PSYC339: Adult Development and Aging

Spring 2024

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Course Information

Section: A01 CRN: 22842 Instructor: Dr. Tarek Amer

• Exams (70%)

• Feb 08, Mar 14, Apr 04

 There will be 3 exams over the course of the semester worth 27.5%, 27.5%, and 15% of your final grade, respectively. Exams will be a combination of multiple choice and short answer (but only multiple choice for the last exam) and will be based on <u>both</u> the textbook and lectures. Exams are <u>not</u> cumulative and only cover the material after the last exam.

• Written assignment (30%)

- Interview questions due on Mar 07
- Assignment due on Mar 25
- The primary purpose of this assignment is to investigate how personal history, experiences, lifestyle, and beliefs interact with and influence an LQGLYLGXDO¶V DJL experience.

For this assignment, you will interview an individual who is aged 55 years or older. This person may be a family member or someone else with whom you are acquainted.

Based on one or two major topics covered in class, you will prepare five questions that you think are appropriate, relevant, and that may help you to understand and appreciate the experience of an older person (examples will be provided). These questions are to be approved prior to conducting the interview and submitted no later than Mar 7th. We will discuss suitable questions in some depth beforehand.

After conducting the interview, you will write up your observations and interpretations in a 5-8 page paper. You should include a brief introduction (~1 page) to your interviewee, describing their demographics (age, gender, cultural background, etc.), family and personal history (including medical if appropriate), personality characteristics, etc. **However, it is essential that the person's identity remain confidential at all times!** For at least **two** questions, you are also expected to do a literature search and discuss at least one recent journal article (published in the 2000s) and how it SHUWDLQVWR \RXULQWHUYLH2 experience. Make sure to use correct APA style citations within your text, and to include an APA-formatted Reference page. In addition, you should correctly cite relevant material from the textbook.

The summary of **each question** of your interview should be approximately **0.5-1 page long**.

Following the summaries of your 5 questions, write a **1 to 2 page discussion.** This section should pull together the information obtained from your interview questions, discussing how one area has influenced another. You should address in what ways the experience of your interviewee exemplifies typical and atypical aging and speculate about why your LQWHUYLHZHH¶V **Udm**WBaR iQVHV GLIIH discussed in the textbook/ article/class. Other points to address here include: how choices made by the individual aided and/or hindered the optimal aging process, how your LQWHUYdultuzeHoll+e§rWer life experiences may have affected their aging, and any cohort effects that you feel are relevant.

Schedule

Week Date

UNIVERSITY OF VICTORIA

Department of Psychology Important Course Policy Information Spring Session 2024

Accessible Learning

The University of Victoria is committed to creating a I(41 (gTVi)-.2 (t)-42g)(g a)-4 (40.9 (o6a a)-4 (40g TVi)-x2g)(75 (p)-6.1 (e)3 (r)-1.4 rs. All members of the university community have the right to this experience and e such an environment. The University will not tolerate racism, sexualized violence, bullying, or harassment.

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Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the <u>Senate Policy on Academic</u> <u>Integrity</u>. It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. Plagiarism. You must make sure that the work you submit is your work and oerg (a)-3.e tncergw (r)4T/6y9 (yo)1.9 (u s)-8 (e)

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites <u>ARE NOT</u> exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see the UVic Calendar.

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the <u>deadlines</u> set out in the current UVic Calendar.

Students who do not attend classes must not assume that they have been dropped from a course by an academic unit or an instructor. Courses that are not formally dropped will be given a failing grade, students may be required to withdraw and will be required to pay the tuition fee for the course.

Request for Academic Concessions

Students can apply for <u>academic concessions</u> if their course requirements are affected by (i) unexpected and/or unavoidable circumstances (e.g., illness, family affliction, etc.), or (ii) conflicting responsibilities (e.g., service in the armed forces or first responder, representing the university).

Request an in-course extension

If you require more time to complete a course requirement or miss a test or midterm exam, then you will need to complete the "<u>In-Course Extension Form</u>" and submit it directly to your course instructor. All

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A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php

Counselling Services:

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. <u>https://www.uvic.ca/student-wellness/contacts/student-wellness-</u> team/index.php#ipn-counsellors

Health Services:

The Student Wellness Centre also provides a full service primary health clinic for students. <u>https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-physicians</u>

Centre for Accessible Learning

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <u>https://www.uvic.ca/accessible-learning/index.php</u>. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being. www.uvic.ca/services/indigenous/students/programming/elders/

Mental Health Supports and Services:

Mental health supports and services are available to students from all areas of the UVic community: <u>https://www.uvic.ca/student-wellness/wellness-resources/mental-health/</u>