Course Description

DEP2402 | Psychology of Adulthood and Aging |3.00 credits
This course will examine adulthood and aging from a multidisciplinary and diverse 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.

Course Competencies

Competency 1: The student will examine the current changes in demographics worldwide and the USA and their impact on adulthood and aging by:
1. Describing the impact of these changes/trends on longevity, numbers, and health, especially on the older years
2. Analyzing unique characteristics of each stage in the life cycle covered in this course - adulthood and the older years/aging
3. Describing the transitional tasks to be accomplished at each stage
4. Exploring the aging process and successful aging across cultures

Competency 2: The student will explore theoretical perspectives for their value in explaining and predicting growth and development by:
1. Identifying significant theories and theorists that make emphasis on adulthood and aging
2. Listing various theories of adulthood and aging (i.e., activity theory) that impact our society's attitudes toward the aged
3. Applying research information in practical situations for the adult and older adults in society will be explored

Competency 3: The student will examine interdisciplinary explanations of developmental tasks and transitions from adulthood to the older years by:
1. Identifying the disciplines that seek to clarify human development
2. Analyzing the usefulness of biological, cultural, psychological, and social perspectives for interpreting development
3. Looking at the dyad of family-work life for the middle-aged and aging individual
4. Considering retirement in the older years as well as its alternatives

Competency 4: The student will examine physical, cognitive, emotional, and social development faced from adulthood to the older years by:
1. Identifying major theories and the proponents of these theories relative to each type of development during adulthood and aging years
2. Evaluating the relevance of selected theories to real-world phenomena, such as in your own life or experience
3. Synthesizing the correlation between environmental and hereditary influences on various aspects of development at each stage
4. Looking at normal aging incorporating concepts of health and well-being
5. Looking at the impact and assessment of mild cognitive and neurocognitive disorders on older adults
6. Looking at the process of caregiving in the middle and older years
7. Exploring diversity and inclusion in society and the workplace in the middle and older years

Learning Outcomes:
- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Create strategies that can be used to fulfill personal, civic, and social responsibilities