

Psychology 353	Psychology of Aging	Winter 2021
Instructor:	Dr. Sally (Sara) During	Lecture Location: Web-based
Phone:	403-640-6270	Lecture Days/Time: MWF 14:00-14:50 pm
Email:	during@ucalgary.ca *Please include the course # when emailing me	TA info: Frances Sterzer
Office:	Admin 155B	
Office Hours:	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 <https://live-arts.ucalgary.ca/psychology/about#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	C
Identify historical trends, recent advances, and the limits of psychological knowledge in the area of aging	Short/long answer exams	1, 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, 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, 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 in a diverse world, 7 = apply psychological knowledge and skills, 8 = Demonstrate multicultural competence and awareness of issues related to equity, diversity,* and inclusion. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

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.

Course Format

Lectures will be taught live via Zoom during each scheduled class as per the course schedule below and will be recorded and posted to D2L after class.

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 and you can inquire about shipping options. A copy will also be available in the Reserved Reading Room. The Bookstore has added digital options and a 150-day eBook.

Assessment Methods

Students are expected to attend Zoom classes regularly and to participate in class 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 **Wednesday, February 3, 2021** scheduled during class time. Midterm Exam No. 1 will consist of material from **Chapters 1,2 & 4**. The exam will be available online for 24 hours from the beginning of class time on February 3, 2021 (1 pm) until 1 pm on February 4, 2021. You can begin the exam at any time during that 24-hour period, and will have 75 minutes to complete the exam and submit it to Dropbox on D2L.
2. **25% of your mark** is based on Midterm Exam No. 2 on **Friday, March 5, 2021**. Midterm Exam No. 2 will consist of material from **Chapters 5,9 & 10**. The exam will be available online for 24 hours from the beginning of class time on March 5, 2021 (1 pm) until 1 pm on March 6, 2021. You can begin the exam at any time during that 24-hour period, and will have 75 minutes to complete the exam and submit it to Dropbox on D2L.
3. **5% of your mark** will be based on completion of **three brief thought papers** (approximately one page in length, single spaced) that occur throughout the semester (**Due January 22, February 24, March 24, 2021**). More detailed information about the thought papers will be provided in class and on D2L. ***Send your thought papers to the course Dropbox on D2L by the end of class on the day that each thought paper is due.*** In general, students will need to write a short document (can be in point form) in response to **questions that will be posted on D2L under "Communications" prior to the due date** (i.e. what part of aging do you fear the most and why; what are you doing now that might help/hinder healthy aging and why; what is your view of death and dying, including medical assistance in dying). Grade will reflect handing in of all three documents on time, appropriate length, and thoughtful discussion of the posted questions: if you meet these requirements, you will earn a grade of 100% on each assignment. ***Late thought papers will be accepted with a 5% penalty per day, including weekends. Without instructor approval, thought papers more than 3 days late will not be accepted.***
4. 10% of your mark will be based on 5-6 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. Although the paper is reflective in nature, you need to use the following guidelines: typed, double-spaced, 12-point font, 1" margins. Your paper should include an introduction, headings and paragraphs that address the above questions, and a ½ page conclusion.
5. APA formatting will be included as part of the evaluation of your paper. You do not need an abstract or references. Details and a sample APA-style paper are provided here: <https://owl.english.purdue.edu/owl/resource/560/18/>
6. More specific details regarding grading and expectations will be discussed in class on January 11, 2021 and posted on D2L under "Communications". The paper should be submitted to the relevant dropbox on D2L by the end of class on April 7, 2021 at the latest. Without instructor approval, late assignments will be accepted with a 5% deduction penalty per day, including weekends, and assignments more than 7 days late (35% deduction) will no longer be accepted.

7. Papers will be graded according to: adequate length; comprehensive consideration of your topic; grammar; spelling and punctuation; sentence construction; ability to effectively condense information; summary. More detailed information about the paper will be provided in class and on D2L.
- 8) **The paper is due by 9 pm on Tuesday, April 7, 2021 and should be placed in the course Dropbox under the appropriate heading.** More detailed information about the exercises will be provided in class and on D2L. **Without instructor approval, late assignments will be penalized 5% per day, including weekends.**
9. **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.** The exam will be available online for 24 hours prior to, and ending with scheduled exam time. You can begin the exam at any time during that 24-hour period, and will have 3 hours to complete the exam and submit it to Dropbox on D2L.
10. Exams in this course are closed book. The use of resources, including class notes, the textbook, online resources (including Smart watches), and calculators is prohibited during the exams in this course. Students may not communicate with others about course material or the exam either in person or electronically during exams.

University of Calgary Academic Integrity Policy

Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

Research integrity, ethics, and principles of conduct are key to academic integrity. Members of our campus community are required to abide by our institutional code of conduct and promote academic integrity in upholding the University of Calgary's reputation of excellence. It is your responsibility to ensure that you have read and are familiar with the student academic misconduct policy:

<https://www.ucalgary.ca/policies/files/policies/student-academic-misconduct-policy.pdf>.

Department of Psychology Criteria for Letter Grades

Psychology course instructors 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%

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.

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-).

Work that was previously given a grade cannot be regraded at the end of the term to impact rounding.

Tentative Lecture Schedule

Date	Topic/Activity/Readings/Due Date (revise and add columns & rows as necessary)	
M Jan 04	<i>Winter term begins (block week January 4-8)</i>	
M Jan 11	Course Overview and Introduction <i>Start of Classes</i>	No Chpt.
W Jan 13	Themes and Issues in Aging	Chpt. 1
F Jan 15	Themes and Issues in Aging	Chpt. 1

M Jan 18	Themes and Issues in Aging	Chpt. 1
W Jan 20	Models of Development	Chpt. 2
R Jan 21	<i>Last day to drop Winter Term half-courses.</i>	
F Jan 22	Models of Development Thought Paper #1: What part of aging do you fear most and why (send your paper to Dropbox by the end of class time today) <i>Last day to add or swap a course</i>	Chpt. 2
M Jan 25	Models of Development	Chpt. 2
W Jan 27	Physical Changes	Chpt. 4
F Jan 29	Physical Changes <i>Fee payment deadline for Winter Term fees.</i>	Chpt. 4
M Feb 1	Physical Changes	Chpt. 4
W Feb 3	TEST ONE (WORTH 25%)	
F Feb 5	Health and Prevention	Chpt. 5
M Feb 8	Health and Prevention	Chpt. 5
W Feb 10	Health and Prevention	Chpt. 5
F Feb 12	Relationships	Chpt. 9
M Feb 15	<i>Alberta Family Day</i>	
Feb 14-20	<i>Term Break, No Classes (University if Open, Except on Alberta Family Day)</i>	
M Feb 22	Relationships	Chpt. 9
W Feb 24	Relationships Thought Paper #2: What are you doing now that might help/hinder healthy aging and why (send your paper to Dropbox by the end of class time today)	Chpt. 9
F Feb 26	Work, Retirement, and Leisure	Chpt. 10

M Mar 1	Work, Retirement, and Leisure	Chpt. 10
W Mar 3	Work, Retirement, and Leisure	Chpt. 10
F Mar 5	TEST TWO (WORTH 25%)	
M Mar 8	Guest Lecture or Documentary	No Chpt.
W Mar 10	Mental Health Issues and Treatment	Chpt. 11
F Mar 12	Mental Health Issues and Treatment	Chpt. 11
M Mar 15	Mental Health Issues and Treatment	Chpt. 11
W Mar 17	Long-term Care	Chpt. 12
F Mar 19	Long-term Care	Chpt. 12
M Mar 22	Long-term Care	Chpt. 12
W Mar 24	Death and Dying Thought Paper #3: What is your view of death and dying, including MAID (send your paper to Dropbox by the end of class time today)	Chpt. 13
F Mar 26	Death and Dying	Chpt. 13
M Mar 39	Death and Dying	Chpt. 13
W Mar 31	Successful Aging	Chpt. 14
F Apr 2	<i>Good Friday, University Closed</i>	
M Apr 6	<i>Easter Monday, University Closed</i>	
W Apr 7	Successful Aging Main Reflection Paper due (send your paper to Dropbox by the end of class time today)	Chpt. 14
F Apr 9	Successful Aging	Chpt. 14
M Apr 12	Guest Lecture or Highlights of Thought Papers	No Chpt.

W Apr 14	Course Review and Final test preparation	No Chpt.
R Apr 15	<i>Last day of classes, last day to withdraw from winter courses</i>	
Apr. 19-29	Final Exam Period	
R Apr 30	<i>End of Term</i>	

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 **Thursday, April 15, 2021**.

Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor. Students who miss a test/exam **have up to 48 hours** to contact the instructor to ask for a makeup test/exam. It's the instructor's discretion if they will allow a make-up 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. **Once approved by the instructor a makeup test/exam must be written within 2 weeks** of the missed test/exam on a day/time scheduled by the instructor. **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** <https://www.ucalgary.ca/registrar/exams/deferred-exams>.

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** <https://www.ucalgary.ca/registrar/exams/deferred-exams>. **Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology (psyugrd@ucalgary.ca).**

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

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

Academic Accommodations

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.pdf>.

Academic Misconduct

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>

Instructor Intellectual Property

Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

Copyright Legislation

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

Freedom OF Information and Protection of Privacy

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary

Student Support and Resources

<https://www.ucalgary.ca/registrar/registration/course-outlines>

Important Dates

The last day to drop this course with no “W” notation and **still receive a tuition fee refund** is **Thursday, January 21, 2021**. Last day add/swap a course is **Friday, January 22, 2021**. The last day to withdraw from this course is **Thursday, April 15, 2021** <https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>