

Prepared by the Department of Social & Behavioral Sciences, Health Sciences, and Human Services

Date of Departmental Approval: September 5, 2016

Date Approved by Curriculum and Programs: October 19, 2016

Effective: Fall 2017

1. **Course Number:** PSY205
Course Title: Adult Psychology
2. **Description:** This course will focus on the normative physical, cognitive, social and emotional changes throughout the adult years with consideration of the sociocultural contexts that shape what it means to be an adult. Particular attention will be given to the influences of gender, class, race, sexual orientation, and changing trends.
3. **Student Learning Outcomes:** Upon successful completion of this course, students are able to do the following:
 - A. **Knowledge Base of Psychology**
Students who successfully complete the course work will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends affecting adult development. In particular, the student will demonstrate knowledge and comprehension of the major developmental tasks/changes in physical, cognitive, social and emotional development in each of the stages of adulthood. The methods of assessment used to gauge these outcomes are written assignments, tests, class discussion, and small group activities.
 - B. **Research Methods in Psychology**
Students who successfully complete the course work will be able to understand basic research methods in psychology. Students will characterize the nature of adult psychology as a discipline and as a science; comprehending the primary objectives of psychology: describing, understanding, predicting, and controlling behavior and mental processes. The student will articulate strengths and limitations of different research methods used by psychologists to study adult psychology. The methods of assessment used to gauge these outcomes are written assignments, tests, class discussion, and small group activities.
 - C. **Critical Thinking Skills in Psychology**
Students who successfully complete the course work will be able to respect and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to adult psychology. The student will identify and evaluate the source, context, and credibility of information and avoid being swayed by appeals to emotion or authority. The methods of assessment used to gauge these outcomes are written assignments, tests, class discussion, and small group activities.
 - D. **Application of Psychology**
Students who successfully complete the course work will be able to understand and apply psychological principles to the study of adult development. The student will describe major applied areas in adult development (e.g. aging, changing social roles, impact of technological developments in workplace). Students will identify appropriate applications of adult psychology in solving problems, such as, the pursuit and effect of healthy lifestyles in adulthood, challenges associated with rapid changes in committed relationships, family structure, globalization, changing economic demands. . The methods of assessment used to gauge these outcomes are written assignments, tests, class discussion, reflective journals, and small group activities.
 - E. **Values in Psychology**
Students who successfully complete the course work will be able to weigh evidence, tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a discipline. The student will recognize and respect human diversity and understand that psychological explanations may vary across populations and contexts. The student will recognize the necessity for ethical behavior in all aspects of the science and practice of psychology. The methods of assessment

used to gauge these outcomes are written assignments, tests, class discussion, reflective journals, and small group activities.

4. **Credits:** 3 credits

5. **Satisfies General Education Requirement:** Behavioral & Social Science

6. **Prerequisites:** PSY101 (General Psychology)

7. **Semester(s) Offered:** Fall

8. **General Guidelines for Evaluation:**

- Basic concepts in adult development
- Developmental research methods
- Physical Development
- Theories of aging
- Health and health disorders
- Stress, coping, and resilience
- Cognitive Development
- Work and Retirement
- Social Roles
- Social Relationships
- Personality & development of self
- Spiritual development and the quest for meaning
- Death and Bereavement