Instructor:
Oriane Landry
Office Hours: Thurs 10-12
please use Avenue To Learn email system
Psychology 304

Teaching Assistants:
Juliana Loureiro-Kent & Sarah Creighton

Lectures: Tu,Th, F 2:30 – 3:20pm
Room: MDCL 1102

Learning Objectives: The objective of this course is to describe, explain, and critically evaluate the psychological issues pertaining to adult development and aging. We will divide the course into three aspects:
1. Cognitive development – how do age-related cognitive changes impact the individual?
2. Socio-emotional development – how do age-related changes in social networks (including family and work) impact the individual?
3. Physical development – how do age-related physical changes impact the individual?

Required Readings:

Assessment - Your final grade will be made up of the following:

60% tests (3* 20%)
25% essay (due Nov 16)
15% online discussions (weekly, beginning wk of Sep 17)

In this course we will be using AvenueToLearn. Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

Lecture and Activity Schedule

<table>
<thead>
<tr>
<th>DATE</th>
<th>LECTURE / ACTIVITY</th>
<th>READING</th>
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<tbody>
<tr>
<td>6-Sep</td>
<td>Introduction</td>
<td>Ch 1</td>
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<tr>
<td>8-Sep</td>
<td>General themes.</td>
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<tr>
<td>11-Sep</td>
<td>The Prime of Your Life.</td>
<td>Ch 6</td>
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<tr>
<td>13-Sep</td>
<td>Its all downhill from here.</td>
<td></td>
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<tr>
<td>14-Sep</td>
<td>Does bilingualism offer an advantage?</td>
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<tr>
<td>18-Sep</td>
<td>Remember the good ole days...</td>
<td>Ch 7</td>
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<tr>
<td>20-Sep</td>
<td>Where did I leave my keys?</td>
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<tr>
<td>21-Sep</td>
<td>Brain Training?</td>
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</tbody>
</table>
25-Sep  Is Intelligence fixed for life?  Ch 8
27-Sep  Beyond IQ: Expertise and Wisdom.
28-Sep  TEST 1

2-Oct  Ageism  Ch 9
4-Oct  Why is Grandpa such a bigot?  Happy Thanksgiving
5-Oct  

9-Oct  What will 60 year old you think of 30 year old you?  Ch 10
11-Oct  Psychoanalytic perspectives.
12-Oct  Who am I and how do I know?

16-Oct  Marriage and divorce.  Ch 11
18-Oct  Elder abuse.
19-Oct  Parents and Grandparents.

23-Oct  Work, work, and more work.  Ch 12
25-Oct  Retirement.

26-Oct  TEST 2

30-Oct  Why do we age? The “death gene” theory.  Ch 2
1-Nov  Why do we age? The “wear & tear” theory.
2-Nov  Past expiration date: late reproduction & menopause

6-Nov  Aging gracefully.  Ch 3
8-Nov  Chronic conditions.
9-Nov  The big “C”.

13-Nov  Declining Health.  Ch 4
15-Nov  Dementia.
16-Nov  From Caregiver to Cared-for.

20-Nov  What does the future hold?  Ch 5
22-Nov  Independent living versus long-term care.
23-Nov  What is optimal aging?

27-Nov  Prolonging life.  Ch 13
29-Nov  Assisted suicide.
30-Nov  Grieving.

4-Dec  Term wrap-up, review, & discussion.

FAQs
1. I have a question. What is the best means of communicating with you? Answer - That really depends on the nature of the question. If it is a course content question, your first step should be to check the Avenue discussion board to see if the question has already been asked and answered. If not, then post the question to the board. This allows the question to be answered by anyone, and thus may be answered faster, and allows others to see the answer if they should have the same question. If the question is more personal (but related to this course), then you should use the Avenue email system or drop by during my office hours. If you want to talk about something unrelated to this course, you may use my regular McMaster email, but dropping by is probably best.
2. If have an accommodations recommendation from Student Accessibility Services? Answer - Please speak to me in person, either after class or in my office, as soon as possible.
3. It's raining / snowing / I'm hungover; do I need to come to class or can I just get the notes online? Answer - Attendance at lectures and participation in class is expected. Notes and
supplemental material may be available online, but there is no substitute for the live participatory experience.

4. Will your lecture slides / notes be posted online? Answer – maybe. Lecture slides may be posted online, however I reserve the right to change slides up to 10 minutes before class. No guarantees are made. Further, the primary purpose of lecture slides are to keep me, the lecturer, on topic. Thus they are merely an outline of what I discuss and a poor substitute for attendance. Due to copyright, there may be material included in lectures that cannot be posted online.

5. May I record lectures? Answer - No.

6. Are tests cumulative? Answer – yes, in so far as the material is necessarily cumulative.

7. I have 10 papers and 3 exams due this week, can I have an extension? Answer – No, all assignments are due at the beginning of class (2:30pm) unless otherwise specified. 2% will be deducted for each day late including weekends. Thus, it is your choice if you have a heavy workload how to achieve balance. Plan accordingly.

8. I feel like death and there is a test tomorrow. What do I do? Answer - Students should make themselves aware of the policies surrounding the McMaster Student Absence Form, and contact the Instructor as soon as possible in the event of a missed test; a single make-up essay test will be offered:

http://mcmaster.ca/msaf/
http://www.science.mcmaster.ca/associatedean/