

PSYC C170: PSYCHOLOGY OF AGING

Item	Value
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	<ul style="list-style-type: none"> • CL Option 1 Social Sciences (CD1) • CL Option 1 Self-Development (CE1)
California General Education Transfer Curriculum (Cal-GETC)	<ul style="list-style-type: none"> • Cal-GETC 4 Social & Behavioral Sciences (4)
Intersegmental General Education Transfer Curriculum (IGETC)	<ul style="list-style-type: none"> • IGETC 4 Social&Behavioral Sci (4)
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> • CSU D Soc Politic Econ Inst (D)

Course Description

This course investigates the lifespan of adults - career choices and changes, marriage, relationships, family issues, aging parents, and retirement. Students will address opportunities and challenges for retirees and the elderly to explore the potential for longer, healthier lives. Enrollment Limitation: AGNG C170; students who complete PSYC C170 may not enroll in or receive credit for AGNG C170. ADVISORY: AGNG C120 or SOC C120. Transfer Credit: CSU; UC: Credit Limitation: PSYC C170, AGNG C170, AGNG C120, and SOC C120 combined: maximum credit, 1 course.

Course Level Student Learning Outcome(s)

1. Interpret and apply major psychological theories and principles of aging to determine their impact and implication on the individual and society as a whole.
2. Communicate the psychological challenges adults face as they age.
3. Apply valid research to support conclusions about the psychological challenges adults face during their lifespan.

Course Objectives

- 1. Present and apply major psychological theories in the field of aging.
- 2. Assess impact of history, cohort, identity, ageism and mental health on the aging process.

Lecture Content

Nature and challenges of old age Who are the elderly and what constitutes successful old age. Common emotional problems and functional disorders Organic brain disorders and special concerns Older people and their families Evaluation, treatment and prevention Diagnostic evaluation and general treatment procedures Home vs. institutional care and types of therapy Old age and the future Common physiological changes, events and health problems Moderating stresses common in aging Identity issues, age-change and illness Psycho-social aspects of aging Role changes and self-concept Family relationships Sexuality Potential crisis situations Role loss, retirement and leisure Relocation and housing Care-giving Dealing with our own mortality and grief issues

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

The classroom delivery method includes lecture, discussion, question-and-answer sessions, small-group problem solving, and case study reviews based on real life situations. Classroom instruction will be supplemented, where appropriate, by PowerPoint presentations, use of Internet technology, guest speakers, and field trips.

Reading Assignments

Read textbook and do research projects, library assignments, written papers.

Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize primary and/or secondary sociological data and draw appropriate conclusions and to present their conclusions in a well-organized and clearly written format.

Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and review of expert interviews; responses to guiding questions on course content; and/or self-assessments.

Demonstration of Critical Thinking

Analysis of case studies, application of research and synthesis of theories in written reports and projects.

Required Writing, Problem Solving, Skills Demonstration

Analysis of case studies or interviews with professionals; reviews of expert interviews; responses to guiding questions; presentations and/or responses to content presented by others

Eligible Disciplines

Gerontology: Masters degree in gerontology OR the equivalent OR see interdisciplinary studies. Masters degree required. Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Erber, Joan. Aging and Older Adulthood, 4th ed. Wiley Blackwell, 2020
2. Required Cavanaugh, John; Blanchard-Fields, Freda. Adult Development and Aging, 7th ed. Wadsworth/

Thompson Learning, 2014 Rationale: - Legacy Textbook Transfer Data: Legacy text 3. Required Hooyer, William; Roodin, Paul. Adult Development and Aging, 6th ed. McGraw-Hill, 2009 Rationale: - Legacy Textbook Transfer Data: Legacy text 4. Required Mason, Marion. Adulthood and Aging, 0780-205-433513 ed. Pearsonhighered.com, 2011 Rationale: Suggested by instructor teaching the course. Legacy Textbook Transfer Data: Legacy text

Other Resources

1. Coastline Library