Renison University College Land Acknowledgement

With gratitude, we acknowledge that Renison University College is located on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe, and Haudenosaunee peoples, which is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.

Winter 2019

Course Code: SDS 367R
Course Title: Aging and Social Development

Class Times/Location: Mondays, 2:30 – 5:20 pm (REN 1918)

Instructor: Dr. Jim Perretta, Registered Clinical Psychologist
Office Hours: Mondays - after class
Email: jim.perretta@uwaterloo.ca

Course Description: This course will provide a critical examination of aging and social development. We will review a variety of issues in aging including ageism, personality, relationships, civic engagement, mental health, living with dementia, caregiving, cognitive changes, ethnic diversity, living arrangements and age-friendly cities.

Course Objectives and Learning Outcomes:

Upon completion of this course, students should be able to:
  a) Describe key characteristics of aging and social development
  b) Examine practical strategies to promote healthy aging
  c) Examine assessment tools which could be used in working with older adults and their families (e.g. depression, caregiving, cognition)
  d) Apply your theoretical knowledge through real-world examples, group presentations, and class participation.

**Course Requirements:** Level at least 2A

### Course Requirements and Assessment

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Date of Evaluation</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>Jan. 21 &amp; 28; Mar. 4, 11 &amp; 18</td>
<td>15%</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>Feb. 11</td>
<td>25%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>TBA</td>
<td>25%</td>
</tr>
<tr>
<td>Class Participation Journal</td>
<td>Apr. 1</td>
<td>10%</td>
</tr>
<tr>
<td>Group Presentation</td>
<td>TBA</td>
<td>25%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>100%</td>
</tr>
</tbody>
</table>

**Quizzes**
A quiz will take place at the beginning of class on Jan. 21 & 28; and Mar. 4, 11 & 18. Five multiple choice items will be selected from the assigned readings for the week of the quiz. Your best 4 (out of 5) quizzes will be included in your final grade.

**Midterm Exam**
The 2-hr midterm on Feb. 11 will include multiple choice items and written responses, which will be drawn from the lectures and the assigned readings from the first half of the class.

**Final Exam**
The final exam will include multiple choice items and written responses, which will be drawn from the lectures and the assigned readings from the second half of the class, with the exception of one question which will be provided in our final lecture. In addition, a take-home point will be selected in-class from each group presentation, which may be on the final exam.

**Class Participation Journal**
SDS 367R places high emphasis on class attendance and participation, as learning is enhanced by active engagement, open discussion, and application of course material. You will submit a journal in-class (1 - 1½ page single-spaced) - on Apr. 1. You will indicate your goals in taking this class and which lectures you were most engaged in. You will also describe specific examples of your contribution to the class discussion (in the larger class, smaller group-work, and presentations by your peers). You will attach to your journal a copy of the Class Participation Rubric (see LEARN website) - you will rate yourself based on your attendance, class preparation, listening skills, level of engagement, and quality of contribution to class discussion.
Group Presentation
On the LEARN website for SDS 367R, sign-up to present on a selected topic (first-come, first-choice). You and two of your classmates will complete a 25-30 minute Power Point presentation on a selected aging-related topic (e.g. music therapy; reminiscence therapy; aging and marketing). You will integrate information from lectures, course readings, and your own literature-search on your selected topic. Your final grade will be based on your background knowledge, focus of presentation, effective use of audio-visual media, oral presentation skills, and generation of class discussion. Each student will provide a 1½ - 2 page summary (single-spaced) of the key points that you covered in your specific portion of the presentation, along with another page listing your own References. You will also attach three copies of the Group Participation Rubric (on the LEARN website) – you will rate yourself and your peers on a number of criteria (e.g. workload, organization, and showing up for meetings).

Course Outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jan. 7</td>
<td><strong>Introduction</strong>&lt;br&gt;Textbook: Chapter 1</td>
</tr>
<tr>
<td>2</td>
<td>Jan. 14</td>
<td><strong>Personality</strong>&lt;br&gt;Textbook: Chapter 9</td>
</tr>
<tr>
<td>3</td>
<td>Jan. 21</td>
<td><strong>Relationships</strong>&lt;br&gt;Textbook: Chapter 10</td>
</tr>
<tr>
<td>4</td>
<td>Jan. 28</td>
<td><strong>Cognitive Changes/Wisdom</strong>&lt;br&gt;Textbook: Chapter 4</td>
</tr>
<tr>
<td>5</td>
<td>Feb. 4</td>
<td><strong>Mental Health</strong>&lt;br&gt;Textbook: Chapter 6</td>
</tr>
<tr>
<td>6</td>
<td>Feb. 11</td>
<td><strong>Midterm</strong></td>
</tr>
<tr>
<td>7</td>
<td>Feb. 25</td>
<td><strong>Longevity &amp; Health</strong>&lt;br&gt;Textbook: Chapter 5</td>
</tr>
<tr>
<td>8</td>
<td>Mar. 4</td>
<td><strong>Neurocognitive Disorders/Living with Dementia</strong>&lt;br&gt;Chapter 7</td>
</tr>
<tr>
<td>9</td>
<td>Mar. 11</td>
<td><strong>Ethnic Diversity</strong>&lt;br&gt;Textbook: Chapter 8</td>
</tr>
<tr>
<td>10</td>
<td>Mar. 18</td>
<td><strong>Work, Retirement &amp; Leisure</strong>&lt;br&gt;Textbook: Chapter 11</td>
</tr>
<tr>
<td>11</td>
<td>Mar. 25</td>
<td><strong>Death &amp; Dying</strong>&lt;br&gt;Textbook: Chapter 12</td>
</tr>
<tr>
<td>12</td>
<td>Apr. 1</td>
<td><strong>Living Arrangements / Age-Friendly Cities</strong>&lt;br&gt;Textbook: Chapter 13</td>
</tr>
</tbody>
</table>
Late Work
All assignments are due at the beginning of class on their specified due dates. 5% will be deducted on these assignments for each day that they are late. Missed due dates are only acceptable in the case of medical problems (with a doctor’s note).

Electronic Device Policy
Cell phones are to be turned off during class. Laptops may be used to take notes. Net-surfing and texting are not permitted in class.

Attendance Policy
Attendance will be taken every class. 10% of your final grade will be based on your attendance and class participation. Accommodation will be made for student illness or other unforeseen events. A doctor’s note may be requested.

Final Examination Policy
For Winter 2019, the established examination period is April 10-27, 2019. The schedule will be available at the end of January. Students should be aware that student travel plans are not acceptable grounds for granting an alternative final examination time (see: https://uwaterloo.ca/registrar/final-examinations

Accommodation for Illness or Unforeseen Circumstances:
The instructor follows the practices of the University of Waterloo in accommodating students who have documented reasons for missing quizzes or exams. See http://www.registrar.uwaterloo.ca/students/accom_illness.html

Academic Integrity:
In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. See the UWaterloo Academic Integritiy webpage (https://uwaterloo.ca/academic-integrity/) and the Arts Academic Integrity webpage (https://uwaterloo.ca/arts/current-undergraduates/student-support/ethical-behaviour) for more information.

Discipline: Every student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their own actions. A student who is unsure whether an
action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration, should seek guidance from the course professor, academic advisor, or Academic Dean. When misconduct has been found to have occurred, disciplinary penalties are imposed under the University of Waterloo Policy 71 – Student Discipline. For information on categories of offences and types of penalties, students should refer to Policy 71 - Student Discipline. For typical penalties check Guidelines for the Assessment of Penalties (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/guidelines/assessment-penalties).

Students should also be aware that copyright laws in Canada prohibit reproducing more than 10% of any work without permission from its author, publisher, or other copyright holder. Waterloo’s policy on Fair Dealing is available here: https://uwaterloo.ca/copyright-guidelines/fair-dealing-advisory  Violation of Canada’s Copyright Act is a punishable academic offence under Policy 71 – Student Discipline.

**Grievance:** A student who believes that a decision affecting some aspect of university life has been unfair or unreasonable may have grounds for initiating a grievance. Read Policy 70 - Student Petitions and Grievances, Section 4 (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-70). When in doubt, please be certain to contact the department’s administrative assistant, who will provide further assistance.

**Appeals:** A decision made or penalty imposed under Policy 70, Student Petitions and Grievances (other than a petition) or Policy 71, Student Discipline may be appealed if there are grounds. Students who believe they have grounds for an appeal should refer to Policy 72, Student Appeals (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-72).

**Academic Integrity Office (uWaterloo):**
http://uwaterloo.ca/academic-integrity/

**Accommodation for Students with Disabilities:**

**Note for Students with Disabilities:** The AccessAbility Services office, located on the first floor of the Needles Hall extension (NH 1401), collaborates with all academic departments to arrange appropriate accommodations for students with disabilities, without compromising
the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the AAS office at the beginning of each academic term.

**Intellectual Property.** Students should be aware that this course contains the intellectual property of the instructor, which can include:

- lecture handouts and presentations (e.g., PowerPoint slides)
- lecture content, both spoken and written (and any audio or video recording thereof)
- questions from various types of assessments (e.g., assignments, quizzes, tests, final exams)
- work protected by copyright (i.e., any work authored by the instructor)

Making available the intellectual property of instructors without their express written consent (e.g., uploading lecture notes or assignments to an online repository) is considered theft of intellectual property and subject to disciplinary sanctions as described in Policy 71 – Student Discipline. Students who become aware of the availability of what may be their instructor’s intellectual property in online repositories are encouraged to alert the instructor.

**Mental Health Support**

All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health supports if they are needed.

**On Campus**

- Counselling Services:  counselling.services@uwaterloo.ca / 519-888-4567 xt 32655
- MATES: one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- Health Services Emergency service: located across the creek form Student Life Centre

**Off campus, 24/7**

- Good2Talk: Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-433 ext. 6880
- Here 24/7: Mental Health and Crisis Service Team. Phone: 1-844-437-3247
• **OK2BME**: set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 extension 213

Full details can be found online at the Faculty of ARTS [website](#) Download [UWaterloo and regional mental health resources (PDF)](#) Download the [WatSafe app](#) to your phone to quickly access mental health support information

**A respectful living and learning environment for all**

1. It is expected that everyone living, learning or working on the premises of Renison University College will contribute to an environment of tolerance and respect by treating others with sensitivity and civility.

2. Harassment is unwanted attention in the form of jokes, insults, gestures, gossip, or other behaviours that are meant to intimidate. Some instances of harassment are against the law in addition to Renison University College policy.

3. Discrimination is treating people differently because of their race, disability, sex, sexual orientation, ancestry, colour, age, creed, marital status, or other personal characteristics. The Ontario Human Rights Code considers actions and behaviours rather than intentions.