



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
PSY-360	Psychology of Adulthood and Aging	6
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
PSY-110, PSY-111, PSY-220	Social Sciences	Spring
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Elective	Psychology	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
1 <sup>st</sup> Cycle	Dr. Xenia Georgiadou	3 <sup>rd</sup> , 4 <sup>th</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Co-requisites</b>
Face-to-face	N/A	None

### Course Objectives:

The main objectives of the course are to:

- Provide students with an accurate understanding of the psychological changes that people experience as they grow older.
- Educate students about biological, cognitive, emotional, behavioral, and social aspects of development during the life cycle.
- Emphasize the need for identifying the ever-changing relationships between the individual and society that help to shape the experience of aging.

### Learning Outcomes:

After completion of the course students are expected to be able to:

1. Develop an integrative overview of the topic of adulthood and aging.
2. Comprehend the types of changes that occur during adulthood in the human cognitive system, including memory, attention, and learning.
3. Critically evaluate changes in people's cognitions and emotions as they mature.
4. Comprehend the interplay of biological, social, and psychological factors in adult

development and aging.

5. Recognize the challenges on personality and everyday relationships that are brought about the changes in biological and social factors as people mature.
6. Sensitize themselves on the impact of the changes on status and identity (e.g. retirement, death of a loved one, etc.) on a person's biological, social, and emotional functioning.
7. Familiarize themselves with research around adult development and aging.

**Course Content:**

Adult Development and Aging: An Introduction  
Physical Changes  
Attention and Memory  
Intelligence  
Social Cognition  
Personality  
Clinical Assessment, Mental Health, and Mental Disorders  
Relationships  
Work, Leisure and Retirement  
Dying and Bereavement

**Learning Activities and Teaching Methods:**

Lectures, Presentations, Group discussions.

**Assessment Methods:**

Assignment, Presentation, Final Exam.

**Required Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Development Across the Life Span	Feldman, R.S.	Pearson	2020 9 th Ed.	9780135188026

**Recommended Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Adult Development and Aging	Cavanaugh, J.C.	Cengage Learning	2023	978-0357796276
Albom, M.	Tuesdays with Morrie	Little, Brown, and Company	1997	10:0385484518