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Topic: Human Growth and Development in Middle Adulthood

The following activity would culminate an examination of the roles, relationships, challenges and developmental tasks of middle adulthood as part of the Human Growth and Development (DEP 2000) course. The time-frame for completion would be two weeks. Final evaluation would include quality of written and oral presentation of plan and degree to which definition of increased mindfulness is made apparent.

Objectives:

- Identify the differences between the transition model and the crisis model of midlife, and the myths associated with the latter.
- Describe cognitive and physical continuity and change in middle adulthood.
- Compare the developmental tasks of middle adulthood as presented in the work of Carl Jung, Erick Erikson, and Robert Peck.
- Develop a definition of mindfulness as related to personal living and environmentally ethical civic actions.

Content:

- Students will work in groups of four to design an ecologically relevant project. They will choose between personal, community or environmental foci to implement a process that provides value clarification of mindfulness and generativity to middle aged adults.
- Group members will review and summarize the relevant literature on their project focus with emphasis on sustainable ecology.
- Group members implement the tasks by soliciting resources as necessary.

Evaluation:

- Students will prepare an oral presentation describing their project.
- Students will provide a written summary of the relevant literature on their project.
- Students will evaluate the values sustained by their project and the degree to which it provides middle-aged adults a chance to accomplish the developmental tasks appropriate to their stage of life.