

Syllabus Adult Development & Aging

Asynchronous Remote

335 section 01 – Fall 2020

Version 08-31-2020

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.

Where is the course information available?

- The class has a [CANVAS](#) 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 check your email regularly for announcements from the site
- The Canvas site will have:
 - The voicethread link to the lectures
 - The notes for the lectures (will be posted under “Files”)
 - The review questions which are your guide to what you have to know (will be posted under “Files”)
 - The assessments (will be posted under either “Assignments” or “Quizzes”) i.e. Quizzies, Mini-exams and the Final exam will all be here - when their time comes).
 - Announcements – The weekly zoom link for office hours, the weekly checklist with items to complete, and any other announcements
- I have to note up front that I am a Canvas newbie, and I have already been tearing my hair out with the problems I’ve had so far. If it causes too many problems or costs me too much time to figure it out, we may end up back with a Sakai site as well. I’ll keep you posted!

Who is teaching this course?

Instructor: Estelle Mayhew

Instructor email: emayhew@rutgers.edu

TA : Kyle Brennan
TA email: kb979@rutgers.edu

What is the book for the course?

- The book for the course is the “The Journey of Adulthood”, Barbara Bjorklund & Julie Earles, 9th edition (no Revel stuff) ISBN 978-0-13-479289-7, no website stuff.
- However, if the price is too steep for you, you can make do with the 8th edition. I will try to indicate in lecture when it is stuff from the 9th edition.

What are the technical requirements for the course?

- This course is asynchronous remote, so the main technical requirement is a computer with sufficient speed and a good internet connection to watch the lectures and to take quizzes and exams. Since there are multiple due dates each week, the connection needs to be reliable.
- Please see the student technical requirements page for suggestions <https://it.rutgers.edu/technology-guide/students/?loc=new-brunswick>
- If you do not have the appropriate technology for financial reasons, please email Dean of Students deanofstudents@echo.rutgers.edu for assistance.

How will the lectures work for this class?

- The lectures will be posted via Voicethread (accessible via Canvas) on the days that this course was originally scheduled for (MW 5:30-6:55 pm).
- The lectures will be up for 96 hours (4 days) after they are posted, then they will come down (Monday lectures come down Friday/Wednesday lectures come down Sunday). This should allow you to find a convenient time to ‘come to lecture’.
- In the 24 hours before the mini-exams the lectures covered by the mini-exam will again be available for you to go over if you missed any.
- Since the final is cumulative, all lectures (except the first one) will be up during the reading days at the end of the semesters as well.
- The lectures are my intellectual property, and you may therefore not record them or download them.

How can I communicate with the instructor?

(1) Email and email procedures

My email is emayhew@rutgers.edu

Questions via email

- Email is probably the best medium to ask me questions, both about course material and if you are having issues which are affecting your ability to succeed in the class.
- I will try to get back to you within 3 days.
- If you ask an administrative question for which the answer is clearly in the syllabus or in the announcements on Canvas, I will reply with "check syllabus and announcements on Canvas". So if you have checked those places and still have an administrative question, start with something like "I read the syllabus and the announcements, and I could not find the answer to the following question".

Politesse

- Do please remember to SIGN (that means first and last name) your emails.
- I have more than 700 students this semester, and I am afraid I am unlikely to remember 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).***

(2) Open zoom office hours

Office hours:

- Wednesdays 10-11 am. I will be posting a zoom office hour link in announcements in Canvas every week. Since they are open office hours, it's first-come-first-served. If you log in and someone else is talking to me, you will be in the waiting room until the person before you is done. Please let me know by email if the waiting room wait didn't work. If this turns out to be too busy or works poorly, I may switch to signup slots. Stay tuned for updates. I may also add other opportunities for asking me questions.

(3) Office hours by appointment (also zoom)

To arrange office hours "by appointment"

- If you can't make my standard office hours (e.g. you're working Wednesday mornings, you are in a totally different timezone) 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 be available, 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. Please indicate what timezone the timeslots you send me are referring to.
- 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 makes the grade?

(1) Mini-Exams

- There will be six non-cumulative mini-exams, of which the LOWEST grade will be dropped.
- The highest 5 mini-exams are each worth 12 course points, i.e. in total mini-exams make up 60% of your course grade.
- Exam characteristics:
 - 20 Multiple choice questions via Canvas
 - Covers lecture & book, see review questions
 - 35 minutes on the day indicated (there will also be lectures posted on those days folks!)
 - Mini's will be available for 12 hours, but once you log in you have 35 minutes to complete the mini-exam.

(2) Cumulative Final Exam

- There will ONE cumulative final exam.
- See further down in the syllabus for absence policy for exams.
- The final exam is worth 20 course points, i.e. in total the final makes up 20% of your course grade.
- Exam characteristics:
 - 35 Multiple choice questions via Canvas
 - Covers lecture & book for the whole semester, see review questions
 - 75 minutes on the day indicated
 - The final is open for the 75 minutes.
- If you cannot make the original time slot (Dec 21– from 4 pm to 5:15 pm), you have to let me know in advance, so that I can set you up for the alternate date and time, which is December 22, from 8 am to 9:15 am.

(3) Quizzies

- Quizzies (I needed something smaller than ‘quiz’ and I used ‘mini’ for the examlets) will be posted together with MOST lectures (i.e. not all). Just like the minis and the final exam, they will be completed on Canvas, and they will have a deadline, after which you CANNOT access the quizzy.
- Quizzies will be worth anywhere from 0.5 course points to 2 course points (the worth of the assignment will be indicated in the weekly checklists in what to do for the course that week)
- Quizzies will be either under Quizzes or under Assignments on Canvas, the weekly checklist will indicate which one.
- Quizzies will be a combination of multiple choice practice/review questions, open questions, one-page info sheets and polls. They will be open notes.
- Given that there will be more than 20 quizzies, it behooves you to take them all, as the points over 20 are extra credit.
- **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

- This whole learning remotely thing is challenging for everyone. For assistance with learning how to address these challenges, please consult the resources available here: https://rlc.rutgers.edu/remote_instruction
- The key for most of us is upping our time management skills (I am definitely including myself in this statement!)
- Make a standard schedule for your week and schedule the times for :
 - Watching the Voicethreads for this class.
 - Taking the quizzies that go with the lectures
 - Working on the review questions, both preparing them and studying them so that you are ready for the mini-exams and eventually, the final exam.
- I will post weekly checklists of what to do for the course that week. These will go out on Mondays via Canvas announcements. When you get these mark the items on your schedule (in principle you should have the recurring items on there already).
- The quizzies have deadlines, and if you miss one, you forego the point. They will not be reopened, as there are more quizzies than needed for the full 20% of the grade, so there is a slight brain fart buffer.
- The class notes (which are only an outline of the material covered) will be posted on Canvas in word formats. Posting will take place at the same time as the Voicethread, so you can take notes 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. So for this class I recommend taking notes on paper. EVEN IN THE REMOTE ENVIRONMENT. The advantage of Voicethreads is you can make me repeat, repeat, repeat ☺**
- Make sure you are well-rested when you watch the Voicethreads.
- Most importantly, do the review questions across the weeks. They will be posted on Canvas. **Prepare the answers to the review questions. These questions are your guide to what you should know. So KNOW the answers, be able to explain them to others in your house, whether they be siblings, parents, grandparents or friends!**
- Get in touch with me if you are having issues that are affecting your ability to succeed in this course.

What is the order of topics in this class?

Note that this is a Tentative Class Schedule (i.e. this can CHANGE)

Week	Dates	Topic	Approx.Chapters
1	Wed, Sep. 1	Syllabus & Introduction	Chapter 1
2	Tue, Sept. 8	Introduction cont'd	

	Note bizzarro day		
	Wed, Sept. 9	Research methods	
3	Mon, Sept. 14	Physical changes	Chapter 2
	Wed, Sept. 16	Physical changes cont'd	
4	Mon, Sept. 21	MINI-EXAM 1 Physical changes cont'd	
	Wed, Sept. 23	Health and Health disorders	Chapter 3
5	Mon, Sept. 28	Health continued	
	Wed, Sept. 30	Health continued/Cognitive abilities	Chapter 4
6	Mon, Oct. 5	Cognitive abilities cont'd	
	Wed, Oct. 7	MINI-EXAM 2 Cognitive abilities/Stress	
7	Mon, Oct. 12	Stress & Coping	Chapter 10
	Wed, Oct. 14	Stress/Mental health	
8	Mon, Oct. 19	Mental health	Chapter 3
	Wed, Oct. 21	MINI EXAM 3 Mental health	
9	Mon, Oct. 26	Social Roles & Relationships	Chapter 5 & 6
	Wed, Oct. 28	Social relationships	
10	Mon, Nov 2	Social Roles & Relationships	
	Wed, Nov. 4	Social R&R cont'd	
11	Mon, Nov. 9	MINI-EXAM 4 Social R&R cont'd	
	Wed, Nov. 11	Social relationships	
12	Mon, Nov. 16	Personality	
	Wed, Nov. 18	Personality cont'd	
13	Mon, Nov. 23	MINI-EXAM 5 Work and retirement	Chapter 8
	Wed, Nov. 25	RU calendar change (no class)	
14	Mon, Nov. 30	Work and retirement	Chapter 7
	Wed, Dec. 2	Where people live	
15	Mon, Dec. 7	Death and bereavement	Chapter 11
	Wed, Dec. 9	MINI-EXAM 6 Death cont'd, Successful aging	Chapter 12
		Study Study Study	
16	December 21 December 22	FINAL EXAM 4:00-5:15 pm Alternate date: 8:00-9:15 am	

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%

Am I allowed to cheat?

- Eh, NO (duh). You are expected to abide by the Rutgers policy on academic integrity; please familiarize yourself with this policy, you can view it at <http://nbacademicintegrity.rutgers.edu/home-2/academic-integrity-policy/> / There's a student section also: <http://nbacademicintegrity.rutgers.edu/home-2/for-students/>
- Use of external website resources such as Chegg.com or other sites to obtain solutions to homework assignments, quizzes, or exams is cheating and a violation of the University Academic Integrity policy. Cheating in the course may result in grade penalties, disciplinary sanctions or educational sanctions. Posting homework assignments, or exams, to external sites without the instructor's permission may be a violation of copyright and may constitute the facilitation of dishonesty, which may result in the same penalties as plain cheating.
- All students will need to sign the Rutgers Honor Pledge on every major exam, assignment, or other assessment as follows: **On my honor, I have neither received nor given any unauthorized assistance on this examination (assignment, paper, quiz, etc.).**

What if I can't make lecture?

- Lectures are in the form of Voicethreads, which are up for 4 days (i.e. 96 hours). If you cannot view the lecture in those 4 days you will be able to view it in the 24 hours before the mini-exam that includes it.
- If you are expecting to miss more than two classes in a row, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.

What if I can't make a quizzzy, mini-exam or the final exam?

- **Quizzies** – there will be more quizzies than the 20 needed for the 20% of the course grade, so missing one or two is not a big deal. Quizzies are open for several days, like the Voicethreads. HOWEVER, because there is a quizzzy buffer they will not be re-opened after the deadline
- **Mini-exams** – There will be 6 mini-exams, and the lowest grade will be dropped, so if you miss one, that will be your lowest grade. If you miss a further mini-exam you will have to take a makeup *at the end of the semester*.

- Mini's will be available for 12 hours, but once you log in you have 35 minutes to complete the mini-exam.
- **Final exam** – There are two slots for the final. If you have to miss the first slot, let me know and I'll set you up for the second slot. If you miss the second slot, you will have to take a makeup at some later date.

General Support

- This is a difficult time, and you may find yourself in any of various circumstances where you need help of one kind or another. Please don't hesitate to ask for help, either from me or from Rutgers institutions/services.
- The link to the School of Arts and Sciences (SAS) general help page is <https://sasundergrad.rutgers.edu/help> It has links to many different services at Rutgers.
- If you are facing financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>.

Rutgers Academic Support Services

Rutgers has a variety of resources for academic support. For more information, check <https://sasundergrad.rutgers.edu/academic-standing/student-services>

This page has links to :

- Counseling services <http://health.rutgers.edu/medical-counseling-services/counseling/>
- Learning centers <https://rlc.rutgers.edu/>
- Dean of students office <http://deanofstudents.rutgers.edu/>

Rutgers Student Accommodations

- If you need special accommodations, let me know early in the semester, go through the process at ODS and email me the Letter of Accommodation from the disability office (see below).
- Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Student Wellness Services

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/

<http://health.rutgers.edu/medical-counseling-services/counseling/>

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professionals within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community, and consultation and collaboration with campus partners.

Crisis Intervention : <http://health.rutgers.edu/medical-counseling-services/counseling/crisis-intervention/>

Report a Concern: <http://health.rutgers.edu/do-something-to-help/>

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 /

www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

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