



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> PSY-360	<b>Course Title</b> Psychology of Adulthood and Aging	<b>ECTS Credits</b> 6
<b>Department</b> Psychology	<b>Semester</b> Spring	<b>Prerequisites</b> PSY-110, PSY-111, PSY-220
<b>Type of Course</b> Major Elective	<b>Field</b> Psychology	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 3 <sup>rd</sup> , 4 <sup>th</sup>	<b>Lecturer(s)</b> Steven Price
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

## Objectives of the Course:

The course is designed to give students an accurate understanding of the psychological changes that people experience as they grow older. Using an interdisciplinary orientation, this course covers topics involving biological, cognitive, emotional, behavioral, and social aspects of development during the life cycle. The course will 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:

1. Describe the methods, issues and problems of the scientific study of developmental psychology and especially the study of adulthood and aging.
2. Explore the myths and realities of aging.
3. Discuss research and theories of adulthood development, including physical, intellectual, personality and social development.
4. Identify theories and methods of assessing career development.
5. Explain the process of dying and bereavement and how psychologist may support it in an effective manner.
6. Examine the theoretical and practical dimensions of personal development

**Course Contents:**

1. The psychological issues that will be covered include:
2. Cognitive development e.g., memory, problem solving, wisdom, and illness of dementia i.e. Alzheimer's disease
3. Psychological well-being e.g., life satisfaction, happiness, self-esteem, stress, and coping.
4. Adjusting to death, dying, and bereavement.
5. The social factors that will be covered include:
6. Demography of aging e.g. mortality, morbidity, and general health status
7. Family relationships and social support e.g., intergenerational relationships, grandparenthood, care giving, and fictive kin
8. Marital status and family structure e.g., courtship, marriage, cohabitation, divorce, separation, widowhood, re-marriage, and single-parent families
9. Work status e.g. employment, unemployment, retirement, and the interrelationship between work and family roles
10. Other social issues, such as migration among the elderly, religion and aging, and violence as well as other traumas.

**Learning Activities and Teaching Methods:**

Lectures, Presentations, Group discussion and Assignments.

**Assessment Methods:**

Project/Presentation, Mid-Term, Final Exam.

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Cavanaugh J.	Adult development and aging, international edition, 6 <sup>th</sup> Ed.	Wadsworth Publishing Co Inc.	2009	<b>ISBN-10:</b> 0495603449

**Recommended Textbooks/ Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Schulz, R., Heckhausen, J.	Aging, culture and control: setting a new agenda	Journal of Gerontology: Psychological Sciences	1999, Vol. 54B, No. 3, P139- P145	
Albom, M.	<i>Tuesdays with Morrie,</i>	Little, Brown and Company	1997	10:0385484518