



## Adulthood and Aging Lab

PSY 346

Fall 2010 MWF 10-11am, T 10am-12noon (Lab) SC 145 & 148

**Instructor:** Dr. Ellen Altermatt

**Office:** 152 Science Center

**Phone:** 812.866.7317

**Email:** altermattel@hanover.edu

**Web Page:** <http://vault.hanover.edu/~altermattel/>

**Office Hours:** MWF 9am-10am or by appointment

### Course Description

This course will introduce you to major theories and issues in the field of adulthood and aging. Our focus will be on normal social, cognitive, and physical development in the post-adolescent years. Topics will include research methods, aging demographics, emerging adulthood, social, personality, and cognitive development among older adults, and death. Special attention will be paid to the problems and challenges of growing older in contemporary society. The format will be largely discussion-based, with opportunities for hands-on learning through volunteer work and during laboratory time. A research project is part of the required coursework.

### Course Objectives

In this course you will ...

1. become familiar with major theories and research in adult developmental psychology.
2. learn how to relate the findings of developmental research to important social issues.
3. work directly with the elderly.
4. collect data and improve statistical analysis skills.
5. conduct a study using narrative research methods.
6. make progress toward developing a clear and concise writing style.
7. make progress toward becoming an effective oral communicator.
8. develop the skills necessary to critically analyze and evaluate information.
9. become an informed consumer of psychological findings.

### Required Readings

The primary texts for this course will be *Emerging Adulthood* by Jeffrey Jensen Arnett (2006) and *Adult Development and Aging* by Cavanaugh and Blanchard-Fields (2010). Supplemental reading materials will be provided.

A schedule of assigned readings is provided in the course schedule. It is important that you read all assigned readings *before* the class in which the readings are discussed. Doing so will enable you to identify areas of confusion, ask meaningful questions, and participate in class discussions and activities.

## Course Requirements

### ***1. Class Attendance and Participation (50 points, 13% of final grade)***

I expect you to attend class and to actively participate in class discussions. To participate fully, it is important that you complete the assigned readings and activities and come prepared with comments and/or questions. “A” grades will be awarded to students who attend class regularly, are true leaders in class discussions, and demonstrate remarkable insight in their contributions. “B” grades will be awarded to students who attend class regularly, participate often, and demonstrate considerable insight in their contributions. “C” grades will be awarded to students who attend class regularly, participate occasionally, and demonstrate some insight in their contributions. Grades lower than a “C” will be given to students who attend irregularly and participate infrequently.

### ***2. Short Assignments (60 points, 15% of final grade)***

You will be asked to complete a number of short assignments during the term. These assignments will vary in content, length, and point value. Assignments will include critically reflecting on reading assignments and writing short lab reports. *Late assignments will not be accepted.*

### ***3. Service Project and Journal (50 points, 13% of final grade)***

During the term, you will be asked to volunteer one hour of your time per week at a local nursing home or other facility in which you can work closely with the elderly. You will also be asked to keep a journal in which you record your personal reflections on your experiences working with the elderly, linking these experiences to course readings and discussions whenever possible. *The first page of your journal should include the date, arrival time, and departure time for each of your visits.* You should write approximately 1 page (single-spaced and typed) per week. Any information you provide in your journal is completely confidential. Journals will be collected and graded at mid-term and at the close of the semester.

While at the nursing home, you represent Hanover College. Please conduct yourself accordingly. The nursing home residents very much look forward to your visits. As a result, you are expected to arrive for your visits on time each week. If you encounter a situation that would prevent you from doing so, you **MUST** notify me AND the nursing home staff before your scheduled visit. Failure to do so will result in a deduction of one letter grade for this assignment for each infraction. Exceptions to this rule will only be made in extreme circumstances (e.g., hospitalization).

***4. Exams (120 points, 30% of final grade).*** There will be one midterm and one final exam. Exams will consist of short answer and essay questions. Exams will cover material from texts, supplemental readings, and lectures/discussions. Each exam will be worth 60 points.

***5. Course Project (120 points, 30% of final grade).*** For your major course project, you will be asked to work in small groups to conduct a study that uses narrative research methods to better understand some aspect of adulthood and aging. Detailed information regarding the multiple facets of this assignment will be provided in a separate handout.

## Evaluation

Your grade will be determined by the number of points you earn on all assignments. *The total number of possible points is 400.*

| Letter Grade | Points Earned | Letter Grade | Points Earned |
|--------------|---------------|--------------|---------------|
| A            | 370 - 400     | C            | 290 - 305     |
| A-           | 358 - 369     | C-           | 278 - 289     |
| B+           | 346 - 357     | D+           | 266 - 277     |
| B            | 330 - 345     | D            | 250 - 265     |
| B-           | 318 - 329     | D-           | 238 - 249     |
| C+           | 306 - 317     | F            | 000 - 237     |

## Academic Integrity

Cheating and plagiarism are the most common forms of academic misconduct. Cheating involves using unauthorized aids to complete a course exam, quiz, or assignment. Plagiarism involves representing the work of another as one's own. Plagiarism can be blatant, as when entire paragraphs are copied directly from another source. Plagiarism can also take more subtle forms, as when you borrow a phrase or sentence without acknowledging the source. *Avoid plagiarism in your work* by a) using quotation marks to identify direct quotes, and b) providing citations any time you present ideas that originate from someone else. When in doubt, always provide a citation. If you have questions about what plagiarism is or how to avoid it, please (please! please!) talk with me. Both cheating and plagiarism will be taken very seriously in this course. Please read the College's policy on academic dishonesty at: <http://www.hanover.edu/registrar/honest.htm>.

## Policy on Late Assignments and Missed Exams

All assignments are to be turned in at the beginning of class on the day they are due. Late "short assignments" will not be accepted. All other late assignments will receive a one-letter-grade deduction (e.g., a "B" paper will receive a "C") for each day they are late.

Students are expected to take all exams on the scheduled date. Exceptions will be made only in the case of serious emergency. Please contact me before the scheduled exam if you will need to miss the exam.

## COURSE SCHEDULE

| Date         |   | Topic                        | Reading Assignment/Activity   | Dates to Note                               |
|--------------|---|------------------------------|---|---|
| September 6  | M | Introduction                 |   |   |
| September 7  | T | Conceptions of Aging         | C & B, Chapter 1 (pp. 1-12)   |   |
| September 8  | W | Service project overview     | C & B, Chapter 5 (pp. 158-178)<br><i>Meet at Nursing Home</i>                     |   |
| September 10 | F | Course project overview      | McAdams et al. (1997)   |   |
| September 13 | M | Research methods             | C & B, Chapter 1 (pp. 23-27)  |   |
| September 14 | T | Research methods             | <i>Mediator/Moderator Activity</i>  | Topic Due<br>Abstracts Due                  |
| September 15 | W | Course Project               | <i>Group Meetings</i>   |   |
| September 17 | F | Emerging Adulthood           | Arnett, Chapter 1 (pp. 3-25)  |   |
| September 20 | M | The College Years            | Arnett, Chapter 6 (pp. 119-141)   | Revised Topic Due<br>Abstracts Due          |
| September 21 | T | Intimate Relationships       | Arnett, Chapter 4 (pp. 73-95)   |   |
| September 22 | W | Intimate Relationships       | Fraley and Shaver (2000) [Web]  |   |
| September 24 | F | Course Project               | Atkinson, Part 2 & Part 3<br><i>Discuss interview protocol and measures</i>       |   |
| September 27 | M | Marriage                     | Arnett, Chapter 5 (pp. 97-117)<br>Gottlieb (2008) [Web]                           |   |
| September 28 | T | Course Project               | Bakeman & Gottman (1997), Chapter 4<br><i>Discuss transcription and coding</i>    | Measures Due<br>Sources Due                 |
| September 29 | W | Marriage                     | Arnett, Chapter 5 (pp. 107-117)<br>C & B, Chapter 5 (pp. 418-423)                 |   |
| October 1    | F | Parenthood                   | C & B, Chapter 11 (p. 430)<br>C & B, Chapter 12 (pp. 471-476)<br>Ali (2008) [Web] | Power Point Due                             |
| October 4    | M | Work                         | Arnett, Chapter 7 (pp. 143-163)   |   |
| October 5    | T | Retirement                   | C & B, Chapter 12 (pp. 478-486)<br><i>Video: Can I afford to retire?</i>          |   |
| October 6    | W | Course Project               | <i>Presentations</i>  | Initial Presentation                        |
| October 8    | F | Course Project               | <i>Presentations</i>  | Initial Presentation                        |
| October 11   | M | Sources of Meaning           | Arnett, Chapter 8 (pp. 165-187)   |   |
| October 12   | T | Course Project               | <i>Group meetings</i>   | 1 <sup>st</sup> Interview<br>Transcript Due |
| October 13   | W | Wrap-up and review           |   |   |
| October 15   | F | Midterm Exam                 |   | Midterm Exam                                |
| October 18   | M | <i>No Class – Fall Break</i> |   |   |
| October 19   | T | <i>No Class – Fall Break</i> |   |   |
| October 20   | W | Theories of Physical Aging   | Gawande (2007) [Web]<br>C & B, Chapter 3 (pp. 67-70)                              |   |
| October 22   | F | Longevity                    | C & B, Chapter 4 (pp. 108-114)<br>Harmon (2007) [Web]                             |   |
| October 25   | M | Course Project               | <i>Class time for interviewing/transcribing</i>                                   | Journals Due                                |
| October 26   | T | Memory development           | C & B, Chapter 6 (pp. 194-202)  |   |
| October 27   | W | Intellectual development     | C & B, Chapter 7 (pp. 235-246)  |   |
| October 29   | F | Intellectual development     | C & B, Chapter 7 (pp. 246-252)  |   |

|             |   |                                      |   |                    |
|-------------|---|--------------------------------------|---|--------------------|
| November 1  | M | Course Project                       | <i>Class time for interviewing/transcribing</i>                               |                    |
| November 2  | T | Course Project                       | <i>Coding</i>   | Transcripts Due    |
| November 3  | W | Social cognition                     | C & B, Chapter 8 (pp. 296-303)<br><i>Activity: Aging IAT</i>                  |                    |
| November 5  | F | Social cognition                     | C & B, Chapter 8 (pp. 304-305)  |                    |
| November 8  | M | Course Project                       | <i>Class time for IRR/coding</i>  |                    |
| November 9  | T | Course Project                       | <i>Data entry</i>   | Reliability Due    |
| November 10 | W | Personality development              | C & B, Chapter 9 (pp. 318-325)  |                    |
| November 12 | F | Personality development              |   |                    |
| November 15 | M | Mental Health: Depression etc.       | C & B, Chapter 10 (pp. 367-374)   |                    |
| November 16 | T | Mental Health: Dementia              | C & B, Chapter 10 (pp. 374-390)   |                    |
| November 17 | W | Special Issue: Alzheimer's           | <i>Video: The Forgetting</i>  |                    |
| November 19 | F | Special Issue: Alzheimer's           |   |                    |
| November 22 | M | Course Project                       | <i>Data analysis</i>  |                    |
| November 23 | T | Course Project                       | <i>Data analysis</i>  |                    |
| November 24 | W | <i>No Class – Thanksgiving Break</i> |   |                    |
| November 26 | F | <i>No Class – Thanksgiving Break</i> |   |                    |
| November 29 | M | Death and Dying                      | C & B, Chapter 13 (pp. 494-508)   |                    |
| November 30 | T | Death and Dying                      | C & B, Chapter 13 (pp. 508-515)<br><i>Video: On Our Own Terms (Program 2)</i> |                    |
| December 1  | W | Death and Dying                      |   |                    |
| December 3  | F | Course Project                       | <i>Final presentation</i>   | Final presentation |
| December 6  | M | Course Project                       | <i>Final presentation</i>   | Final Presentation |
| December 7  | T | Life Satisfaction                    | Arnett, Chapter 10 (pp. 222-227)  |                    |
| December 9  | W | Life Satisfaction                    |   | Journals Due       |
| December 10 | F | Wrap-up and Review                   |   | Final Paper Due    |