COURSE INFORMATION
Psychology of Aging

Email: nsolomowitz@deltacollege.edu

Catalog Statement: This course is a study of the changes that occur in sensory and motor functioning, perception, memory, emotions, intelligence and personality of the aging person. Attention is also given to social, cultural, and economic factors that impinge upon the aging person and current programs that attempt to deal with these factors. (UC, CSU)

Textbook: The Psychology of Aging, Janet Belsky

Classroom Expectations
- Turn off cell phones and pagers
- No drinking or eating in the classroom
- Do not talk with others while the instructor is lecturing

General Aims:

1. Review professional literature dealing with the aging process.
2. Analyze your concept of aging and to develop questions for future research projects.
3. Develop interviewing techniques for doing research work on the elderly
4. Increase knowledge needed to increase mental, social, physical & financial well-being in the later years

Specific Objectives
1. Identify common physical, psychological and sociological changes of the geriatric population.
2. Analyze and evaluate contemporary issues related to housing, medical care and other concerns of the elderly
3. Evaluate services of private, non-profit and public programs designed to serve the aging population.
Psychology of Aging

Section I
Chapter 1  The People and the Field
Chapter 2  Theories and Research Methods

(Quiz 1 40 pts)

Section II
Chapter 3  Normal Aging and Disease Prevention
Chapter 4  Sensory and Motor Functioning

(Quiz 2 40 pts)

Section III
Chapter 5  Disease, Disability and Health Care
Chapter 6  Intelligence

(Quiz 3 40 pts)

Section IV
Chapter 7  Memory and Dementia
Chapter 8  Personality

(Quiz 4 40 pts)

Section V
Chapter 9  Psychopathology (Mental Illness)
Chapter 10  The Older Family

(Quiz 5 40 pts)

Section VI
Chapter 11  Retirement and Widowhood
Chapter 12  Death and Dying

(Final 60 pts)

Five section quizzes, worth 40 points each, will be given. Your lowest score on these 5 quizzes will be dropped. Total points possible from the four quizzes is (40 x 4) 160 points.

A final will be given during the scheduled examination period. Answer sheets will be provided but you are required to bring a number 2 pencil for all exams.

No make-up exams without a school approved excuse.
TERM PAPER
This paper will be graded according to how well it relates to course content. Use specific terms, facts, and concepts discussed in class and the book. This paper is your vehicle to show what you have learned this semester.

LIFE INTERVIEW PROJECT
Interview someone who is in the aging phase of life. Plan to spend 1-2 hours questioning the subject. If you decide to tape your interview make certain beforehand that your subject feels comfortable with that and gives their approval. Describe the purpose of the interview to your subject: For example, "I want to find out what being an X year old is like; your concerns; how you feel about life and what is positive or special about being your age. Your interview will be used for my term paper in the Psychology of Aging class.”
Tell the person they don’t have to answer any questions that they don’t want to and their names will be kept confidential. You do not have to use their name.

GENERAL TOPICS AND SUGGESTED QUESTIONS

1. Social:
Indicate age, gender & marital status.
If married, has the relationship changed over the years, in what ways?
If divorced or widowed, can you describe how that experience effected you?
If retired, how does this phase of life compare to your working life?
What were the hardest changes you have undergone?
How did you cope with the change in your finances after you retired?

2. Physical:
Tell me about your physical functioning. What changes have you noticed with age such as motor slowness; functional abilities; sensory changes, diminished energy; external signs of aging?
Have these problems caused changes in your ability to handle daily life? How do you feel about these changes? Do you have any thoughts about what you’ll do if you become physically impaired?
How do you feel about the health care you are currently receiving?
3. **Intellectual:**
Have you noticed any changes over the years in terms of your ability to learn new things or memory? If so, tell me about those changes and how you cope with them? When you look to the future, how do you see yourself changing in this area of life?

4. **Emotional:**
Describe your personality. In what ways have you changed over the years? Are your values and priorities different? What do you think caused those changes? When you look to the future how do you see your personality changing? From an emotional standpoint, can you describe the advantages & disadvantages of being at your life stage?

5. **Concluding question:**
*Is there anything else you would like to mention about how you view life at your age?* Let the person being interviewed know in advance that you will be asking this question, so they can think about their answer.

While you must cover each of the four life domains. You do not have to ask all of the questions above. Feel free to explore other topics that come up in the interview.

**Additional Guidelines**
Your term paper should be typed, or computer printed, double spaced and reflect college level standards with regard to spelling, grammar, sentence structure, and continuity.

If you are using a computer, font size 14 is recommended. Check manually for spelling errors.
Length: 4-5 pages (8 ½ x 11 inch white paper)
Put name on the title page. Staple pages together
Make a copy for your records.
Due date will be announced in class:_________________
Deduction for late papers.
Method of Evaluation

There will be four countable quizzes, the final exam and a term paper. The tests could include material from the assigned text, lectures, overhead transparencies, classroom discussions or films. Test items will be multiple choice.

Four section quizzes (40 points each) 160 points
Final Exam 60 points
Term Paper 40 points

Total possible points 260 points

Grades are based on 90%=A, 80%=B, 65%=C, 51%=D

The instructor reserves the right to make any necessary adjustments in the operation of the course that in his professional judgment are warranted to better meet the needs of the students.

Voice Mail: 954 – 5886 (4246)