

Psychology of Aging PSYCH 3204/5204 (400:173g) Syllabus

MEET YOUR INSTRUCTOR

Dr. Elaine Eshbaugh, Associate Professor of Gerontology



I have been a faculty member at UNI since 2006. I have a PhD in Human Development & Family Studies from Iowa State (2005), and I also spent one year as a research post-doc at the University of Kansas. My aging-related research interests are depression and loneliness among older adult women who live alone and predictors of student interest in gerontology. I coordinate the gerontology major and minor, so if you are interesting in learning more about the major or minor, let me know! I live in Waterloo with my husband, three dogs and three cats. In my spare time, I enjoy running with my beagle mix (Murphy), swimming, UNI sports, and teaching fitness classes.

Contact Information:

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OVERVIEW

Course Description: Analysis of the factors affecting adult development and aging. Emphasis on physiological, cognitive, sensory, personality, and interpersonal changes occurring with age. Prereq: 400:001, junior standing.

Course objectives: Students will be able to

- discuss major themes and theories of psychology and aging.
- understand development in later life in the areas of cognition, mental health, social interaction, personality, and sensory perception.
- critically evaluate research in aging and psychology.

Textbooks:

Papalia, D. E., Sterns, H. L., Feldman, R. D., & Camp, C. J. (2007). *Adult Development and Aging*. New York: McGraw-Hill.

You will also need to read the following books:

Winakur, J. (2008). *Memory Lessons: A Doctor's Story*. Hyperion.

Snowdon, D. (2002). *Aging with grace: What the nun study teaches us about leading longer, healthier, and more meaningful lives*. New York: Bantam Books.

Style manual: Please be familiar with the *Publication Manual of the American Psychological Association* for use in this course. Your papers should be formatted in

APA style.

COURSE ORGANIZATION

This course will be delivered over the World Wide Web, utilizing web pages, and a learning management system (eLearning). The course is divided into 9 assignments (10 assignments for graduate students) and one proctored final exam. All written assignments will be submitted via **eLearning**.

Assignments:

Assignment 1 is an introduction to the course. Assignments 2 - 5 consists of answering questions and are each worth 20 points. Assignments 6 - 9 are reflections and projects completed by all students. Points for these vary. Assignment 10 is a final essay for graduate students only. It is worth 40 points.

Type assignments using a word processing program and save as a file. If you are using a word processing program other than Microsoft Word, then please save the file as Rich Text Format. Submit your assignment by clicking on the **Assignment Submission** link in the **Course Content** menu on the left and uploading your assignment. **Need help?** See the [eLearning Tutorials](#) for instructions on how to submit an assignment.

I encourage you to contact me if you have questions and/or concerns. The best way to reach me is by email (elaine.eshbaugh@uni.edu).

Quizzes:

There will be 4 quizzes that will be taken online. Each quiz has 20 multiple choice items. You will have 35 minutes to take each quiz. To access the quiz, click on the **Quiz** link in the **Course Content** menu.

Final Exam:

An open book proctored final exam is completed after Assignment 9. The examination request form is included at the appropriate place in the **Course Content**.

Tips for succeeding in this course:

It is easy to lose motivation in an online course. Plan to log-in frequently. I recommend that you choose several times each week for your "class time." Stick to these times! Shut your door and put up a note indicating that you are in class. Many students think that an online course is easier than a course that is taught face-to-face. However, online courses are sometimes more difficult because self-motivation becomes more important. Of course, the strength of an online course is that you can be more flexible with how you plan your time. Make no mistake though---succeeding in an online course will take a significant time commitment!

GRADING

Please note that UNI Guided Independent Study requires that must complete all 13 assignments in order to pass the course!

Assignment 1	Introduction	10 pts.
Assignment 2	Chapters 1 & 5	20 pts.
Quiz 1		20 pts.
Assignment 3	Chapters 6 & 7	20 pts.
Quiz 2		20 pts.
Assignment 4	Chapters 11 & 12	20 pts.
Quiz 3		20 pts.
Assignment 5	Chapters 8 & 9	20 pts.
Quiz 4		20 pts.

Assignment 6	Interview Project	60 pts.
Assignment 7	Book Reflection - Memory Lessons	25 pts.
Assignment 8	Book Reflection - Aging with Grace	25 pts.
Final Exam		60 pts.
Assignment 9 (Graduate Students)		40 pts.

Total points for undergraduate students: 340

Total points for graduate students: 380

Grades:

90-100% A

80-89% B

70-79% C

60-69% D

59% and below F

(+ `s and - `s will be assigned at my discretion)

Academic Dishonesty: It goes without saying that you are expected to avoid plagiarism and other forms of academic dishonesty. Intentional academic dishonesty will result in an automatic "F" and possible referral to the Dean of Students office.