

**COURSE DESCRIPTION:**

An introduction to the major theories and concepts in the study of psychological effects resulting from physiological, intellectual, and sociological changes as the individual passes through adulthood. This course will provide an overview of a variety of the psychological aspects associated with adult transitions and will examine adult life as unfolding passage points where outgrown values and roles give way to self-renewal. This course examines the concepts of adult growth and change. A focus on healthy adult development is present, but within this framework, the course also focuses on creating change and coping skills for the inevitable life challenges that are a part of the aging process in our culture.

*Prerequisite PSY 101*

**COURSE OBJECTIVES:**

By completion of this course students will:

1. Become familiar with key theories, theorists, terms and concepts associated with adult development, growth and crisis.
2. Gain knowledge in social psychology, behavior genetics, cognitive and social development, and health aspects of adult development.
3. Explore the diverse issues of adulthood and crisis such as transitions, transformations, handling stress, and confronting death.
4. Better understand and be able to perform basic valid and reliable research in the area of adult human development.
5. Hopefully develop the joy of integration and mastery in the adult process of challenge, crisis, and growth.

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**COURSE APPROACH:**

A Chaminade classroom often holds individuals of different cultural and social backgrounds, learning styles and educational interests. Therefore, a variety of teaching and learning styles will be used, including:

- Textbook Reading
- Lecture/Discussion format
- Audio-Visual Materials
- Class Presentations
- Reflective Exercises and Experientials
- Cultural Diversity: Issues Clarification and Exploration



**The Student Will:**

1. Attend all lectures and contact the Instructor if unable to attend any lectures or part of any lecture, and actively participate in class discussion and activities.
2. Adopt the mind-set of an active researcher, remaining open and objective while determining the validity and reliability of information encountered during the course.
3. Take two tests, a quiz covering the first reading assignment, "TRANSITIONS" and the second in the form of a Final Exam on course theories, concepts and key materials.
5. Complete a "living time machine" field interview and present results in class.
6. Research a **pre-approved human development area** of interest or debate, and document the findings in a **minimum four page**, academically sound research paper. Rough draft due Week 6. Use double-spacing and size 12 font. Each Research Paper **must contain at least 4 empirical sources or citations that must be appropriately and clearly referenced or footnoted.** Be sure to use an accepted form of referencing such as MLA or APA, especially in the case of computer-generated resources. **TURN IN ALL PAPERS ON TIME AS LATE PAPERS WILL NOT BE ACCEPTED.**

**COURSE REQUIREMENTS:**

**points**

Attendance and Participation.....	40
TRANSITIONS Quiz (in-class).....	10
(take-home).....	10
Chapter Topic/Presentation.....	30
Field Interview/Presentation.....	30
Research Paper/Presentation.....	40
Final Examination.....	40

**TOTAL POINT VALUE                      200**

**Grading System:**

180 - 200	A
160 - 179	B
140 - 159	C
120 - 139	D
Below 120	F

**REQUIRED COURSE TEXTS:**

**TRANSITIONS** by William Bridges  
Addison-Wesley Publishing Co., Copyright 1980+

**THE JOURNEY OF ADULTHOOD** by Helen L. Bee  
Prentice-Hall Publishers, 4<sup>th</sup> Edition, Copyright 2000

## SYLLABUS

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<b>WEEK 1</b>	Course Introduction and Requirements Chapter 1: Defining the Journey TRANSITIONS – Intro and Assignment <b>Next week, Quiz on Transitions</b>
<b>WEEK 2</b>	In-class Quiz on TRANSITIONS Chapter 2: Theories of Adult Change and Development Chapter 3: (Intro) Physical Changes Chapter Presentation Selections <b>Take-home Quiz on TRANSITIONS due next week</b>
<b>WEEK 3</b>	Chapter 3: (Remaining Chapter info) Chapter 4: Changes in Health _____  Chapter 5: Cognitive Changes _____  <b>Research Topic Selections due next week</b>
<b>WEEK 4</b>	Research Topic Selections (group discussion) Chapter 6: Adulthood Social Roles _____  Chapter 7: Devl't of Relationships _____ Video and Discussion
<b>WEEK 5</b>	<b>Guest Speaker</b> Chapter 8: Work and Work Roles _____  Chapter 9: Personality (RM) <b>Research Rough Draft due next week</b>
<b>WEEK 6</b>	Research Project Rough Draft - group discussion re: problems and issues Chapter 10: The Growth of Meaning (RM) Chapter 11: Dealing with the Stresses of Adult Life (RM) <b>"Time Machine" Field Interviews due next week</b>
<b>WEEK 7</b>	"Time Machine" Field Interview Class Presentations Chapter 12: Adult Devl't Themes _____  <b>Final Research Paper due next week (NO late papers accepted.)</b>

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**WEEK 8 Turn in Research Papers**  
Chapter 13: Death and Dying (RM)  
Chapter 14: The Successful Journey

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**Research Presentations due next week**

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**WEEK 9** Research Paper Presentations and Debate  
Video and group discussion (If time permits)  
Final Exam Review

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**WEEK 10 Final Exam**  
**Individual Close-Out Sessions**

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**NOTE: SYLLABUS MAY BE ADJUSTED TO MEET CLASS NEEDS**

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**SPECIAL NOTES:**

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