



PSYC 353 Lec 01		Psychology of Aging		Winter 2019	
<b>Instructor:</b>	Dr. Sally During	<b>Lecture Location:</b>	ENE 241		
<b>Phone:</b>	403-640-6270	<b>Lecture Days/Time:</b>	TR: 12:30-13:45		
<b>Email:</b>	<a href="mailto:sduring@shaw.ca">sduring@shaw.ca</a>	<b>TA:</b>	Harrison Boss		
<b>Office:</b>	AD155B				
<b>Office Hours:</b>	By appointment				

### Course Description

This course adopts a biopsychosocial approach to the examination of adult development and aging. The goal of the course is to encourage students to reflect on the many aspects of aging, and to consider physical, cognitive, and emotional changes, as well as societal impacts. We discuss theory and research related to aging topics such as life-span developmental perspectives; biological and cognitive processes; personality and social processes; life transitions; mental health issues; environment changes; and death and dying. We will also discuss intervention/policy relevant to the aging process. The topics emphasized include: aging as part of developmental progression; physical changes; health; memory; personality; mental health; living arrangements; impact on family; changes to identity; and ways to age "successfully". Students are encouraged to actively engage in class discussions, to reflect on and discuss class content outside of class time to expand knowledge, and to consider expectations, hopes, biases, and worries as they relate to the aging process.

### 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](http://psyc.ucalgary.ca/undergraduate/program-learning-outcomes)), and the expected level of achievement.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
Examine the accuracy of various stereotypes about older adults	Short/long answer exams Thought piece	1, 2, 4	C
Identify historical trends, recent advances, and the limits of psychological knowledge in the area of aging	Short/long answer exams	1, 4, 7	C
assess and critically evaluate information, ideas, and assumptions comprehensively and from a variety of perspectives	Short/long answer exams In-class exercises	2, 4	C
Gain an appreciation of the complexity of the conceptual and methodological issues related to studying aging	Short/long answer exams	2, 3, 4, 5	C

Demonstrate an ability to communicate effectively through written communication and peer interaction	In-class exercises Thought piece	4	C
assess the relevance, reliability, validity, and utility of different sources of information to understand aging	Short/long answer exams	1, 2,4, 5	C
transfer learning and psychological knowledge about aging to social contexts and situations	In-class exercises Thought piece	4, 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.

### 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. Copyright 2015  
Text can be purchased at the bookstore. A copy will also be available in the Reserved Reading Room

### Assessment Methods

Students are expected to attend class regularly and to participate in classroom activities. There will be three **noncumulative** examinations in the course, one of which is during the Final Exam period.

All exams will **most likely** consist of some combination of multiple choice, fill in the blank, and/or short answer and essay questions from the text, class discussions and lectures. All three exams will cover material in PowerPoint slides, class discussion, videos, and handouts.

1. 25% of your mark will be based on a Midterm Exam No. 1 on **Tuesday, February 5, 2019** scheduled during class time. Midterm Exam No. 1 will consist of material from **Chapters 1,2 & 4**
2. 25% of your mark is based on Midterm Exam No. 2 on **Thursday, March 7, 2019**. Midterm Exam No. 2 will consist of material from **Chapters 5,9 & 10**
3. 5% of your mark will be based on three in-class exercises and activities that occur throughout the semester. More detailed information about the exercises will be provided in class and on D2L. Send your answers to the course Dropbox on D2L by the deadline listed, **AND** hand in a copy in class). In general, students will need to write a short document (can be point form) in response to questions that will be given on D2L prior to the activity (i.e. time of retirement; ways to promote healthy aging; views on death and dying); class answers will then be summarized for class discussion. Grade will reflect handing in of all three documents on time, and provision of complete answers to the listed questions.
4. 10% of your mark will be based on 6-8 page double-spaced reflection paper on what you have learned in the course, how your views of aging may have changed, and empathic understanding

of what individuals may face as they age. You will also need to interview an individual about their experience of aging, addressing: what they have valued most in their life to date; what they have tried to do to promote healthy aging; things that have impeded them from carrying out plans for healthy aging; and any regrets/advice they might have. Include a title page with your name and I.D. number (this does not count as part of your page total) and follow APA formatting. A reference section is not required. **The thought piece is due by 9 pm on Tuesday, April 2, 2019 and should be sent via Dropbox.** You do **not** need to hand in a paper copy of this assignment. The thought pieces will be discussed in class on **Thursday, April 4, 2019**. Papers will be graded according to: adequate length; comprehensive response to questions; grammar, spelling and punctuation; sentence construction; summary. More detailed information about the papers and exercises will be provided in class and on D2L. **Late submissions of assignments and the reflective paper will not be accepted without adequate documentation; approval of this documentation as sufficient is at the discretion of the instructor.**

5. 35% of your mark will be based on a **Final Exam will be scheduled by the Registrar**. The exam will cover **Chapters 11, 12, 13 & 14**.
6. No study aids (such as open textbook, flash cards, or class notes) will be permitted during the Midterm and Final Exams.
7. Calculators and computers, or any electronic device (i.e. iPads iPods, Smart Watches) cannot be used during any exam.

### **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%

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/Readings/Due Date	
W Jan 2	Winter term begin.	
R Jan 10	Course overview will be posted on D2L: please review University Lectures begin.	
T Jan 15	Themes and Issues: Introduction to Aging	Chpt. 1
R Jan 17	Themes and Issues: Introduction to Aging	
F Jan 18	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 22	Models of Development	Chpt. 2
R Jan 24	Models of Development	
F Jan 25	Tuition Fee Deadline	
T Jan 29	Physical Changes	Chpt. 4
R Jan 31	Physical Changes	
T Feb 5	<b>TEST ONE (Worth 25%)</b>	
R Feb 7	Health and Prevention	Chpt. 5
T Feb 12	Health and Prevention	
R Feb 14	Relationships	Chpt. 9
Feb 17-24	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 18	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
T Feb 26	Relationships <b>Class Activity #1: Describe your Future 65-year-old self</b> (send your answers to Dropbox on D2L <b>AND</b> hand in a copy in class)	

R Feb 28	Work, Retirement, and Leisure	Chpt. 10
T Mar 5	Work, Retirement, and Leisure	
R Mar 7	<b>TEST TWO (Worth 25%)</b>	
T Mar 12	<b>Guest Lecture or Documentary</b>	
R Mar 14	Mental Health Issues and Treatment	Chpt. 11
T Mar 19	Mental Health Issues and Treatment <b>Class Activity #2: Where do you envision yourself living as you age?</b> (send your answers to Dropbox on D2L <b>AND</b> hand in a copy in class)	
R Mar 21	Long term care	Chpt. 12
T Mar 26	Long term care <b>Class Activity #3: What is your view of death and dying?</b> (send your answers to Dropbox on D2L <b>AND</b> hand in a copy in class)	
R Mar 28	Death and Dying	Chpt. 13
T Apr 2	Death and Dying <b>**A copy of your reflective thought piece <i>must</i> be sent to me via Dropbox by 9 p.m. on Tuesday April 2, 2019**</b>	
R Apr 4	<b>Reflective Thought Piece class discussion</b>	
T Apr 9	Successful Aging/Guest Lecture	Chpt. 14
R Apr 11	Successful Aging	
F Apr 12	Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.	
Apr 15-27	<b>FINAL EXAM:</b> To be scheduled by the Registrar (2 hours) Fall Term Exam Period.	
Apr 19	Good Friday	
Apr 30	Winter Term Ends	

### Reappraisal of Graded Term Work <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

A student who feels that a piece of graded term work (term paper, essay, test, etc.) has been unfairly graded, may have the paper re-graded as follows. The student shall discuss the work with the instructor **within fifteen days** of being notified about the mark or of the item's return to the class. If not satisfied, the student shall **immediately** take the matter to the Director of Undergraduate Studies who will arrange for a reassessment of the work **within the next fifteen days**. Students in faculties without a departmental structure should take the matter to the dean or the associate/assistant dean (Academic/Student Affairs) of the faculty offering the course. The result of that reassessment should be given to the student in writing. ***The reappraisal of term work may cause the grade to be raised, lowered or to remain the same.***

### Reappraisal of Final Grade <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

In the reappraisal of a final grade, the only element that will be considered is the grading of the final assessment that makes up the final mark (e.g., final examination, final project, final paper). An exception

may occur when the Instructor of Record evaluates a piece of graded term work at the end of the term; that grade may also be considered in a reappraisal of final grade.

A student wishing a reappraisal of a final grade should first attempt to review the final assessment with the department or faculty offering the course. After which, the student shall obtain a Reappraisal of Final Grade form from [ucalgary.ca/registrar](http://ucalgary.ca/registrar) (under Student Forms). Students must indicate exactly what error was made in marking the final assessment and/or in computing the final grade. The reappraisal will only be considered if the student provides a detailed rationale that outlines where and for what reason an error is suspected.

Students wishing a reappraisal of a final grade (excluding Law courses) must submit their request by the following dates:

Fall Term – March 1

Winter Term – June 30

Spring Intersession – August 15

Summer Term – October 15

Supplemental Examinations: 30 calendar days from the date the examination was written

The reappraisal form shall be submitted to Enrolment Services who will forward it to the department head or dean of the faculty offering the course. Reappraisals of final grades are dealt with by the head of the academic unit in consultation with members of academic staff. Normally, the department/faculty will respond to a reappraisal request within thirty calendar days of its initiation. After the reappraisal is completed, the department shall return the form to the Registrar's Office who shall inform the student in writing of the decision. ***Students should be aware that the grade being reappraised may be raised, lowered or remain the same. A student may request a reappraisal of final grade only twice in one academic year (September 1 – August 31).***

### **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 <http://www.ucalgary.ca/pubs/calendar/current/k-5.html>.

### **Academic Accommodations**

The student accommodation policy can be found at: [ucalgary.ca/access/accommodations/policy](http://ucalgary.ca/access/accommodations/policy).

Students needing an Accommodation because of a Disability or medical condition should communicate this need to Student Accessibility Services in accordance with the Procedure for Accommodations for Students with Disabilities [ucalgary.ca/policies/files/policies/student-accommodation-policy](http://ucalgary.ca/policies/files/policies/student-accommodation-policy). Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the instructor.

### **Seating During Exams**

Instructors and exam invigilators are free to ask students to move seats before an exam begins or even during an exam. Students must comply with this request and refusal to do so may warrant a charge of academic misconduct.

### **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 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](http://www.ucalgary.ca/registrar/exams/deferred_final).

### **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](http://www.ucalgary.ca/registrar/exams/deferred_final). Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology ([psyugrd@ucalgary.ca](mailto:psyugrd@ucalgary.ca))

### **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.

### **Acknowledgments and Respect for Diversity**

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

### Wellness and Mental Health Resources

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

### 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. 7, 2018**.

### 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 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)  
**Student Union Faculty Rep.:** [arts1@su.ucalgary.ca](mailto: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](mailto: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 17, 2019**. Last day for registration/change of registration is **January 18, 2019**. The last day to withdraw from this course is **April 12, 2019**.