

Moravian College
Psychology 371
Adolescence, Adulthood, and Aging
Spring 2011

Instructor: Dr. Michelle Schmidt
PPHAC Room 230
610-861-1606
mschmidt@moravian.edu

Class Time: TR 10:20-11:30

Office Hours: TR 11:30-12:30; R 3:15-3:45; W 9:00-10:00

Course Goal

This course will provide a comprehensive account of adolescence, adulthood, and aging. The foci will be theoretical, empirical, and topical, to reflect the emerging multidisciplinary nature of the field. Specific topics include transition from adolescence to adulthood, stage and non-stage theories of male and female adult development, physical aging, work, parenthood, family dynamics, psychological adjustment to getting older, retirement, health and aging, institutionalization, dying, and death.

Specific Course Objectives

1. To stimulate **critical thinking** about complex theoretical and methodological issues within the subdisciplinary context.
2. To promote the **oral expression** of critical thinking on issues of theoretical and methodological importance.
3. To engage students in the process of **collaborative learning** with their peers through discussion both inside and outside of class.
4. To instill an appreciation for and **understanding of the methods** and content of empirical inquiry in developmental psychology.
5. To impart more advanced skills in **writing**, with specific emphasis on the canons of scientific writing unique to the subdiscipline.

Required Readings

Cox, H. (2007). *Aging 10/11* (19th ed.) Dubuque, Iowa: Dushkin/McGraw-Hill.

Lemme, B. H. (2006). *Development in adulthood* (4th ed.) Boston, MA: Allyn & Bacon.

Selected handouts.

Class Structure

We will follow a standard structure throughout the semester, alternating lecture days with discussion days. For most weeks, we will spend one day with a lecture (on the text material) and one day with a roundtable discussion (on articles that present timely topics for discussion). On “conference days,” student conference leaders will facilitate discussions about a topic taken from the Annual Editions reader and selected handouts.

Components of the Course

1. Engagement in our Learning Community

Adulthood and Aging is an advanced course in psychology that requires active discussion and contribution from each member of the class. The course will be greatly enhanced if we can benefit from each participant’s experiences, thoughts, and opinions. The class discussions will be as interesting as you make them!

Class participation/engagement is required in every class. Grades for engagement will depend on both the quantity and the quality of your contributions. If you are not in class, you cannot be engaged and your grade will be a zero. At the end of class on discussion days, you will complete a self-evaluation of your nonverbal and verbal participation for the current week. Your self-evaluation and my observations of the class will together determine your weekly participation grade. If at any time you would like to discuss your participation, please feel free to come and see me.

2. Conference Sessions

As stated above, we will devote some of our class days to a conference-style discussion of readings that serve to bridge the gap between principles and theories and the real world. The goal of these conference sessions is for you to enrich your understanding and appreciation of developmental theory as it relates to applied issues. The assigned articles present “hot topics” in adulthood and aging that are related to the week’s topic. These readings are intended to stimulate critical thinking and to promote class discussion.

On Conference days, a pair of discussion leaders will lead the conference session. As a discussion leader, your job is to work with your partners to organize the conference session around issues such as (1) identification of the question of interest and the importance of that question to the subfield of adult development, (2) critique and evaluation of the methodology and empirical

findings, (3) implications of the information presented in the article (both real world and applied implications), and (4) discussion of directions for future research that follow from the readings. **Each pair should be prepared to facilitate 60 minutes of discussion. Although you may have a 5-minute introduction to the topic, DO NOT GIVE A LONG PRESENTATION.**

Discussion leaders should plan to create a discussion circle and pose questions to the group for open discussion. The goal is for all members of our learning community to actively discuss topics from the readings. Student discussion leaders should provide the class with an organized and thoughtful handout of topics/questions for discussion. Students will provide an evaluation of the conference leaders each week. Student feedback will be considered when assigning a grade to the weekly leaders.

Tips for discussion leaders:

- Thoroughly read the assigned material
- Create a handout for the class that covers the main points related to the readings
- Identify thoughtful questions for the class—they should be substantive; although students can speak about their personal experiences, they should also think objectively and critically about the topic at hand
- All discussion leaders should contribute equally to the discussion (each student will be graded separately)
- Keep the class moving along—pose questions and engage the class in discussion; ask follow-up questions or make comments in response to students' comments; you are not only responsible for providing the discussion topics/questions, you should also engage in the discussion
- Approximately 5-10 minutes before the end of class, summarize for the class the main discussion points that were covered in the class period and have students fill out evaluation forms

3. Learning Checks

There will be two take home learning checks over the course of the semester. Learning checks will include reflective questions and essays from course material (see make-up policy below.)

4. Service Learning

As students, it is essential that your learning experiences extend beyond the walls of our college classrooms. The Lehigh Valley is home to many organizations whose goal it is to assist individuals with different needs. This semester you will have the opportunity to provide services to these local organizations and, in return, these organizations will provide you with a wealth of information about the adult population in the Lehigh Valley.

Each student will be responsible for completing 10.5 hours of service at a local organization (1.5 hours per week during weeks 4 through 10 of the semester—you may not do all of your time in just a few visits). Based on students' availabilities and interests, they will choose one of a number of locations. Some possible placements include homeless shelters, elder care facilities, or facilities for adults with mental or physical impairments. A list of suggested sites is attached.

Students will turn in a report on their proposed site (statement of purpose of the organization, activities that will be done during service time, time of service hours each week) during the second week of the semester. Once approved, students will arrange their 12 hours of service with their site contacts. After each week of visiting the site, each student will write a reflection paper on his or her experiences (1 single-spaced, typed page per week). **Where appropriate, reflections should relate field experiences with concepts discussed in class.** A final reflection paper (9th page) must summarize the experience, recounting what you have learned about yourself, the population observed, and the aging process.

Suggestions for reflective papers:

- Describe the setting, the people, and positive/negative feelings you are having.
- What are some of the activities you have been doing with the person(s) with whom you have been working?
- Describe the reactions of the person(s) with whom you are working towards you, citing specific examples.
- Describe how your presence in the community is having an impact on the person(s) with whom you are working.
- What impact, if any, has your volunteer experience made on your life?
- Have your initial impressions been altered? How so? If not, describe observations that have confirmed your initial impressions.
- Describe what you see and why you think it is that way!
- **Wherever possible, relate what you experience at the site to specific material that we cover in class.**

Papers are due on each Tuesday, reporting on the week before. Papers are due at the beginning of class.

SERVICE LEARNING OPT-OUT OPTION: If you wish to opt-out of the service learning hours and the associated reflection papers, you may do an APA style literature review paper (topic to be discussed and approved by the instructor). Decisions to choose this option can only be made during the first week of classes, in written format. Research papers will be 10 pages in length and will include 8-10 empirical sources. Specific research paper guidelines will be distributed separately to those students who are interested. During the discussion of service day, these students will share what they learned through their research paper.

5. Practical research

Each student will be responsible for turning in two “practical research” assignments. Each assignment will involve finding a newspaper article that is relevant to our class (specifically, on topics of adulthood and aging). Students must also find two corresponding empirical articles that support what the newspaper talks about (they may be those mentioned in the newspaper article, if they are scholarly and empirical). The student will then write an impact paper—approximately 2 pages—in which they describe the issue and write about the significance of the topic/issue to our culture (referring to both the newspaper article and the two empirical papers (with APA citations; but no Reference page is necessary). Due dates will be staggered and assigned at the beginning of the semester. You must turn in the newspaper article, the journal articles, and your 2 page paper all stapled together. Note: Appropriate newspapers include: *New York Times*, *Washington Post*, *USA Today*, *Los Angeles Times*, *Wall Street Journal*, *Chicago Tribune*, *New York Daily News*, *Philadelphia Inquirer* (these represent the top 8 newspapers in the

country, based on circulation). Articles from other newspapers will result in a 0 for the assignment—no excuses or exceptions. Articles must have been published since January 1, 2010.

6. Miscellaneous...

The instructor may assign in-class work or homework at any time. These assignments will be graded. Additionally, quizzes may be given at any time. Quizzes will be utilized if it appears students are not doing the assigned work.

Grades

Class Participation	10%
Conference Session Leader	10%
Learning Checks/Papers (x2)	40%
Wisdom paper	
Biography of a person over age 70	
Service Learning (participation & reflections)	15%
<i>Research paper option</i>	<i>15%</i>
Practical research:	
Newspaper articles and impact statements (x2)	20%
Misc. assignments, homework, quizzes	5%

I expect that you will spend 5-8 hours per week working outside of the classroom. Each week, you will complete 1.5 hours of service and write a reflection, read the assigned materials, prepare for class discussion, and complete various written assignment. Please plan your time accordingly so that you can effectively manage your assignments.

Note: The instructor reserves the right to apply qualitative judgement when assigning final grades (e.g., based on classroom behavior, tardiness, failure to be respectful of others' idea).

Class Policies

Attendance Policy

As Moravian College's Attendance Policy in the Student Handbook states, "students are expected to attend classes regularly." If you have an unavoidable situation that prevents you from being in class, please advise the instructor before the class meeting. Excused absences will require appropriate documentation (e.g., doctor's note). Otherwise, your attendance will be expected. Excessive absences, meaning more than two, will result in a 3-point deduction per absence on the final average. Remember, on discussion days, you will get a 0 for participation. If you are absent, it is your responsibility to get missed material from a classmate.

Academic Integrity

The Policy on Academic Honesty (Student Handbook, 2006-2007) states, "Moravian College expects its students to perform their academic work honestly and fairly." Therefore, students are expected to be honest in all matters pertaining to this class, without exception.

Put simply: **If you are caught cheating, you will receive a failing grade. All situations of academic dishonesty will be reported to the Academic Dean's Office. Taking summaries from sites such as SparkNotes and using them in a paper is considered plagiarizing. If they are not your thoughts and ideas and you present them as such, then it is plagiarism.**

All work submitted for evaluation in this course must be original work. It may not be "borrowed" from another student, a printed source, or online source without proper credit as outlined by the APA Manual (5th ed.) (available in the Reference section of Reeves Library). Please note that no part of your assignments may be shared with other students in this class or with students in future classes, and you may not refer to papers from previous classes. All papers submitted for this class must be original work completed to meet the requirements of this class. **Psychology 211 is a prerequisite for this class, and thus, you are expected to know APA style for citations and references.**

Students may not plagiarize. The Moravian College Student Handbook states, "[w]hen students use the specific thoughts, ideas, writings, or expressions of another person, they must accompany each instance of use with some form of attribution to the source." Failure to do so is plagiarism, a major form of dishonesty. Specific procedures for attribution for this course are outlined in the APA Publication Manual (5th Ed.) (three copies available in the reference section of the library). If you are not sure what constitutes plagiarism, please set up an appointment with the instructor. Otherwise, adherence to the guidelines set forth by APA will be expected. **Students must turn in copies of all sources used for papers and are expected to "keep all notes, drafts, and materials used in preparing assignments until a final course grade is given."** A student judged to have violated the policy on academic honesty will receive a grade of zero for the relevant assignment or a failing grade for the course, at the discretion of the instructor. Any such violation will be reported in writing to the office of the Academic Dean.

Note: You are responsible for reading the Student Handbook as well as this syllabus, and for adhering to all outlined policies.

Late Assignments

A 10-point deduction will be applied for **each partial or full day** a paper is late, beginning at the start of class (10:20)—no exceptions...not even “my printer wouldn’t work,” “my computer broke,” or “the computer didn’t save it.” Back up all your files...save to the server...save to disk...**SAVE EARLY AND SAVE OFTEN**. If there is a printer problem and you are minutes from the start of class, email me the finished document as an attachment (before class) and then get me a hard copy ASAP after class. If I cannot open the attachment, late deductions will apply (I do not have the latest version of WORD). This policy applies to all papers for this course.

Learning checks will not be accepted after 24 hours (10:20 the day following the due date) and will receive a full grade deduction (A down to B; B down to C; C down to D; D down to F).

NOTE: Late written assignments must be emailed as attachments so that there is a time stamp. “Forgetting” to attach the document negates the email. In addition to the email, you must also turn in a printed copy of the assignment in the bin outside my office door. Late deductions will be determined by the email time stamp, and the email MUST contain an accessible document. “It got lost through email” and “It wasn’t in my sent folder for some reason” will not be acceptable excuses. In fairness to all students who turn in assignment on time, no exceptions will be made.

If you turn in a paper late, you know the policy...do not tell me it is unfair if you get deductions. Plan ahead and get your work in on time.

Learning Services Office

The Learning Services Office “provides assistance to students who are experiencing academic difficulties” (Student Handbook, 2003-2004). If you feel you need special services through this office, you may call 610-861-1510 or visit their offices at 1307 Main Street.

Service Requirement

When you go out into the community, you are representing yourself, me, and the College. Please take this seriously and dress appropriately, behave in a mature and professional way, and be prompt and ready to go at your appointed time.

SCHEDULE OF TOPICS AND READINGS

DATE	TOPIC	READING
Week 1		
1/18	Introduction to the course	
1/20	Introduction to Adolescence, Adulthood, & Aging	Ch 1, AE 1
Week 2		
1/25	Theories of Psychosocial Development	Ch 2
1/27	Conference 1: Aging in Perspective Bring to class your score on the "Longevity Quiz" AE 5 Service learning agreement due (see attached)	AE 1, 2, 3, 4
Week 3		
2/1	Late Adolescence to Early Adulthood	handouts
2/3	The Self	Ch 3
Week 4		
Service Work Begins		
2/8	Friendship & Mate Selection	Ch 6
2/10	Conference Session II: Friends and Potential Mates	handouts
Week 5		
2/15	Marriage	Ch 7
2/17	Conference Session III: Practical Research Due: Group 1, Paper 1	handouts
Week 6		
2/22	Parenthood + Video: <i>Maybe Baby</i>	Ch 7
2/24	Video, cont: <i>Maybe Baby (60 minutes)</i> + Discussion	
Week 7		
3/1	Work (segment from film, <i>The Great Balancing Act</i>)	Ch 8 (300-333)
3/3	Conference Session IV: Aging and Working Practical Research Due: Group 2, Paper 1	AE 14, 20, 21
SPRING BREAK		
Week 8		
3/15	Retirement Learning Check 1: Wisdom Paper Due (weeks 2-6)	Ch 8 (333-352)
3/17	Conference session V: The Realities of Retirement	AE 19, 22, 23

Week 9

3/22 Health, Longevity, & Prevention Ch 10
 3/24 Conference VI: Living Longer? AE 9, 10, 12,
Practical Research Due: Group 1, Paper 2

Week 10 Last week of service

(3/29) *Video: Lessons on Living*
 (3/31) No Class

Week 11

4/5 Conference Session VII: Social Security and Healthcare AE 33, 35, 36
Last service learning paper submission
 4/7 Death and the dying person Ch 12 (460-474)

Week 12

4/12 Conference Session VIII: Approaching Death AE 26, 27
 4/14 Grief and bereavement Ch 12 (474-489)
Practical Research Due: Group 2, Paper 2

Week 13

(4/19) Scholarship Day—You must attend talks during class time! Failure to do so will result in a 3-point deduction on the final grade.
 4/21 Conference Session IX: After Death Occurs AE 25, handout (TBD)
Learning Check 2 Due: Biography Due

Week 14

4/26 Service Learning Discussion
 4/28 Wrap-Up, evaluations

Note: Instructor may use qualitative judgment when assigning final grades.

Suggested Service Learning Sites
(based on student experiences ... but not guaranteed!)

Lehigh Valley Center for Independent Living

Bethlehem Senior Center

Good Shepherd Rehabilitation Hospital

Holy Family Manor

Moravian King's Daughters Home (61 W. Market Street, Bethlehem)

Blough Retirement Home

Community Options, Inc.

Senior Center of Northampton County

Senior Center of Bethlehem (Main Street, Bethlehem)

Bethlehem YMCA Senior Program (Broad Street, Bethlehem)

ARC

New Bethany Ministries

Westminster Village

Healthcheck (Main St, Bethlehem)

Saucon Valley Community Center

Saucon Valley Manor

Moravian Village

Gracedale Nursing Home

YWCA Adult Day Services Center

Atria

****You may also find your own location or contact the Community Services Office for additional suggestions (x1602).**

Service Learning Agreement Adulthood and Aging

I will complete my 10.5 hours of service at (name and location):

My general responsibilities will include:

My contact person:

Name: _____

Title: _____

Phone: _____

My schedule for completing my hours is as follows:

Student name:

Student signature:

Site coordinator signature (name listed above):

April 2011

The student listed below was assigned 10.5 hours of service work with your organization, spread out over approximately a 7 week period. The student will get academic credit for this experience.

Student _____

Location _____

Please sign below to indicate that the student successfully completed approximately 12 hours of service work with your organization. Also, if you have any comments about the student, please feel free to list them below. You may return this form with the student or fax it to the attention of Dr. Michelle Schmidt, Department of Psychology, Moravian College, 610-625-7879.

Site coordinator name: _____

Site coordinator signature: _____

Date: _____

Comments:

Thank you for providing our students with such great learning opportunities!

Dr. Michelle Schmidt
Moravian College
Department of Psychology