



Psychology (PSYC) 381

The Psychology of Adult Development (Revision 6)

Status: Replaced with new revision, see the **course listing** [↗](#) for the current revision **✖**

Delivery mode: **Individualized study** [↗](#) or **Grouped study** [↗](#) with **eText** [↗](#)

Credits: 3

Areas of study: Arts or Social Science

Prerequisites: A 200-level psychology course is recommended.

Precluded: PSYC 381 cannot be taken for credit if credit has already been obtained for PSYC 363.

Challenge: PSYC 381 has a challenge for credit option.

Faculty: **Faculty of Humanities and Social Sciences** [↗](#)

Overview


Psychology 381 provides comprehensive coverage of normal aging across the physical, cognitive, social, and psychological dimensions as well as the role of the environment and how it fits with the aging individual. The course concludes with a discussion of end-of-life issues and the important concept of successful aging. This course is particularly suited to students with career interests in nursing, medicine, and allied health fields, social work, and clinical psychology. Moreover, coverage of the normal aging process and of issues related to work and retirement make this course beneficial to students who plan careers in the public sector (business, service industries, retail). As our society continues to age, students who plan careers in business and service industries will increasingly have contact with the older worker and consumer where knowledge about the aging process will be of direct relevance. Finally, the course is attractive to students who seek to enhance their understanding of their own and others' development across the lifespan.

Outline


- Unit 1 - Concepts, Methods, and Theories
- Unit 2 - Physical Aging
- Unit 3 - Cognitive Aging
- Unit 4 - Social Aging
- Unit 5 - Mental Health
- Unit 6 - Environment
- Unit 7 - End-of-Life and Successful Aging

Evaluation

To **receive credit** [↗](#) for PSYC 381, you must complete the course quizzes, a research paper, and an examination. You must achieve a

composite course grade of at least **D (50 percent)**  and a grade of at least 50 percent on the final examination. The weighting of the composite grade is as follows:

Activity	Weight
Unit Quizzes (7 at 5% each)	35%
Literature Review Paper	30%
Final Exam	35%
Total	100%



The **final examination** for this course must be taken online with an AU-approved exam invigilator at an approved invigilation centre. It is your responsibility to ensure your chosen invigilation centre can accommodate online exams. For a list of invigilators who can accommodate online exams, visit the **Exam Invigilation Network** .

To learn more about assignments and examinations, please refer to Athabasca University's **online Calendar** .

Materials

Cavanaugh, J. C. and Blanchard-Fields, F. (2015). Adult Development and Aging (7th ed). Stamford CT: Cengage Learning.  (eText)

eText

Registration in this course includes an electronic textbook. For more information on **electronic textbooks** , please refer to our **eText Initiative site** .

Other Materials

Unit study guides, a student manual, and an assignment manual are available online on the course website.

Challenge for credit

Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about **challenge for credit** [↗](#) can be found in the Undergraduate Calendar.

Evaluation

The challenge requirement for PSYC 381 is a written invigilated examination and research paper. To **receive credit** [↗](#) for the PSYC 381 challenge registration, you must achieve a grade of at least D (50 percent) on the examination and obtain a composite mark of at least **D (50 percent)** [📄](#).



[Challenge for credit course registration form](#)

Important links

- › [Academic advising](#) [↗](#)
- › [Program planning](#) [↗](#)
- › [Request assistance](#) [↗](#)
- › [Support services](#) [↗](#)

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

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View **previous revision** [↗](#)
