Faculty of Health  
Department of Psychology  
HH PSYC 3490 : Adult Development and Aging  
Mondyas 8:30AM-11:30 AM Eastern Standard Time  
Winter 2023

Please note that this course will be offered in person, meaning that students are expected to attend our classes on Campus on Mondyas from 8:30 AM to 11:30AM. Proactive participation plays an essential role in your successful completion of the course.

Instructor: Dr. Sayyed Mohsen Fatemi  
Office Hours: Based on appointment.  
Email: smfatemi@yorku.ca

T.A. Ivy Chau  
Email ivychau@yorku.ca  
Office Hours By appointment

Course Prerequisite(s): Course prerequisites are strictly enforced

- HH/PSYC 1010 6.00 (Introduction to Psychology), with a minimum grade of C.
- Completed at least 54 earned credits

Course Credit Exclusions

Please refer to York Courses Website for a listing of any course credit exclusions.

Course website: eClass

All course materials will be available on the course eClass site, unless otherwise indicated by the instructor. Slides, notes, and mini reflection questions will all be posted on the course eClass site.

Course Description

The course examines data and theories relating to the psychology of adult development and aging. Major topics include biological and psychological theories of aging; age changes in physical development, cognition, personality and social relations; pathologies of old age and methods of intervention.
Program Learning Outcomes

Upon completion of this course, students should be able to:

1. Demonstrate in-depth knowledge in adult development and aging.
2. Articulate trends in the psychology of adult development and aging.
3. Express knowledge of adult development and aging in written form.
4. Describe and explain limits to generalizability of research findings in adult development and aging.
5. Demonstrate ability to relate information on adult development and aging to own and others’ lifeexperiences.

Specific Learning Objectives

1: Depth and Breadth of Knowledge

Students will acquire in-depth knowledge of the diversities of the aging experience related to the cultural, biological, cognitive, emotional and social aspects of aging. Students will learn how these multiple facets interact to influence our functioning and well-being.

2: Knowledge of Theories and Methodologies

Students will gain an understanding of the theoretical and empirical frameworks used in the study of adult development and aging. Both the course material and work on the term paper will provide opportunities to develop skills to critically analyze primary research.

3: Application of Knowledge

Students will apply their knowledge of adult development and aging by demonstrating the ability to apply concepts from the course material to real-life situations.

4: Awareness of Limits of Knowledge

Students will recognize the limits of what is known about adult development and aging and have opportunities to suggest directions for future research and interventions.

5: Communication Skills

Students will learn to engage in evidence-based dialogues with teaching assistant and the course instructor.

Required Text

Cavanaugh/Blanchard-Fields - Adult Development and Aging

1337559083 | 9781337559089 8th Edition
Course Requirements and Assessment:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Date of Evaluation (if known)</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>Ongoing</td>
<td>10%</td>
</tr>
<tr>
<td>Mini Reflection</td>
<td>Ongoing</td>
<td>10%</td>
</tr>
<tr>
<td>Term Paper</td>
<td>Mar.27, 2023</td>
<td>30%</td>
</tr>
<tr>
<td>Peer Group Presentation</td>
<td>Mar. 20, 2023</td>
<td>10%</td>
</tr>
<tr>
<td>Exam one</td>
<td>Feb 13, 2023</td>
<td>20%</td>
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<tr>
<td>Exam two</td>
<td>Apr 3, 2023</td>
<td>20%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>100%</td>
</tr>
</tbody>
</table>

Description of Assignments

Course Evaluation / Description of Assignments

Class Participation

Your proactive participation is an essential factor in your successful completion of the course. Your consistent attendance, your active involvement in the class discussions, your mindful participation in class presentations and your responses to readings will substantiate your proactive participation.

Mini-reflections (P/F; for Engagement Points)

Mini-reflections will be completed in class, and must be submitted to eClass by 11:59pm the day of class (Monday). These reflections will be based on provided questions regarding your learning and experiences throughout the course, and should take approximately 10 minutes to complete. If you are unable to participate in a class, for whatever reason, you will lose the opportunity to receive marks for whatever you miss. The mini-reflections will be worth a total of 10%.

Term Paper based on a Field Interview Assignment

For your term paper, you may write a comprehensive review, or a research proposal, related to any of the topics covered throughout the course. If you choose to write a review paper, it must have a clear thesis and present a novel argument or synthesis of the ideas presented and/or discussed in the course (e.g., you may choose to compare, contrast, and evaluate two competing theories). If you choose to write a research proposal, it must include an introduction providing the context and rationale for the study, and a methods section (participants, materials, procedures, proposed analyses, and hypothesized results). Your paper must be a maximum of 10-12 pages (double-spaced, 12-point font, 1-inch margins all around) not including the title page, abstract, or references. The paper must be written in APA format (see

There will be a penalty for late submissions of 10% per day.

The deadline for the ONLINE submission will be March 27, 11:59 pm (online submission to TurnItIn). More information regarding the paper will be provided later in the term.

**Peer Review**

You will be required to submit a rough draft of your Final paper and your Field Interview by March 20, 2023. Upon submission, you will receive drafts from other peers to review. The purpose of the peer review is to help your peer improve his/her paper. You will be evaluated on the quality of your suggestions and the thoroughness of your reading. Failure to submit a draft will result in not having the opportunity to participate in peer review and losing the mark. **This will be worth a total of 10%**. In reviewing the paper, you may want to follow the six section headings listed below.

1. What is good about the paper (in being critical, we must not forget to be encouraging and supportive as well!)?
2. Is the purpose of the paper clearly laid-out in a succinct introduction?
3. Are there any terms or concepts that need further clarification?
4. Is the evidence that the author provides to support his/her position good? Sufficient?
5. Are there other factors that the author might want to consider (other types of evidence, other points of view, etc.)?
6. Anything else that might be helpful to the author.

Write the peer review as though it were a letter to the author. Speak to him or her directly; there is no need to refer to him/her in the third person.

There is no need to summarize the work either. The author knows what he/she has written. Include in the peer review only suggestions on how to improve the paper and what you have found valuable in the work.

If you wish, the peer review can be written in bullet format (as long as you can still clearly express your suggestions to the author). I would expect that the review would be about 2-3 pages long.
Exams:

Exams will be based on lectures, readings, and everything discussed and presented in class. There will be two exams. Each is worth 30% of your final grade. The 1st exam will be given on Feb 13, and the 2nd will be given on April 3. Each exam will consist of a series of multiple choice questions.

Class Format and Attendance Policy

This will be an in-person class and your attendance and your active participation play significant roles in your successful completion of the course. Various media types (standard lecture, videos, and research articles) will be presented in order to help guide your learning. There will be several in-class exercises that you will be encouraged to participate in, as they are designed to assess your learning and stimulate deeper encoding of class material.

Grading as per Senate Policy

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 89, B+ = 75 to 79, etc.)

For a full description of York grading system see the York University Undergraduate Calendar – Grading Scheme for 2022-23

Missed Tests/Midterm Exams/Late Assignment

For any missed quiz or late assignment, students MUST complete the following online form which will be received and reviewed in the Psychology undergraduate office. At this time, due to COVID-19 an Attending Physician's Statement (APS) is not required, however, a reason for missing an evaluated component in the course must be provided.

HH PSYC: Missed Tests/Exams Form. Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the missed quiz or late assignment.

Late Work/Missed Tests or Exams

Late assignments will be accepted up to one week after the deadline including weekend days. If your assignment is late, you will be deducted a late penalty of 5% per day, including weekend days. Late assignments will not be accepted after one week of the missed deadline (35% penalty).

Students with a documented reason for missing a deadline, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (Attending Physician Statement which can be found at:
may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

If you are missing a deadline due to illness, compassionate grounds, etc., you must contact me (smfatemi@yorku.ca or smfatemi@hotmail.com) to submit documentation within 48 hours of missing the deadline in order to have your work considered for grading without a late penalty.

**Important New Information Regarding Missed Tests**

For any missed tests or late assignments, students MUST complete the following online form which will be received and reviewed in the Psychology undergraduate office. **HH PSYC: Missed Tests/Exams Form.** Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the test/assignment.

**Add/Drop Deadlines**

For a list of all important dates please refer to: [Fall/Winter 2022-23 Important Dates](http://myacademicrecord.students.yorku.ca/pdf/attending-physicians-statement.pdf)

<table>
<thead>
<tr>
<th>Event</th>
<th>Fall (Term F)</th>
<th>Year (Term Y)</th>
<th>Winter (Term W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last date to add a course <strong>without permission</strong> of instructor</td>
<td>Sept. 20</td>
<td>Sept. 20</td>
<td>Jan. 22</td>
</tr>
<tr>
<td>Last date to add a course <strong>with permission</strong> of instructor</td>
<td>Oct. 4</td>
<td>Oct. 25</td>
<td>Feb. 6</td>
</tr>
<tr>
<td>Drop deadline: Last date to drop a course without receiving a grade</td>
<td>Nov. 11</td>
<td>Feb. 10</td>
<td>Mar. 17</td>
</tr>
<tr>
<td>Course Withdrawal Period</td>
<td>Nov. 12 - Dec. 7</td>
<td>Feb. 11 - April 11</td>
<td>March 18 - April 11</td>
</tr>
</tbody>
</table>

**Add and Drop Deadline Information**

There are deadlines for adding and dropping courses, both academic and financial. Since, for the most part, the dates are **different**, be sure to read the information carefully so that you understand the differences between the sessional dates below and the Refund Tables.

You are strongly advised to pay close attention to the "Last date to enrol without permission of course instructor" deadlines. These deadlines represent the last date students have unrestricted access to the registration and enrolment system.

After that date, you must contact the professor/department offering the course to arrange permission.

You can drop courses using the registration and enrolment system up until the last date to drop a course without receiving a grade (drop deadline).
You may **withdraw from a course** using the registration and enrolment system after the drop
deadline until the last day of class for the term associated with the course. When you withdraw
from a course, the course remains on your transcript without a grade and is notated as 'W'. The
withdrawal will not affect your grade point average or count towards the credits required for
your degree.

**Information on Plagiarism Detection**

Turnitin Service and Moodle: Students will hand in all written assignments to Turnitin – a
service that York University has enrolled in, which helps professors identify plagiarism and helps
students maintain academic honesty. You will be able to access Turnitin through the Moodle
application for this course. Please note that I will be making use of Moodle to post important
information and any changes to the course – be sure to check Moodle regularly.

**Academic Integrity for Students**

York University takes academic integrity very seriously; please familiarize yourself with
[Information about the Senate Policy on Academic Honesty](#).

It is recommended that you review Academic Integrity by completing the [Academic Integrity
Tutorial](#) and [Academic Honesty Quiz](#).

**Test Banks**

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test
questions and/or answers), or any course specific test questions/answers is not permitted in
the Faculty of Health. Any student found to be doing this may be considered to have breached
the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of
test questions and/or answers may be considered as “Cheating in an attempt to gain an
improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or
“encouraging, enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

**Academic Accommodation for Students with Disabilities**

While all individuals are expected to satisfy the requirements of their program of study and to
aspire to do so at a level of excellence, the university recognizes that persons with disabilities
may require reasonable accommodation to enable them to do so. The university encourages
students with disabilities to register with Student Accessibility Services (SAS) to discuss their
accommodation needs as early as possible in the term to establish the recommended academic
accommodations that will be communicated to Course Directors as necessary. Please let me
know as early as possible in the term if you anticipate requiring academic accommodation so
that we can discuss how to consider your accommodation needs within the context of this
course.

[https://accessibility.students.yorku.ca/](https://accessibility.students.yorku.ca/)

**Excerpt from Senate Policy on Academic Accommodation for Students with Disabilities**
1. Pursuant to its commitment to sustaining an inclusive, equitable community in which all members are treated with respect and dignity, and consistent with applicable accessibility legislation, York University shall make reasonable and appropriate accommodations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. This policy aims to eliminate systemic barriers to participation in academic activities by students with disabilities.

All students are expected to satisfy the essential learning outcomes of courses. Accommodations shall be consistent with, support and preserve the academic integrity of the curriculum and the academic standards of courses and programs. For further information please refer to: [York University Academic Accommodation for Students with Disabilities Policy](#).

**Course Materials Copyright Information**

These course materials are designed for use as part of the HH PSYC 3490 A course at York University and are the property of the instructor unless otherwise stated. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement](#).

**Calumet and Stong Colleges’ Student Success Programming:**

Calumet and Stong Colleges aim to support the success of Faculty of Health students through a variety of [free programs](#) throughout their university career:

- **Orientation** helps new students transition into university, discover campus resources, and establish social and academic networks.
- **Peer Mentoring** connects well-trained upper-year students with first year and transfer students to help them transition into university.
- **Course Representative Program** supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- **Peer-Assisted Study Sessions (PASS)** involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- **Peer Tutoring** offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students’ [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
• For additional resources/information about Calumet and Stong Colleges’ Student Success Programs, please consult our websites (Calumet College; Stong College), email scchelp@yorku.ca, and/or follow us on Instagram (Calumet College; Stong College), Facebook (Calumet College; Stong College) and LinkedIn.

• Are you receiving our weekly email (Subject: “Calumet and Stong Colleges - Upcoming events”)? If not, please check your Inbox and Junk folders, and if it’s not there then please contact ccscadmn@yorku.ca, and request to be added to the listserv. Also, make sure to add your ‘preferred email’ to your Passport York personal profile to make sure you receive important news and information.

Instructor’s Bio

Dr. Sayyed Mohsen Fatemi completed his postdoctoral studies in the department of psychology at Harvard University where he has also served as a Teaching Fellow, an Associate and a Fellow.

Dr. Fatemi is an adjunct faculty member in the Graduate Program in the Historical, Theoretical, and Critical Studies of Psychology in the Department of Psychology at York University, Canada.
He is a frequently published author and has served as the keynote speaker of numerous international conferences.


In addition to teaching at Harvard, he has also taught for the department of psychology at the University of British Columbia, Western Washington University, University of Massachusetts in Boston, University of Toronto, York University, Endicott College, and Boston Graduate School of Psychoanalysis and a few other institutions. He has supervised both master and doctoral students for their research projects and dissertations. He has served as a keynote speaker of a number of international conferences and run workshops and seminars across the USA, Canada and Overseas.

He brings mindfulness in his psychological and therapeutic interventions and has run training and coaching programs for clinicians, practitioners and corporate people in North America, Europe and overseas. He has practiced psychotherapy and hypnotherapy for more than a decade. His treatment areas of work include anxiety, depression, OCD, trauma, PTSD and relationship problems.

Dr. Fatemi is the recipient of the Ellen Langer international Mindfulness Award and is an active member of the APA with numerous presentations at APA annual meetings.