

COURSE OUTLINE

AGNG-250

The Psychology of Aging

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

The purpose of this course is to provide students with an overview and understanding of the aging processes in adulthood and later life. Students will examine the basic theoretical models, research methods, and current information on the psychology of adulthood and aging and shown how these concepts can be applied to understanding and helping older adults. An emphasis is placed on strategies for successful aging. Emphasis will be on the normal aging process as well psychological issues and pathologies that affect the elderly will be examined. (3 hours weekly)

Overall Course Objectives (List only requirements that will be included in all sections of the course)

Upon completion of this course the student will be able to:

1. Describe the psychological, cognitive, physical and social changes that accompany aging
2. identify common myths and stereotypes regarding aging
3. Compare and contrast successful and unsuccessful aging
4. Compare and contrast strategies that have been shown to contribute to successful aging
5. Identify the physical, emotional, and psychosocial problems related to the normal aging process.
6. Identify the role of work and the issues of retirement.
7. Identify the changes in physical, and cognitive functioning in late adulthood.
8. Explain the current theories of personality development in late adulthood and theories of successful aging.
9. Describe the attitudes towards death, preparation for one's own death, care of the dying, and bereavement

Major Topics

- I. Mental ability including drives, motives, and emotions
- II. Sensory, perceptual, and psychomotor processes
- III. Intelligence, memory, and cognitive functions
- IV. Depression
- V. Neurological changes
- VI. Alzheimer's disease and related dementias
- VII. Stress
- VIII. Suicide
- IX. Bereavement
- X. Treatment modes

Course Requirements (List only objectives that will be included in all sections of course)

Grading/exams: Grading procedures will be determined by the individual faculty member and may include:

- Attendance
- Participation
- Written quizzes and cumulative final
- Written assignments

Writing: Specific writing assignments will be determined by the individual faculty member.