

**Adult Development and Aging**  
**PSY 3230-01 (CRN 25069)**  
**Spring 2012**

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**Office:** 204A McDonald  
**Office Hours:** 11-12 MWF, 3-4 TR

**Lecture/Discussion:** Mon/Wed/Fri      2:00pm to 2:50pm in MacDonald 104

**Text:** Cavanaugh, J. C. & Blanchard-Fields, F. (2011). *Adult Development and Aging*. Belmont, CA: Wadsworth.  
ISBN-10: 0-495-60174-8

- There will also be Articles posted on Blackboard to read on most weeks.

**Overview & Course Description:** Welcome to Adult Development and Aging. This is an advanced course for psychology students who wish to study development in adulthood. The course will cover the study of adult lives from a life-span perspective. In addition to the psychology of aging, students will investigate societal influences on aging and successful aging. Topics include theories of the life-cycle, identity formation, the experience of growing older, personality stability, and psychological adjustment to the myths and realities of age. Prerequisite: Psychology 1100 or FCS 1500; AND Psychology major or Integrated Studies Emphasis in Psychology major.

**Philosophy/Expectations:** This course will operate on the philosophy that active engagement with material fosters quality learning. There will be ample opportunity for in-class activities and discussion, both in small groups and with the entire class. Students are expected to read assigned text prior to class and be prepared to participate in class. Students are also expected to coordinate small group work effectively. Students can expect that I will come to class very well prepared and that I will do my very best to conduct the class so that it is interesting, informative, and respectful.

**Attendance and participation** in class is a substantial part of graded material. In addition, absences may result in lost learning opportunities, including possible schedule changes and extra credit opportunities. See Dixie State College of Utah, Policies and Procedures Manual, section 5-23 on ATTENDANCE for further details.

**Class Courtesy, Respectful Behavior & Responsibility:** We will have a class discussion on the first day about our responsibilities to each other in this learning environment. We will generate expectations for behavior during class that will help us create a positive, responsible, and respectful learning environment. Classroom rudeness will NOT be tolerated under any

circumstances and may result in immediate expulsion from the class meeting and/or the course at the professor's discretion. Rudeness can include (but is not limited to): COMPUTER USAGE, LAUGHING, NOTE PASSING, PASSIVELY SITTING, SLEEPING, TALKING, AND TEXTING.

### **Learning Objectives & Outcomes**

The primary objective of this course is to provide an in-depth study of adult development and aging.

By the end of this course, students should be able to:

- ⊙ Identify and explain basic concepts, theory, and research represented in developmental psychology.
- ⊙ Describe elements of healthy lifestyle and successful aging.
- ⊙ Evaluate courses of action that could produce more healthy aging.
- ⊙ Identify and evaluate the influences of both the realities and societal stereotypes of aging.
- ⊙ Describe the lifespan development explanations of aging.
- ⊙ Demonstrate knowledge of empirical findings in adulthood and aging.

**Assignments:** There will be small group activities and/or discussions within class on most days. Journal responses to readings will be assigned on most weeks. There will also be a successful aging activity project and term paper. **ALL ASSIGNMENTS MUST BE TURNED IN ON TIME TO RECEIVE CREDIT.** No late assignments can be turned in without a valid excuse cleared by the professor.

*Note: Valid excuses are documented excuses that make it clear that it was not possible to come to class (e.g. medical note of serious illness, car repair receipt on the day of class, etc.).*

**Exams:** There will be three Midterm Exams and a Final Exam. **The Final Exam is in class on Wednesday, May 2<sup>nd</sup> from 12:30 to 2:30pm.** The exams will consist of short answer and multiple choice items. **No early or makeup tests will be permitted for any of the exams without a valid, documented excuse.**

#### ➤ **You must take each Exam**

- Each Midterm Exam will be given at the Testing Center in the North Plaza. All you need to take with you is your **STUDENT ID**, some blank paper, and a pen. Do not bring any other material (e.g., no books or notes).  
Testing Center: <http://www.dixie.edu/testing/index.php>
  - You will have a window of 3 days to go to the testing center to complete each exam (check the testing center website listed above for hours). Once you start the exam you will have 90 minutes to complete it.
- I typically give credit for questions that are answered incorrectly by seventy percent of the class or more.

## Tentative Schedule

### **Week 1: January 9<sup>th</sup> thru 13<sup>th</sup>**

Introductions, Overview of the Course & History

*Read Chapter 1: Studying Adult Development and Aging*

### **Week 2: January 17<sup>th</sup> thru 20<sup>th</sup>**

*Martin Luther King, Jr. Holiday on Monday, the 16<sup>th</sup>*

Successful Aging

*Read Chapter 14: Successful Aging*

*Read Article 1*

***References & Abstracts due by 1pm on Friday, Jan. 20<sup>th</sup>***

### **Week 3: January 23<sup>rd</sup> thru 27<sup>th</sup>**

Biological Factors

*Read Chapter 2: Neuroscience as a Basis for Adult Development and Aging*

*Read Article 2*

***Article Summaries due by 1pm on Friday, Jan. 27<sup>th</sup>***

### **Week 4: January 30<sup>th</sup> thru February 3<sup>rd</sup>**

**Review for Exam 1**

Biological Factors

*Read Chapter 3: Physical Changes*

*Read Article 3*

***Implementation Program due by 1pm on Wednesday, Feb. 1<sup>st</sup>***

***Exam 1 at Testing Center (Sat. 4<sup>th</sup> thru Tues. 7<sup>th</sup>)***

### **Week 5: February 6<sup>th</sup> thru 10<sup>th</sup>**

Biological Factors

*Read Chapter 4: Longevity, Health, and Functioning*

*Read Article 4*

### **Week 6: February 13<sup>th</sup> thru 17<sup>th</sup>**

Context

*Read Chapter 5: Where People Live: Person-Environment Interactions*

*Read Article 5*

### **Week 7: February 21<sup>st</sup> thru 24<sup>th</sup>**

*Presidents' Day Holiday on Monday, the 20<sup>th</sup>*

Cognitive Factors

*Read most of Chapter 6: Attention and Memory*

*Read Article 6*

**Week 8: February 27<sup>th</sup> thru March 2<sup>nd</sup>**

Cognitive Factors

*Read remainder of Chapter 6: Attention and Memory*

*Read Chapter 7: Intelligence*

**Review for Exam 2**

*Exam 2 in Testing Center (Sat. 3<sup>rd</sup> thru Tues 6<sup>th</sup>)*

**Week 9: March 5<sup>th</sup> thru 9<sup>th</sup>**

Social Factors

*Read most of Chapter 11: Relationships*

*Read Article 7*

*Spring Break: March 12<sup>th</sup> thru 16<sup>th</sup>*

**Week 10: March 19<sup>th</sup> thru 23<sup>rd</sup>**

Social Factors

*Read remainder of Chapter 11: Relationships*

*Read Article 8*

**Week 11: March 26<sup>th</sup> thru 30<sup>th</sup>**

Social & Cognitive Factors

*Read Chapter 8: Social Cognition*

*Read Article 9*

**Week 12: April 2<sup>nd</sup> thru 6<sup>th</sup>**

Social Factors

*Read first half of Chapter 9: Personality*

*Read Article 10*

**Week 13: April 9<sup>th</sup> thru 13<sup>th</sup>**

**Review for Exam 3**

Social Factors

*Read remainder of Chapter 9: Personality*

*Read Article 11*

*Exam 3 in Testing Center (Wed 11<sup>th</sup> thru Fri 13<sup>th</sup>)*

**Week 14: April 16<sup>th</sup> thru 20<sup>th</sup>**

Social Factors

*Read Chapter 12: Work, Leisure, and Retirement*

*Read Article 12*

*Term Paper due on Wednesday, April 18<sup>th</sup>*

**Week 15: April 23<sup>rd</sup> thru 26<sup>th</sup>**

**Death & Dying**

*Read Chapter 13: Dying and Bereavement*

*Read Article 13*

**Review for Final Exam**

**Final Exam in Class on Wednesday, May 2<sup>nd</sup> from 12:30 to 2:30pm**

**DISCLAIMER**

Information contained in this syllabus, other than the grading scale and exam/quiz policy may be subject to change with advanced notice, as deemed appropriate to the instructor.

**Earning Points:**

- A. Small Group/Class Participation: earned for participating actively in class discussions and in-class small group assignments. Each activity is worth 3 points. So with 30 assignments, this totals to 90 points.
- B. 10 Journal Responses: Brief (6-12 sentence) journal responses to assigned readings & activities (typically due on Mondays). Journals are worth 10 points each for a total of 100 points.
- C. 3 Midterm Exams: Taken at the Testing Center. Each Midterm is worth 100 points, drop the lowest score, for a total of 200 points.
- D. Successful Aging Project & Term Paper: Choose and research a successful aging activity to engage in for the semester, record your progress, and write a 6-8 page term paper based on your research and progress. Worth 100 points.
- E. Comprehensive Final Exam: Taken in class on Wednesday, May 2<sup>nd</sup> from 12:30 to 2:30pm. The final is worth 150 points.

Summary of Points Possible

Small Group Activities are worth 3 points each, times 30 Activities is	90 points
Successful Aging Assignments total	70 points
Successful Aging Term Paper is worth	100 points
Midterms are worth 100 points each, times 2 Midterms is	200 points
<u>Final Exam is worth</u>	<u>150 points</u>
<b>TOTAL:</b>	<b>610 points</b>

**Grading Policy**

<u>Grade</u>	<u>Percent</u>	<u>Grade</u>	<u>Percent</u>
A	94% - 100%	C	74% - 76%
A-	90% - 93%	C-	70% - 73%
B+	87% - 89%	D+	67% - 69%
B	84% - 86%	D	64% - 66%
B-	80% - 83%	D-	60% - 63%
C+	77% - 79%	F	59% AND BELOW

## OTHER IMPORTANT DATES/DEADLINES

Jan 9	Class-work Begins
Jan 11	Last Day to Add Without Signature
Jan 16	Martin Luther King, Jr. Day
Jan 17	Drop fee begins (\$10 per class)
Jan 30	Graduation Application Deadline
Jan 31	Last Day for Refund, Last day to drop without receiving a "W" grade
Feb 3	Last Day to ADD Classes
Feb 20	Presidents' Day
March 2	Last Day to DROP/AUDIT Classes
March 12-16	Semester Break
April 6	Last Day for Complete Withdrawal
April 16	Registration open to Seniors (90+ credits)
April 17	Registration open to Juniors (60+ credits)
April 18	Registration open to Sophomores (30+ credits)
April 19	Open Registration
April 26	Class-work Ends
April 27-May 3	Final Exams

**e-mail:** *You are required to frequently check your Dmail account.* Important class and college information will be sent to your dmail account, including DSC bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSC and in your courses. If you don't know how to access your dmail account, go to [www.dixie.edu](http://www.dixie.edu) and select "Dmail" from the left column. To locate your dmail username and password, go to [www.dixie.edu](http://www.dixie.edu), and click on "Log in to student services" (upper right corner).

**Disability Statement:** If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located in the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516

**Disruptive Behavior:** Teachers at Dixie State College have the right to manage the classroom environment to ensure a good learning climate. Toward this end, teachers (or college security) may dismiss and remove disruptive students from individual class activities. If a student's behavior continues to disrupt class activities, the teacher may dismiss and cause the removal of disruptive students from their course.

**Student Appeals:** Students who believe themselves wrongfully disciplined may appeal those disciplinary actions through the standard grievance procedure. (Policy 5-35)

**Cheating:** Academic dishonesty in any form will not be tolerated at Dixie State College, including but not limited to plagiarism on written assignments, submitting other person's work as one's own, and cheating on exams or quizzes. Teachers at Dixie State College may discipline students proven guilty of academic dishonesty by:

- Giving a failing grade on the specific assignment where dishonesty occurred,
  - Failing the student in the entire course,
  - Immediately dismissing and removing the student from the course, and/or
  - Referring the student to Student Affairs, a committee which may reprimand, place on probation, suspend, and/or expel the student.
- Students guilty of cheating/plagiarism will be dealt with according to college policy as found at <http://www.dixie.edu/humanres/policy/sec3/334.html>.