

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.

Course Requirements:

Tests:

Four examinations will be given. Each one will be worth a total of 50 points.

A Paper:

A Paper will be assigned relevant to course subject matter. The instructor must approve your topic. The paper should be typed, double spaced, and 5-7 pages in length. Be careful of grammar and spelling errors, as you will lose points for them. You also need to enclose a bibliography and cite references. Do not plagiarize!! NO LATE PAPERS WILL BE ACCEPTED!!!! Your paper will be worth 100 points.

Reflective Writing:

There will be several reflective writings assigned during class sessions.

Class Presentations:

Each week, students will take turns presenting what they have learned in a particular chapter. You will need to write out your presentation in advance because you will not be able to use your textbook during the presentation. The student will be required to share their impressions and experiences related to the chapter.

Class members are encouraged to join in the discussion and presentation and the instructor will make appropriate comments or add information as required. This portion of the class is meant to be lively and interesting. The presentations will allow students the opportunity to apply the information in each chapter to real life situations, which will make our study of psychology more meaningful. The presentations will also give the instructor insight into how much of the information the student is grasping and understanding. Presentations will be graded as follows:

Exceptional – 100-90

Above Average – 89-90

Average – 79-70

Below Average – 69-60

No Participation – 0

Course Grading:

After calculation the total possible points for the course, students will earn the following grade:

A – 400-360

B – 359-320

C – 319-280

D – 279-240

F – 239 & Below

Psy. 462--Psychology of Adult Development Syllabus

Week 1--Course Introduction, Requirements, Survey of Text

Chapt. 1-Defining the Journey: Some Assumptions, Definitions, and Methods

Chapt. 2-Theories of Adult Development

Week 2--Chapt. 3-Physical Changes

Chapt. 4 Health and Health Habits

Review for Test 1

Week 3--Test 1

Chapt. 5-Changes in Cognitive Abilities

Chapt. 6-Social Roles

Week 4--Chapt. 7-Development of Relationships

Chapt. 8-Work and Retirement

Review for Test 2

Week 5--Test 2

Chapt. 9-Personality Stability and Change

Chapt. 10-The Growth of Meaning

Week 6--Chapt. 11-Stress and Resistance

Week 7--Chapt. 12-Themes of Adult Development

Review for Test 3

Week 8--Test 3

Chapt. 13- Death and Dying

Present Papers Orally

Week 9--Chapt. 14-The Successful Journey: Individual differences in Adult Development

Review for Test 4

Week 10-Test 4

Present Papers Orally

Closure