

Adulthood and Aging

Course Information

PSYC 3311 (Section 001) – Adulthood and Aging,

Fall 2016

Monday, Wednesday, & Friday 10:00am – 10:50am, Life Science (LS) 424

Course Description

The purpose of this course is to provide a general introduction to the study of developmental changes and psychological processes associated with aging. We will examine topics such as changes in the nervous system, cognitive processes, transitions in later life, mental and physical health, social relations, and death and dying. Although the main purpose of this course is to provide a theoretical basis for understanding aging, it is expected that students will be exposed to aging from an experiential perspective.

Professor Contact Information

Dr. Shannon Layman

Email: shlayman@uta.edu

Office: LS 307

Office Hours: Wednesdays 11am – noon, or by appointment

Phone Number: 817-272-9634

Other Information: Email is the fastest and most reliable way to get a hold of me. **Please put “Adulthood and Aging” in the subject line, and email from your UTA email address.**

Course Pre-requisites, Co-requisites, and/or other restrictions

PSYC 1315 – Introduction to Psychology

Student Learning Objectives/Outcomes

After completing this course, students should be able to:

- Explain the continuity of human development
 - Identify the psychological and social changes that occur during adulthood
 - Describe the normal and abnormal physical and psychological changes that accompany the aging process
 - Understand biological, psychological, social, and environmental factors that affect older adults' well-being
 - Describe the social and work roles in adulthood and the development of relationships
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Required Textbooks and Materials

1. Erber, Joan T. (2010). Aging and Older Adulthood (3rd Edition). Wiley-Blackwell.
2. Additional assigned readings provided throughout the semester **via Blackboard: to be announced**
3. Blackboard will be an important resource throughout the semester. Your grades will be posted through Blackboard and supplemental readings will be provided. Make sure you have access to Blackboard.
 - a. Blackboard support is available 24/7 by calling 1-855-308-5542 or visiting <http://bbsupport.uta.edu>
4. No electronic devices are permitted during class (**this includes laptops and cell phones**). We will discuss this requirement on the first day of class.

Grading Policy

Final course grade will be based on the following criteria.

Class Participation and attendance	40 points	≈ 10%
Quizzes (6 @ 20 points each)	120 points	29%
Interview Reports (2 @ 100 points each)	200 points	49%
<u>Article Presentation</u>	<u>50 points</u>	<u>12%</u>
TOTAL	410 points	100%

Grades will be assigned on the basis of the final distribution of the sums of all students' total points. Criteria for each letter grade will be determined on the basis of this distribution, but sums in the range of 90-100% will always earn A range grades, sums in the range of 80-89% will always earn at least B range grades, sums in the range of 70-79% will always earn at least C range grades. I do not round up to the next letter grade.

Do not e-mail me to ask for more points so that you can get the grade that you want. If you want a specific grade then you need to put in the effort necessary to obtain said grade.

Course & Instructor Policy

Email:

I am generally good at responding to student e-mails but sometimes my inbox gets ahead of me and emails become buried behind subsequent e-mails. Thus, **if you do not hear from me within 48 hours of your initial correspondence, please feel free to send me reminder e-mail.**

Sometimes I do not e-mail students back because their e-mail does not warrant a response. These situations include but are not limited to:

- Questions regarding information that can be found on the syllabus
- Asking for more points added to your grade or to have your grade bumped to the next letter grade
- Asking to what you missed during a class absence

Class Participation:

At The University of Texas at Arlington, taking attendance is not required. Rather, each faculty member is free to develop his or her own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance.

As the instructor of this section, classroom attendance is required and necessary for success in this course. Lecture material and classroom activities will supplement material covered in the reading. Your Class Participation grade will be based on participation in class discussions *especially on article presentation days*, in-class activities, as well as coming to class.

Students who miss a class meeting(s) for any reason or miss portions of classes due to tardiness or early departure will **still be held accountable for all of the material that is covered** during those sessions, including materials presented in lecture that are not in the book. If you miss a class, find a classmate (or two) with whom you can share resources. **Please do not email or phone the professor to ask what materials you missed in class.** Material covered in class is your responsibility.

Quizzes:

There will be six (6) quizzes throughout the semester. These will be conducted at the start of class and will encompass content relevant to two chapters from the book. Quiz questions will primarily be derived from the content in the book; however quizzes may also incorporate information pertaining to videos watched in class and alternative required readings. Quizzes will consist of 20 multiple and true/false questions. You will have 25 minutes to complete the quiz. Quizzes will be worth approximately 29% of the class grade.

You must be present for all quizzes. Make-up quizzes will be given **only** if: (1) you were seriously ill with verifying documentation, (2) you were unavoidably detained the day and time of the quiz with verifying documentation, or (3) you made arrangements prior to the quiz for an urgent family matter (e.g., a funeral). In any of these cases, **you must notify the professor in advance of the time of the quiz (even if that simply means leaving a voicemail)**. Appropriate documentation will be required prior to taking the quiz. Missing a quiz for any other reason will result in a “0” for that quiz. For an approved absence with proper documentation, you will have one week to make up the quiz. It is your responsibility to get in contact with the Professor about arranging the make-up. Keep in mind that make-up exams are intended to be more comprehensive to compensate for additional study time. Make-up quizzes will not necessarily be multiple-choice format.

If you are concerned about a quiz grade, please contact the Professor **within one week** of the grades posting to schedule a time to discuss the issue.

Interview Reports:

Students will conduct two interviews with one older adult (65 and over) per report, record the interview and take copious notes, and write two reports that focus on concepts found in the text. The first report will focus on a concept from chapters 3-7, and the second report will focus on a concept from chapters 8-12. Students will use theories presented in the course to support their findings.

The purpose of these reports is threefold: 1) To allow you to demonstrate your ability to think critically and develop an argument about a given topic; 2) To assist you in developing your academic writing skills; and 3) To gain a more thorough understanding of the experiential perspective of aging. Thus, marks will be assigned based on these major aspects: (1) your ability to develop a clear argument and use evidence to support it; (2) how you present the paper; and (3) your notes from your interview with an elderly individual. The report marking criteria sheet detailing precisely what is expected and how these reports will be evaluated will be available on Blackboard. This criteria sheet should be attached to the assignment.

Although you are expected to comply with the 5-page limit, a little over (no more than ½ a page) is acceptable. The page limit is not trivial; it should motivate you to be concise and clear in presenting the content. Each report will be worth 25% of the class grade. Interviewing technique guidelines will be available on Blackboard.

You will submit this report in two forms: Hard copy in-class and via Blackboard through Safe-Assign to check for plagiarism.

Writing Center: The Writing Center, 411 Central Library, offers individual 40-minute sessions to review assignments, *Quick Hits* (5-10 minute quick answers to questions), and workshops on grammar and specific writing projects. Visit <https://uta.mywconline.com/> to register and make appointments. For hours, information about the writing workshops we offer, scheduling a classroom visit, and descriptions of the services we offer undergraduates, graduate students, and faculty members, please visit our website at www.uta.edu/owl/. **Librarian to Contact:** Peace Ossum Williamson – 817-272-6208–
peace@uta.edu

Article Presentation:

You will be randomly assigned to a group of students to work together on a class presentation of a chosen article for this course. The information from your group presentation will be posted on Blackboard for the class to use to assist in preparation for both Interview Reports. A rubric, schedule, and guidelines will be posted on Blackboard.

Extra Credit:

No individualized extra credit will be given out.

Course Schedule and Academic Calendar

Week	Date	Lecture Content	Readings and Assignments
0.5	26-Aug	Course Overview	
1	29-Aug	Introduction to Aging	Chapter 1
	31-Aug		
	2-Sep	Video: Aging in America	
2	5-Sep	Labor Day Holiday	
	7-Sep	Theory and Methods	Chapter 2
	9-Sep		
3	12-Sep	Group Presentation #1	Quiz (1 & 2)
	14-Sep	Biological Aging & Health	Chapter 3
	16-Sep		
4	19-Sep	Biological Aging & Health cont.	
	21-Sep	Group Presentation #2	
	23-Sep	Sensation, Perception, & Attention	Chapter 4
5	26-Sep	Sensation, Perception, & Attention cont.	
	28-Sep		
	30-Sep	Group Presentation #3	Quiz (3 & 4)
6	3-Oct	Memory	Chapter 5
	5-Oct		
	7-Oct		
7	10-Oct	Intellectual Functioning	Chapter 6
	12-Oct		
	14-Oct	Video: Memory Loss Tapes part 1	
8	17-Oct	Video: Brain Fitness - Peak Performance	
	19-Oct	Group Presentation #4	Quiz (5 & 6)
	21-Oct	Cognition & Problem Solving	Chapter 7
9	24-Oct	Cognition & Problem Solving cont.	Chapter 7
	26-Oct	Personality & Coping	Chapter 8; Interview Report #1 due in class
	28-Oct		
11	31-Oct	Group Presentation #5	Quiz (7 & 8)
	2-Nov	Social Interactions	Chapter 9
		Last Day to Drop Classes; submit requests to advisor prior to 4:00pm	
12	4-Nov	Social Interactions	Chapter 9
	7-Nov	Social Interactions	
	9-Nov	Work & Retirement	Chapter 10
11-Nov			
13	14-Nov	Group Presentation #6	Quiz (9 & 10)
	16-Nov	Mental Health	Chapter 11
	18-Nov		

14	21-Nov	Video: Memory Loss Tapes part 2	
	23-Nov	NO CLASS for Thanksgiving travel	
	25-Nov	THANKSGIVING HOLIDAY	
15	28-Nov	Death & Dying	Chapter 12
	30-Dec		
	2-Dec	Group Presentation #7	Quiz (11 & 12)
16	5-Dec	Video: Alive Inside	
	7-Dec		Interview Report #2 due in class

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Professor.

Drop Policy: Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://wweb.uta.edu/aao/fao/>).

Disability Accommodations: UT Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including *The Americans with Disabilities Act (ADA)*, *The Americans with Disabilities Amendments Act (ADAAA)*, and *Section 504 of the Rehabilitation Act*. All instructors at UT Arlington are required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of disability. Students are responsible for providing the instructor with official notification in the form of a **letter certified** by the Office for Students with Disabilities (OSD). Only those students who have officially documented a need for an accommodation will have their request honored. Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting:

The Office for Students with Disabilities, (OSD): www.uta.edu/disability or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability.

Counseling and Psychological Services, (CAPS): www.uta.edu/caps/ or calling 817-272-3671 is also available to all students to help increase their understanding of personal issues, address mental and behavioral health problems and make positive changes in their lives.

Non-Discrimination Policy: *The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation, disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit uta.edu/eos.*

Title IX Policy: The University of Texas at Arlington (“University”) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated. For information regarding Title IX, visit www.uta.edu/titleIX or contact Ms. Jean Hood, Vice President and Title IX Coordinator at (817) 272-7091 or jmhood@uta.edu.

Academic Integrity: Students enrolled all UT Arlington courses are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.

UT Arlington faculty members may employ the Honor Code in their courses by having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System Regents' Rule 50101, §2.2, suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University. Additional information is available at <https://www.uta.edu/conduct/>.

Electronic Communication: UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Campus Carry: Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit <http://www.uta.edu/news/info/campus-carry/>

Student Feedback Survey: At the end of each term, students enrolled in face-to-face and online classes categorized as "lecture," "seminar," or "laboratory," are directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student's feedback via the SFS database is aggregated with that of other students enrolled in the course. Students' anonymity will be protected to the extent that the law allows. UT Arlington's effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit <http://www.uta.edu/sfs>.

Final Review Week: for semester-long courses, a period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

Emergency Exit Procedures: Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exits, which are located to the right (exit right, turn immediate right, go down the hallway to the stairwell) or left (exit left, exit double doors, head towards stairwell) upon exiting the classroom. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

Student Support Services: UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include:

- Tutoring: <http://www.uta.edu/universitycollege/current/academic-support/learning-center/tutoring/index.php>
- Major-based learning centers: <http://www.uta.edu/universitycollege/resources/college-based-clinics-labs.php>

- Developmental education
- Advising and mentoring: <http://www.uta.edu/universitycollege/resources/advising.php>
- Personal counseling: <https://www.uta.edu/caps/>
- Federally funded programs: <http://www.uta.edu/universitycollege/current/academic-support/mcnair/index.php>

For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at <http://www.uta.edu/universitycollege/resources/index.php>.

The IDEAS Center (2nd Floor of Central Library) offers **free** tutoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. To schedule an appointment with a peer tutor or mentor email IDEAS@uta.edu or call (817) 272-6593.

Emergency Phone Numbers: In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911.