
Psychology 353	Psychology of Aging	Fall 2015
Instructor: Margaret Easton	Lecture Location: SB 144	
Email: margareteaston@shaw.ca	Lecture Days/Time: MWF: 2:00 – 2:50	
Office: Admin 155A	Teaching Assistant: Clark Amistad	
Office Hours: TBA		

Course Description and Goals

This course is an introduction to adult development and aging from a biopsychosocial perspective. Course topics include: theories of aging, models of adult development, research methods in aging, physical, cognitive and psychological changes, significant life transitions such as retirement, age-related dementias (i.e. Alzheimer's disease), death and dying, and successful aging. Upon completion of this course you should have a broad understanding of current issues related to aging and older adults.

Students should gain: 1) an increased knowledge of the aging process; 2) greater appreciation for the concept that development is a life-long process; 3) enhanced awareness that ageism and stereotypes of aging can have negative biopsychosocial consequences; and 4) an ability to use course material to understand and prepare for one's own aging and the aging of family members.

Students are encouraged to ask questions and/or provide comments during the lectures as class discussions enhance learning.

Prerequisites

Psych 200 & 201 – Principles of Psychology I & II

Required Text

Adult Development and Aging: Biopsychosocial Perspectives, Canadian Edition by Susan Krauss Whitbourne, Stacey B. Whitbourne, Candace Konnert December 2014, ©2015

ISBN 978-1-119-04542-7 Loose-leaf version available in bookstore.

An E-Text version can also be purchased through the bookstore: ISBN 978-1-119-04892-3

Evaluation

Lectures are intended to highlight and extend (not summarize) the material in each chapter. Students are responsible for the material covered in all lectures, videos, and textbook readings.

In addition to completing assigned readings, you must successfully complete the mid-term, written assignment, and final exam to pass this course.

Exams

Both examinations are non-cumulative and will include multiple choice and short answer questions. All exams will cover 1) assigned material in the textbook and 2) lectures, videos shown in class, and additional handouts. The exam schedule that follows provides specific information regarding the material to be covered by each exam.

Study aids (e.g., class notes), textbook and laptops/iPads/smartphones will not be permitted during the exams.

EXAM	Relevant Chapters	% of Final Grade	Date Given
Midterm	Chap 1-7	40	October 23 rd
Final	Chap 8-14	40	To be scheduled by registrar.
Assignment	All Chapters	20	November 30 at beginning of class

Assignment—Personal Insights into Ageism: In 1975, Dr. Robert Butler used the term ageism to refer to “a process of systematic stereotyping of and discrimination against people because they are old.” Recent research is showing that anxiety about ageing may be a major factor in ageism. This 5 to 6 page double-spaced written assignment is worth 20% of your final grade and asks you to identify 5 ways that the course content has either increased your anxiety about ageing or reduced it and to explain why. You can prepare your report using only the course textbook, lectures, and videos but you can also include outside references. More details will be posted in class and on Desire to Learn.

Late assignments will be accepted but the mark will be reduced by 10% per day, including weekends.

Submit assignment in person at the beginning of class on November 30th.

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%

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 to determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

Tentative Lecture Schedule

Date	Topic/Activity	Text Chapter
T Sep 8	Fall Lecture Begins	NA
W Sep 9	Introduction/Administration	Videos
F Sep 11	Themes and Issues	Chap 1
M Sep 14	Themes and Issues	Chap 1
W Sep 16	Models of Development	Chap 2
F Sep 18	Models of Development <i>Last day to drop full courses (Multi-term) and Fall Term half courses. No refunds for full courses (Multi-term) or Fall Term half courses after this date.</i>	Chap 2
M Sep 21	Models of Development and Ageism <i>Last day to add or swap full courses (Multi-term) and Fall Term half</i>	Chap 2

	<i>courses. Last day for change of registration from audit to credit or credit to audit.</i>	
W Sep 23	Research Methods	Chap 3
F Sep 25	Research Methods <i>Fee payment deadline for Fall Term full and half courses.</i>	Chap 3
M Sep 28	Physical Changes	Chap 4
W Sep 30	Physical Changes	Chap 4
F Oct 2	Physical Changes	"60 Minutes" Video
M Oct 5	Health and Prevention	Chap 5
W Oct 7	Health and Prevention	Chap 5
F Oct 9	Dementias and Mild Cognitive Impairment	Chap 5
M Oct 12	No lectures. <i>Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries).</i>	NA
W Oct 14	Basic Cognition	Chap 6
F Oct 16	Higher Cognition	Chap 7
M Oct 19	Higher Cognition	Chap 7
W Oct 21	Chapter 1 – 7 Review	Chap 1-7
F Oct 23	MIDTERM	NA
M Oct 26	Personality	Chap 8
W Oct 28	Personality	Chap 8
F Oct 30	Personality: Carstensen/Cohen	Chap 8 and Handout
M Nov 2	Relationships	Chap 9
W Nov 4	Relationships	Chap 9
F Nov 6	Work and Retirement	Chap 10
M Nov 9	Work and Retirement	Chap 10
Nov 11-15	No lectures. <i>Reading Days.</i>	NA
W Nov 11	No lectures. <i>Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>	NA
F Nov 13	No lectures. <i>Reading Days.</i>	NA
M Nov 16	Mental Health and Treatment	Chap 11
W Nov 18	Mental Health and Treatment	Chap 11
F Nov 20	Long-Term Care	Chap 12
M Nov 23	Aging in Place	Handout
W Nov 25	Death and Dying	Chap 13
F Nov 27	Death and Dying	Chap 13
M Nov 30	Successful Aging Assignment Due in person at beginning of class	Chap 14
W Dec 2	Successful Aging	Chap 14
F Dec 4	Successful Aging/Successful Lives	Triumphs of

		Experience
M Dec 7	Chapter Review 8 – 14	Chap 8 - 14
T Dec 8	<i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	NA
Dec 11-22	<i>Fall Term Exam Period.</i>	NA

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-and-course-information#mues>. If a student cannot make 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 make 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 via the Department Office (Admin 255), 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 **Dec 8, 2015**

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 170 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911

suvpaca@ucalgary.ca

Student Union Faculty Rep.: Phone: 403-220-3913

socialscirep@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.su.ucalgary.ca/services/student-services/student-rights.html>).

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 September 18, 2015**. Last day for registration/change of registration is **September 21, 2015**. The last day to withdraw from this course is **December 8, 2015**.