

PSYC 353
Psychology of Aging
Winter 2017
Instructor: Dr. Rose Joudi Kadri

Lecture Location: ICT 122

Email: rjoudi@ucalgary.ca
Lecture Tue/Thur

* When contacting me, please

Days/Time: 12: 30 pm – 13:45 pm

include the course # in the subject heading

Office: AD 155B

Office Hours: By Appointment

Course Description

This course is designed to be educational and interactive. Throughout the course you will be expected to think about and answer questions that pertain to a specific topic in Aging. In this course you will experience class activities, exercises and pseudo-tests. Upon completion of this course you should have a good understanding of the psychological, biological, and sociological perspectives to the aging process. This course also examines theory and research related to psychological processes during adulthood and aging. Topics may include life-span developmental theories and methods; biological processes, cognitive processes; personality and social processes; life transitions, mental health issues; and dying. During this course, we will discuss theory, research, and intervention/policy pertaining to the aging process and older adults. Among the changes emphasized are normal age-related changes pertaining to physical development (wrinkles, greying of hair, decrease in height etc.), personality, memory, intelligence, and health. Other topics covered include conceptual and methodological issues, Alzheimer's disease and care giving, stress, social ties, and depression, and longevity and dying.

Course Learning Outcomes

The Department of Psychology is committed to student knowledge and skill development. The table below lists the key learning outcomes for this course, the program-learning outcomes they facilitate (see psyc.ucalgary.ca/undergraduate/program-learning-outcomes), and the expected level of achievement.

Course Learning Outcomes	PLO(s)	Level(s)
convey key concepts and theoretical approaches of aging	1	C
identify historical trends, recent advances, and the limits of psychological knowledge in the area of aging	1	C
assess and critically evaluate information, ideas, and assumptions comprehensively and from a variety of perspectives	2	C
contribute to knowledge and problem solving using integrative and creative approaches	2	C
Demonstrate an ability to communicate effectively through written communication and peer interaction	4	C
assess the relevance, reliability, validity, and utility of different sources	5	C

of information		
transfer learning and psychological knowledge about aging to social contexts and situations	7	C

Notes. PLOs = Program-Learning Outcomes: 1 = demonstrate knowledge of psychological sciences, 2 = think critically and solve problems, 3 = conduct research and analyze data, 4 = communicate effectively, 5 = demonstrate information literacy, 6 = understand and implement ethical principles, 7 = apply psychological knowledge and skills. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

Course Goals

Among the objectives of this course are to: (a) examine the accuracy of various stereotypes about older adults, (b) promote positive attitudes toward aging and older people; (c) gain an appreciation of the complexity of the conceptual and methodological issues related to studying the aging process; (d) broaden understanding of the aging process; (e) increase knowledge of how applied research is being used to enhance older adults' quality of life; and (f) consider the implications of this course for one's own aging and the aging of family members. Aside from having an increased knowledge of the aging process, it is anticipated that by the end of the course you will have increased your ability to think about aging issues in a critical manner. It is also anticipated that this course will exercise your reasoning skills in an insightful and logical manner.

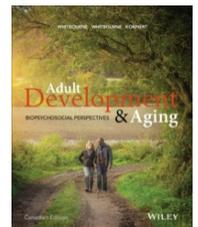
Prerequisites

Psyc 200 & 201 – Principles of Psychology I & II

Required Text

Adult Development and Aging: Biopsychosocial Perspectives, Canadian Edition
Susan Krauss Whitbourne, Stacey B. Whitbourne, Candace Konnert December 2014, ©2015.
Text can be purchased at bookstore.

Lectures are intended to highlight and extend (not summarize) the material in each chapter. Students are encouraged to ask questions and/or provide comments during the lectures as class discussions enhance learning. Students are responsible for the material covered in all lectures, videos, and textbook readings. Please note that you are encouraged to make arrangements with another student for class information that you may have missed due to absenteeism.



Evaluation

Evaluation	Information	Weight
Midterm Test One	Date: Thurs 2 nd Feb Chapters Covered: 1, 2 and 4 Test structure: Multiple Choice Questions. Test will cover material in class, videos and handouts. *No iPods, iPads, computers, books or notes allowed during tests	25%
Midterm Test Two	Date: Tuesday 14 th March Chapters Covered: 5, 9 and 10 Test structure: Multiple Choice Questions Test will cover material in class, videos and handouts.	25%

	*No iPods, iPads, computers, books or notes allowed during tests	
In Class Activities	Date: Throughout the semester Participation in class exercises and activities Three class activities worth a total of 5% *More information provided in class and posted on D2L	5%
Reflective thought piece	Date: Thur 30 th March You will write a 3 - 4 page reflection on your experiences in this course. What did you learn? What surprised you? Has your view of aging changes, and if so then how? *More information provided in class and posted on D2L	5%
Final Exam	Date: To Be Scheduled by the Registrar Chapters Covered: 9, 10, 12, 13 and 14 Test structure: Multiple Choice Questions (MCQs) Test will cover material in class, videos and handouts. *No iPods, iPads, computers, books or notes allowed during tests	40%

Department of Psychology Grade Distribution Policy

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that 1) up to 30% of grades in 200- and 300-level psychology courses will be "A" grades (A+, A, and A-), and 2) up to 40% of grades 400-level psychology courses will be "A" grades.

Department of Psychology Criteria for Letter Grades

Psychology professors use the following criteria when assigning letter grades:

A+ grade: *Exceptional Performance.* An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

A, A- Range: *Excellent Performance.* Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student's thorough knowledge of subject matter.

B Range: *Good Performance.* Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

C Range: *Satisfactory Performance.* Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

D range: *Marginally meets standards*. Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

F grade: *Course standards not met*. Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor's discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. In this course there will be no rounding up of final grades, especially in light of the opportunities students have to increase their final grade via research participation.

Tentative Lecture Schedule

Date	Topic	Chapters/Required Reading
T Jan 10	Winter term lectures begin. Meet & Greet and Course Overview	
R Jan 12	Themes and Issues – Introduction to Aging Class activity: How much do you know about aging	Ch 1
T Jan 17	Cont. Themes and Issues – Introduction to Aging	Ch 1
R Jan 19	Models of Development	Ch 2
F Jan 20	Last day to drop Winter Term half-courses.	
M Jan 23	Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.	
T Jan 24	Models of Development	Ch 2
R Jan 26	Physical Changes	Ch 4
T Jan 31	Physical Changes	Ch 4
R Feb 2	Test One (worth 25%)	Ch 1, 2 and 4
T Feb 7	Health and Prevention	Ch 5
R Feb 9	Health and Prevention	Ch 5
T Feb 14	Relationships	Ch 9
R Feb 16	Relationships	Ch 9
Feb 19-26	Reading Week. No lectures. University open (except Family Day). Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	

M Feb 20	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
T Feb 28	Class Activity: Describe your future 72 year old self	
R Mar 2	Work, Retirement and Leisure	Ch 10
T Mar 7	Work, Retirement and Leisure	Ch 10
R Mar 9	Documentary: Cyber-Seniors	
T Mar 14	Test Two (worth 25%)	Ch 5, 9 and 10
R Mar 16	Long term care	Ch 12
T Mar 21	Long term care	Ch 12
R Mar 23	Class Activity: How do you feel about death?	
T Mar 28	Death and Dying	Ch 13
R Mar 30	Death and Dying	Ch 13
	Reflective thought piece due in class (worth 5%)	
T Apr 4	Successful Aging	Ch 14
R Apr 6	Successful Aging	Ch 14
T Apr 11	Last Day of Class: Course Recap	
W Apr 12	Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.	
F Apr 14	Good Friday. No Classes. University Closed	
Apr 15-26	Winter Term Final Examinations.	Ch 9, 10, 12, 13 and 14

Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present

a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit www.ucalgary.ca/access/.

Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor.

The full policy on Student Accommodations is available

at http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy_0.pdf.

Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have up to **48 hours** to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written **within 2 weeks** of the missed test/exam during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-review-and-makeup-exams>. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam http://www.ucalgary.ca/registrar/exams/deferred_final. Under no circumstances will this be accommodated by the department.

Travel During Exams

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam http://www.ucalgary.ca/registrar/exams/deferred_final. Under no circumstances will this be accommodated by the department.

Freedom of Information and Protection of Privacy (FOIP) Act

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during

office hours, or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

Course Credits for Research Participation (Max 2% of final grade)

Students in most psychology courses are eligible to participate in Departmentally approved research and earn credits toward their final grades. **A maximum of two credits (2%) per course, including this course, may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **April 12, 2017**.

Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 130 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suvpaca@ucalgary.ca

Student Union Faculty Rep.: arts1@su.ucalgary.ca

Student Ombudsman's Office

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or ombuds@ucalgary.ca (<http://www.ucalgary.ca/provost/students/ombuds>)

Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year. Call 403-220-5333.

Important Dates

The last day to drop this course with no "W" notation and **still receive a tuition fee refund is January 20, 2017**. Last day for registration/change of registration is **January 23, 2017**. The last day to withdraw from this course is **April 12, 2017**.