Hostos Community College - The City University of New York

Behavioral and Social Sciences Department Psychology of Aging, PSY 180– Summer 2020

Course & Section: Psychology of Aging 180-000A (3W1) (Online/OER course)

Pre-requisite: PSY-101

Class hours: Online Class; 3 credit hours

Location: N/A

Professor: Stacey J. Cooper, Ph.D.

Office & Phone: B-346, 718.518.7990 (Campus Closed)

E-mail: scooper@hostos.cuny.edu

Office hours: Virtual office hour meetings by email appointment

Course Description:

Students will learn about healthy aging and the nature and causes of psychological problems in the elderly. They will also learn principles of evaluation, treatment and prevention of these problems.

Course Objectives:

This class will focus on the physical, cognitive, social, and emotional development of humans from in late adulthood and through the aging process. In this course students will examine the study of the theories and research methodology encompassing familial, genetic, and socio-cultural influences on human development through late later life. Students should gain a theoretical and methodological overview of the area of human growth and development, particularly regarding the physical, cognitive, and psychosocial dimensions of human functioning. Students will also gain knowledge that will be applicable to an understanding of themselves and those around them, especially the elderly. At the end of this course, students who have fully participated should be able to:

- 1. identify the major concepts, principles, controversies and research findings in late adulthood developmental psychology.
- 2. describe and understand the major research methods used to study developmental processes during late adulthood, including the advantages and disadvantages of each approach.
- 3. comprehend and use the key constructs employed in evaluating research: principally, internal and external validity and reliability.
- 4. analyze and critically evaluate information from a variety of sources.
- 5. work collaboratively.
- 6. apply their understanding of development in late adulthood to everyday life experiences.

The reading and written assignments will ensure that students in this course will satisfy the following flexible core learning outcomes:

- 1. Gather, interpret, and assess information from a variety of sources and points of view
- 2. Evaluate evidence and arguments critically or analytically.
- 3. Produce will-reasoned written or oral arguments using evidence to support conclusions.
- 4. Identify and apply the fundamental concepts and methods of a discipline or interdisciplinary field exploring the relationship between the individual and society.
- 5. Examine how an individual's place in society affects experiences, values or choices.
- 6. Articulate ethical uses of data and other information resources to respond to problems and questions.

Required Materials: Zero Cost Text, which is located at:

http://guides.hostos.cuny.edu/Psychology_of_Aging

THE NATURE OF THIS COURSE

FYI. THIS IS AN ONLINE COURSE!

What is an Online Course?

For a course to be considered online, more than 80% of the instruction has to occur online. The instructor can decide to meet students in a classroom to complete examinations and other related tasks but it is recommended that most instructional processed take place within the online environment through Blackboard, which is the official platform for online instruction at CUNY. For more information about being ready for an online course see the Hostos Student Checklist: http://www.hostos.cuny.edu/Ready/Checklist-Students.

What is Zero Textbook Cost/ Open Educational Resource COURSE?

- ZTC/OER course sections are those that do not require students to purchase a textbook.
- ZTC/OER designated course sections may include recommended books, library materials, or materials provided at no cost by the instructor. Students may be asked to print out materials, if the materials are provided free of charge.
- ZTC/OER designated courses need only be free of cost for textbooks. ZTC designated courses may include costs for supplies.

The real question is! Are You Ready to take this ONLINE course?

IT IS STRONGLY RECOMMENDED THAT YOU COMPLETE THE "Are You Ready?" E-LEARNING COURSE TO ASSESS IF YOU ARE READY FOR THIS MODALITY OF LEARNING. GO TO http://goo.gl/hvFSX5

HOW TO DO WELL IN THIS CLASS:

- Don't just memorize- UNDERSTAND. The following suggestions will help you do just that.
- Participate online by contributing to the discussion board, completing all readings, quizzes/ exams and assignments by their due dates.
- When you actively engage the material, like writing or talking about it, it will help you learn and remember.
- Read the course material on a regular basis, not just before an exam or quiz. Take notes while you read using your own words (USE CORNELL NOTES, check Blackboard!). Using your own words makes you actively think about the material, which helps with comprehension and retention. Teach someone else what you are learning- it's a great way to learn!
- Pace yourself by regularly **keeping up with the course material**. Don't try to cram; it doesn't work and it takes all the fun out of learning. Having fun is key!!
- Use a dictionary (or dictionary.com) when you are reading and when you write your assignments. I expect you to use proper spelling and punctuation. It can be very helpful to have someone proofread your assignments.
- Network with your classmates. Make connections for study groups and class notes in case you have to miss
 class. For this class use the
- Communicate! Discuss ideas and concerns with your fellow classmates and the professor.

COURSE REQUIREMENTS: (part 1)

PLEASE NOTE: This is an <u>ONLINE COURSE</u> and it will require you to have access to and proficient use of BLACKBOARD, THE INTERNET, COMPUTERS AND COMPUTER PROGRAMS & APPLICATIONS (For further assistance see page 10 of this document). Additionally, efficiently working internet service is important. f you do not personal own a computer or have Internet access, see this link for more information. http://www.hostos.cuny.edu/Ready/Checklist-Students

COURSE REQUIREMENTS: (part 1)



1. BLACKBOARD:

- As students of this class you must have access to the Internet, including an active Blackboard account.
 Blackboard will be used for communication and the posting of course material, assignments and website
 links among other things. Several of the class assignments/activities and all PowerPoint presentations are
 located on the course blackboard webpage. In order to access this information you must have an active
 blackboard account.
- How to get to Blackboard: Go to www.hostos.cuny.edu, click on "CUNY PORTAL LOGIN". If you are not registered or have never used blackboard, click "REGISTER NOW", then click on "STUDENT". Enter your last name, social security number and birth date and click "NEXT". If all the information you entered is correct then click "CONFIRM". Write down your CUNY portal name and password in a safe place. Once you have signed into the CUNY portal, click on the "BLACKBOARD" link. On the right hand side of the page you will see "MY COURSES", choose the link for the appropriate class- in this case PSY 101.

2. MAINTAIN AN ACTIVE HOSTOS EMAIL ACCOUNT (see section on Information Technology Office)

• Your in-class participation requires that you also read the required material, come prepared to discuss it and present the class with relevant questions for discussion; additionally you should also be prepared to competently answer questions that are asked of you regarding the required material.

STUDENT RESPONSIBILITIES:

- 1. Use Blackboard and keep Hostos email accounts active.
- 2. Keep Hostos email accounts accessible for new email. Check and empty email periodically.
- 3. Communicate with faculty using the *Hostos email*.

- 4. Check in and review the Blackboard site several times for the week.
- 5. Perform all lesson objectives, activities and reading assignments.
- 6. Complete and upload in all written assignments on or before their due date.
- 7. Demonstrate proficiency with all homework and written assignments.
- 8. Demonstrate a significant amount of critical thinking and analysis. Therefore, the student's quantity and quality of participation will be factored into the final grade.

3. ONLINE RESPONSIBILITIES and "NETIQUETTE" (An complete list can be found on Blackboard >> FAQs About this Course>>Netiquette)

• E-mail Behavior:

E-mail is the best way to get in touch with me, but there are some guidelines that must be followed:

- You MUST use your Hostos email address when emailing.
- You MUST include the course and section number in the topic line when sending any email.
- Complete all online assignments before their due dates.
- Make sure that your email account is ACTIVE and cleared regularly
- CREATE A NEW EMAIL TO SEND TO PROFESSOR COOPER.
 - o Go to your HOSTOS email account and create a new email
 - o In the subject/title line place your NAME, CLASS SECTION and ISSUE/REASON for the email.
 - o Start with Dear Professor Cooper or Hello Professor Cooper.
 - o Write out the email
 - o Close with "Thank you" or "Best Regards".
 - o Write your name
- Keep your message brief and focused.
- Proofread your emails.
- Be careful of your tone in emails. When communicating in person or phone, your facial expressions and voice convey so much information. That information is lost in an email. Choose your words thoughtfully. Sarcasm can (and will) backfire.
- Do not write like you do when texting or messaging.

4. FORUM/DISCUSSION BOARD NETIQUETTE AND GUIDELINES: When posting on the Discussion Board in your eLearning class, you should: An complete list can be found on Blackboard >> FAQs About this Course>>Netiquette)

- Participate. This is a shared learning environment. No lurking in the cyberspace background. It is not enough to login and read the discussion thread of others. For the maximum benefit to all, everyone must contribute.
- Make posts that are on topic and within the scope of the course material. Don't post irrelevant links, comments, thoughts, or pictures.
- Take your posts seriously and review and edit your posts before sending, because they will be seen by the entire class and will be graded.
- Be as brief as possible while still making a thorough comment.
- Be sure to read all messages in a thread before replying.
- Avoid repeating someone else's post without adding something of your own to it.
- Avoid short, generic replies such as, "I agree." You should include why you agree, or add to the previous point.
- Recognize and respect diversity and different opinions and perspectives.
- Check the most recent comments before you reply to an older comment, since the issue might have already been resolved or opinions may have changed.
- Do not write like you do when texting or messaging.
- Ideally you should write your post in WORD and then COPY & PASTE it to the discussion board.

COURSE REQUIREMENTS: (part 2) Schedule, Activities and Grading

***Note: All topics have handouts, which contain practice activities. These activities should be completed as assigned and submitted as assigned. These activities will count towards your participation grade.

Tentative Class Schedule: please note that this schedule is subject to change.

Week	CHAPTER	Assignment(s)
	Prior to Week 1	Tasks: (Prior to first day of class 6/1) ➤ Complete: First Day Survey ➤ Complete: Discussion Board #1. Post Introductions (closes 6/1)
	Chapter 0:Navigating the course	Coursework: > Orient yourself to the Course Blackboard site > Watch: Introductory videos > Navigate through the OER textbook > Read: Chapter 0
1 06/01- 06/07	Chapter 1: An Introduction to Aging	Coursework: > Read: Chapter 1 > Read/View: Exceeding Expectations Life Stories > Complete Video Lectures > Navigate the Blackboard Course & OER textbook > Read: Instructions for Short Paper Assignment
		Tasks: ➤ Complete: Discussion Board #2 (closes 6/3)
	Chapter 2: Stereotypes and Myths of Aging	Coursework: > Read: Chapter 2 > Complete: Video Lectures
	Chapter 3: Social and Psychological Theories of Aging	Coursework: ➤ Read: Chapter 3 ➤ Complete: Video Lectures
		Tasks: ➤ Complete: Discussion Board #3 (closes 6/5) ➤ Complete: Exam Prep (closes 6/6)
	This ex	EXAM #1: Due 6/7 am will cover Chapters 1, 2 & 3
2 (06/08- 06/14)	Chapter 4: Physical Health and Well Being	Coursework: > Read: Chapter 4 > Complete: Video Lectures
		Tasks: ➤ Discussion Board #4 (closes 6/10)
2	Chapter 5: Cognition and Mental Health in Aging	Coursework: > Read Chapter 5 > Complete: Class Lectures/ Videos

Week	CHAPTER	Assignment(s)			
	Chapter 6: Social Engagement in Later Life	Coursework: Read Chapter 6 Complete: Class Lectures/ Videos			
		Tasks: Complete: Discussion Board #5 (closes 6/12)			
	This e	EXAM #2: Due 6/14 xam will cover Chapters 4, 5. 6.			
3 (06/15- 06/24) Chapter 7 Intima and Sexuality in La Life		Coursework: > Read Chapter 7 > Complete: Class Lectures/ Videos Tasks: > Complete: Discussion Board #6 (closes 6/17)			
	Chapter 8: Retirement and Later Life	Coursework: > Read Chapter 8 > Complete Class Lectures/ Videos			
	Chapter 10: On Death, Dying and Bereavement	Coursework: Read Chapter 4 Complete Class Lectures/ Videos			
	Chapter 11: Lifelong Happiness, Successful Living and Aging	Coursework: Read Chapter 4 Complete Class Lectures/ Videos Complete: Discussion Board #7 (closes 6/19)			
		Tasks: ➤ Short Paper Due (6/21)			
		EXAM #3: Due 6/24 n will cover Chapters 7, 8, 10 & 11 credit Assignments are due on 6/24			

Note: A list of important study terms and concepts can be found in the OER ETextbook (in each Chapter module). Please use this list to guide your reading of the textbook and to study for exams.

GRADING

WRITING ASSIGNMENT (15% of Final Grade)

In this course your will be required to complete a major formal writing assignment. This assignment will be reading review paper. In order to complete this paper you must read the 20 Exceeding Expectation reading from Chapter 1 (see syllabus for more information). (For more information, see paper instructions on Blackboard>> Assignments OR the Assignments folder in Course Content).

DISCUSSION BOARD POSTS (40% of Final Grade)

These are informal writing exercises. In this course you are required to participate in several discussion boards. There will be 7 discussion boards and you will be required to respond to at least 6 of them (by writing/creating substantially quality posts) to receive the available points per forum. Please note that each board is graded individually and so you need to do well in each board response to receive the maximum score. See the discussion board-grading rubric for more information (see Blackboard >> Discussions). Discussion boards are due every Wednesday and Friday (see schedule for specific dates. On Blackboard see the Tasks List for dates. So ensure that you prepare your posts beforehand. You are also required to respond to and comment on at least ONE of your classmates' posts. Each post will be graded on a 5-point scale as follows.

EXAMINATIONS (40% of the Final Grade)

This course will also include THREE examinations. Exam material includes the lectures/videos embedded within the course OER-Text and links. Exams will be available for one week on Blackboard, but once you start the exam you must complete it within it's specified timeframe. You are not allowed to leave or save an exam and come back to it, you must complete it in one sitting! Exams close on these dates 6/7, 6/14 & 6/24 Exams ARE NOT OPEN BOOK. You must put away all your notes and course material when taking your exams.

To assist you to prepare for taking the first quiz, you will have a quiz prep that will simulate the quiz, please complete this exercise; doing so will count towards your participation grade.

ONLINE PARTICIPATION (5% of Final Grade) ** Maintaining an online presence! This includes completing class lectures and videos, participating in discussion boards, submitting formal assignments via safe assign, quiz prep, completing informal assignments, like the interview paper progress report, by their due dates and, attending virtual office hours and keeping up with email announcements. In all, this grade represents your overall online presence in this course.

Total: 100%

EXTRA CREDIT OPTIONS (more information and instructions/deadlines/points on Blackboard>>Student Surveys. To receive extra credit for these surveys you must use your Hostos email and complete them by June 24th.

A 93- 100				
00.00				
A- 90-92				
B+ 87-89				
В 83-86				
B- 80-82				
C+ 77-79				
C 70-76				
D 60-69				
F LESS THAN 59				

HOSTOS CC GRADING SCALE

Some Reminders:

- Your online presence is important to your doing well in this course..
- Please have a notebook to take notes. Please take notes regularly.
- Refrain from taking notes on your cellphone, and do not write papers on your cellphone either.
- You must have a Hostos email account.
- You must use Blackboard on a regular basis (I suggest that you check in/study everyday!).
- If you don't have computer access, Hostos community college has several computer labs.
- See announcements and the course calendar (see Blackboard) for all important dates.
- Late papers/ assignments will not be accepted.
- This syllabus is subject to change during the course of the semester.

POLICIES

ACADEMIC HONESTY & INTEGRITY:

All students are expected to adhere completely to the Hostos Community College policy concerning academic honesty, which can be found in the course schedule catalog. ANY violation of the academic honesty policy will be vigorously pursued. In the collegiate setting, cheating is defined as the purposeful misrepresentation of another's work as one's own. Any suspicion of cheating from another student, plagiarism etc., will be addressed immediately. Academic Dishonesty is prohibited in The City University of New York and is punishable by penalties, including failing grades, suspension and expulsion, as provided within the College Catalogue. Which can be found at: http://www.hostos.cuny.edu.sdem/student_life_aip.html. Students are responsible for upholding the academic integrity of the program by not participating either directly or indirectly in acts of cheating and by discouraging others from doing so. In regards to Academic Honesty students' responsibilities include, but are not limited to, the following:

More information on CUNY's Academic Integrity policy

Also see the CUNY.edu website for more information: https://www.cuny.edu/about/administration/offices/legal-affairs/policies-procedures/academic-integrity-policy/

Academic dishonesty is prohibited in The City University of New York. Penalties for academic dishonesty include academic sanctions, such as failing or otherwise reduced grades, and/or disciplinary sanctions, including suspension or expulsion.

- 1. Definitions and Examples of Academic Dishonesty.
 - 1.1 **Cheating** is the unauthorized use or attempted use of material, information, notes, study aids, devices or communication during an academic exercise. Example of cheating include:
 - Copying from another student during an examination or allowing another to copy your work.
 - Unauthorized collaboration on a take home assignment or examination.
 - Using notes during a closed book examination.
 - Taking an examination for another student, or asking or allowing another student to take an examination for you.
 - Changing a graded exam and returning it for more credit.
 - Submitting substantial portions of the same paper to more than one course without consulting with each instructor.
 - Preparing answers or writing notes in a blue book (exam booklet) before an examination.
 - Allowing others to research and write assigned papers or do assigned projects, including using commercial term paper services.
 - Giving assistance to acts of academic misconduct/ dishonesty.
 - Fabricating data (in whole or in part).
 - Falsifying data (in whole or in part).
 - Submitting someone else's work as your own.
 - Unauthorized use during an examination of any electronic devises such as cell phones, computers or other technologies to retrieve or send information.
 - 1.2. **Plagiarism** is the act of presenting another person's ideas, research or writing as your own. Examples of plagiarism include:
 - Copying another person's actual words or images without the use of quotation marks and footnotes attributing the words to their source.
 - Presenting another person's ideas or theories in your own words without acknowledging the source.
 - Failing to acknowledge collaborators on homework and laboratory assignments.
 - Internet plagiarism, including submitting downloaded term papers or parts of term papers, paraphrasing or copying information from the internet without citing the source, or "cutting & pasting" from various sources without proper attribution.
 - 1.3. **Obtaining Unfair Advantage** is any action taken by a student that gives that student an unfair advantage in his/her academic work over another student, or an action taken by a student through which a student attempts to gain an unfair advantage in his or her academic work over another student. Examples of obtaining unfair advantage include:
 - Stealing, reproducing, circulating or otherwise gaining advance access to examination materials.

- Depriving other students of access to library materials by stealing, destroying, defacing, or concealing them.
- Retaining, using or circulating examination materials, which clearly indicate that they should be returned at the end of the exam.
 - Intentionally obstructing or interfering with another student's work

1.4. Falsification of Records and Official Documents

Examples of falsification include:

- Forging signatures of authorization.
- Falsifying information on an official academic record.
- Falsifying information on an official document such as a grade report, letter of permission, drop/add form, ID card or other college document

No student shall:

- 1. Give or receive any assistance or communicate in any way with another student while an examination is in progress.
- 2. Use unauthorized notes, books or other materials during an examination.
- 3. Attempt to obtain or disseminate the content or any examination prior to its distribution by the proctor.
- 4. Procure or distribute answers to examinations in advance.

WRITTEN ASSIGNMENT POLICIES: (See Blackboard>> Assignments)

- 1. As part of the course grading ALL students must write a formal paper.
- 2. Written assignments must be the product of the student's own research and writing.
- 3. No student shall submit work that has been written by someone else or copied from an outside source.
- 4. No student shall submit work that has been previously submitted in either whole or part for academic credit. This is termed "self-plagiarism."
- 5. Late assignments will not be accepted. Please take note of all deadlines.
- 6. Students who engage in academic dishonesty will receive a grade of zero for the assignment.
- 7. All violations of the academic integrity policy shall be referred to the Disciplinary Committee to determine if negative incentives or additional sanctions- including suspension or dismissal from the program, are warranted.
- 8. The HCC library offers workshops and provides assistance on how to avoid plagiarism.

Note: All writing assignments must be written in Times New Roman, 12 pt., with standard margins of 1-inch all around. A cover page is not necessary, but your NAME, DATE, CLASS and ASSIGNMENT TITLE/ NUMBER should be clearly identifiable. All papers must be DOUBLE SPACED and TYPEWRITTEN; no hand written assignments will be accepted. All references must be cited according to APA standards. For more information on APA Style please visit: http://owl.english.purdue.edu/owl/resource/560/01/.

ONLINE EXAMINATION POLICIES:

- 1. As part of the course grading ALL students must take formal exams.
- 2. All exams are administered online via Blackboard.
- 3. Students must take their exams for themselves. No other person can take the exam for you!
- 4. Exams will be available for one week on Blackboard, but once you start the exam you must complete it within it's specified timeframe. You are not allowed to leave or save an exam and come back to it, you must complete it in one sitting! Exams have deadlines; so pay attention to their close dates!
- 5. Exams are timed; they must be completed within the stated time frame.

- 6. Exams will be continuous and timed, so if you stop in the middle of the exam you will only have completed possibly half of the exam. Note, once you start an exam, you must complete it. You cannot take any breaks.
- 7. No credit will be given for questions left unanswered regardless of the reason.
- 8. Students are responsible for correctly completing all test questions.
- 9. Students CANNOT use their OER-Text or notes or any other additional textbook or material when taking an exam, this is cheating!
- 10. All requests for make-up exams will be determined by the instructor, based upon the merits of the request and, on a cases-by-case basis. Submitting a request for a make-up exam does not guarantee that permission will be granted.

DISCUSSION BOARD POLICIES (Also see Blackboard>> Discussions for more information)

- 1. As part of the course grading ALL students must participate in the Discussion Board.
- 2. Discussion boards must be written by student enrolled in the class themselves.
- 3. Discussion board posts must address the topic at hand; it is not a place to rant!
- 4. Only one discussion board post will be dropped from your final grade.
- 5. All Discussion Boards have a deadline (they will close EVERY SUNDAY at 11:59pm), if you do not submit your work by that deadline, it is late and you will not receive a grade for that submission. Please make sure that you start your post well before this deadline and save your work before submitting (preferably in MS-WORD).
- 6. DO NOT add attachments in DISCUSSION POSTS (unless specifically asked to do so). Copy and PASTE your text directly into the dialog box in the Discussion Board.
- 7. In addition to your own post, you must respond to AT LEAST ONE other classmate's post in order to complete this activity.
- 8. You will not be given credit for postings that do not meet the minimum requirement for length. In your response post, do not just repeat what was stated in the original post.

IMPORTANT SERVICES PROVIDED BY HOSTOS COMMUNITY COLLEGE: (some information listed below may have changed)

Hostos Community College website: www.hostos.cuny.edu

Library:

Library	A-308	3rd Floor	718.518.4215
Website: http://www.hostos.cuny.edu/library/			
http://guides.hostos.cuny.edu/sb.php?/			

HALC: The Hostos Academic Learning Center (HALC), located in C-596

Hostos Academic Learning Center (HALC)	C-596	5th Floor	(718) 518-6624
Website: http://www.hostos.cuny.edu/HALC/			
https://apps.hostos.cuny.edu/HALC/tutoring/Default.aspx			

Counseling Center:

Counseling Services	C-330	3 rd Floor	718-518-4461
Website:			Email:
http://www.hostos.cuny.edu/Home-Page-			inforcounseling@hostos.cuny.edu
Content/Announcements/The-Counseling-Center-is-			
Open-Online			

Computer Lab:			
Computer Lab	C-595	5th Floor	(718) 518-6502
Bookstore:			
Bookstore	Website: http://w	vww.hostos.cuny.edu/Car	mpus-Life/hostosbookstore

Disability Services:

Accessibility Resource Center	Savoy Building, Room D101-L	1st Floor	(718) 518-4454 Emails:
Website http://www.hostos.cuny.edu/Administrative-Offices/SDEM/Accessibility-Resource-Center-(ARC)			ARC@hostos.cuny.edu https://www.instagram.com/hostosarc/ https://www.facebook.com/hostosarc/

Information Technology:

Information Technology Website: http://www.hostos.cuny.edu/infotech/	B-429	4th Floor	(718) 518-6646
Hostos Food Pantry http://www.hostos.cuny.edu/Home-Page- Content/Announcements/Hostos-Food-Pantry- Hours	120 East 149th Street, Bronx, NY 10451	Wednesdays by Appointment Only 11:00 a.m. to 3:00 p.m.	Contact: Fabián Wander, LCSW-Director of Health and Wellness fwander@hostos.cuny.edu Phone: 718-518-6567

Other Useful Resources

 $\underline{https://docs.google.com/document/d/1bgJBFpcldSHEm6960Tpbb_cOu0bFMc6xiHMRhztkank/edit\#heading=h.}\\ \underline{5x0d5h95i329}$

Free Comcast internet

https://tinyurl.com/ttkgm64