

# Course Competency

## DEP 2402 Psychology of Adulthood and Aging

### Course Description

This course will examine adulthood and aging from a multidisciplinary and diversity perspective. This course will explore the biological, physical, psychological, cognitive, and cultural changes during adulthood and aging including contemporary aspects of work-family life, and retirement. Aspects of death and dying will also be discussed from a multidisciplinary perspective. (3 hr. lecture)

Course Competency	Learning Outcomes
<p><b>Competency 1:</b>The student will examine the current changes in demographics worldwide, and the USA and their impact on adulthood and aging by:</p>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Numbers / Data</li> <li>3. Cultural / Global Perspective</li> <li>4. Information Literacy</li> <li>5. Social Responsibility</li> </ol>
<ol style="list-style-type: none"> <li>1. describing the impact of these changes/ trends on longevity, numbers, and health, especially on the older years</li> <li>2. analyzing unique characteristics of each stage in the life cycle covered in this course - adulthood and the older years/ aging</li> <li>3. describing the transitional tasks to be accomplished at each stage</li> <li>4. exploring the aging process and successful aging across cultures</li> </ol>	
<p><b>Competency 2:</b>The student will explore theoretical perspectives for their value in explaining and predicting growth and development by:</p>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Cultural / Global Perspective</li> <li>3. Social Responsibility</li> <li>4. Ethical Issues</li> </ol>
<ol style="list-style-type: none"> <li>1. identifying major theories and theorists that make emphasis on adulthood and aging</li> <li>2. listing various theories of adulthood and</li> </ol>	

<p>aging (i.e., activity theory) that impact our society's attitudes toward the aged</p> <p>3. applying research information in practical situations for the adult and older adult in society will be explored</p>	
<p><b>Competency 3:</b>The student will examine interdisciplinary explanations of developmental tasks and transitions from adulthood to the older years by:</p>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Numbers / Data</li> <li>3. Critical thinking</li> <li>4. Information Literacy</li> <li>5. Cultural / Global Perspective</li> <li>6. Social Responsibility</li> <li>7. Ethical Issues</li> </ol>
<ol style="list-style-type: none"> <li>1. identifying the disciplines that seek to clarify human development</li> <li>2. analyzing the usefulness of biological, cultural, psychological, and social perspectives for interpreting development.</li> <li>3. looking at the dyad of family-work life for the middle aged and aging individual</li> <li>4. considering retirement in the older years as well as its alternatives</li> </ol>	
<p><b>Competency 4:</b>The student will examine physical, cognitive, emotional, and social development faced from adulthood to the older years by:</p>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Numbers / Data</li> <li>3. Critical thinking</li> <li>4. Information Literacy</li> <li>5. Cultural / Global Perspective</li> <li>6. Social Responsibility</li> </ol>
<ol style="list-style-type: none"> <li>1. identifying major theories and the proponents of these theories relative to each type of development during the adulthood and aging years.</li> <li>2. evaluating the relevance of selected theories to real-world phenomena, such as in your own life or experience</li> <li>3. synthesizing the correlation between environmental and hereditary influences on various aspects of development at each stage</li> </ol>	

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| <ol style="list-style-type: none"><li>4. looking at normal aging incorporating concepts of health and well-being</li><li>5. looking at the impact and assessment of mild cognitive and neurocognitive disorders on the older adults</li><li>6. looking at the process of caregiving in the middle and older years will be discussed</li><li>7. exploring diversity and inclusion in society and the workplace in the middle and older years</li></ol> |  |
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Updated: FALL TERM 2022