



Course Syllabus

Course Code	Course Title	ECTS Credits
PSY-360	Psychology of Adulthood and Aging	6
Prerequisites	Department	Semester
PSY-110, PSY-111, PSY-220	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Elective	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr. Xenia Georgiadou	3 rd , 4 th
Mode of Delivery	Work Placement	Co-requisites
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 in the area of 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:

Project/Presentation, Mid-Term, Final Exam.

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Adult development and aging, International Edition	Cavanaugh J.	Wadsworth Publishing Co Inc.	2009 6th Ed.	0495603449

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Aging, culture and control: setting a new agenda	Schulz, R., Heckhausen, J.	Journal of Gerontology: Psychological Sciences	1999, Vol. 54B, No.3, P.139-145	
Tuesdays with Morrie	Albom, M.	Little, Brown and Company	1997	10:0385484518