

THE PSYCHOLOGY OF AGING

Psychology 4331 Section 010

Fall Semester 2019

Instructor: John G. Jones, Ph.D. ABPP ATR-BC

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Monday and Wednesday 1:00 to 2:15 PM

Office: 201 - D Academic Building

Office Hours: 1100 – 1245 Monday and Wednesday, after class, and by appointment

Required Textbooks:

Zarit and Zarit (2007) *Mental Disorders in Older Adults* 2nd Ed. New York, NY: Guilford Press.

* Jagust, W. (2019) *Memory: Your Annual Guide to Alzheimer's Disease and Dementia*. University of California, Berkeley School of Public Health.

White Papers P.O. Box 433312 Palm Coast FL. 32143-9542

Online Order: HealthAndWellnessAlerts.Berkeley.edu

*Parikh, S.V. (2019) *Depression and Anxiety: Your Annual Guide to Prevention, diagnosis and treatment*. University of California, Berkeley School of Public Health White Papers. P.O. Box 433312 Palm Coast FL 32143-9542

Heath White Papers. P.O. Box 433312 Palm Coast FL 32143-9542

Online order: HealthAndWellnessAlerts.Berkeley.edu

Customer Service: Phone: 1-800-829-9170

customerservice@healthandwellnessalerts.berkeley.edu

***PLEASE NOTE:** The two White Paper references above must be ordered directly from the company, either by phone or the listed web site. DO NOT delay in getting these supplemental texts. Information from them will be included on the exams. They are not available in the book store. If you get them from Amazon or another source, be sure they are the 2019 publications. They can also be downloaded and read from your laptop or you can print them directly once you have paid for them

It is important for the student to attend each class session as scheduled. You should refer to the University statement on absenteeism, which can be found in the Undergraduate/Graduate catalog. Excessive absences will adversely affect your grade.

By completion of the course, students should demonstrate a thorough understanding of the following areas:

- a. Forces of development and their impact on the aging process
- b. Physical health and mental health changes related to aging
- c. Environmental factors
- d. Changes in cognitive processes: memory, perception and attention
- e. What happens to our intelligence?
- f. Personality changes
- g. Relationships
- h. Dying and bereavement
- i. Clinical issues, including assessment and intervention
- j. The future for the aging population

Schedule of course of study:

The class will spend approximately one week on each assigned chapter in the text as well as on other assigned outside reading, handouts and supplemental texts.

Your grade will be assessed on point a system; the total points available will be 270. There will be four major examinations during the semester. These exams will account for 160 points. There will be one major research paper (30 points) required from a list of topics provided or a related topic of your choice/interest. The research paper will be due on **October 7, 2019**. Observations/visitations are an important part of this class and four such reports will be required (60 points). These include: a. One visit to a regular nursing home. b. One visit to an assisted living facility. c. One visit to a closed, locked or secure unit for advanced dementia patients. d. One visit/interview with an elderly person (70+) who is still in the work force on a regular basis. These should be thorough and concise reports and will be graded carefully. Each report should be a minimum of 3 pages in length. Visitation reports will be due on **November 6, 2019**. Your attendance and classroom participation will be worth 20 points. The tests will be taken from the texts, lectures and other assigned materials. You will be advised of which materials you will be held responsible for on the tests.

The research paper should be written in APA style format. Do Not simply download information from the internet. It is very easy to discern writing styles. I want to hear from you, your ideas, conclusions, etc., expressed in your own words and in your own writing style. This paper should be ***a minimum of 10*** pages in length. Title pages, abstract pages and referral pages **DO NOT** count, ergo, ***10 pages of content***. You should have a minimum of 5 references.

PLEASE NOTE!! These due dates are firm. Points will be deducted for late papers and reports. Please save your procrastination for other classes!

There will be

All numerical grades will be converted to percentages and these will be expressed as letter grades as indicated by the scale below:

| Letter Grade | Point Range | Percentage |
|--------------|-------------|------------|
| A | 270 – 243 | 90 – 100 |
| B | 242 - 216 | 80 – 89 |
| C | 215 – 189 | 70 – 79 |
| D | 188 – 162 | 60 – 69 |
| F | 161 - Below | 59 |

Extra Credit Points

These extra credit submissions will be worth a maximum of ***4 points*** each and there are several ways you can earn them. Participation in obtaining extra credit points will be expected and will be an essential part of meeting the stated goals of the class. Please note, these opportunities are in addition to any assigned reports, exercises, etc., **NOT** in lieu of them!

Make-up Exams/Absences

If you know in advance that you will have to be absent, or in the event of a sudden illness or emergency, contact or see me to arrange an alternate testing time. Unless under extreme circumstances, there will be no make-up of the fourth exam. **There is no final examination for this course.** Please notify me if you are going to miss class or let me know why you missed so you can get credit for

attendance. Use the phone number or e-mail listed at top of the syllabus. University policy requires attendance to be taken at each class period.

Honor Code

Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is available on the web at:

<http://www.angelo.edu/forms/pdf/honorcode5.pdf>

Plagiarism is a serious matter and since you are required to write papers in this course, this topic is thoroughly discussed in the Academic Honor code and should be reviewed.

Disabilities

Persons with disabilities which may warrant academic accommodations must contact the Office Student Affairs, Room 112, University Center, in order request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made. Contact information: 325-942-2047; Fax/TDD325-942-2211 e-mail: studentservices@angelo.edu

Research Opportunities:

http://www.angelo.edu/dept/psychology_sociology/

PLEASE NOTE!

Use the phone numbers and e-mail cited in this syllabus! I am on campus a limited amount of time and do not regularly check or utilize the campus e-mail system, except for all-class e-mails. I regularly check my e-mail at home and If I am not at home, I have an answering machine on which you can leave a message. I return all calls and answer all e-mails promptly. Do not worry about bothering me at home; I want to ensure that we have good communication channels open for the duration of the course. So, do not hesitate to call or e-mail.

Reading assignments for the semester in the Zarit & Zarit book: *Mental Disorders in Older Adults, 2nd Ed.*

| Week | Chapters |
|-------------|-----------------|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |
| 6 | 6 |
| 7 | 7 |
| 8 | 8 |
| 9 | 9 |
| 10 | 10 |
| 11 | 11 |
| 12 | 12 |
| 13 | 13 |
| 14 | 14 |
| 15 | 15 |

Additional reading assignments will be made from the other two required texts and other handouts and resources. You will be advised of what material you will be responsible for on each exam and discussion purposes.

Fall 2019 Test Schedule

| | |
|----------------------------------|-----------------|
| Test #1 Chapters 1 – 4 | 9-18-19 |
| Test #2 Chapters 5-8 | 10-23-19 |
| Test # 3 Chapters 9 – 12 | 11-13-19 |
| Test # 4 Chapters 13 – 15 | 11-26-19 |

Out of respect to the instructor and to other students, please refrain from the use of electronic devices during this class period. If you feel an irresistible urge to text, twitter, take a selfie, or see what is happening on Facebook, etc., step outside the room to do so. Thank you for extending this courtesy.

Student Absence for Observance of religious Holy Days

A student who intends to observe a religious Holy Day should make that intention known in writing to the instructor prior to the absence

Additional Assignment – NOT OPTIONAL

Watch the PBS Nova Broadcast of “Can Alzheimer’s be Stopped” It is free!

NOVA Official Website “Can Alzheimer’s Be Stopped”

www.pbs.org/wgbh/nova/body/alzheimers-be-atopped.html

Write a three-page report on this film. Due date: 1-23-19

10 extra credit points

Optional Assignment for 10 extra credit points:

Book review of: Feil, N (2002) The Validation Breakthrough 2nd ed. Simple Techniques for Communicating with People with Alzheimer’s Type Dementia Baltimore: Health Professions Press