



**Department of Psychology**  
**Psychology 457 (L01) – Social & Clinical Aspects of Aging**  
**Winter 2011 – Course Outline**

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<b>Instructor:</b>	Candace Konnert, Ph.D.	<b>Lecture Location:</b>	A253
<b>Phone:</b>	403-220-4976	<b>Lecture Days/Time:</b>	MWF 10:00-10:50
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<b>Office:</b>	Admin 233C		
<b>Office Hours:</b>	By appt.		

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### **Course Description and Goals**

The first half of this course will investigate transitions in the later years of life from a stress and coping framework. There will be specific attention given to successful aging, both from a theoretical and practical perspective. What does it mean to age successfully and what can be done at both an individual and societal level to enhance the aging process? The second half of this course will review the diagnosis, assessment and treatment of specific mental health problems among older adults. Most importantly, course content will address the question, what can be done to prevent mental health problems in later life? Throughout the course there will an emphasis on diversity among older adults, and on critically evaluating topical and controversial issues that are related to older adults and society at large. Note that this course is not meant to be an introduction to the psychology of aging but will build on the content from Psychology 353 (or the equivalent course).

### **Prerequisites**

Psychology 312: Experimental Design and Quantitative Methods for Psychology  
Psychology 353: Psychology of Aging

### **Required Readings**

Lecture outlines, readings (e.g., journal articles), and other instructional materials are available through a website devoted to this course. The web page is available at: <http://blackboard.ucalgary.ca/webapps/login>, or through your University of Calgary portal ("My U of C").

### **Evaluation**

There will be one midterm exam on Feb. 28<sup>th</sup> (**worth 35%**) and a final exam to be scheduled by the Registrar (**worth 35%**). Exams will be comprised of short answer and essay questions. Study aids (e.g., class notes, readings) will not be permitted in the exams. The final exam will not be cumulative. They will include information from lectures, readings, class discussions, and media presentations. Please note that the lectures will elaborate on the assigned material or will cover related topics in more detail. On some topics the lectures will be the only source of information, thus regular attendance is important for success in the course.

Students will be required to complete **two** writing assignments. The first assignment is a media analysis in which students will be asked to integrate the material from lectures and the aging research literature in their analysis of a movie. This assignment is **worth 20%** and is due on **March 14<sup>th</sup>**. The second assignment is a case conceptualization. Students will be given information about an older client and will be asked to formulate the case within a specific framework that will be presented in class. This assignment is **worth 10%** and is due on **April 13<sup>th</sup>**. Please note that for both assignments writing and the grading thereof is a factor in the evaluation. More information on these assignments will be provided in class and on Blackboard.

All assignments are due on the date indicated. Late assignments will be penalized at the rate of 5% per day (including weekends) up to a maximum of 35% (7 days), at which point, late assignments will no longer be accepted. **Extensions will be given only in exceptional circumstances and must be granted by the instructor on or prior to the due date. Extensions may require supporting documentation.** Assignments are to be submitted both electronically and on paper. Electronic copies are to be submitted via the “Assignments” function in Blackboard, while paper copies are to be submitted in person in class. Electronic copies must be submitted before 4:00 PM on the due date (Blackboard automatically records the time and date of submission). Failure to meet either of these criteria will result in late penalties. If you cannot turn the papers in to me in class, put them in the green box outside of the Psychology Department Office (Admin. 275). Papers deposited in the green box by 4:00 PM will be stamped with that day’s date. Papers submitted after 4:00 PM will be stamped with the following day’s date. (Papers submitted after 4 PM on Friday will be stamped on Monday, or, if Monday is a statutory holiday, on Tuesday.)

### Grading Scale

A+	96-100%	B+	83-85%	C+	72-75%	D+	59-62%
A	90-95%	B	79-82%	C	67-71%	D	55-58%
A-	86-89%	B-	76-78%	C-	63-66%	F	0-54%

As stated in the University Calendar, it is at the instructor’s discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

### Tentative Lecture Schedule

Date	Topic	Readings (TBA)
<b>Jan 10</b>	<b>Lectures begin</b>	
Jan 10-14	Successful aging	
Jan 17-21	Diversity/Methodological approaches	
<b>Jan 21</b>	<b>Last day to drop a course with no W grade and tuition refund</b>	
<b>Jan 24</b>	<b>Last day for registration/change of registration</b>	
Jan 24-28	Health and wellness	
Jan 31-Feb 4	Stress and coping framework: Transitions I	
Feb 7-11	Transitions II	
Feb 14-18	Social support, intrapersonal processes, caregiving	
Feb 21-25	Reading days. No lecture	

<b>Feb 28</b>	<b>Midterm (35%)</b>	
Mar 2 -Mar 4	Overview of mental health and aging	
Mar 7-11	Contextual framework/Assessment	
<b>Mar 14</b>	<b>Media analysis due (20%)</b>	
Mar 14-18	Mental health problems: Cognitive disorders	
Mar 21-25	Mental health problems: Affective disorders	
Mar 28-Apr 1	Individual intervention	
Apr 4-8	Intervention with families	
Apr 11-15	Intervention/Prevention	
<b>Apr 13</b>	<b>Case conceptualization due (10%)</b>	
Apr 14	Last day to participate in research and allocate research credits	
Apr 15	Lectures end. Last day to withdraw	
	<b>Final exam to be scheduled by the Registrar (35%)</b>	

### **Reappraisal of Grades**

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

### **Plagiarism and Other Academic Misconduct**

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

### **Academic Accommodation**

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

### **Absence From A Test/Exam**

Makeup tests/exams are NOT an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 275), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names or UCIDs with their grades or other FOIP-sensitive information.

### **Course Credits for Research Participation (Max 2% of final grade)**

Students in most psychology courses are eligible to participate in Departmentally approved research and earn credits toward their final grades. **A maximum of two credits (2%) per course, including this course, may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **Apr 14<sup>th</sup>, 2011**

### **Evacuation Assembly Point**

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

### **Student Organizations**

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911 [suvpaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

**Student Union Faculty Rep.:** Phone: 403-220-3913 [socialscirep@su.ucalgary.ca](mailto:socialscirep@su.ucalgary.ca)

### **Student Ombudsman's Office**

The Office of the Student Ombuds provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their

academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

### **Safewalk**

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year. Call 403-220-5333.

### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **Jan 21<sup>st</sup>, 2011**. Last day for registration/change of registration is **Jan 24<sup>th</sup>, 2011**. The last day to withdraw from this course is **Apr 15<sup>th</sup>, 2011**.