



AFFILIATED WITH THE UNIVERSITY OF WATERLOO

RENISON UNIVERSITY COLLEGE

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Renison University College Land Acknowledgement

With gratitude, we acknowledge that Renison University College is located on the traditional territory of the Anishinaabeg, Hodinohsyó:ni, and Attawandaran (Neutral) Peoples, which is situated on the Haldimand Tract, the land granted to the Six Nations that includes ten kilometres on each side of the Grand River from mouth to source. Our active work toward reconciliation takes place in all corners of our campus through research, learning, teaching, community building and outreach. We are guided by the work of our Reconciliation and Re-storying Steering Committee and Anti-Racism and Decolonization SpokesCouncil, as well as the [University of Waterloo's Office of Indigenous Relations](#).

Winter 2024

Course Code: SDS 150R - Section 002

Course Title: Lifespan Processes

Class Times: Tuesdays & Thursdays from 11:30 a.m. to 12:50 p.m.

Location: Academic Centre, REN 2106

Instructor: Peter Hymmen MSW, RSW

Office Hours: Thursdays 1:00 p.m. to 2:00 p.m. or by appointment

Email: pbhymmen@uwaterloo.ca

Course Description

This is an introductory course to human development that spans conception to death. It provides an overview of events which occur throughout the life course and consideration for how these may impact development. The broad scope of this course offers an opportunity to understand our shared human experience in a manner that is not limited to an individual stage of development – rather explore how growth and change at one point of life may have cascading impacts on development later on as well.

The course applies a bio-psycho-social perspective to understanding lifespan development. Human growth will be explored according to how biological, psychological and social environment determinants impact development.

Students will be encouraged to personally reflect on course material. Classroom activities will provide opportunities to understand their own development – such as the circumstances and experiences that have shaped them until now and those which may influence their future development.

Course Objectives and Learning Outcomes

Upon completion of this course, students should be able to:

A. Identify and describe major lifespan processes

- Applying the bio-psycho-social perspective
- Review life events from conception until death

B. Understand the major lifespan concepts and models

- Examine qualitative changes and issues for each life stages
- Illustrate connections between lifespan concepts and real life situations

C. Apply lifespan concepts to self and others

- Develop reflection skills pertaining to the life course materials
- Personal analysis of past, current and future development

Required Text

- Boyd, D., Johnson, P., & Bee, H. (2021). Lifespan development (Seventh Canadian Edition). Toronto, ON: Pearson Education Canada.

Course Requirements and Assessment

Assessment	Date of Evaluation	Weighting
Weekly online quizzes	See Quiz Schedule	10%
Class participation activities	As discussed in class	10%
Test 1	Tuesday February 1, 2024	25%
Test 2	Tuesday March 7, 2024	25%
Final exam	TDB (April 11-25, 2024)	30%
Total		100%

Weekly online quizzes

Students will complete a weekly online quiz on the Learn website based on textbooks readings. These quizzes are intended to encourage completion of readings, engagement within lectures and class activities, as well as preparation for tests and final exam. Quizzes will each be comprised of 5 to 10 randomly chosen multiple choice and true or false questions. Each student will have a different selection of questions. The online quizzes may be completed with the textbook (open book) – however, the quizzes are individual assessments and should not be completed with the assistance of others. There will be 12 quizzes and the lowest two quiz marks will be dropped.

Class participation activities

Students will complete class participation activities throughout the semester. There will be at least 10 activities by which students will be graded as pass or fail. Such activities may include class attendance, surveys, contributing to lectures, participating in group discussions, in-class and online reflections, additional research/readings and dropbox submissions. Students will have a limited opportunity to complete these activities and make-up activities will not be offered.

Test 1 (Based on content from weeks 1-4)

Students will write two term tests comprised of multiple choice and short answer questions. These non-cumulative tests will evaluate course materials from textbook, lectures, guest speakers and (if applicable) other assigned readings.

Test 2 (Based on content from weeks 5-8)

Students will write two term tests comprised of multiple choice and short answer questions. These non-cumulative tests will evaluate course materials from textbook, lectures, guest speakers and (if applicable) other assigned readings.

Final exam (Based on content from weeks 9-12 and cumulative)

Students will write a final exam during the scheduled Final Exam Period (April 11-25, 2024). This exam will largely follow the previous term test format (i.e., multiple choice and short answer questions) based on non-cumulative material from textbook, lectures, guest speakers and other classroom activities of weeks 9-12. In addition, the final exam will have one essay question based on cumulative material. The details of this essay question will be discussed in class.

Course Outline

The weekly course schedule includes lecture topics, textbook readings, in-class and online activities, guest lectures and test dates.

For various reasons, it may be necessary to make changes to the course schedule. Any deviations in the scheduling of lectures, readings, nature and dates of tests, guest speaker dates or other course work will be announced in class. Missing such an announcement is not an excuse for being unaware of the changes.

PowerPoint lecture handouts will be made available online at the Learn course website. The handouts provide a general outline for lectures. These handouts are not intended to replace lecture content or class attendance.

Week	Date	Topics	Readings Due
1	Tues Jan 9 Thurs Jan 11	-Course introduction -Lifespan chart exercise -Basic concepts and assumptions of lifespan development	Ch. 1: Basic Concepts and Methods
2	Tues Jan 16 Thurs Jan 18	-Introduction to theories of lifespan development -Prenatal development and care	Ch. 2: Theories of Development Ch. 3: Prenatal Development and Birth

Week	Date	Topics	Readings Due
3	Tues Jan 23	-Infant development and behaviours -Language development	Ch. 5: Cognitive Development in Infancy
	Thurs Jan 25	-Temperament -Attachment	Ch. 6: Social and Personality Development in Infancy
4	Tues Jan 30	-Early childhood development -Theory of mind	Ch. 7: Physical and Cognitive Development in Early Childhood
	Thurs Feb 1	TEST 1	
5	Tues Feb 6	-Family relationships and structures during childhood	Ch. 8: Social and Personality Developmnt in Early Childhood
	Thurs Feb 8	-Play and peer relationships -Aggression -Resiliency	Ch. 9: Physical and Cognitive Development in Middle Childhood
6	Tues Feb 13	-Concepts and frameworks related to adolescence	Ch. 10: Social and Personality Developmnt in Middle Childhood
	Thurs Feb 15	-Guest speaker: Emily Gray (Camino Wellbeing + Mental Health) -Child and youth mental health	Ch. 11: Physical and Cognitive Development in Adolescence
Feb 19 to 23		Reading Week – No Classes	
7	Tues Feb 27	-Physical change and relationships during adolescence	Ch. 12: Social and Personality Developmnt in Adolescence
	Thurs Feb 29	-Emerging adulthood -Identity formation -Mate selection	
8	Tues March 5	-Guest speaker: Landon (Sexual Assault Support Centre) -Healthy Relationships	Ch. 13: Physical and Cognitive Development in Early Adulthood
	Thurs March 7	TEST 2	
9	Tues March 12	-Factors that influence of adult development -Role strain and role conflict -Mental health	Ch. 14: Social and Personality Developmnt in Early Adulthood
	Thurs March 14	-Key changes of middle adulthood -Mid-life: "Crisis" or "Transition"? -Reproductive system	Ch. 15: Physical and Cognitive Development in Middle Adulthood

Week	Date	Topics	Readings Due
10	Tues March 19 Thurs March 21	-Sandwich generation -Emptying the nest -Grandparenting -Periods of late adulthood and key changes within each	Ch. 16: Social and Personality Developmnt in Middle Adulthood Ch. 18: Social and Personality Developmnt in Late Adulthood **Quiz due April 4**
11	Tues March 26 Thurs March 28	-Concepts and frameworks related to death and dying -Guest speaker: Lynn Weimer -Hospice of Waterloo Region	Ch. 19: Death, Dying and Bereavement
12	Tues April 2 Thurs April 4	-Physical activity and relationships -Mental health -Retirement -Life satisfaction and life review -Makeup content and conclusion	

Late or Incomplete Work

Assessments (including in-class activities, online quizzes, tests and exams) must be completed on the scheduled date and time. Missing an assessment will result in a mark of zero. No exceptions will be made other than documented medical illness of the most serious nature. In such circumstances, students must submit a [Verification of Illness form](#) completed by a physician.

Electronic Device Policy

Please silence all electronic devices prior to the start of each class. Electronic devices should only be used to take class notes and access online content relevant to the course. Students that use electronic devices for reasons other than stated above may be asked to turn their device off.

Attendance Policy

Students are expected to attend every scheduled class in the course outline. If an absence from class is unavoidable, students are strongly encouraged to inform the instructor by email in advance.

Communication Policy

Email, using the uWaterloo provided email address, is the approved method of communication for Renison. The Office 365 email that you use to login using your WatIAM login and password is secure and confidential. Take caution when forwarding your WatIAM email to an external email service as confidential information forwarded to a third-party provider could be a data security breach and violation of FIPPA (Freedom of Information and Protection of Privacy Act) under which all students, staff, and faculty are bound by law.

Policy on Plagiarism

“Policy 71’s glossary defines plagiarism, in part, as “presenting, whether intentionally or not, the ideas, expression of ideas or work of others (whether attributed or anonymous) as one’s own in any work submitted whether or not for grading purposes”...

The Vice-President Academic and Dean has the authority to assess instances of plagiarism and the resultant penalties that are raised by an instructor. An instructor can propose a grade penalty to the Vice-President Academic and Dean, who will decide whether to accept the penalty or initiate a formal inquiry.”

For additional information on how plagiarism is dealt with at Renison, review the policy from where the above text is copied: [Policy 71 - Student Discipline](#).

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. See Waterloo’s policy on [Fair Dealing](#). Violation of Canada’s Copyright Act is a punishable academic offence under [Policy 71 – Student Discipline](#).

Final Examination Policy

For **Winter 2024**, the established examination period is **April 11-25**. The schedule will be available in early February. Students should be aware that student travel plans are not acceptable grounds for granting an alternative final exam time. See the [Final Examination Schedule](#).

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 activities, quizzes, tests or exams. See [Accommodation due to illness](#).

Accommodation Due to Religious Observances

The University acknowledges that, due to the pluralistic nature of the University community, some students may seek accommodations on religious grounds. Accordingly, students must consult with their instructor(s) within two weeks of the announcement of the due date for which accommodation is being sought. Failure to provide a timely request will decrease the likelihood of providing an accommodation. [See Request for accommodation on religious grounds](#).

Academic Integrity

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 Integrity](#) and the [Arts Academic Integrity](#) websites for more information.

Renison University College is committed to the view that when a problem or disagreement arises between a faculty member and a student every effort should be made to resolve the problem through mutual and respectful negotiation. Most issues are resolved by a student/faculty meeting to discuss differences of opinion. It is only after this stage, when a common understanding or agreement is not obtained that further actions listed below could be taken.

Discipline: Every student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their own actions. [Check the [Office of Academic Integrity](#) website for more information.] 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](#).

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](#). 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 is a ground. A student who believes they have a ground for an appeal should refer to [Policy 72, Student Appeals](#).

UW Academic Integrity Office: <http://uwaterloo.ca/academic-integrity/>

Accommodation for Students with Disabilities

[AccessAbility Services](#) is located on the first floor of the Needles Hall (Room 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 AccessAbility Services office at the beginning of each academic term.

Students are encouraged to register with AccessAbility Services (AAS) at the start of each term if they require accommodations due to a disability. However, some students not connected to AAS may require accommodations later in the term. In that case, you should immediately consult with your instructor and/or your Academic Advisor.

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 / 519-888-4096
- **MATES:** One-to-one peer support program offered by the Waterloo Undergraduate Student Association (WUSA) and Counselling Services
- **Health Services:** Student Medical Clinic. Located across the creek from Student Life Centre

Off campus, 24/7

- **Good2Talk:** Free confidential help line for post-secondary students.
Phone: 1-866-925-5454
- **Empower Me:** Confidential, multilingual, culturally sensitive, faith inclusive mental health and wellness service.
- **Grand River Hospital:** Emergency care for mental health crisis.
Phone: 844-437-3247
- **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. Email: ok2bme@kwcounselling.com Phone: 519-884-0000

Full details of mental health supports can be found 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 environments for all

Everyone living, learning, and working at Renison University College is expected to contribute to creating a respectful environment free from harassment and discrimination.

Harassment is unwanted attention in the form of disrespectful comments, unwanted text messages or images, degrading jokes, rude gestures, unwanted touching, or other behaviours meant to intimidate.

According to the Ontario Human Rights Code, discrimination means unequal or different treatment causing harm, whether intentional or not, because of race, disability, citizenship, ethnic origin, colour, age, creed, marital status, sex, sexual orientation, gender identity, and gender expression, or other personal characteristic.

If you feel that you are experiencing the above from any member of the Renison community (students, staff, or faculty), you may contact Melissa Knox, Renison's external anti-harassment and anti-discrimination officer, by email (mnknox@uwaterloo.ca) or by phone or text (226-753-5669). Melissa is an employment and human rights lawyer and part-time Assistant Crown Attorney for the Ontario Ministry of the Attorney General. Melissa is experienced in case management, discipline and complaints processes, and works with organizations across Canada to foster safe, respectful, and inclusive work and learning environments through policy development, educational workshops, conflict mediation and dispute resolution, and organizational culture audits.

For additional information see Renison's [Harassment, Discrimination, and Abuse](#) policy.