Instructor: Tamara Powell, Adjunct Instructor
Phone: 850-516-9590
Email: tjm23@students.uwf.edu
Office: Bldg. 41 (Psychology Bldg) Room 107

Text: Joan T. Erber, Aging and Older Adulthood, 2nd Ed., West Sussex, UK: Wiley-Blackwell

Office hours: Tuesdays: 9:00 am – 2:00 pm, Wednesdays: 9:00 am – 12:00 pm, Thursdays: 1:00 pm – 3:00 pm

Course Description: The overall goal of this course is to educate students regarding the biological, psychology and sociological changes that occur throughout adulthood. The rational for such a holistic approach is based upon the clear need that further improvements in human quality of life is dependent upon a more complete understanding of all aspects of human aging. Notwithstanding the current trend towards improved longevity across the globe, aging is fundamental to our existence and our ability to adapt throughout our lives will be improved by understanding both individual and societal forces that set the framework for ‘successful’ aging.

Learning Objectives:
At the end of this course students are expected to be able to:

1. Identify the positive aspects of aging
2. Describe the physiological, psychological and sociological factors as they change over the lifespan including memory, intelligence, personality, relationships, work, leisure, and retirement
3. Be conversant and have a fundamental understanding of cellular changes that occur in the central nervous system that influence human cognition and behavior.
4. Define terminology and understand the meanings of descriptors used in aging theory and practice
5. Critically read primary literature
6. Describe the various research designs and know their advantages and disadvantages
7. Understand how the psychological, sociological and biological factors interact over the lifespan
8. Understand the basic theories of aging (biological, psychological and sociological)
9. Apply the various research methods utilized in aging research (master’s students)
10. Apply the knowledge gained in the development of testable hypotheses (master’s students)
Grading Procedures:
There will be plenty of opportunity to achieve and maintain an excellent grade in this course. As long as you read the material, post in the discussion forums on time, and do the homework, you should do just fine. If for whatever reason you find yourself struggling, contact me early on. There are plenty of resources available to help you succeed.

- 8 sets of homework (15% of Final Grade)
  - Homework assignments due by midnight Saturday
- 2 exercises (20% of Final Grade)
- 4 exams (25% of Final Grade)
- 10 quizzes (25% of Final Grade)
- 9 discussion threads (15% of Final Grade)
  - 1st post must be made by midnight Wednesday with following 2 posts due by midnight Saturday
- Master’s student project (20% of Final Grade)

Grading Criteria:

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Schedule for Adulthood & Aging:

Week 1 (January 6 – 12)
- Chapters 1 & 2
- Discussion Thread
- Pre-Test

Week 2 (January 13 – 19)
- Biological Aging and Health
  - Chapter 3
  - Homework
  - Discussion Thread
  - Quiz #1

Week 3 (January 20 – 26)
- Sensation, Perception, and Attention
  - Chapter 4
  - Homework
  - Discussion Thread
  - Quiz #2

Week 4 (January 27 – February 2)
- Exam #1 (Chapters 1 – 4)
Week 5  (February 3 – 9)
- *Memory*
  - Chapter 5
  - Homework
  - Discussion Thread
  - Quiz #3

Week 6  (February 10 – 16)
- *Intellectual Functioning*
  - Chapter 6
  - Homework
  - Discussion Thread
  - Quiz #4

Week 7  (February 17 – 23)
- *Cognition and Problem Solving*
- *Personality and Coping*
  - Chapters 7 & 8
  - Homework
  - Discussion Thread
  - Quiz #5

Week 8  (February 24 – March 2)
- Exam #2 (Chapters 4 – 8)

Week 9  (March 3 – 9)
- *Social Interaction & Social Ties*
  - Chapter 9
  - Exercise # 1
  - Quiz #6

Week 10 - SPRING BREAK  March 11 – 15

Week 11  (March 17 – 23)
- *Employment, Retirement, & Living Arrangements*
  - Chapter 10
  - Homework
  - Discussion Thread
  - Quiz #7

Week 12  (March 24 – 30)
- *Mental Health, Psychopathology, & Therapy*
  - Chapter 11
  - Homework
  - Discussion Thread
  - Quiz #8
Week 13 (March 31 – April 6)
- Exam #3 (Chapters 9 - 11)

Week 14 (April 7 – 13)
- **Sexuality & Aging**
  - Articles
  - Homework
  - Discussion Thread
  - Quiz #9

Week 15 (April 14 – 20)
- **Coping with Death, Dying, & Bereavement**
- **Looking Ahead: Aging in the Future**
  - Chapters 12 & 13
  - Exercise #2
  - Quiz #10

Week 16 FINALS WEEK (April 21 – 27)
- Exam #4 (Chapters 12, 13, Articles)

**Note:** All items on this schedule are subject to change, but you will be given reasonable notice in such cases. Additional reading assignments from outside materials may also be assigned and this material will be covered on exam.

**Student Responsibility:**
The success of online learning relies heavily on the commitment of the student to participate fully in class assignments, discussions, and in supporting class members while building an online learning community. Each semester students should expect to receive an e-mail confirmation of their Online Learning course registration as well as providing details on how to learn online. The Online Campus website provides links to the UWF Bookstore as well as to all of the support services required for the student experience. Students should enter their online course(s) through the MyUWF portal at my.uwf.edu. Students are expected to have a UWF e-mail account that must be checked at least three times a week to be an active participant in online courses. Students having difficulty should contact the Online Campus for guidance (online@uwf.edu or 1-888-529-1823).

**Late Assignment Policy:**
Assignments cannot be accepted late and are not available for makeup. Exams cannot be taken late or for makeup unless you have received an official university excuse, have previously received permission from the instructor, or have a documented emergency situation such as a severe illness, hospital stay, court date, death of a family member, or other situation to be determined at the discretion of the instructor in accordance with University policies. After receiving permission from the instructor, you can take a makeup exam as agreed by the Instructor, generally within 1 week of the scheduled exam.
**Student Conduct and Civility:**
The online classroom is like any other when it comes to student conduct.

- Every person in this classroom is expected to be respectful of the other students seeking to learn in this environment. You are expected to refrain from any behavior that is disruptive to others, that interferes with the class, or that is disrespectful toward another student or the instructor. Please familiarize yourself with the Student Code of Conduct, posted by the Office of Judicial Affairs (http://uwf.edu/JudicialAffairs/). Before making a comment in a discussion thread, please consider whether or not it will be deemed offensive by other students. If you believe it will be, do not make that comment. Open and honest dialogue is encouraged however we must be respectful in our discourse. Each and every thread will be moderated either by the professor or graduate teaching assistant. If there is a problem in a discussion thread, a warning email will be sent to the offending student. If the behavior is repeated, the student may be expelled from the course.

**Course Withdrawal:**
The date for withdrawing from a course with an automatic grade of "W" is tentatively set so check the UWF website. After the posted date it is extremely difficult to obtain approval for withdrawal from a course. Students should review the university policy on course withdrawal. Withdrawal from a course after the posted deadline requires approval of the student’s academic advisor, course instructor, department chairperson, and the Academic Appeals committee. Requests for late withdrawals may be approved by the Academic Appeals committee (http://uwf.edu/registrar/withdrawal.cfm), the instructor, and the department chairperson only under unusual circumstances, which must be documented, such as a death in the immediate family, serious illness of the student or an immediate family member, or call to military service or National Guard duty. Requests without documentation will not be accepted or approved. Requests for a late withdrawal simply for not succeeding in the course do not meet the criteria and will not be approved.