

Successful Aging Paper

I have labeled this the "Successful Aging Paper" which means that you may select from one of four topic areas: (a) the retirement adjustment process (the period starting with the time (or in preparation for the time) the individual leaves full-time employment and the next five years or so thereafter); (b) turning back the years (this topic focuses on some of the ways that individuals develop strategies to battle the process of aging and, by definition, usually begins—except cryogenics—when the person is relatively young and, obviously, requires that you not only describe the techniques involved but that you also discuss the scientific research validating the techniques); (c) the healthy centenarians (where you will examine the body of recent research studying what makes people who live to be over 100 years old different from most of us who live merely into their 80s); or (d) modifications to the physical environment (where you will explore, in depth, the ways in which universal design and assistive technology will enable older people to remain in their own homes, even though handicapped or frail by today's standards). You are to write a 10-page minimum, double-spaced, typed paper (excluding title, reference, and appendix pages), using a minimum of 4 references (at least 2 of which must come from "scholarly" sources such as scientific journals or books). Just to clarify, unpublished material from the World Wide Web is defined for this class as "non-scholarly" references, unless you have downloaded previously-published journal articles—however, internet sources may be used, as well as popular magazines, etc., may be used as non-scholarly sources, if adequately referenced.

Note

- Include APA style formatting, which includes a title page, reference page, running head, and page numbers.
- An abstract is not required.
- Refer to the APA blue book manual or <https://owl.english.purdue.edu/> for assistance with in-text citations and references.
- The paper must include in-text citations if referencing literary publications.
- Citations also reduce the risk of plagiarism.
- All submitted written work must be an original assignment. You may not use work previously submitted.