

Psychology 457

Social &amp; Clinical Aspects of Aging

Winter 2016

<b>Instructor:</b>	Candace Konnert, Ph.D.	<b>Lecture Location:</b>	SH 284
<b>Phone:</b>	403-220 4976	<b>Lecture Days/Time:</b>	MWF 12:00-12:50
<b>Email:</b>		<b>TA</b>	Leah Tobin, M.Sc.
<b>Office:</b>	Admin 235C		
<b>Office Hours:</b>	By appointment		

**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 Text**

There is no text for the course. Weekly readings (primarily journal articles) will be available on D2L. 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.

**Evaluation**

- 1) **Midterm (30%):** Short answers based on lectures and readings. **Date of exam: February 29**
- 2) **Final (40%):** Short answers and essay questions based on lectures and readings. The final exam will not be cumulative and will be scheduled by the Registrar.

3) **Discussion questions (10%):** In this written assignment, students will be required to critically analyze and think about the designated readings and provide 2 discussion questions related to those readings. Due date is determined by students' last names. Due dates and designated readings are as follows:

Last names beginning with	Date due	Designated course readings on D2L
A-C	January 27	Health and wellness
D-G	February 3	Stress and coping framework: Transitions 1
H-J	February 10	Transitions II
K-M	March 16	Mental health problems: cognitive
O-Z	March 23	Mental health problems: affective

These questions can be derived from the readings but may also go beyond the readings and should reflect interesting issues that are raised, including controversies, debates, and dilemmas associated with the topic for that week. If you use additional readings (i.e. beyond those assigned), please reference them in APA style. You are encouraged to prepare questions that are interesting and provocative. Most importantly, it should be a question that will stimulate an interesting discussion. Although all questions will not be covered in each class, be prepared to discuss your questions and views. Questions must pertain directly to the readings as listed in the above table. Questions that do not meet this criterion or are late will receive a 0. They will be graded as follows: very good (3), satisfactory (2), or needs improvement (1). Questions should not exceed one-half page, double-spaced. Questions must be typed and e-mailed to me (konnert@ucalgary.ca) by 4:00 PM on the date they are due.

4) **Case conceptualization (20%):** Due April 11. 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. Paper copies of the case conceptualization are to be submitted in person in class on the date they are due. 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.)

Further information on the written assignments will be made available in class and on D2L. **iPods, iPads, computers, books or notes will not be allowed during tests.**

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.**

#### **Department of Psychology Grade Distribution Policy**

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that 1) up to 30% of grades in 200- and 300-level psychology courses will be "A" grades (A+, A, and A-), and 2) up to 40% of grades 400-level psychology courses will be "A" grades.

## Department of Psychology Criteria for Letter Grades

Psychology professors use the following criteria when assigning letter grades:

**A+ grade: *Exceptional Performance.*** An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

**A, A- Range: *Excellent Performance.*** Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student's thorough knowledge of subject matter.

**B Range: *Good Performance.*** Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

**C Range: *Satisfactory Performance.*** Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

**D range: *Marginally meets standards.*** Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

**F grade: *Course standards not met.*** Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

### 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 (Readings TBA on D2L)

Date	Topic
Jan 11	Winter term lectures begin.
Jan 11-15	Successful aging
Jan 18-22	Diversity/methodological approaches
Jan 22	<i>Last day to drop Winter Term half-courses.</i>

Jan 25-29	Health and Wellness
<b>Jan 27</b>	<b>Discussion questions due (last names A-C)</b>
<i>Jan 25</i>	<i>Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.</i>
<i>Jan 29</i>	<i>Fee payment deadline for Winter Term fees.</i>
Feb 1-5	Stress and coping framework: Transitions I
<b>Feb 3</b>	<b>Discussion questions due (last names D-G)</b>
Feb 8-12	Transitions II
<b>Feb 10</b>	<b>Discussion questions due (last names H-J)</b>
<i>Feb 14-21</i>	<i>Reading Week. No lectures. University open (except Family Day).</i>
<i>Feb 15</i>	<i>Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>
Feb 22-26	Transitions II (continued)
<b>Feb 29</b>	<b>Midterm</b>
Mar 2-Mar 4	Overview of mental health and aging
Mar 7-11	Contextual framework/assessment
Mar 14-18	Mental health problems: cognitive
<b>Mar 16</b>	<b>Discussion questions due (last names K-M)</b>
Mar 21-25	Mental health problems: affective
<b>Mar 23</b>	<b>Discussion questions due (last names N-Z)</b>
<i>F Mar 25</i>	<i>Good Friday. No Classes. University Closed</i>
Mar 28-Apr 1	Individual intervention
Apr 4-8	Intervention with multigenerational families, caregiving
<b>Apr 11</b>	<b>Care conceptualization due</b>
Apr 11-13	Social determinants of mental wellness/prevention
<i>Apr 13</i>	<i>Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.</i>
<i>Apr 16-27</i>	<i>Winter Term Final Examinations.</i>

### 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; no reappraisal of term work is permitted after the 15 days. 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**

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services ; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit [www.ucalgary.ca/access/](http://www.ucalgary.ca/access/).

Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor.

The full policy on Student Accommodations is available at [http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy\\_0.pdf](http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy_0.pdf).

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 up to 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 date, during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam [http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam

[http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final).  
accommodated by the department.

Under no circumstances will this be

### **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 255), 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 with their grades, UCIDs, 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 **April 13, 2016**.

### **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:suvpaca@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 Ombudsmen 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.ucalgary.ca/provost/students/ombuds>)

### **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 **January 22, 2016**. Last day for registration/change of registration is **January 25, 2016**. The last day to withdraw from this course is **April 13, 2016**.