

Syllabus Adult Development & Aging

335 section 01 – Fall 2019

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Who

Instructor: Estelle Mayhew

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TA : Melissa Waer

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Email procedures

Politesse

- Please remember to SIGN (that means first and last name) your emails.
- I have a lot of students, and I am afraid I don't know who you are, even if you have emailed before. Therefore you also need to indicate in EVERY email WHICH CLASS you are in. ***If you forget to indicate your name, or your class, I am unlikely to reply to your email. (this applies all the way to the end of the semester).***

Questions via email

- If it's a minor issue, ask me before/after class.
- If you ask an administrative question for which the answer is in the syllabus or in the announcements on Sakai, I will reply with "check syllabus and announcements on Sakai". So if you have checked those places and still have an administrative question, start with something like "I read the syllabus and the announcements carefully, and I could not find the answer to the following question".
- On other issues, I will try to get back to you within 3 days. Any emails sent at unearthly hours may not get read before class period, keep it in mind.

When/where

Location: Food Science Auditorium

Time: Mondays and Wednesdays 5:35-6:55 pm

Office hours instructor: Thursdays 12-1 pm

Office location instructor: Room 229, Tillett Hall Livingston Campus

Office hours TA: Tuesdays from 10 - 11 am

Office location TA: Busch psychology building, room 325

Office hours and exams

Looking at your exam

(A) *To see your exam -- go to the TA's office hours*

- The TA is in charge of copying and grading the exams.

- The TA will have the physical exams.
- If you wish to see your exam (and this is a **very** good idea) then you must visit the TA during her office hours.
- If you then wish to discuss the exam with me, Melissa can send it to me and we can go over it together. **Bring your review question sheets** (the answers you prepared to the review questions) when we discuss the exam, so we can see how your preparation for the exam can be tweaked.

(B) What to look for in your exam

- Look at the questions you got wrong.
- Then try to figure out **why you got them wrong!** Did you not know the answer at all? Did you not know which of two answers was correct? Did you read the question too quickly and misunderstand what was being asked? Did you overthink? Were all your mistakes on one topic? What type of questions did you get wrong? Fact questions, concept questions, application questions?
- Once you see what types of mistakes you made, consider how to change your studying so that you don't make this type of mistake again (or fewer of them in any case).

To arrange office hours "by appointment"

- If you can't make my standard office hours we can meet "by appointment". What this means is that we need to coordinate our schedules. The fastest way to do that is to send me the slots of time that you can reasonably make it to my office (Tillett 229, Livingston campus), and I will look at those and pick some times that also work with my schedule (which varies from week to week).
- Example of timeslots (i.e. adjust for your availability):
Mondays 10-12 and 3-4, Tuesdays 9-12, Wednesdays after 4, Thursdays before 2, Fridays no availability.
- Sending me just one time is almost never going to work, so be comprehensive the first time and save us some email back and forth.

What is this course about?

The goal of this course is to examine adult development and aging. The focus will be on the period from mid-life through old age. We will look (among other things) at the physical changes, health issues, changes in cognitive abilities, mental health and coping at various stages of adulthood, the part that social relationships, personality and work play in the experience of adulthood, and the effects of retirement and bereavement. At the end of the course you should (1) understand the research methods employed in the study of adult development and aging; (2) be familiar with what is known about the cognitive, biological and psychosocial processes in adulthood; (3) be able to apply this knowledge to your own development and that of others.

Required Readings

Available at the Livingston bookstore and at NJ books

John C. Cavanaugh, Fredda Blanchard-Fields (2014). *Adult Development and Aging* 7th edition. Cengage learning.

- There will be a number of copies of the book on reserve in the Carr library eventually (I will let you know in class when they are there).

Class Website

- The class has a Sakai website which you should have access to if you are enrolled in the course.
- Make sure you check that you can access our site, and keep an eye on announcements from the site.
- The material on the class slides (which are only an outline of the material covered) will be posted on Sakai as a Word document. Posting will in principle take place before class, so you can take notes in the file or on the printouts.
- **Recent research on methods of notetaking and memory suggests that handwritten notetaking is significantly more likely to result in remembering the material than notetaking on the computer.**
- Assignments of various types will be posted Sakai under "tests and quizzes". Count on three assignments before each exam.
- Most importantly review questions will be posted on Sakai. They basically spell out what you should know for each exam. If you thoroughly know the answers to the review questions, you will do well in the course.

Tentative Class Schedule

Week	Dates	Topic	Approx. Chapters
1	Wed, Sep. 4	Syllabus & Introduction	Chapter 1
2	Mon, Sept. 9	Introduction cont'd	
	Wed, Sept. 11	Research methods	
3	Mon, Sept. 16	Physical changes	Chapter 3
	Wed, Sept. 18	Physical changes cont'd	
4	Mon, Sept. 23	Physical changes cont'd	
	Wed, Sept. 25	Health and Health disorders	Chapter 4
5	Mon, Sept. 30	Health continued	
	Wed, Oct. 2	Health continued/Cognitive abilities	Chapter 2, 6
6	Mon, Oct. 7	EXAM 1	
	Wed, Oct. 9	Cognitive abilities cont'd	
7	Mon, Oct. 14	Stress & Coping	
	Wed, Oct. 16	Cognitive abilities/Stress	
8	Mon, Oct. 21	Mental health	Chapter 7
	Wed, Oct. 23	Mental health	
9	Mon, Oct. 28	Social Cognition	Chapter 10
	Wed, Oct. 30	Social relationships	Parts of Chapter 8
10	Mon, Nov 4	Social Roles & Relationships	Chapter 11
	Wed, Nov. 6	Social R&R cont'd	

11	Mon, Nov. 11	EXAM 2	
	Wed, Nov. 13	Social R&R cont'd	
12	Mon, Nov. 18	Social relationships	
	Wed, Nov. 20	RU calendar change (no class)	
13	Mon, Nov. 25	Personality	Chapter 9
	Wed, Nov. 27	Personality cont'd	
14	Mon, Dec. 2	Work and retirement	Chapter 12
	Wed, Dec. 4	Where people live	Chapter 5
15	Mon, Dec. 9	Death and bereavement	Chapter 13
	Wed, Dec. 11	Death cont'd, Successful aging	Chapter 14
	Study Study Study		
16	December 17	FINAL EXAM 12-1:30 pm	

What makes the grade?

(1) Exams

- There will be three non-cumulative exams. Two exams during the semester and a final exam. Material covered in each exam is indicated below.
- The two exams during the semester will be held in our normal location. The final exam will be held in our normal location, unless you get email/Sakai notification to the contrary. See further down in the syllabus for absence policy.
 - Exam 1: Material covered in class wks. 1-5 30% of grade
 - Exam 2: Material covered in class wks. 6-10 30% of grade
 - Exam 3: Material covered in class wks. 11-15 30% of grade
- Exam characteristics:
 - 50 Multiple choice questions
 - Covers lecture, see review questions

Arriving late for exams

- If you arrive more than 30 minutes after the start of the exam, you will not be allowed to take the exam that day. See the rules for makeups and documentation of excuses below.

Exam conflicts

- *If* you have a conflict for the final exam, which is defined as follows by SAS:
 - More than two (2) final exams on one calendar day
 - More than two (2) final exams scheduled in consecutive periods (ex: A student has exams scheduled for 4:00-7:00 pm and 8:00-11:00 pm on one day and 8:00-11:00 am on the following day.)
 - Two final exams scheduled for the same exam period.
- *Then* you are allowed to ask for a makeup on the basis of conflict.
- In order to obtain it, you need to go to <http://finalexams.rutgers.edu> and log in (it's at the top of the page). *Print out* your final exam schedule and only then come to me. You should actually be able to do this on the first day that your schedule is finalized. The day before the exam conflict is TOO LATE to come asking for a makeup! When

I have looked over your schedule, and told you that you qualify, I will ask you to send me an email saying we talked this over, and I will email you the time and place of the makeup.

(2) Assignments

- Assignments make up the remaining 10%. They are completed on Sakai, and they will have a deadline, after which you CANNOT submit the assignment. In some cases you will be asked to also turn in the paper version of the assignment. Please read assignment instructions carefully. Assignments will be of varying kinds, surveys, open-ended questions, practice multiple choice quizzes, and other. There will be about 3 assignments per “exam period”.

(3) Extra Credit

- There will be extra credit in the form of clicker questions during class. The total possible extra credit is 4 course points (i.e. a little less than half a letter grade).
- For each day there are clicker questions – by no means all classes – you earn a percentage grade.
- At end of semester all percentage grades are averaged and the proportion multiplied by 4.
- Clicker questions start counting with the questions on September 18th. Clicker questions on days before then are to make sure your clicker works, so do bring it.
- The spreadsheets showing responses during a class will be posted within 4 days of the class. It is your responsibility to check if your clicker answers were received by my signal receiver. If it was a poll, it will just say if the clicker responded during class, and not indicate what responses were given.
- **THERE IS NO OTHER EXTRA CREDIT; REQUESTS FOR ADDITIONAL EXTRA CREDIT OPTIONS AT THE END OF THE SEMESTER WILL NOT BE GRANTED**

How to do well in the course

- Come to class, and arrive in time.
- Announcements are at the beginning of class, and they are frequently important! Make sure you arrive in time.
- Pay attention in class (i.e. what is getting explained/emphasized). Get enough sleep before class, or your body will be present but not your brain.
- Prepare the answers to the review questions, start early. These questions are your guide to what you should know.
- Buy/borrow/dig up your old Turning point clicker and use it in class so you get the extra credit.

Grading Scale for letter grades end semester

A	90% or higher
B+	85% - 89%
B	80% - 84%
C+	75% - 79%
C	70% - 74%
D	60% - 69%
F	below 60%

Course Ground Rules

(a) In class

I really only want you in class if you are going to be paying some attention, so be so kind as to turn off your cell phone, and if you urgently need to have a conversation, or if you want to read the newspaper or do crosswords rather than be in class, you are free to do so, but go elsewhere.

(b) Academic dishonesty

You are required to abide by the Rutgers policy on academic integrity; please familiarize yourself with this policy, you can view it at <http://academicintegrity.rutgers.edu/integrity.shtml> Read the section on level three violations and the sanctions that follow! Being found with a cellphone during exams is an automatic zero for that exam, no matter what you were doing with that phone.

(c) Missing class

It is your responsibility to arrange to obtain information (other than the downloadable class notes, and those are outlines) if you miss one or more classes. Please do not ask or send email to the professor or the TA. If you can, arrange in advance for someone in the class that you know to take good notes for you. Most of the videos are not available for separate viewing.

(d) Missing an exam

- If you are absent for an exam, you will be allowed to take a make-up exam if, within one week of the exam, you present excuse documentation to the professor.
- Excuse documentation:
 - (a) For illnesses: I need a doctor's note to verify your illness. So if you get sick, *get a doctor's note.*
 - (b) For car accidents: a dean's note. The dean will most likely ask for a police report to verify that the accident took place.
 - (c) For personal or family emergencies: the dean will most likely require some verification of the emergency (such as a death certificate if a relative has died). If it is a personal issue of some other nature, it will be up to the judgment of the

dean to determine whether or not you should be excused from the exam (and thus be allowed to take the make-up).

- Basically folks: I need some paper documentation from you.
- Those who miss the exam or are more than 30 minutes late because they forgot, overslept, were inebriated, or whatever other reason that is not really an excuse, have to come to talk to me within one week of the exam, and will probably be allowed to take the makeup exam with a penalty: 8% off the top of the exam grade. In the end that is better than a zero for the exam.

Note: Your decision to remain enrolled in the course after the first class session is your implicit agreement to abide by everything stated above.