) Themes and Issues/Meet the Generations. 14 (1) Successful Aging	(1) Read pages 3-12 up to but not including “Key Social Factors.” Pick up at Canada on page 14 to the end of the chapter. Don’t worry about all those stats! (14) Read pages 256-up to but not including page 261 on onward (up to Creativity).
Week 2 January 18 th /20 th	Chapter(s) 2, 4	(2) Models of Development (Summary only). (4) Physical Changes This textbook is very statistics oriented. Do no worry too much about this. I tend to only ask about stats that are mentioned in lecture. The main ideas are what will be tested so when you read be sure to take note of these main ideas. Also, note that I also ask video related questions.	(2) Just read the summary of models at the end of the Chapter 2, pages 41-42. (4) Read all pages except for: The Respiratory System (p. 73), Bodily Control Systems (p. 75-up to Sleep). Read about sleep and other topics after that but do not read the Somatosensory System starting on page 87.
Week 3 January 25/27 th	Chapter 5	(5) Osteoarthritis/Osteoporosis (pages 98-100 top). Neurocognitive Disorders (pages 102-107 up to but not including Pick’s Disease onwards).	Topics are osteoarthritis, osteoporosis, and Alzheimer’s Disease (other topics not tested).

Week 4 January 31/February 3rd	Exam 1	1, 14, 2, 4 (summary), 5. Videos are also testable so make sure to watch. Only the reading pages are testable along with any other posted material (unless otherwise stated). Quiz will be on Brightspace.	Quiz will be located on Brightspace on Thursday February 3rd for 12 hours (from 12:00 noon to 11:59 PST). Week 4 February 3rd. Overview and instructions for proposal and project posted.
Week 5 February 8/10th	Chapter 6 Basic Cognitive Functioning	Read entire chapter—it is not too long.	
Week 6 February 15/17th	Chapter 9 Relationships 1	Read entire chapter (if we do not get done then we will continue with relationships after the reading break).	Proposal due on Thursday February 17th by 9:00pm PST. Upload to Brightspace (no extensions without permission).
Week 7 February 21-25th Reading Break (Proposal Grading)			
Week 8 March 1/3rd	Relationships 2 + Chapter 10 Work and Retirement	Basics of Chapter 10 posted on Thursday.	Proposal Grading Completed by March 3rd.
Week 9 March 8 th /10 th	Exam 2	Chapters 6, 9, 10	Exam 2 will be on Thursday March 10th located on Brightspace for 12 hours. 12:00pm-11:59 pm
Week 10 15 th /17th	Chapter 11 Mental Health		Do not read schizophrenia (pages 208-209) and personality disorders (pages 211-212).

Week 11 March 22/24	Chapter 12 Long-term Care.	Projects due on March 22nd by 9:00pm PST. Please make sure you upload well before the deadline because uploads will close at 9:00pm sharp and no late papers will be graded unless permission has been granted. (Tell yourself it is due by 7:00pm!)	Posted on Thursday. entire chapter
Week 12 March 29/31	Chapter 14 Death and Dying	Death and Dying	Entire chapter
Week 13 April 5/7	Exam 3	Chapter 11 (Mental Health), Chapter 12, (Long-term Care), Chapter 13 (Death and Dying). Projects Graded by April 5th.	Exam will be on April 7th from 12:00pm-11:59 pm PST.

Summary of Exams

Exam 1 (20% of total grade/ 40 points): Chapters 1, 14, 2, 4, 5 (plus any extra content) Thursday February 3rd from 12:00pm -11:59pm. Be sure to be done by 11:59.

Exam 2 (20% of total grade/ 40 points): Chapters 6, 9, 10 (plus any extra content) Thursday March 10th from 12:00pm-11:59pm. Be sure to be done by 11:59.

Exam 3: (20% of total grade/ 40 points): Chapters 11, 12, 13 (plus any extra content) Thursday April 7th from 12:00pm-11:59 pm. Be sure to be done by 11:59.

Summary of Proposal and Project

Proposal Due (10% of total grade/25 points): Thursday February 17th by 9:00pm (no late papers accepted). Template will be available online when the proposal debriefing is completed in lecture.

Project Due (30% of total grade/50 points): March 22nd by 9:00pm (no late projects accepted). The project instructions will be posted. Examples of past projects will be shown in lecture.

Summary of Lectures

Lecture slides will be posted on Monday. The recorded lecture will be posted by Monday and on occasion also on Thursdays. The lecture will be completed in 'parts,' each labeled so you can listen to sections of the lecture.

Grading scale on next page!

Grading Scale (Subject to Change)

- Grades will only be awarded once all assessments have been calculated.
NOTE: Grades will **NOT** be rounded up. If you want a C you must earn 60 percentage points.
 Example: 79.99999 is a B+ not A-.


PSYC 339 Grading Scale (Subject to Change).

Grade	Low	High
A+	90	100
A	85	89
A-	80	84
B+	77	79
B	73	76
B-	70	72
C+	65	69
C	60	64
D	50	59
F	0	49
N	0	49

For more information on the UVIC official grading scale please see:

<https://www.uvic.ca/calendar/future/undergrad/index.php#/policy/S1AAgoGuV?bc=true&bcCurrent=14%20-%20Grading&bcGroup=Undergraduate%20Academic%20Regulations&bcltemType=policies>

Spring 2022

Date	Activity/event	Notes
Jan 3	University open	The university, including Residence Services, opens after winter break.
Jan 7	Move-in day for Term 2	New students moving to campus for Term 2 will receive move-in information by email.
Jan 7	Meal service starts	First meal (lunch) in the Modular Dining Facility (MOD).
Jan 9	Residence orientation	Specific information will be emailed to you.
Jan 10	First day of classes (Term 2)	
Feb 7	Applications for Summer 2022 and Fall 2022-23 opens	
Feb 21-25	Reading break	
Apr 15-18	Easter weekend	
Apr 7	Last day of classes (Term 2)	
Apr 1-2	 Exam period	
Apr 29	Last day of exams (Term 2)	Students must vacate 24hrs after the last scheduled exam.
Apr 30	Last meal service (breakfast) in the MOD	