

# PSY313H5F - Adult Development and Aging

Tuesday 9:00am – 11:00am

Room Location: DH 2080

Wednesday 9:00am – 10:00am

Room Location: DH 2080

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## Contact Information

**Professor Kathy Pichora-Fuller**

[k.pichora.fuller@utoronto.ca](mailto:k.pichora.fuller@utoronto.ca)

**Office Hours:** Wednesday 10:00am-11:00am

CCT4063

or by appointment

**Teaching Assistant:**

Rebecca Judges

([rebecca.judges@mail.utoronto.ca](mailto:rebecca.judges@mail.utoronto.ca))

**Office Hours:** details to be posted on

Blackboard following marking of each course

component

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## Communication

Please check the information posted on Blackboard BEFORE sending email to the instructor or TA; email should only be used to request information that has not already been posted. Responses to email will take the form of announcements in Blackboard if the response involves information that would be useful to other students in the course.

Email should only be sent to the TA if there is a question about marking after work has been marked.

Office hours will be provided so that students can discuss marking with the TAs in person.

Only email sent from Blackboard or utoronto accounts will be read by the instructor or TA.

All email should include "PSY313" in the subject header or it may not be read.

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## Course Description

An introduction to current research in human development from young adulthood through old age. Adult development will be examined in terms of the interplay of biological, socio-cultural, and psychological determinants, with special emphasis on psychological factors. Topics include the demographics of aging, research methods and problems, developmental changes in sensory-perceptual systems, memory, intelligence, personality, as well as issues related to mental health, dying and bereavement.

Exclusion: PSY213H5/PSY313H1

Prerequisite: PSY201H5 or equivalent

*If you have questions about missing prerequisites, the waiting list or other enrollment issues, please contact the Academic Counsellor for further information at [jodie.stewart@utoronto.ca](mailto:jodie.stewart@utoronto.ca)*

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## Reading Material

Textbook: Kraus, S., Whitbourne, S. B., & Whitbourne, C. K. (2015). *Adult development and aging: Adult Development and Aging: Biopsychosocial Perspectives*, Canadian Edition. Wiley: Toronto.

ISBN : 978-1-119-04542-7 (Loose-Leaf ) ISBN : 978-1-119-04892-3 (E-text)

Required Supplementary Book: Buettner, D. (2008). *The Blue Zones: Lessons for living longer from the people who've lived the longest*. National Geographic: Washington, DC.

Other Resources: Various links and other documents will be posted on Blackboard to supplement information in the textbook and supplementary. Please check Blackboard regularly.

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## Course Evaluation

Tests (2 X15%) **30%**      Assignments (4 x 5%) **20%**                      Exam **40%**                      Participation **10%**

*Note: In general, participation marks will be proportional to the marks earned on the other evaluation components, but additional marks may be earned by a variety of methods demonstrating outstanding positive contributions to the class, including but not limited to participating in class discussions (e.g., making insightful contributions or submitting media clips on aging along with a commentary to share with the class on Blackboard).*

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## Submitting Work

Assignment instructions will be posted on Blackboard. Term work must be submitted by the time and using the method specified on the assignments. You will submit the assignments electronically using UTOSubmit (<https://submit.utm.utoronto.ca/utorsubmit/>) so that the date and time of submission can be recorded in UTOSubmit. Please see the resource document posted on Blackboard for specific information about how to use UTOSubmit and how to trouble-shoot typical problems (e.g., use of illegal characters in filenames). You are expected to verify that you have uploaded the correct document and that the upload was successful. If you wish to receive written comments on your assignment then in addition to your electronic submission you must also give the instructor a hardcopy in class on or before the due date.

In the event of a problem with UTOSubmit, you may email your assignment to the Instructor (NOT the TA) in order to avoid late penalties, but you are still expected to submit an electronic version on UTOSubmit as soon as possible. If you encounter more general computer problems, you must hand in a hardcopy of the assignment to the Instructor during class on the due date, but an electronic copy must also be provided as soon as possible in any case. You are NOT encouraged to leave your assignment at the PUMP room, so this option for submitting work should only be used if you are unable to come to class and there is a computer problem; if you deliver an assignment to the PUMP room then you must send an email to the instructor and TA as soon as possible informing them that you have done so and providing the reason for why it was not handed in during class or online.

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## Course Webpage

The website associated with this course is accessible via <http://portal.utoronto.ca>

**Note:** You don't need to create a new login for Blackboard; it already knows who you are. You just need your UTOrid and password. This is the same login that gets you onto the wireless network with your laptop, and the same one that you use to check your email. If you're confused about your UTOrid or don't remember your password, go to: <https://www.utorid.utoronto.ca/>

In order to access course material, monitor course information, and view your grades you must log into Blackboard. If you have any general questions regarding Blackboard, please visit the following help site: <http://www.portalinfo.utoronto.ca/content/information-students>

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## IMPORTANT COURSE POLICIES **\*\*PLEASE READ\*\***

### Missed Test Special Consideration Request Process

Students who miss a test due to circumstances beyond their control (e.g. illness or an accident) can request that the Department grant them special consideration. Students must present their case to the Department (NOT the Instructor) by submitting a request via the online Special Consideration Request form at: <https://utmapp.utm.utoronto.ca/SpecialRequest>.

Students are to submit original supporting documentation (e.g., medical certificates, verification of extenuating circumstances form, etc.) to the Psychology Academic Counselor or drop it in the drop box located outside the Psychology office, Deerfield Hall, 4th Floor. Students have up-to one week from the date of the missed test to submit request. Late submissions will NOT be considered without a letter of explanation specifying and documenting the reasons for the lateness.

Medical certificates or physician's notes must be completed by the Physician and MUST include the statement "This Student [name] was unable to write the test on [date(s)] for medical reasons". This documentation must show that the physician was consulted within one the day of the missed term test. A statement merely acknowledging a report of illness made by the student to the physician is NOT acceptable. For further information on this procedure please see:

<http://www.utm.utoronto.ca/psychology/undergraduate-studies/missed-testslate-submissions>

If you missed your test/assignment deadline for a reason connected to your registered disability, please be advised that the department will accept documentation supplied by the UTM AccessAbility Resource Centre.

**IMPORTANT:** The Department of Psychology verifies the authenticity of medical certificates by contacting medical offices. Students are NOT to make any changes or alteration to completed medical certificates. Students who submit forged or altered documentation are subject to severe academic penalties.

**If your request is approved by the department, a make-up test will be offered within 2 weeks of the original test date. You will receive an email when a make-up date has been arranged. The department will try to give 2-3 days notice of make-up date, however this is sometimes not possible. Be prepared for the make-up.**

### **Extension of Time Special Consideration Request Process**

Students who seek to be granted more time to complete their term work beyond the due date without penalty, owing to circumstances beyond their control (e.g., illness, or an accident), must do so by submitting a request directly to the Instructor for the period up to and including the last day of the term. The decision as to whether or not to apply a penalty for the specified period rests with the Instructor.

Students who seek to be granted more time to complete term work beyond the last day of the term must submit their request directly to the Department. This request covers the period following the last day of classes and ends the last day of the exam period. This is done by submitting a request on the online Special Consideration Request form at <https://utmapp.utm.utoronto.ca/SpecialRequest>. You are advised to seek advising by the departmental Undergraduate Counsellor prior to the deadline.

Original supporting documentation (e.g., medical certificates, verification of extenuating circumstances form, etc.) must be submitted to the Psychology Academic Counselor or dropped off in the drop box located outside the Psychology office Deerfield Hall, 4th Floor. Students are expected to submit requests to the Department before the last day of the term, unless demonstrably serious reasons prevent them from doing so. In the event of an illness, medical certificates or doctor's notes must confirm that student was ill on the due date of the assignment (for a one-day extension). For a longer extension, documentation must specify the full duration during which academic work could not be carried out.

For extensions of time beyond the examination period you must submit a petition through the Office of the Registrar. <http://www.utm.utoronto.ca/registrar/current-students/petitions>

### **Penalties for Lateness**

A penalty of 10% per calendar day (i.e., including week-ends and holidays, during which students are not able to submit term work) up to and including the last day of classes, will be applied by the Instructor. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counsellor on behalf of the Department. No penalty will be assigned if request for special consideration, described above, was successful.

### **Academic Guidelines**

It is your responsibility to ensure that you have met all prerequisites listed in the UTM Calendar for this course. If you lack any prerequisites you WILL BE REMOVED from the course up until the last day to add a course. Further information about academic regulations, course withdrawal dates and credits can be found in the University of Toronto Mississauga Calendar at: <http://www.erin.utoronto.ca/reqcal/>.

You are encouraged to read this material. If you run into trouble and need advice about studying, preparing for exams, note taking or time management, free workshops and advice are available from the Robert Gillespie Academic Skills Centre at 905-828-5406.

## AccessAbility Services

Students requiring academic accommodations for learning, physical, sensory, or mental health disabilities or medical conditions should contact the AccessAbility Office (2037B Davis Building), 905-828-3847.

<http://www.utm.utoronto.ca/accessability/>

## Academic Honesty and Plagiarism

Honesty and fairness are considered fundamental to the university's mission, and, as a result, all those who violate those principles are dealt with as if they were damaging the integrity of the university itself. When students are suspected of cheating or a similar academic offence, they are typically surprised at how formally and seriously the matter is dealt with -- and how severe the consequences can be if it is determined that cheating did occur. The University of Toronto treats cases of cheating and plagiarism very seriously. Please take the time to review the Academic Integrity website: <http://www.utm.utoronto.ca/academic-integrity/students>.

- Common trends in academic offences:
- Plagiarizing/concocted references
- Collaboration/unauthorized assistance
- Purchasing work
- Recycling work - "double-dipping"
- Resubmitting of altered work for re-grading
- Electronic devices (cell phones) or any unauthorized aids
- Altering medical certificates and UofT documents

From the Code of Behaviour on Academic Matters: "It shall be an offence for a student to knowingly: represent as one's own any idea or expression of an idea or work of another in any academic examination or term test or in connection with any other form of academic work, i.e. to commit plagiarism. Wherever in the Code an offence is described as depending on "knowing", the offence shall likewise be deemed to have been committed if the person ought reasonably to have known." All students must refer to this website to obtain information on what constitutes plagiarism. <http://www.writing.utoronto.ca/advice/using-sources/how-not-to-plagiarize>. If questions arise about the material on the website, consult your instructor. **Plagiarism will not be tolerated.**

## Equity Statement

The University of Toronto is committed to equity and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect. As a course instructor, I will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual in this course and wish to be alerted to any attempt to create an intimidating or hostile environment. It is our collective responsibility to create a space that is inclusive and welcomes discussion. Discrimination, harassment and hate speech will not be tolerated. If you have any questions, comments, or concerns you may contact the UTM Equity and Diversity officer at [edo.utm@utoronto.ca](mailto:edo.utm@utoronto.ca) or the University of Toronto Mississauga Students' Union Vice President Equity at [vpequity@utmsu.ca](mailto:vpequity@utmsu.ca).

## Academic Rights

You, as a student at UTM, have the right to:

- Receive a syllabus by the first day of class.
- Rely upon a syllabus once a course is started. An instructor may only change marks' assignments by following the University Assessment and Grading Practices Policy provision 1.3.
- Refuse to use turnitin.com (you must be offered an alternative form of submission).
- Have access to your instructor for consultation during a course or follow up with the department chair if the instructor is unavailable.
- Ask the person who marked your term work for a re-evaluation if you feel it was not fairly graded. You have up to one month from the date of return of the item to inquire about the mark. If you are not satisfied with a re-evaluation, you may appeal to the instructor in charge of the course if the instructor

did not mark the work. If your work is remarked, you must accept the resulting mark. You may only appeal a mark beyond the instructor if the term work was worth at least 20% of the course mark.

- Receive at least one significant mark (15% for H courses, 25% for Y courses) before the last day you can drop a course for H courses, and the last day of classes in the first week of January for Y courses taught in the Fall/Winter terms.
- Submit handwritten essays so long as they are neatly written.
- Have no assignment worth 100% of your final grade.
- Not have a term test worth 25% or more in the last two weeks of class.
- Retain intellectual property rights to your research.
- Receive all your assignments once graded.
- View your final exams. To see a final exam, you must submit an online Exam Reproduction Request within 6 months of the exam. There is a small non-refundable fee.
- Privacy of your final grades.
- Arrange for representation from Downtown Legal Services (DLS), a representative from the UTM Students' Union (UTMSU), and/or other forms of support if you are charged with an academic offence.

## IMPORTANT DATES

Classes Begin	September 5, 2017
Thanksgiving	October 9, 2017 University Closed/ No Classes
Fall Reading Week	October 10-13 University Open/No Classes
<b>Last day to drop without academic penalty</b>	<b>November 7, 2017</b>
<b>Classes end</b>	<b>December 4, 2017</b>
Study Period	December 5-6, 2017
Examination Period	December 7-19, 2017

Wk	Date	Topic	Textbook	Blue Zones	Assignment Instructions Released	Due
1	Sept 5	Intro to Aging and Demographics			1. How long will you live?	Sept 19
	Sept 6	Themes and Issues	Chapter 1	Chapter 1		
2	Sept 12	Nature & Nurture	Chapter 2	Chapter 6		
	Sept 13	Research Methods	Chapter 3	Chapter 2		
3	Sept 19	Physical Changes	Chapter 4	Chapter 3	2. Selected literature review	Oct 17
	Sept 20	Physical Changes continued		Chapter 4		
4	Sept 26	Health & Prevention	Chapter 5	Chapter 5		
	Sept 27	Health continued				
5	Oct 3	Cognition	Chapter 6			
	Oct 4	<b>TEST ONE (chap 1,2,3,4,5)</b>				
<b>READING WEEK</b>						
6	Oct 17	Higher Cognition	Chapter 7			
	Oct 18	Sensory-Cognitive Interactions				
7	Oct 24	Relationships	Chapter 9		3. Research Proposal in Blue Zone	Nov 7
	Oct 25	Personality	Chapter 8			
8	Oct 31	Blue Zones				
	Nov 1	<b>TEST TWO (chap 6,7,8,9)</b>				
9	Nov 7	Work, Retirement, Leisure	Chapter 10			
	Nov 8*	Scams, Exploitation, Victimization				
10	Nov 14	Mental Health	Chapter 11		4. CLSA Research Proposal	Nov 21
	Nov 15	Mental Health continued				
11	Nov 21	Long-term Care	Chapter 12			
	Nov 22	Death & Dying	Chapter 13			
12	Nov 28	Successful Aging	Chapter 14			
	Nov 29	Discussion of Assignments 3 & 4				

\* Guest lecture by TA Rebecca Judges on her PhD research