

PSY 236: Psychology of Adult Development and Aging

Provides an overview of the biological, cognitive, and psychosocial aspects of adulthood and aging including theories of aging and specific research in the field of gerontology. Focuses on genetic and environmental factors that influence health as we age. Includes the challenges specific to gender, ability level, and culture.

Topics include age-related changes in memory and other cognitive abilities, self-perceptions, mental health (including addictions, Alzheimer's Disease and other dementias), personality changes, coping with stress as well as changes that arise as people adapt to various life transitions (widowhood, retirement, loss, etc.). Myths and stereotypes associated with aging are examined as they relate to specific effects on individuals.

Course Student Learning Outcomes

Upon completion of the course students should be able to:

- Use knowledge of biological, cognitive, and psychosocial processes in order to assist self and others to understand various aging trajectories.
- Assess the psychosocial needs of specific adult populations with varying physical and cognitive functioning levels and plan how those needs could be met within specific living situations.
- Critically evaluate research on biological, cognitive, and psychosocial issues as they arise in a rapidly changing and aging world.
- Apply concepts from developmental psychology to optimize aging in self and others.

Credits: 4

Prerequisites: [WR 115](#) [RD 115](#) [MTH 20](#) Equivalent placement test scores also accepted.

Program: [Psychology](#)