

# Course Syllabus

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## Adulthood and Aging

HDE 100C

Summer Session II 2018

Department of Human Ecology

University of California, Davis

**Instructor:** Nicole Hollis, PhD ([ndhollis@ucdavis.edu](mailto:ndhollis@ucdavis.edu) (<mailto:ndhollis@ucdavis.edu>))

**Office Hours:** Mondays, 2:30 - 4:30 pm in 1320 Hart Hall

### Lecture

**Time & Location:** Mondays, Tuesdays, and Wednesdays, 5:10 - 7:25 pm in 198 Young

**Dates:** August 6 through September 12, 2018

### Prerequisites

You must have taken Psychology 1, Psychology 15, Human Development 100A, or Human Development 100B. Any one of these courses is sufficient.

### Course Resources

**Website**

**Required Text**

The syllabus, schedule, required supplemental reading material, gradebook, and assignment information will be available to you on Canvas. The course schedule is subject to change. It is available at the end of the Syllabus page on Canvas.

Live chat and phone support for Canvas is available 24 hours a day, 7 days a week for students. To access, click on the "Help" link in the lower left corner of any page, or call UC Davis' Canvas hotline: 844-303-8285. You can also contact IT Express (<http://itexpress.ucdavis.edu> / <http://itexpress.ucdavis.edu>), 530-754-4357) for assistance.

Please check the website and your e-mail regularly.

Bjorklund, B. (2015). *The Journey of Adulthood (8th Ed)*. San Francisco, CA: Pearson.

Please feel free to use either the hard copy or REVEL version of the text.

**REVEL:** This course uses low-cost online materials provided through the UC DAVIS Inclusive Access Program. Please visit <http://inclusiveaccess.ucdavis.edu> (<http://inclusiveaccess.ucdavis.edu>) for your access instructions, billing terms, and opt-out information. The discounted access charge will be billed to your MyBill account after the 10th day of class unless you choose to opt out of the program during that time. For questions, please e-mail the Inclusive Access Help Desk at [inclusiveaccess@ucdavis.edu](mailto:inclusiveaccess@ucdavis.edu) (<mailto:inclusiveaccess@ucdavis.edu>).

**Hard Copy:** If you choose not to use REVEL, you are welcome to use the hard copy of the book instead.

## Course Goals and Keys to Success

### Course Goals

Understand how humans grow and change biologically, cognitively, socially, and emotionally during adulthood. Adulthood begins with emerging adulthood, which is the period that immediately follows adolescence, and continues throughout the rest of the lifespan.

Learn about changes in various aspects of adults' lives as they age, how they affect people, and causes of these changes.

Evaluate current research methods in the field of adulthood and aging.

Consider current challenges and lack of needed resources facing today's older adults.

### Keys to Success

I encourage active learning. Please attend class, think critically, and participate in and make valuable contributions to class discussions and activities.

Please contribute to a respectful class environment. Please choose not to talk with classmates during lecture or use electronic devices for purposes other than class participation and note taking.

Lectures are designed to complement course readings, and may not necessarily overlap with them. Reading assigned materials before the class for which it was assigned and participation during activities and class discussions is imperative for success.

Consider ways to improve the situation for the aging baby boomers and the challenges we face as the aging population increases.

Weigh arguments in debates in the medical field about preserving life versus preserving *quality* of life.

Understand and critically evaluate empirical research and first-hand observation of developmental processes.

Examine species-universal and unique sources of change in growth and development.

Videos shown during lecture depict prenatal, infant, and child development. They will not be available outside of class.

If you must miss a class and any videos, I recommend asking a classmate for notes regarding any lecture material and videos you miss.

Tests will cover information presented in the text book and not lecture, presented in lecture and not the text, and material that is presented in both settings.

## Graded Course Components

### Exams

You will be asked to complete 3 exams during class time. Exams 1 and 2 will not be cumulative. Exam 3 will be cumulative. Exams include true/false and multiple choice questions.

### Paper

You will be expected to complete one paper. Each section of the paper will have a separate due date. Full instructions will be available on Canvas.

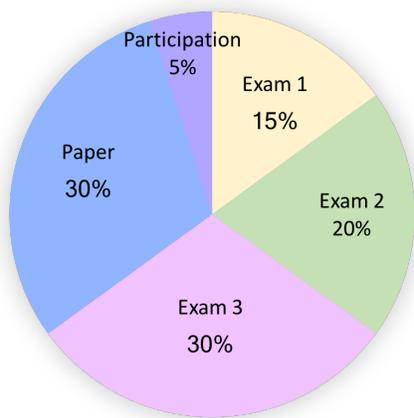
### Participation and Attendance

Participation and attendance will be composed of periodic in-class and at-home assignments throughout the term. In-class assignments will not be announced and cannot be made up if a student is absent or does not complete the assignment. To allow for circumstances like illnesses and emergencies, students who miss no more than one in-class assignment will not be penalized for this. At-home assignments will be completed on Canvas and students will have one week to complete each assignment after the at-home assignment instructions are posted.

## Course Grade Calculation

### Relative Weight of Each Course Component

### Letter Grade Scale



A	93 to 100%
A-	90 to <93%
B+	87 to <90%
B	83 to <87%
B-	80 to <83%
C+	77 to <80%
C	73 to <77%
C-	70 to <73%
D+	67 to <70%
D	63 to <67%
D-	60 to <63%
F	<60%

## Policies

### e-mail

I will make every effort to respond to each e-mail within two weekdays. In order to maintain a quick response time, e-mails should be brief. When e-mails exceed 6 lines or require long responses, we may request that you attend office hours to discuss the topic. Please include **HDE100C** in the subject line of your e-mail to decrease the chance that it gets filtered into junk mail. Please send all e-mails to [ndhollis@ucdavis.edu](mailto:ndhollis@ucdavis.edu) (<mailto:ndhollis@ucdavis.edu>) and do not send messages through the Canvas messaging system.

### Paper Submission

Please submit assignments on Canvas according to assignment instructions. It is your responsibility to confirm that each assignment has been submitted correctly and is available in the Canvas system.

Unsuccessful attempts to submit assignments do not count as submissions, and if an assignment is not submitted correctly, points will be deducted according to course policy. If your assignment is not visible to us on Canvas, you will receive point deductions according to course policy.

### Exams

Please bring a UCD 2000 Scantron and a #2 pencil to each exam.

On exam days, please turn billed hats backwards and remove earbuds; turn off and put away all cell phones and other electronic devices; put all written materials, books, notebooks, binders, and folders out of sight. Please have only your Scantron, a pencil, and an eraser in view. Please put all electronic devices in bags under chairs instead of having them in pockets—this prevents suspicion of cheating.

Exams cover material that is presented in lecture and in course reading material. Material covered in lectures and not the readings, material that is covered in readings and not the lectures, as well as material that is covered in both the lectures and the readings may appear on the tests.

Please arrive on time for exams. Following university policy, if you arrive after at least one student has completed the exam, you will not be allowed to take the exam and will receive a zero.

Students are responsible for knowing the dates and times of exams (found in the course

If you have questions about successful assignment submission, please contact Canvas or IT Express.

If your assignment is not submitted on time or is not submitted correctly, you will have the opportunity to submit it for partial credit.

Assignments submitted within the first 24 hours after the due date and time will be eligible for a maximum of 90% of full credit. Ten percent (10%) of the total possible points for the paper will be deducted for every 24 hour period past the due date and time. When five 24-hour periods have passed, or when graded papers are returned to students (whichever occurs first), late assignments will no longer be accepted. Out of fairness to the class as a whole, there will be no exceptions to this policy.

## Missing Class

If you miss class for any reason, I recommend getting notes from a reliable classmate.

## Academic Honesty

I expect every student to display the highest level of academic honesty. It is your responsibility to know what the University considers academic honesty.

<http://sja.ucdavis.edu/publications.html> I expect all students to abide the UCD Code of Academic Conduct, i.e., the policies and procedures regarding academic honesty and integrity: *"Existing policies forbid cheating on examinations, plagiarism and other forms of academic dishonesty (see below). Academic dishonesty is contrary to the purposes of the University and is not to be tolerated. A code of conduct for the campus community must exist in order to support high standards of behavior."* Any

schedule). Unless you experience a documented emergency at the time of the exam, you must obtain prior permission from the instructor to take a make-up exam. In the absence of such permission, the exam grade will be 0.

No make-up exams will be scheduled or accepted without a certified medical or documented family emergency excuse. Special arrangements will be made only to the extent that these arrangements are justifiable given the documentation. The instructor will decide what arrangements are justifiable. To facilitate timely release of test scores to students, make-up exams must be completed within five week days of the exam day. Out of fairness to the class as a whole, we can make no exceptions to this policy.

If you are unsure about a situation, ask your instructor (in this class or any other). More resources on UCD's criteria for academic honesty are available

at <http://sja.ucdavis.edu/publications.html>  
(<http://sja.ucdavis.edu/publications.html>)

Examples of academic misconduct include: receiving and providing unauthorized assistance on examinations, using unauthorized materials during an examination, plagiarism – using materials from sources without citations. altering an exam and submitting it for re-grading, fabricating data references, and using false excuses to obtain extensions of time.

student who cheats on an assignment or exam will be referred to the Office for Student Judicial Affairs.

## University Resources

### Student Academic Success Center

(530) 752-2013, 2205 Dutton Hall, <http://lsc.ucdavis.edu>  
(<http://lsc.ucdavis.edu>)

The center offers appointments and drop-in consultations on writing. Clear and correct writing as a requirement in this class, so please take advantage of the SASC resources if you need help with your basic writing skills.

### The Mind Spa

Student Health and Wellness Center in the CAPS Clinic, 2nd floor <https://shcs.ucdavis.edu/services/mindspa.html>  
(<https://shcs.ucdavis.edu/services/mindspa.html>)

(<https://shcs.ucdavis.edu/services/mindspa.html>)  
The Mind Spa offers the use of massaging recliners, biofeedback, insomnia programs, yoga classes, and mindful relaxation resources, free of charge. It also offers student advocacy services that are provided by trained listeners who have the skills to help students to process and understand their thoughts and feelings.

The course schedule is available [here](#).

### Student Health and Counseling Services

(530) 752-2300, Locations at Student Health and Wellness Center and North Hall, <https://shcs.ucdavis.edu>  
(<https://shcs.ucdavis.edu>)

SHCS provides mental health and wellness services to registered UC Davis students regardless of insurance coverage. If urgent issues are life-threatening or suicidal, please contact 911 instead of CAPS.)

### Student Disability Center

(530) 752-3184 (voice) or (530) 752-6833 (TTY), <http://sdc.ucdavis.edu>  
(<http://sdc.ucdavis.edu>)

The staff at SDC ensure and arrange accommodations for students with disabilities.

## Course Summary:

Date	Details	
Wed Aug 15, 2018	 <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217775">Exam 1</a> ( <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217775">https://canvas.ucdavis.edu/courses/285705/assignments/217775</a> )	due by 5:10pm

Date	Details	
Wed Aug 29, 2018	 <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217776">Exam 2</a> ( <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217776">https://canvas.ucdavis.edu/courses/285705/assignments/217776</a> )	due by 5:10pm
Wed Sep 12, 2018	 <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217777">Exam 3</a> ( <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217777">https://canvas.ucdavis.edu/courses/285705/assignments/217777</a> )	due by 5:10pm
	 <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217770">Living Old</a> ( <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217770">https://canvas.ucdavis.edu/courses/285705/assignments/217770</a> )	
	 <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217771">Stress: Portrait of a Killer</a> ( <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217771">https://canvas.ucdavis.edu/courses/285705/assignments/217771</a> )	
	 <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217772">Writing Assignment 1</a> ( <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217772">https://canvas.ucdavis.edu/courses/285705/assignments/217772</a> )	
	 <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217773">Writing Assignment 2</a> ( <a href="https://canvas.ucdavis.edu/courses/285705/assignments/217773">https://canvas.ucdavis.edu/courses/285705/assignments/217773</a> )	

# Schedule (subject to change)

Week	Date	Topic	Assignment
1	8/6	Introduction to Adult Development	Read Ch. 1
	8/7	Physical Changes	Read Ch. 2
	8/8	Physical Changes	
2	8/13	Health and Health Disorders	Read Ch. 3
	8/14	Health and Health Disorders	
	8/15	<b>Exam 1</b>	Exam will cover: Introduction to Adult Development, Physical Changes, Health and Health Disorders, and Chapters 1, 2, and 3.
3	8/20	Stress, Coping, and Resilience	Read Ch. 10; <b>Writing Assignment 1 Due</b>
	8/21	Stress, Coping, and Resilience	
	8/22	Cognitive Abilities	Read Ch. 4
4	8/27	<i>The Living Old</i>	
	8/28	Work and Retirement	Read Ch. 7
	8/29	<b>Exam 2</b>	Exam will cover: Stress, Coping, and Resilience; Cognitive Abilities; Work and Retirement; and Chapters 10, 4, and 7.

5	9/3	Personality	Read Ch. 8
	9/4	Social Relationships	Read Ch. 6
	9/5	Alzheimer's Disease	
6	9/10	Death and Bereavement	Read Ch. 11 <b>Writing Assignment 2 Due</b>
	9/11	Conclusion	
	9/12	<b>Exam 3</b>	Exam will cover: Personality, Social Relationships, Alzheimer's Disease, Death and Bereavement, and Chapters 6, 8, and 11.