Administrative Unit: History and Social Sciences Department

Course Prefix and Number: PSYC 395

Course Title: Adult Psychology

Number of Credit Hours: 3 Lecture Hours: 3 Laboratory Hours: 0

Catalog Description: Physiological, behavioral and cognitive changes that occur in adulthood and old age, discussed from a psychological/developmental perspective.

Prerequisite(s)/Corequisite(s): PSYC 101.

Text(s): Most current editions of the following:


Schaie, K.W., & Willis, S. L. Adult Development and Aging. Prentice Hall.


Course Objectives:

• To apply existing psychological principles and theories to adult development.
• To explore specific theories developed to explain the cognitive and social gains and losses evidence during adulthood.

Measurable Learning Outcomes

• Understand major biological and psychological changes that occur in early, middle, and late adulthood.
• Understand different research methods used to study adults, as well as an understanding of the limitations of testing methods in late adulthood.
• Identify physical and mental health concerns, as well as clinical disorders, that are of special concern for young adults, middle-aged adults, and older adults.
• Understand the nature and trajectory of cognitive changes across adulthood in the areas of intelligence, memory, attention, and social cognition.
• Understand the nature and trajectory of social changes across adulthood in the areas of personality, interpersonal relationships, and workplace/retirement concerns.
Topical Outline (major areas of coverage):

• Nature of Adulthood and Aging
• Research Methodology
• General Health Concerns
• Physical Changes
• Mental Health/Disorders
• Optimal Aging
• Attention and Memory
• Intelligence
• Social Cognition
• Personality
• Relationships
• Work and Retirement
• Dying, Death and Bereavement

Recommended maximum class size for this course: 20

Library Resources: Online databases are available at http://www.ccis.edu/offices/library/resources.asp. You may access them from off-campus using your eServices login and password when prompted.

Prepared by: Chris Mazurek

Name ____________________________ Signature ____________________________

Date: May 10, 2005

NOTE: The intention of the master syllabus is to provide an outline of the contents of this course, as specified by the faculty of Columbia College, regardless of who teaches the course, when it is taught or where it is taught. Faculty members teaching this course for Columbia College are expected to facilitate learning pursuant to the course objectives and cover the subjects listed in the topical outline. However, instructors are also encouraged to cover additional topics of interest so long as those topics are relevant to the course’s subject. The master syllabus is, therefore, prescriptive in nature but also allows for a diversity of individual approaches to course material.

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