Adulthood and Aging

Course Information
PSY 3311 (Section 001) – Adulthood and Aging,
Fall 2015
Monday, Wednesday, & Friday 11:00am – 11:50am, Science Hall (SH) 331

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 noon – 1pm, 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

Required Textbooks and Materials
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).
Recommended Articles


Gawande, A. (2010). “Letting go: What should medicine do when if can’t save your life?” The New Yorker (August 2), 36-49, from: 
http://www.newyorker.com/reporting/2010/08/02/100802fa_fact_gawande?printable=true


O’Rourke, M. (2010). Good grief. The New Yorker (February 1), 66-72, from:  
http://www.newyorker.com/arts/critics/atlarge/2010/02/01/100201crat_atlarge_orourke?currentPage=all
#ixzz0jEkINnma


**Grading Policy**

Final course grade will be based on the following criteria.

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Participation</td>
<td>40</td>
<td>11%</td>
</tr>
<tr>
<td>Quizzes (6 @ 20 points each)</td>
<td>120</td>
<td>33%</td>
</tr>
<tr>
<td>Interview Reports (2 @ 100 points each)</td>
<td>200</td>
<td>56%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>360</td>
<td>100%</td>
</tr>
</tbody>
</table>

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.

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
- Asking if you can make up a quiz, an assignment, or an exam (please see respective sections in the syllabus for more information)

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, 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. Dates and assigned readings are listed in the tentative schedule below. If changes to the reading schedule occur, these will be announced during class sessions and on Blackboard. Quizzes will be worth 30% 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, 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 an older adult (65 and over), 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 the Blackboard website. 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.

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: Diane Shepelwich – 817-272-7521 – dianec@uta.edu

Extra Credit:

No individualized extra credit will be given out.
## Course Schedule and Academic Calendar

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Lecture Content</th>
<th>Readings and Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5</td>
<td>28-Aug</td>
<td>Course Overview</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>31-Aug</td>
<td>Introduction to Aging</td>
<td>Ch. 1; Gawande (2007); Ouwehand; Depp</td>
</tr>
<tr>
<td></td>
<td>2-Sep</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4-Sep</td>
<td>Video: Aging in America</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>7-Sep</td>
<td>Labor Day Holiday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-Sep</td>
<td>Theory and Methods</td>
<td>Ch. 2</td>
</tr>
<tr>
<td></td>
<td>11-Sep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>14-Sep</td>
<td>Quiz (1 &amp; 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>16-Sep</td>
<td>Biological Aging &amp; Health</td>
<td>Ch. 3; Lusky</td>
</tr>
<tr>
<td></td>
<td>18-Sep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>21-Sep</td>
<td>Biological Aging &amp; Health cont.</td>
<td>Blazer; Levy</td>
</tr>
<tr>
<td></td>
<td>23-Sep</td>
<td>Video: TBD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>25-Sep</td>
<td>Sensation, Perception, &amp; Attention</td>
<td>Ch. 4</td>
</tr>
<tr>
<td>5</td>
<td>28-Sep</td>
<td>Sensation, Perception, &amp; Attention cont.</td>
<td>Salthouse</td>
</tr>
<tr>
<td></td>
<td>30-Sep</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2-Oct</td>
<td>Quiz (3 &amp; 4)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>5-Oct</td>
<td>Memory</td>
<td>Ch. 5</td>
</tr>
<tr>
<td></td>
<td>7-Oct</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-Oct</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>12-Oct</td>
<td>Video: Memory Loss Tapes part 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>14-Oct</td>
<td>Intellectual Functioning</td>
<td>Ch. 6</td>
</tr>
<tr>
<td></td>
<td>16-Oct</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>19-Oct</td>
<td>Video: Brain Fitness - Peak Performance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>21-Oct</td>
<td>Quiz (5 &amp; 6)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>23-Oct</td>
<td>Cognition &amp; Problem Solving</td>
<td>Ch. 7</td>
</tr>
<tr>
<td>9</td>
<td>26-Oct</td>
<td>Cognition &amp; Problem Solving cont.</td>
<td>Ch. 7</td>
</tr>
<tr>
<td></td>
<td>28-Oct</td>
<td>Personality &amp; Coping</td>
<td>Ch. 8; Interview Report #1 due in class</td>
</tr>
<tr>
<td></td>
<td>30-Oct</td>
<td></td>
<td>Abrams</td>
</tr>
<tr>
<td>11</td>
<td>2-Nov</td>
<td>Quiz (7 &amp; 8)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4-Nov</td>
<td>Social Interactions</td>
<td>Ch. 9</td>
</tr>
<tr>
<td></td>
<td>6-Nov</td>
<td>Social Interactions</td>
<td>Ch. 9</td>
</tr>
<tr>
<td>12</td>
<td>9-Nov</td>
<td>Social Interactions</td>
<td>Löckenhoff</td>
</tr>
<tr>
<td></td>
<td>11-Nov</td>
<td>Work &amp; Retirement</td>
<td>Ch. 10</td>
</tr>
<tr>
<td></td>
<td>13-Nov</td>
<td>NO CLASS</td>
<td></td>
</tr>
</tbody>
</table>
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/).

**Americans with Disabilities Act:** The University of Texas at 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). 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 that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability or by calling the Office for Students with Disabilities at (817) 272-3364.

**Title IX:** The University of Texas at Arlington is committed to upholding U.S. Federal Law “Title IX” such that no member of the UT Arlington community shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. For more information, visit www.uta.edu/titleIX.

**Academic Integrity:** Students enrolled in this course 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.**

At UT Arlington, academic dishonesty is completely unacceptable and will not be tolerated in any form, including (but not limited to) “cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to
a student or the attempt to commit such acts” (UT System Regents’ Rule 50101, §2.2). Suspected violations of academic integrity standards 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.

**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, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. 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 www.uta.edu/resources.

**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.

**Student Feedback Survey:** At the end of each term, students enrolled in classes categorized as “lecture,” “seminar,” or “laboratory” shall be 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 enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit http://www.uta.edu/sfs.

**Final Review Week:** 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 exit. There are North and East exits, which are located around the corner on the left and right, after you exit 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 handicapped individuals.

**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.