HDE 100C: Adulthood and Aging, Spring 2021 [version: 5/2/2021; update made to TA assignments]

Class Meetings: Mon & Wed, 2:10-4:00pm, via Zoom

Professor: Beth A. Ober, 1357 Hart Hall
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Dr. Ober’s Office Hours (via Zoom): Mon 4:00-5:00pm; Thurs 12:00-1:00pm

Teaching Assistants:
Rebecca Shields - rhshields@ucdavis.edu
   Students’ last names beginning with A - H
   Office hours (via Zoom): Tues & Thurs, 2:00pm - 3:00pm
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   Students’ last names beginning with I - R
   Office hours (via Zoom): Mon & Wed, 12:00pm - 1:00pm
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   Students’ last names beginning with S - Z
   Office hours (via Zoom): Mon & Fri, 10:00am - 11:00am

Course Goals: In this course, we will explore biological, cognitive, and socio-emotional aspects of adult development and aging. This is an introductory course, providing a broad survey of adult development and aging, and as such, will serve as an appropriate gateway to more advanced/specific coursework in adulthood and aging. At the end of this course, you should understand developmental changes across adulthood in all three domains of development (biological, cognitive, & socio-emotional), as well as the major theories of aging that have been posited and debated to account for these developmental changes. You are encouraged to ask questions in class and/or to come see the instructor or the TAs during their office hours.

Required Textbook: Bjorklund, B.R. & Earles, J.L. (2020). The Journey of Adulthood, Revel 9e (updated 9th edition), Pearson Education, Inc. This is an e-text, with access to required, online quizzes and writing assignments. To access this e-text, go to the Bookshelf App in the HDE 100C course page in CANVAS, then click "Launch Courseware", then click "Open Pearson"; you will then be able to sign into your existing Pearson account or create a new one; finally, you will be able to click on "HDE 100C" and the assigned textbook. For more complete instructions, please go to "Files > UC Davis Revel and Pearson E-Text Student Registration Instructions"; this is a PDF with clickable links to further information about using Revel, and about the mobile Revel App. The e-textbook for this course is available as part of the UC Davis Equitable Access program. For more information about this program please go to the following webpage: https://ucdavisstores.com/EquitableAccess
COURSE REQUIREMENTS:

**Reading Assignments & Revel Assignments.** All chapters except Chapters 5 (Social Roles) and 9 (Quest for Meaning) of the course's textbook (Bjorklund & Earles, 2020) are required reading. There are additional required readings (journal articles and book chapters), which are posted on Canvas (in Files > Required_readings) and listed within the syllabus. The reading assignments should be completed before the class meeting to which they are assigned. Students are responsible for concepts covered in the required readings. For each of the 10 required textbook chapters, there are Revel-based quizzes and brief writing assignments, that are required for this course. Please go to the Assignments App in Canvas, where you will find all of the "Revel Quizzes & writing assignments". When you click on one of these assignments (there is one per textbook chapter) you will be taken to the direct link to the appropriate Revel chapter. All of the points you earn via these Revel-based assignments will be regularly synced to the CANVAS Gradebook. Each of the Revel Assignments are specially marked in your syllabus (look for the lines beginning with ➤); it is important that you get these Revel due dates on your calendar, along with the exam dates and the term paper due date.

**Term Paper.** There is one major writing assignment (6-page, double-space term paper) focused on a topic from a list of approved, specific topics, that all come under the general topic of effects of lifestyle on successful aging of the brain, cognition, emotional well-being, social well-being, etc. Details regarding the content and format of the paper will be discussed in class and posted on Canvas during the second week of the quarter. This writing assignment must be submitted in .docx format, via the Assignments folder in Canvas, by 11:30 PM on Friday, May 7. There will be a 5%-of-points deduction for papers not successfully uploaded to Canvas prior to the deadline and an additional 5%-of-points deduction will apply for each subsequent day that the paper is not successfully uploaded to Canvas.

**Exams.** There will be two midterms as well as a (cumulative) final exam. The midterms will take place online, on WEDNESDAY, April 21, and MONDAY, May 17. The final exam will be cumulative (with an emphasis on the material covered since the second midterm) and will take place online, on WEDNESDAY, JUNE 9. NO MAKE UP MIDTERMS and NO MAKE UP FINAL EXAM will be allowed EXCEPT, of course, in the case of appropriately documented illness or serious personal/family situation. Moreover, NO EARLY EXAMS will be allowed. Note that in registering for this course, you have committed to taking the Final Exam on the date scheduled by the registrar: **Wednesday, June 9 (it will be available online for many hours during that day).**

**Class Sessions.** The lecture material will cover much (but certainly not all) of the information in your textbook. Some of the material covered in lecture will not be covered in the text; this material is being brought into lecture in order to supplement, enhance, and/or provide new applications/examples of key concepts from the text. Students are responsible for all material presented in class. It should be noted that the slide sets which will be posted for each lecture on Canvas, generally include just the key points of what is
being covered in that lecture; for you to be exposed to all of the details, examples, clarifications, etc., it is important that you attend the lecture sessions -or- watch the recordings of these sessions, while taking notes.

**GRADING (percentage of overall grade for each item):**
the Writing Assignment is worth 20%; the Pearson Revel Quizzes & Shared Writing are worth a total of 20%; each of the two Midterm Exams is worth 20% (for a total of 40%); and the (cumulative) Final Exam is worth 20%.

**BONUS POINTS for SONA Experiment Participation:**
If you would like to earn bonus points, you can be a research participant in SONA experiments; you may do up to 3 hours (3 experiment credits), for 3 bonus points toward your course grade (i.e., each bonus point = 1% added to your total course points). Thus, there is the possibility of earning 103 (instead of 100) total course points. You will find the following resources on CANVAS by navigating to: Files > SONA_research_participation: (1) Research Participation Letter explaining the details of SONA participation as well as the answers to frequently asked questions; and (2) a Powerpoint Presentation that gives a detailed walkthrough of SONA Systems and how students can participate.

**CODE of ACADEMIC CONDUCT:**
All UCD course syllabi must provide a link to (or the complete text of) the Code of Academic Conduct. “This Code of Academic Conduct exists to support high standards of behavior and to ensure fair evaluation of student learning. Students who violate the Code of Academic Conduct are subject to disciplinary sanctions that include censure, probation, suspension, deferred separation or dismissal from the University of California.” The prior sentence is quoted from introductory section of the Code of Academic Conduct document. For the full document, please go to the following link: [http://sja.ucdavis.edu/files/cac.pdf](http://sja.ucdavis.edu/files/cac.pdf)

**COURSE SCHEDULE (Lecture Topics, Readings, Due Dates):**

**Monday March 29 (Lecture 1)**
**Overview of Course; Introduction to Adult Development and Aging**
Reading: Textbook, Chapter 1, sections 1.1 & 1.2

**Wednesday March 31 (Lecture 2)**
**Introduction to Adult Development & Aging (cont.); Research Methods**
Reading: Textbook, Chapter 1, sections 1.3 & 1.4
➤ Revel Assignments for Chapter 1 - Due April 1

**Monday April 5 (Lecture 3)**
**Biological Theories of Aging; Physical Changes**
Reading: Textbook, Chapter 2
➤ Revel Assignments for Chapter 2 - Due April 4
Wednesday April 7  (Lecture 4)
**Health and Health Disorders**
Reading: Textbook, Chapter 3
➤ Revel Assignments for Chapter 3 - Due April 8

Monday April 12  (Lecture 5)
**Nutrition in Adulthood & Aging**
Guest Lecturer: Dr. Jennifer Falbe, Human Development, Dept. of Human Ecology
Readings:
(1) [https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/)
The above link will take you to the Harvard Nutrition Source, for comprehensive, but easy-to-understand information on current evidence about a healthy diet.

Wednesday April 14  (Lecture 6)
**Brain and Aging: Part 1** - Brain Changes with Normal vs. Abnormal Aging

Monday April 19  (Lecture 7)
**Brain and Aging: Part 2 - Exercise and the Brain**
Professor Ober - Normal Aging
Karen Shlesinger, UCD Undergraduate Honors Student - Mild Cognitive Impairment

Wednesday April 21
**MIDTERM #1:** NO Lecture Today

Monday April 26  (Lecture 8)
**Stress, Coping, and Resilience**
Reading: Textbook, Chapter 10
➤ Revel Assignments for Chapter 10 - Due April 25

Wednesday April 28  (Lecture 9)
**Memory**
Readings:
(1) Textbook, Chapter 4, sections 4.1 & 4.2
➤ Revel Assignments for Chapter 4 - Due May 2
Monday May 3  (Lecture 10)

**Intelligence and Executive Functions**

Guest Lecturer: Rebecca Shields, HDGG Doctoral Student

Readings:
1. Textbook, Chapter 4, sections 4.3 & 4.4

Wednesday May 5  (Lecture 11)

**Individual Differences in Cognition; Cognitive Assistance**

Reading: Textbook, Chapter 4, sections 4.5 & 4.6

**TERM PAPER DUE Friday, May 7, 11:30pm**

Monday May 10  (Lecture 12)

**Social Relationships: Part 1**

Readings:
1. Textbook, Chapter 6, sections 6.1, 6.2, & 6.3

➤ Revel Assignments for Chapter 6 - Due MAY 11

Wednesday May 12  (Lecture 13)

**Social Relationships: Part 2 - Intergenerational Support/Exchanges**

Guest Lecturer: Dr. Meng Huo, Human Development, Dept. of Human Ecology

Readings:
1. Textbook, Chapter 6, sections 6.4 & 6.5 to end of chapter

Monday May 17

**MIDTERM #2 -- NO Lecture Today**

Wednesday May 19  (Lecture 14)

**Work and Retirement**

Reading: Textbook, Chapter 7

➤ Revel Assignments for Chapter 7 - Due May 20

Monday May 24  (Lecture 15)

**Personality**

Reading: Textbook, Chapter 8

➤ Revel Assignments for Chapter 8 - Due May 23
Wednesday May 26  (Lecture 16)

Death and Bereavement
Reading: Textbook, Chapter 11
➤ Revel Assignments for Chapter 11 - Due May 27

Monday May 31 - UCD HOLIDAY - NO Lecture Today

Wednesday June 2 (Lecture 17)
Dimensions of Successful Aging
Readings: Textbook, Chapter 12
➤ Revel Assignments for Chapter 12 - Due June 1

Wednesday, June 9 **FINAL EXAM **