

SE 103

Eileen B...

Chaminade University of Honolulu
Psychology 462: Psychology of Adult Development
Instructor: Karen Hoffman, MSCP
Contact Phone Number: 293-8925 wk. 638-9468 hm.

Text: The Journey of Adulthood by Helen Bee, Prentice Hall, 1999. (4th. Ed.)

Course Description:

An introduction to the major theories and concepts in the study of Adult Development, which will provide the student with a broad overview of a variety of the psychological aspects of adult development. Exploration of the psychological aspects of physical and mental changes will allow the student the opportunity to develop a better understanding of self and society.

Course Objectives:

The student will:

- Demonstrate knowledge of the scientific method.
- Demonstrate knowledge of the basic concepts and principles of adult development.
- Demonstrate and understanding of the major factors affecting adult development and behavior.
- Develop an appreciation of the processes by which adult development is studied, analyzed and interpreted.
- Develop and understanding of cultural diversity.
- Be able to integrate knowledge about adult development into daily life, in order to enrich one's understanding of self and others.

Course Method:

The following teaching approaches will be utilized:

- Textbook Reading
- Audio/Visual Materials
- Independent Study

Expectations For Student:

Student will meet with instructor twice a month, either in person, depending on Doctor's permission or by phone or E-mail. Student will summarize all chapters in the textbook in depth. Turn them in, typed, double-spaced every other week. There will be a mid-term and final exam. Chapter summaries will be worth 200 pts. Mid-term will be worth 100 pts. Final will be worth 100 pts. Grading will be as follows: A-400-360 B-359-320 C-319-280 D-279-240 F-239.

Psy. 462-Psychology of Adult Development Syllabus- Independent Study

Week 1&2--Meet with student, Course Introduction, Requirements, Survey of Text
Chapt. 1-Defining the Journey: Some Assumptions, Definitions, and Methods
Chapt. 2-Theories of Adult Change or Development
Chapt. 3-Physical Changes
Chapt. 4-Changes in Health and Health Habits

Week 3&4--Chapt. 5-Cognitive Changes
Chapt. 6-Social Roles in Adulthood
Chapt. 7-Development of Relationships
Chapt. 8-Work and Work Roles in Adulthood

Week 5&6--Mid-Term Exam
Chapt. 9-Changes in Personality and Motives
Chapt. 10-The Growth of Meaning
Chapt. 11-Dealing With the Stress of Adult Life

Week 6&7--Chapt. 12-Themes of Adult Development: An Overview
Chapt. 13-The Final Stage: Death and Dying

Week 8&9--Chapt. 14-The Successful Journey: Pathways, Trajectories, and Gullies

Week 10---Final Exam, Closure