

**Psychology 125- Psychology of Aging**  
Saddleback College  
Spring 2011

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**Course Description and Objectives**

This is a lower division developmental psychology course that focuses on later life, particularly the years after age 65. The course introduces students to the major issues in the field of gerontology while simultaneously revealing the methodological challenges common to studying human development. Numerous stereotypes about aging will be addressed with the goal of dispelling associated myths. Throughout this course, students will gain a better understanding of the physiological, psychological, and social changes that accompany old age (including normal, optimal, and pathological aging), and they will learn to differentiate between changes due to historical or social factors and those truly due to aging. Students will tackle various issues relevant to later life and address the societal implications of an aging population.

**Required Textbook**

Erber, J. T. (2010). *Aging & Older Adulthood* (2<sup>nd</sup> edition). Belmont, CA: Thomson Wadsworth.

**Course Materials:**

**Required Readings:** Please refer to the course schedule to view the textbook chapters required each week. Additionally, supplemental readings such as journal articles, website links, and handouts are required reading and will be posted on Blackboard under each topic folder.

**Lecture Slides:** Under course documents in Blackboard, there are folders for each topic that is covered. In each folder, there are lecture slides to guide your studying for quizzes, exams, and discussion board postings.

**Video Lectures/Clips:** For various topics, there are video clips posted under each folder in course documents. These videos are provided to enhance your learning experience. Please view these videos. Some quiz/exam questions are gathered from these sources!

**Blackboard:** The Blackboard system will be used exclusively in this course. Thus, there will not be any in-class meetings. Blackboard can be acquired through <http://socccd.blackboard.com>. You must have a high speed internet connection, and a working email address that is checked regularly to be successful in this course. All communication will be held on Blackboard and via email. It is your responsibility that you check your saddleback email account. Saddleback email can be accessed through MySite <http://www.saddleback.edu>. If you want to receive emails to your personal email account, you have the option of forwarding your email to a personal account through this site.

**Exams:** There will be 2 exams throughout the semester. Each exam will have 45 multiple-choice questions worth two points each, and short answer question(s) that total 10 points to total 100 points. The tests are not cumulative in nature and will cover BOTH the book chapters and course material (powerpoint slides, videoclips, and journal articles). You will be given a two hour time limit to complete the exam, so please plan accordingly! Studying should be done BEFORE taking the exam and the exam may only be taken once. Please note that you may not click back, save, or refresh because it will kick you out of the quiz. All exams should be administered on a high speed internet connection with no other programs or windows open. You should not violate any of these test taking procedures. All issues with testing procedures will be investigated thoroughly. Do not wait until the last minute to take the exam. Once the assessment is open, you must complete the exam. Please double check that there is an exclamation mark in the gradebook after the exam is completed. It is your responsibility to check for the exclamation mark immediately following the exam. Exams will be located under the Exams tab on Blackboard. There will be an exclamation mark in the gradebook when your exam has been successfully submitted. It is your responsibility to double check this. If you wait to take your exam in the last 24 hours prior to the due date, you run the risk of being locked out of the exam. I'll be unable to unlock you within 24 hours of the due date, which will result in a zero grade. **ALL EXAMS WILL BE DUE BY 11:59pm ON WEDNESDAY NIGHTS.**

**Quizzes:** There will be 2 quizzes on various topics throughout the semester. Each quiz will consist of 10 multiple choice questions worth two points each for a total of 20 points. All quizzes will be given a 30 minute time limit, so please plan accordingly! Studying should be done BEFORE taking the quiz and the quiz may only be taken once. Please note that you may not click back, save, or refresh because it will kick you out of the quiz. All quizzes should be administered on a high speed internet connection with no other windows or programs open. Do not wait till the last minute, and you must check to make sure that you see a score. If you do not see a score, please contact me immediately. It is your responsibility to check that you have a score for your quiz. Once the quiz has been opened, the assessment must be taken. All locked quizzes will be investigated thoroughly. Quizzes will be located under the Quizzes tab on Blackboard. It is your responsibility to make sure your quizzes were submitted correctly. You'll either see a score or an exclamation mark if it was processed. If you wait to take your quiz in the last 24 hours prior to the due date, you run the risk of being locked out of the quiz. I'll be unable to unlock you within 24 hours of the due date, which will result in a zero grade. **ALL QUIZZES WILL BE DUE BY 11:59pm ON WEDNESDAY NIGHTS.**

**Reaction Papers:** There will be 2 reaction papers throughout the semester. Each paper will be worth 25 points each. The purpose of the assignment is to discuss specific course material. All papers should include thoughtful responses and be grammatically correct, and include APA style citations and references throughout the paper from the textbook or lecture notes (please see document on Blackboard for assistance). The paper will be 2 pages long, double spaced, 12 pt font, Times New Roman, and 1" margins. *Reaction Paper #1-* Describe how **two** bodily systems change in later life. How can we avoid the acceleration of aging in these two systems? What implications will accelerated aging in these bodily systems have on the health care system? Please use Chapter 3 and the lecture notes to support your claims. *Reaction Paper # 2-* Describe sexual relationships in later life (please provide statistics). Does sexual activity and sexual interest decline in later life? How can the media affect the sexuality of older adults? Please cite the textbook and lecture notes to support your claims. The majority of the information will likely come from the lecture notes.

To avoid grade complaints, I'm providing my grading rubric. Please make sure you're following directions to receive full credit. My grading rubric is as follows: -3 points for grammatical/spelling errors, -3 points for not meeting requirements (2 pages, double spaced, etc.), and -3 points for not integrating specific course material with personal experience. You will submit your paper via the Turn-it-in link under the Reaction Paper tab on Blackboard. To ensure that I've received your papers, please go to the gradebook and you should see an exclamation point for the assignment. It is your responsibility to make sure that it went through. Email and late submissions will not be accepted. Any evidence of plagiarism will result in an automatic zero and will be reported to Dean Flanigan. It is your responsibility to ensure that your paper has been uploaded successfully. If it is uploaded correctly, you'll get a confirmation email from turnitin and you'll see an exclamation mark in the gradebook. I will not accept late assignments for those that did not upload correctly. If you wait to upload your paper in the last 24 hours prior to the due date, you run the risk of being unable to upload it successfully. I'll be unable to assist you within 24 hours of the due date, which will result in a zero grade. **THE PAPERS WILL BE DUE BY 11:59pm ON WEDNESDAY NIGHTS.**

**Discussion Board Responses:** There will be a total of five discussion board assignments. Participating on the discussion board is mandatory for this course. You are required to respond to **ALL** of the questions in the discussion board prompt **AND** 3 of your classmate's discussion board responses to receive full credit. Thus, for every discussion board assignment, you will have a total of **four** discussion board postings. It is expected that you respond to discussion board prompts and to other classmates in the course. Because there are no in class discussions, this is your opportunity to engage with myself and other students. All postings should be substantive (50 words or more), well thought out, and grammatically correct. Due to the sensitive nature of the course material, it is essential that you respect other students' beliefs, opinions, etc. **Disrespectful and degrading communication among students will not be tolerated in this class. If you engage in disrespectful communication, you will receive a zero on the assignment.** In order to avoid grade complaints, I've provided my grading rubric for grading discussion board postings. Each discussion board assignment is worth a total of 20 points. Your response to the initial prompt is worth 5 points and your three responses to classmates are worth 15 points (5 points each). For grammatical errors and spelling errors, you will be docked two points and for not answering all of the questions, you'll be docked a two points for each question not answered. The discussion board can be located under the discussion board tab in Blackboard. It is your responsibility to make sure that your postings posted correctly in the classroom. I will not accept late submissions for assignments that did not post to Blackboard correctly. If you wait to post your responses in the last 24 hours prior to the due date, you run the risk of being unable to post them successfully. I'll be unable to assist you within 24 hours of the due date, which will result in a zero grade. **ALL DISCUSSION BOARD POSTINGS WILL BE DUE BY 11:59pm ON WEDNESDAY NIGHTS.**

**Missed Exams/Assignment Policy:** Late assignments/late exams will not be accepted. In cases of medical emergency, I will need documentation in order to let you retake the exam/turn in the assignment late. Please take the exam early if you have prior arrangements on the date of the exam. Please plan ahead!

**Extra Credit:** There is no extra credit available for this course. If extra credit should become available, there will be an announcement posted at a later date.

**Grading Policy:** There are a total of 390 points available in this class.

Exams-	200 points
Quizzes-	40 points
Reaction Papers-	50 points
<u>Discussion Board</u> -	<u>100 points</u>
	390 points

Final letter grades will be based on the amount of points you obtain in the class. Please do not ask me to bump your grades.

90%-100% = A

80%-89% = B

70%-79% = C

60%-69% = D

Below 60% = F

**Academic Dishonesty:** Academic dishonesty is considered a serious offense and will not be tolerated in this class. All of the assignments/exams must be completed by the student that is enrolled in the course. A zero will be given for the assignment/exam and will be reported to the Dean's office. Please do not jeopardize your academic record by even making me suspect that you are cheating.

### **Additional Support Resources:**

Learning Assistance Program (LAP) Tutoring Center: Offers free tutoring to Saddleback Students in most subject areas. The LAP is located in Library 114.

Computer Lab: SM 207 is a computer lab with 29 computer stations. It is open M-F 8:15 am to 7:30 pm. Library also offers 75 computer stations, open M-Thurs 8 am to 9pm, Friday 9am to 6pm and Saturday 9 am to 5 pm. These labs open to students for using Mysite, Blackboard, emails, and for typing and printing your homework assignments.

Counseling: Available to assist students with career planning, academic advising, and personal counseling. For an appointment, call 582-4572.

Special Services for Students with Disabilities: This course meets the requirements set forth in the accessibility checklist and universal design grid provided by special services. Web pages, video presentations, textbooks and class materials used in this course are accessible to students with disabilities. Students who need special assistance in this course, or who suspect that they have a learning disability, should contact Special Services to obtain appropriate documentation and/or support services. Please contact Special Services in Student Services room 113, (949)- 582-4885, if you have any questions. Students should also speak with the instructor as soon as possible to ensure their learning needs are met.

### Tentative Course Schedule

Week/dates		Topics/Due dates	Readings
1	W 2/2	What is Gerontology? Demographics <b>Check in to the Student Introductions thread</b>	Ch. 1
2	W 2/9	Theoretical Perspectives Research Methods <b>Discussion Board #1 due</b>	Ch. 2
3	W 2/16	Normative Aging; Longevity Physiological Aging – Body Systems Sensory Systems <b>Quiz #1 due</b>	Ch. 3 and 4
4	W 2/23	Functioning (ADLs/IADLs) Health Prevention & Promotion <b>Discussion Board #2 due</b>	
5	W 3/2	Memory <b>Review for Midterm</b>	Ch. 5
6	W 3/9	<b>Midterm Exam</b>	
7	W 3/16	<b>Spring Break</b>	
8	W 3/23	Intelligence <b>Reaction Paper #1 due</b>	Ch. 6
9	W 3/30	Problem Solving	Ch. 7
10	W 4/6	Personality & Coping <b>Discussion Board #2 due</b>	Ch. 8
11	W 4/13	Mental Health <b>Quiz #2 due</b>	Ch. 11

12	W 4/20	Social Relationships <b>Discussion Board #3 due</b>	Ch. 9
13	W 4/27	Employment & Retirement Living Situations <b>Reaction Paper #2 due</b>	Ch. 10
14	W 5/4	Death & Dying <b>Discussion Board #4 due</b>	Ch. 12
15	W 5/11	<b>Review for Final Exam</b>	
F	W 5/18	<b>Final Exam</b>	

I reserve the right to make changes to the syllabus. Students will be notified of any changes via course email and an updated syllabus will be placed on the course website.