



# COURSE SYLLABUS

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## SECTION 1: COURSE INFORMATION

**Format:** Eight weeks.

**Course ID:** PSYC 2353

**Course Title:** Adult Development and Aging

**College:** College of Unrestricted Education – Department of Behavioral and Social Sciences

**Prerequisites:** PSYC 2343

**Credit Hours:** 3

**Instructor:** See the online course in MyFIRE for instructor contact information and availability.

### Course Description

This course is a study of the different processes of development in early, middle, and late adulthood. Particular attention is given to the interdependency of physical, cognitive, personality, and social aspects of development. Topics will include theories of aging, normative and non-normative physical changes, intellectual changes, and role changes, as well as meaning in late life, death, and dying.

## Course Overview

Through this course students will be introduced to theories and research related to development during the adult years. There will be a focus on biological, social, and psychological changes that adults go through as they age from early through older adulthood. Additionally, they will consider issues related to death and bereavement.

## Course Workload

Time spent on course assignments will vary by student depending on familiarity with course content, reading rate of speed, writing rate of speed, and other individual factors. Based on averages for most students, it is estimated that the course workload estimate for this course is 56.64 (7.08 hours per week).

## Course Materials

Cavanaugh, J.C. & Blanchard-Fields, F. (2015). Adult development and aging (7th ed.). Stamford, CT: Cengage Learning.

Required and optional textbooks are accessed and ordered through [SEU's bookstore](#).

**Disclaimer:** The resources utilized in this course provide information, thoughts and insights that should encourage critical thinking on the part of the student. Please note as well that as an Assembly of God institution, Southeastern University does not necessarily endorse specific personal, religious, philosophical, or political positions found in these resources.

## Course Topics

**The purpose of this course is to introduce, reinforce, and measure learning on the following topics:**

- The study of adult development
- The neuroscience of adult development
- Physical changes during adulthood
- Attention and memory
- Social-cognitive changes during adulthood
- Personality
- Relationships, work, leisure, and retirement
- Dying and bereavement

## Intended Learning Outcomes

**As a result of reading, study, and assessments in this course, the student should be able to:**

- Identify the major psychological theories as they relate to adult growth and development.
- Explain the physical, cognitive and social changes and their interdependence, typically experienced in adulthood.
- Assess how individual and group diversity affects adult development.
- Examine some of the most recent and most important research findings relevant to the understanding of adult development and aging.
- Identify what can be controlled individually to encourage successful aging.
- Evaluate theoretical models that hypothesize human dynamics related to death and dying.

## Late Work

Work ahead: For planned events (mission trips, vacations, surgeries) you

are invited to work ahead in order to submit work by the due date. No permission is needed.

**Request an extension:** If you know you will not be able to turn work in on time, contact your professor at least 24 hours before the assignment is due. Let the professor know about your circumstances and when you can turn the work in. If the professor decides to grant you an extension and you get the work in when you say you will, there will not be a penalty. You should only request an extension when something unforeseen comes up that you have no control over; a professor has no obligation to grant an extension and will be less inclined to do so if you are asking for one every week.

**Late work:** without prior arrangements, late work\* submitted within one week of the original due date will be considered for partial credit. Work will ONLY be accepted for the first seven days after it is due. NO WORK will be accepted past the last day of the course.

\*Discussion Posts: late participation in discussion forums is not accepted for late credit. The purpose of the discussion forum is to engage with your classmates on substantive ideas related to the course material, and your classmates will not revisit forums past the due dates. Similarly, professors will not revisit forums to grade past discussion due dates.

Professors of Foundational Core courses have been instructed to follow this policy to ensure fairness across all FC classes. Your professor will work with you if true emergencies occur, but your busy schedule will not be considered an emergency. If you have travel, a vacation, a wedding, or any other plannable event, it is up to you to communicate with your instructor to avoid grade penalties.

## **Extra Credit**

None Accepted

## **SECTION 2: SOUTHEASTERN POLICIES**

### **Academic Policies**

View this link to see Southeastern's Policies regarding SEU's Mission and Vision Statements, Title IX Statement, Student Services, Class Participation, Official Email, MyFIRE Use, Technical Difficulties, Technical Support, Disability Statement, Academic Honesty, Course Evaluation, Official Withdrawal, Grading Scale, and Netiquette.


## SECTION 3: COURSE SCHEDULE

The **Course Schedule** provides a listing of your work in this course. The assessments are listed by Module and include the due dates and point values.


**Note:** Assignments are due by 11:59 p.m. EST on the due date, unless otherwise noted.

### AIM, LEARN, AND APPLY DESCRIPTIONS


#### Aim

 When you see the Aim icon, you will be introduced to topics and ideas that will be covered throughout this module. The AIM will also provide you with a glimpse into your learning objectives and an introduction to this module.

#### Learn

 When you see the Learn icon, all of your reading assignments will be listed and may include additional resources that your instructor is providing to help you complete the activities and assessments for the module.

#### Apply

 When you see the Apply Icon, it will be time to demonstrate your learning for the module. The items here are those in which you'll be graded and may include discussions, activities, assignments, quizzes, exams, and projects.

**MODULE 1:**  
**XX/XX/XX – XX/XX/XX**



- Describe the dominant perspectives of adult development.
- Identify key issues when studying adult development.
- Explain the neuroscience approach to adult development.
- Discuss the adult brain in relation to neural plasticity.



- Read: Chapter 1
- Read: Chapter 2
- View: Additional articles
- View: Suggested videos



- Week 1 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 1 Discussion Forum: Two response posts
  - Due: Tuesday
  - Points: 25
- Week 1 Assignment



- Due: Tuesday
- Points: 50

**MODULE 2:**  
**XX/XX/XX – XX/XX/XX**



- Describe the physical changes that take place during the adult years.
- Identity key issues related to longevity and health during the adult years.
- Develop a lifestyle plan that will promote health and longevity



- Read: Chapter 3
- Read: Chapter 4
- View: Additional articles
- View: Suggested videos



- Week 2 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 2 Discussion Forum: Two response posts
  - Due: Tuesday
  - Points: 25
- Week 2 Assignment
  - Due: Tuesday

- Points: 50

**MODULE 3:**  
**XX/XX/XX – XX/XX/XX**



- Discuss the person-environment interactions during adulthood.
- Identify the most appropriate living options for aging adults.
- Identify key issue related to attention and memory during the adult years.
- Apply appropriate strategies for improving and maintaining memory throughout the adult year.



- Read: Chapter 5
- Read: Chapter 6
- View: Additional articles
- View: Suggested videos



- Week 3 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 3 Discussion Forum: Two response posts
  - Due: Tuesday
  - Points: 25
- Week 3 Assignment

- Due: Tuesday
- Points: 50

**MODULE 4:**  
**XX/XX/XX – XX/XX/XX**



- Identify and define key concepts and theories related to intelligence, reasoning, creativity, and wisdom during adulthood.
- Discuss measurement and changes in intelligence during the adult years.
- Identify issue with reasoning and problem solving as adults age.
- Describe and refute common stereotypes related to aging.
- Apply key concepts related to social judgment, motivation, and personal control.



- Read: Chapter 7
- Read: Chapter 8
- View: Additional articles
- View: Suggested videos



- Week 4 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 4 Discussion Forum: Two response posts
  - Due: Tuesday

- Points: 25
- Week 4 Assignment
  - Due: Tuesday
  - Points: 50
- Week 4 Midterm Exam
  - Due: Tuesday
  - Points: 100

**MODULE 5:**

**XX/XX/XX – XX/XX/XX**



- Identify key concepts and theories related to personality during the adult years.
- Evaluate the importance of life narratives, identity, and the self as a person ages.
- Describe most common mental health issues experienced in adulthood.
- Create a plan for maintaining mental health during the adult years.



- Read: Chapter 9
- Read: Chapter 10
- View: Additional articles
- View: Suggested videos



- Week 5 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 5 Discussion Forum: Two response posts
  - Due: Tuesday
  - Points: 25



➤ Week 5 Assignment

- Due: Tuesday
- Points: 50

**MODULE 6:**

**XX/XX/XX – XX/XX/XX**



- Identity the types of relationships and related issues during adulthood.
- Describe the lifestyle options in adulthood.
- Discuss the key components of successful love relationships.
- Examine the changes of family dynamics and life course changes during adulthood.
- Identify strategies for occupational selection and transitions.
- Assess the importance of leisure activities during the working years as well as during retirement.



- Read: Chapter 11
- Read: Chapter 12
- View: Additional articles
- View: Suggested videos



- Week 6 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 6 Discussion Forum: Two response posts

- Due: Tuesday
- Points: 25
- Week 6 Assignment
  - Due: Tuesday
  - Points: 100

**MODULE 7:**  
**XX/XX/XX – XX/XX/XX**



- Explain the different definitely approaches to death.
- Identify and apply the different approaches that a person can take when dealing with the death of a loved one as well as their own impending death.
- Discuss the different end-of-life issues.



- Read: Chapter 13
- View: Additional articles
- View: Suggested videos



- Week 7 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 7 Discussion Forum: Two response posts
  - Due: Tuesday
  - Points: 25
- Week 7 Final Paper
  - Due: Tuesday
  - Points: 200

**MODULE 8:**  
**XX/XX/XX – XX/XX/XX**



- Identify demographic trends and social policy related to aging.
- Identify key characteristics related to successful aging.



- Read: Chapter 14
- View: Additional articles
- View: Suggested videos



- Week 8 Discussion Forum: Initial Post
  - Due: Saturday
  - Points: 25
- Week 8 Discussion Forum: Two response posts
  - Due: Tuesday
  - Points: 25
- Week 8 Final Exam
  - Due: Tuesday
  - Points: 100

## **SECTION 4: ASSESSMENTS**

### **Discussion Forums**

#### **Description**

Each week, students will participate in a class discussion. The discussion topics will relate to the weekly readings and will encourage the student apply what they have learned during the week as they engage with both the instructor and their fellow students. Each week students will be required to respond to the given discussion questions with a substantial post that demonstrate depth of understanding and is supported by a minimum of one cited and referenced source. A student's initial post should be at least 200 words in length. This initial post should be posted each week by Saturday at 11:59pm EST.

In addition to the initial post students must respond substantially to a minimum of two of their peer's initial posts. These posts must add breadth and depth to the discussion, continue to build on the initial post, and add additional insights and questions. It is expected that strong response post would be at least 100 words in length. These posts should be made each week by Tuesday at 11:59pm EST.

#### **Total Possible Points**

50 pts per week

#### **Grade Weight**

35%

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### **Weekly Assignments**

#### **Description**

In weeks 1-6 students will complete written assignments that will be outlined in the classroom. These assignments will allow the students to apply concepts that they have read about during the corresponding week.

#### **Total Possible Points**

- 50 pts. in weeks 1-5
- 100 pts. in week 6

**Grade Weight**

30%

## **Final Paper**

### **Description**

Based on your interviews from week 6 as well as research from a minimum of 3 scholarly sources in addition to you text this week you will be writing a 5-7 page paper comparing and contrasting development in middle adulthood with older adulthood. Make sure to cover the following points in your final paper:

- An introduction to each of your interviewees.
- A comparison and contrast of your interviewees' development in each of the 4 areas of adult development you focused on in the interview.
- Based on your research and interviews discuss recommendations you would make to a middle-aged adult to encourage healthy and adjusted development in older age.
- Based on your research and interviews discuss recommendations you would make to an older adult (over the age of 65) for maintaining healthy and happiness in their older years.
- A conclusion sharing the key points that you took away from this experience.

This paper should be 5-7 pages double spaced and written in proper APA format. In addition to the minimum page count (i.e. 5 pages and 1 line minimum) you should also include a cover page and a reference page in APA format. Additionally, use a minimum of 3 additional scholarly sources in addition to your textbook to support your points.

### **Total Possible Points**

200 pts

### **Grade Weight**

17.5%

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## **Exams**

### **Description**

- In week 4 you will take a multiple choice midterm exam that covers materials



studied in weeks 1-4.

- In week 8 you will take a multiple choice midterm exam that covers materials studied in weeks 5-8.

**Total Possible Points**

100 pts for each exam

**Grade Weight**

17.5%



