

## HDE 200C: Development in Adulthood Spring 2023

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**Class Meets:** Mon/Wed. 10:00-11:50am @ 226 Everson Hall

**Instructor:** Meng Huo, PhD

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### Course Description and Objectives:

In ancient times, human beings survived an average of 20-35 years. This trend began to change with a dramatic increase in life expectancy during industrialization. The average person born in the United States today can expect to live to age 80 and most people reach their sixties and beyond. Old age has become a normal and expected period of life, rather than an exception.

Students will gain a multidisciplinary overview of adult development and aging. This course provides a background for the study of aging and also covers major cognitive, sociological and psychological theories and research in the field. Aging is often characterized by declines in certain physical and cognitive functioning. Yet, the social world shapes the nature of these declines. We will learn aging in context and explore both negative and positive changes that occur in this process.

### Course Expectations:

I expect you to attend class and engage in intellectual discussions after having completed the assigned readings (available on Canvas) before the class begins. Each week, I will provide a brief lecture around that week's topic area and then you should take turns leading discussions of the reading materials. I also expect you to complete the proposal of an empirical study in the format of a research article. The proposal should reflect your learning and thinking of the field of gerontology.

### Grades and Assignments:

Assignments	Points
<b>Annotated bibliography</b>	20 points
<b>Discussions</b>	40 points
Participation: 10 points	
Leading discussions: 30 points	
<b>Final paper</b>	40 points
First draft: 20 points	
Presentation: 10 points	
Final paper: 10 points	
<b>Total</b>	100 points

Grade	Cutoff
A+	97%
A	92%
A-	90%
B+	87%
B	84%
B-	80%
C+	77%
C	74%
C-	70%
D	60%
F	<60%

**Late work.** Late work will not be accepted.

**No Curve.**

## Assignments:

**Annotated bibliography** is required for each assigned reading, and it should consist of a brief summary of the key information in the paper (main questions addressed, significance of the question, theory and methods, results, implications). Each AB is limited to one page and should be updated to a shared folder by Sunday before each class. I strongly recommend that you create a notebook of Abs and bring it to class so that you can more readily make connections between readings and concepts. A good use of ABs will help you be better prepared for more long-range learning goals (e.g., preliminary exams).

We will split of list of readings on the first day of class and you will take turns writing ABs to be shared with the rest of the class.

**\*\*Note:** Everyone should write ABs for the assigned readings of Lecture 1 and those ABs are due by Apr 9.

You are expected to **lead discussions** of the readings you write ABs for. In addition to the AB, you need to come up with **2 discussion questions** that reflect your thinking of each reading and relevant important research ideas. You need to provide an overview of the reading before organizing a discussion. Each discussion is limited to 30 minutes. Some questions you may consider in your brief overview.

- a. What research questions were asked?
- b. Why important?
- c. What major theories were used?
- d. What were the methods and key findings?
- e. What do these findings contribute to the literature? Implications?

Please come prepared to talk in class. Your grade is not based on how much you say, but that you listen and provide input.

**Final research paper** should be completed using data from the HRS project (Health and Retirement Study; <https://hrs.isr.umich.edu/documentation/questionnaires>). The paper should be formatted as an empirical research paper and include a title page, an abstract, an introduction (with hypotheses) and a methods section. The paper should be no longer than 15 double-spaced pages (including introduction, methods, and a model figure). The reference list is not counted in the page limit. Please follow APA style (7<sup>th</sup> edition) and use Times New Roman, 12 font size, and 1 inch margin.

In the Introduction, you should state the research questions of interest and justify the rationale behind the study. Please be sure to describe guiding theoretical perspectives and review the literature. In the Methods, there should be several sections describing the sample, data, measures (include variable names), and analytic strategy.

**\*\*I would like you to be serious about this assignment and write a high-quality proposal that you may develop towards a paper that you could submit for a conference presentation or a peer-reviewed publication.**

- Please consult with me individually and finalize your research questions by April 17<sup>th</sup>. Please email me in advance to schedule a time to meet and make sure to bring a conceptual model figure and a list of relevant variables to the meeting. The earlier we can meet, the more time you will have to work on the final paper.
- The first draft will be due on May 22<sup>nd</sup> (**20 points**).
  - **Title page (include title, author name, institution, etc.): 1pt**
  - **Structured abstract (150 words):**
    - Objectives: 1pt
    - Methods: 1pt
  - **Introduction:**
    - Structure:
      - Opening section: 1pt
      - One section per hypothesis: 3pts

- Covariates and summary: 1pt
- Theory:
  - Clearly introduce the theory (1pt) and link it to the hypotheses (2pts)
- Model figure: 1pt
  - Include a conceptual model figure clearly displaying all hypotheses
- **Methods:**
  - Sample and data: 1pt
  - Measures: 2pts (include variable names/codes for key variables)
  - Analytic strategy: 2pts
- **APA style: 2pts**
  - 0.25pts per type of error
- **Clarity in writing: 1pt**
  - Check for typos and grammatical errors
  - Avoid passive voice in scientific writing
- On the last day of class, you will present your study (**10 points**) and turn in a revised draft (**10 points**).
  - Presentation
    - Clearly explain the rationale behind your study (why is it important): 2pts
    - Introduce the theoretical perspective guiding your hypotheses: 2pts
    - Articulate support for your hypotheses: 2pts
    - Model figure: 1pt
    - Sample and measures: 2pts
    - Analytic strategy: 1pt
  - The revised draft will be graded based on the extent to which feedback is taken.

## Week 1.

### Apr 3. Introduction and Overview of Aging – ABs for the three articles below are due on Apr 9.

Elder, G. H., Johnson, M. K., & Crosnoe, R. (2003). The emergence and development of life course theory. In J. T. Mortimer & M. J. Shanahan (Eds.), *Handbook of the life course* (pp. 3–19). Boston, MA: Springer.

Yang, Y. C., Boen, C., Gerken, K., Li, T., Schorpp, K., & Harris, K. M. (2016). Social relationships and physiological determinants of longevity across the human life span. *Proceedings of the National Academy of Sciences*, 113(3), 578-583.

Infurna, F. J., Gerstorf, D., & Lachman, M. E. (2020). Midlife in the 2020s: Opportunities and challenges. *American Psychologist*, 75(4), 470–485. <https://doi.org/10.1037/amp0000591>

#### Optional reading:

Baltes, P.B. (1997). On the incomplete architecture of human ontogeny: Selection, optimization, and compensation as foundation of developmental theory. *American Psychologist*, 52, 366–380.

### Apr 5. Intro to HRS – No AB needed

Getting Started: How to Use This Site:

<https://hrs.isr.umich.edu/about/how-to-use-this-site>

The Health and Retirement Study: An Introduction (12 min video):

<https://hrs.isr.umich.edu/documentation/video-tutorials/introduction>

Crosswell, A. D., Suresh, M., Puterman, E., Gruenewald, T. L., Lee, J., & Epel, E. S. (2020). Advancing research on psychosocial stress and aging with the Health and Retirement Study: Looking back to launch the field forward. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 75(5), 970–980.

## **Week 2.**

### **Apr 10. Aging and Physical Health**

- Braungart Fauth, E., Zarit, S. H., Malmberg, B., & Johansson, B. (2007). Physical, cognitive, and psychosocial variables from the disablement process model predict patterns of independence and the transition into disability for the oldest-old. *The Gerontologist*, 47(5), 613-624.
- Duggal, N. A., Niemi, G., Harridge, S. D., Simpson, R. J., & Lord, J. M. (2019). Can physical activity ameliorate immunosenescence and thereby reduce age-related multi-morbidity?. *Nature Reviews Immunology*, 19(9), 563-572.
- He, S., Craig, B. A., Xu, H., Covinsky, K. E., Stallard, E., Thomas III, J., ... & Sands, L. P. (2015). Unmet need for ADL assistance is associated with mortality among older adults with mild disability. *Journals of Gerontology Series A: Biomedical Sciences and Medical Sciences*, 70(9), 1128-1132.

### **Apr 12. Health Disparities**

- Warner, David F., and Tyson H. Brown. 2011. Understanding how race/ethnicity and gender define age-trajectories of disability: An intersectionality approach. *Social Science and Medicine*, 72. 1236–1248.
- Fredriksen-Goldsen, Karen et al. I. 2013. The physical and mental health of lesbian, gay male, and bisexual (LGB) older adults: The role of key health indicators and risk and protective factors. *The Gerontologist*, 53, 664–675.
- Garcia, M. A., Homan, P. A., García, C., & Brown, T. H. (2021). The color of COVID-19: Structural racism and the disproportionate impact of the pandemic on older Black and Latinx adults. *The Journals of Gerontology: Series B*, 76(3), e75-e80.

#### **Optional readings:**

- Anton, S. D., Woods, A. J., Ashizawa, T., Barb, D., Buford, T. W., Carter, C. S., . . . Pahor, M. (2015). Successful aging: Advancing the science of physical independence in older adults. *Ageing research reviews*, 24(0 0), 304-327. doi:10.1016/j.arr.2015.09.005

### **Week 3.**

#### **Apr 17. Cognitive Aging**

Kremen, W. S., Beck, A., Elman, J. A., Gustavson, D. E., Reynolds, C. A., Tu, X. M., . . . Franz, C. E. (2019). Influence of young adult cognitive ability and additional education on later-life cognition. *Proceedings of the National Academy of Sciences of the United States of America*, *116*, 2021–2026. doi:10.1073/pnas.1811537116

Hartshorne, J. K., & Germine, L. T. (2015). When does cognitive functioning peak? The asynchronous rise and fall of different cognitive abilities across the life span. *Psychological Science*, *26*, 433–443.

Weuve, J., Barnes, L. L., Mendes de Leon, C. F., Rajan, K. B., Beck, T., Aggarwal, N. T., . . . Evans, D. A. (2018). Cognitive aging in black and white Americans: Cognition, cognitive decline, and incidence of Alzheimer disease dementia. *Epidemiology*, *29*(1), 151-159.

#### **Apr 19. Factors Influencing Cognitive Aging**

Butler, M., McCreedy, E., Nelson, V. A., Desai, P., Ratner, E., Fink, H. A., ... & Davila, H. (2018). Does cognitive training prevent cognitive decline?: A systematic review. *Annals of Internal Medicine*, *168*, 63–68.

Lee, S., Charles, S. T., & Almeida, D. M. (2020). Change is good for the brain: Activity diversity and cognitive functioning across adulthood. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. Advance online publication. <https://doi.org/10.1093/geronb/gbaa020>

Kennedy, G., Hardman, R. J., Macpherson, H., Scholey, A. B., & Pipingas, A. (2017). How does exercise reduce the rate of age-associated cognitive decline? A review of potential mechanisms. *Journal of Alzheimer's Disease*, *55*, 1–18.

#### **Optional reading:**

Fingerman, K. L., Huo, M., Ng, Y. T., & Zarit, S. H., (in press). Social relationships and cognitive development across adulthood. In A. K. Thomas & A. Gutches (Eds.), *Handbook of cognitive aging: A life course perspective*. Cambridge, England: Cambridge University Press.

Gerstorf, D., Ram, N., Lindenberger, U., & Smith, J. (2013). Age and time-to-death trajectories of change in indicators of cognitive, sensory, physical, health, social, and self-related functions. *Developmental Psychology*, *49*, 1805–1821.

Pettigrew, C., & Soldan, A. (2019). Defining cognitive reserve and implications for cognitive aging. *Current Neurology and Neuroscience Reports*, *19*, 1. doi:10.1007/s11910-019-0917-z

Stine-Morrow, E. A. L. (2007). The Dumbledore hypothesis of cognitive aging. *Current Directions in Psychological Science*, *16*, 295-299.

**Week 4.**

**Apr 24. Alzheimer's Disease vs. Normal Aging: Brain Changes and Memory Functions  
– Guest Lecture by Dr. Doris Chen**

To be updated.

**Apr 26. Caregiving – Guest Lecture by Dr. Steven H. Zarit**

Zarit, S. H., & Whitlatch, C. J. (2023). Caregiving: Stressors, challenges and treatment. In H. Friedman & C. Markey (Eds.), *Encyclopedia of Mental Health*, 3rd Ed., Oxford, UK, Elsevier.

Collins, R., Hunt, A., Quinn, C., Martyr, A., Pentecost, C., & Clare, L. (2022). Methods and approaches for enhancing communication with people with moderate-to-severe dementia that can facilitate their inclusion in research and service evaluation: Findings from the IDEAL programme. *Dementia*, 21(4), 1135-1153.

**Optional readings:**

Roth, D. L., Fredman, L., & Haley, W. E. (2015). Informal caregiving and its impact on health: A reappraisal from population-based studies. *The Gerontologist*, 55(2), 309-319.

Schulz, R., Beach, S. R., Czaja, S. J., Martire, L. M., & Monin, J. K. (2020). Family caregiving for older adults. *Annual review of psychology*, 71, 635-659.

## **Week 5.**

### **May 1. Socioemotional Aging**

Charles, S. T., & Carstensen, L. L. (2010). Social and emotional aging. *Annual Review of Psychology*, *61*, 383–409.  
**Read but no AB.**

Charles, S. T., Mogle, J., Urban, E. J., & Almeida, D. M. (2016). Daily events are important for age differences in mean and duration for negative affect but not positive affect. *Psychology and Aging*, *31*(7), 661–671.  
<https://doi.org/10.1037/pag0000118>

Charles, S. T., Rush, J., Piazza, J. R., Cerino, E. S., Mogle, J., & Almeida, D. M. (2023). Growing old and being old: Emotional well-being across adulthood. *Journal of Personality and Social Psychology*. Advance online publication.  
<https://doi.org/10.1037/pspp0000453>

Fung, H. H., Lu, M., & Ho, O. T. (2021). The role of instrumentality of emotion in the age-related positivity effect. *Emotion*, *21*(1), 52.

#### **Optional reading:**

Charles, S. T. (2010). Strength and vulnerability integration: A model of emotional well-being across adulthood. *Psychological bulletin*, *136*(6), 1068.

Fingerman, K. L., & Charles, S. T. (2010). It takes two to tango: Why older people have the best relationships. *Current Directions in Psychological Science*, *19*(3), 172-176.

Ford, J. H., DiBiase, H. D., Ryu, E., & Kensinger, E. A. (2018). It gets better with time: Enhancement of age-related positivity effect in the six months following a highly negative public event. *Psychology and aging*, *33*(3), 419.

### **May 3. Social Networks, Isolation, and Loneliness**

Luo, Y., Hawkey, L. C., Waite, L. J., & Cacioppo, J. T. (2012). Loneliness, health, and mortality in old age: A national longitudinal study. *Social science & medicine*, *74*(6), 907-914.

Compernelle, E. L., Finch, L. E., Hawkey, L. C., & Cagney, K. A. (2021). Momentary loneliness among older adults: contextual differences and their moderation by gender and race/ethnicity. *Social Science & Medicine*, *285*, 114307.

Read, S., Comas-Herrera, A., & Grundy, E. (2020). Social isolation and memory decline in later-life. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, *75*, 367–376.  
<https://doi.org/10.1093/geronb/gbz152>

#### **Optional reading:**

Fingerman, K. L., Huo, M., Charles, S. T., & Umberson, D. J. (2020). Variety is the spice of late life: Social integration and daily activity. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, *75*, 377–388.  
<https://doi.org/10.1093/geronb/gbz007>

Blieszner, R., Ogletree, A. M., & Adams, R. G. (2019). Friendship in later life: A research agenda. *Innovation in Aging*, *3*.  
<https://doi.org/10.1093/geroni/igz005>



## **Week 6.**

### **May 8. Tensions and Coping**

August, K. J., Rook, K. S., & Newsom, J. T. (2007). The joint effects of life stress and negative social exchanges on emotional distress. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 62(5), S304-S314.

Birditt, K. S., Manalel, J. A., Sommers, H., Luong, G., & Fingerman, K. L. (2018). Better off alone: Daily solitude is associated with lower negative affect in more conflictual social networks. *The Gerontologist*. Advance online publication.

Birditt, K. S., Polenick, C. A., Luong, G., Charles, S. T., & Fingerman, K. L. (2020). Daily interpersonal tensions and well-being among older adults: The role of emotion regulation strategies. *Psychology and aging*, 35(4), 578.

#### **Optional readings:**

Birditt, K. S., Fingerman, K. L., & Almeida, D. M. (2005). Age differences in exposure and reactions to interpersonal tensions: a daily diary study. *Psychology and aging*, 20(2), 330.

Huo, M., Ng, Y. T., Birditt, K. S., & Fingerman, K. L. (2021). Empathy and Coping: Older Adults' Interpersonal Tensions and Mood throughout the Day. *Gerontology*, 67(1), 101-111.

Luong, G., & Charles, S. T. (2014). Age differences in affective and cardiovascular responses to a negative social interaction: The role of goals, appraisals, and emotion regulation. *Developmental Psychology*, 50(7), 1919.

### **May 10. Personality in Adulthood – Guest Lecture by Dr. Emorie Beck**

To be updated.

## **Week 7.**

### **May 15. Intergenerational Ties**

Fingerman, K. L., Sechrist, J., & Birditt, K. (2013). Changing views on intergenerational ties. *Gerontology*, *59*, 64–70.

**Read but no AB.**

Fingerman, K. L., Pitzer, L. M., Chan, W., Birditt, K., Franks, M. M., & Zarit, S. (2010). Who gets what and why? Help middle-aged adults provide to parents and grown children. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, *66*, 87–98.

Suitor, J. J., Gilligan, M., Peng, S., Con, G., Rurka, M., & Pillemer, K. (2016). My pride and joy? Predicting favoritism and disfavoritism in mother-adult child relations. *Journal of Marriage and Family*, *78*, 908–925.  
<https://doi.org/10.1111/jomf.12288>

Peng, S., Suitor, J. J., & Gilligan, M. (2019). Maternal differential treatment and psychological well-being: The mediating role of marital tension and sibling tension?. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. Advance online publication. <https://doi.org/10.1093/geronb/gbz158>

#### **Optional readings:**

Bengtson, V. L. (2001). Beyond the nuclear family: The increasing importance of multigenerational bonds: The burgess award lecture. *Journal of Marriage and Family*, *63*, 1–16.

Fingerman, K. L., Huo, M., & Birditt, K. (in press). A decade of research on intergenerational ties: Technological, economic, political and demographic changes. *Journal of Marriage and Family*. Advance online publication.  
<https://doi.org/10.1111/jomf12604>

Silverstein, M. & Giarrusso, R. (2010). Aging and family life: A decade review. *Journal of Marriage and Family*, *72*, 1039–1058. doi:10.1111/j.1741-3737.2010.00749.x.

### **May 17. Marriage and Cohabitation**

Carr, D., Freedman, V. A., Cornman, J. C., & Schwarz, N. (2014). Happy marriage, happy life? Marital quality and subjective well-being in later life. *Journal of Marriage and Family*, *76*, 930–948.  
<https://doi.org/10.1111/jomf.12133>

Liu, H., & Waite, L. (2014). Bad marriage, broken heart? Age and gender differences in the link between marital quality and cardiovascular risks among older adults. *Journal of Health and Social Behavior*, *55*, 403-423.  
<https://doi.org/10.1177/0022146514556893>

Liu, H., Reczek, C., & Brown, D. (2013). Same-sex cohabitators and health: The role of race-ethnicity, gender, and socioeconomic status. *Journal of Health and Social Behavior*, *54*, 25-45.

#### **Optional readings:**

Kiecolt-Glaser, J. K., & Wilson, S. J. (2017). Lovesick: How couples' relationships influence health. *Annual review of clinical psychology*, *13*, 421-443.

## **Week 8.**

### **May 22. Social Support**

- Cohen, S., Janicki-Deverts, D., Turner, R. B., & Doyle, W. J. (2015). Does hugging provide stress-buffering social support? A study of susceptibility to upper respiratory infection and illness. *Psychological science*, 26(2), 135-147.
- Lockwood, P. L., Abdurahman, A., Gabay, A. S., Drew, D., Tamm, M., Husain, M., & Apps, M. A. (2021). Aging Increases Prosocial Motivation for Effort. *Psychological Science*, 32(5), 668-681.
- O'Brien, E., & Kassirer, S. (2019). People are slow to adapt to the warm glow of giving. *Psychological Science*, 30(2), 193-204.

#### **Optional readings:**

- Thoits, P. A. (2011). Mechanisms linking social ties and support to physical and mental health. *Journal of health and social behavior*, 52(2), 145-161.

### **May 24. Volunteering**

- Gruenewald, T. L., Tanner, E. K., Fried, L. P., Carlson, M. C., Xue, Q.-L., Parisi, J. M., . . . Seeman, T. E. (2016). The Baltimore experience corps trial: Enhancing generativity via intergenerational activity engagement in later life. *The Journals of Gerontology Series B: Psych Sciences and Social Sciences*, 71, 661–670. <https://doi.org/10.1093/geronb/gbv005>
- Han, S. H., Roberts, J. S., Mutchler, J. E., & Burr, J. A. (2020). Volunteering, polygenic risk for Alzheimer's disease, and cognitive functioning among older adults. *Social Science & Medicine*, 253, 112970.
- Huo, M., & Kim, K. (2022). Volunteering dynamics and life satisfaction: Self-perceptions of aging as a buffer. *The Journals of Gerontology: Series B*, 77(2), 321-331.

#### **Optional readings:**

- Gleason, M. E. J., & Iida, M. (2015). Social support. In M. Mikulincer, P. R. Shaver, J. A. Simpson, & J. F. Dovidio (Eds.), *APA handbook of personality and social psychology* (pp. 351–370). Washington, DC: American Psychological Association. doi:10.1037/14344-013
- Crocker, J., Canevello, A., & Brown, A. A. (2017). Social motivation: Costs and benefits of selfishness and otherishness. *Annual Review of Psychology*, 68, 299–325.
- Anderson, N. D., Damianakis, T., Kröger, E., Wagner, L. M., Dawson, D. R., Binns, M. A., ... & Cook, S. L. (2014). The benefits associated with volunteering among seniors: A critical review and recommendations for future research. *Psychological bulletin*, 140, 1505–1533. <https://doi.org/10.1037/a0037610>

## **Week 9.**

**May 29. Memorial Day. No Class.**

### **May 31. Self-Perceptions of Aging/Ageism**

Cohn-Schwartz, E., Segel-Karpas, D., & Ayalon, L. (2021). Longitudinal dyadic effects of aging self-perceptions on health. *The Journals of Gerontology: Series B*, 76(5), 900-909.

Luo, M. S., & Li, L. W. (2019). Are self-perceptions of aging associated with health trajectories among middle-aged and older adults?. *The Gerontologist*. Advance online publication.

Huo, M., Kim, K., & Haghghat, M. D. (2023). Changes in Self-Perceptions of Aging Among Black and White Older Adults: The Role of Volunteering. *The Journals of Gerontology: Series B*.

#### **Optional readings:**

Levy, B. (2009). Stereotype embodiment: A psychosocial approach to aging. *Current directions in psychological science*, 18(6), 332-336.

Lamont, R. A., Swift, H. J., & Abrams, D. (2015). A review and meta-analysis of age-based stereotype threat: Negative stereotypes, not facts, do the damage. *Psychology and Aging*, 30, 180–193. <https://doi.org/10.1037/a0038586>.

Wurm, S., Diehl, M., Kornadt, A. E., Westerhof, G. J., & Wahl, H.-W. (2017). How do views on aging affect health outcomes in adulthood and late life? Explanations for an established connection. *Developmental Review*, 46, 27–43.

## **Week 10.**

### **June 5. Bereavement**

Umberson, D., Olson, J. S., Crosnoe, R., Liu, H., Pudrovskaya, T., & Donnelly, R. (2017). Death of family members as an overlooked source of racial disadvantage in the United States. *Proceedings of the National Academy of Sciences*, 114(5), 915-920.

Umberson, D., Donnelly, R., Xu, M., Farina, M., & Garcia, M. A. (2020). Death of a child prior to midlife, dementia risk, and racial disparities. *The Journals of Gerontology: Series B*, 75(9), 1983-1995.

Carr, D. C., Kail, B. L., Matz-Costa, C., & Shavit, Y. Z. (2017). Does becoming a volunteer attenuate loneliness among recently widowed older adults?. *The Journals of Gerontology: Series B*, 73(3), 501-510.

### **June 7. Final Paper Presentation**