

# **GERO 121/221 Strategies for Optimal Aging**

## **Fall 2021 Syllabus**

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### **Part 1: Course Information**

#### **Instructor Information**

**Instructor:** Janeth Marroletti, MPH, CHES  
**Office:** Amador Hall 553C (Not used this semester)  
**Office Hours:** By appointment and Mondays & Tuesdays 2:30-4:30pm  
**Office Telephone:** (562) 652-8237 (Cell phone) Texting OK, please provide your name in the text so I know who you are!  
**E-mail:** Please email me through the Email tool in the Canvas course or [marroletti@csus.edu](mailto:marroletti@csus.edu)

#### **Course Description**

This course is an in-depth, interdisciplinary, and holistic exploration of health promotion and adaptation paradigms that facilitate optimal and productive longevity. Hardiness and self-efficacy theories along with expectations and experiences enhancing quality of life are explored. Interactions among such variables as activity, diet, exercise, work/leisure, attitudes/beliefs, humor, living environments, spirituality, and social networks are investigated within the contexts of gender, economic, and cultural perspectives.

#### **Prerequisite**

- Upper Division Status

#### **Textbook & Course Materials**

##### **Required Text**

- *Publication manual of the American Psychological Association* (7<sup>th</sup> ed.). (2019). Washington, DC: Author. (you will be utilizing this text for all of your GERO classes)
- Other required readings will be posted in Canvas (See Specific Modules).

**Recommended Texts & Other Readings**

- Bengtson, V.L. & Settersten Jr., R.A. (Eds). (2016). *Handbook of theories of aging*. New York, NY: Springer Publishing. (you will also be utilizing this text for GERO 122, 130 & 131).
- Butler, R.N. (2010). *The longevity prescription*. N.Y.: Avery

**Course Requirements**

- Internet connection (DSL, LAN, or cable connection desirable)
- Access to Canvas
- Ability to connect with mentors outside of class time.

**Course Structure**

This course will be delivered entirely online through the course management system Canvas. You will use your Saclink account to login to the course from your [My Sac State](#) account and click on the Canvas button or login directly through the [Canvas Login Page](#).

In Canvas, you will access online lessons, course materials, and resources. At designated times throughout the semester, we will participate in a blend of self-paced and group-paced activities using Canvas and alternative Internet-based technologies. There will be a few times in the semester that all students will need to be online (during the regularly scheduled class time – Mondays at 5:30pm). Activities will consist of chat, blogs, discussion forums, email, and web posting.

This course has MANDATORY ATTENDANCE (via Zoom) on the following dates:

8/30, 9/13, 9/20, 9/27, 10/11, 10/25, 11/8, 11/22, 12/6 and 12/13

If you are unable to attend class on these dates, you need to notify the instructor IN ADVANCE, there will be a make-up assignment (paper) you will need to complete (for each absence) based on the missed lecture/activities.

**Canvas Access**

This course will be delivered online through a course management system named Canvas.

To access this course on Canvas you will need access to the Internet and a supported Web browser (Chrome, Firefox, Safari). To ensure

that you are using a supported browser and have required plug-ins, please visit the "[Which browsers does Canvas support](#)" website.

## Technical Assistance

If you need technical assistance at any time during the course or to report a problem with Canvas you can:

- If you need a laptop or WI-FI hotspot, please let Dr. Jensen know and she can request the needed items for you to borrow
- [Submit a Ticket](#) to Report a Problem to the Information Resources and Technology Support Team
- Call the Canvas Support line at Sac State: M-F 8a.m. – 5p.m. (916) 278-2450.
- [Schedule a Consultation](#) to get assistance with Canvas and other Academic technologies
- Visit the [Canvas Student Video Guides](#)
- Visit the Canvas [Student Web Tutorials](#)

**Important Note:** This syllabus, along with course assignments and due dates, are subject to change. It is the student's responsibility to check Canvas for corrections or updates to the syllabus. Any changes will be clearly noted in course announcement or through Canvas email.

## **GERO 121/221: Strategies for Optimal Aging**

### **Fall 2021 Syllabus**

---

### **Part 2: Course Objectives**

After completion of readings, course experiences, and assignments, the learner will be able to:

- Investigate own, older adults' and society's beliefs and experiences about parameters and requirements for optimal aging.
- Analyze interactions among hardiness and self-efficacy theories and optimal aging.
- Analyze how selected keys to optimal aging are mediated by health promotion and adaptation paradigms.
- Create a case study reflecting a success model based on an oral history with an oldest-old adult.
- Explore community resources providing activities and services for older adults and their families.
- Create a personal evidenced-based optimal aging action plan.

You will meet the objectives listed above through a combination of the following activities in this course:

- Complete Learning Modules in Canvas
- Attend synchronous sessions to deepen learning and connect with professor and your classmates.
- Complete all assignments, including Discussion Question participation
- Participate in regular meetings with your mentor. Don't wait until the last minute to reach out or schedule your appointments. They are busy just like you are!

## GERO 121/221 Strategies for Optimal Aging Fall 2021 Syllabus

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### Part 3: Topic Outline/Schedule

**Important Note:** Refer to the course calendar for specific meeting dates and times. Activity and assignment details will be explained in detail within each week's corresponding module. If you have any questions, please contact your instructor. Subject to change.

Week	Module	Topic	Date	Assignments DUE
1		<b>Welcome to GERO 121 Course Overview</b> Welcome & Introductions Course Requirements	8/30	Introduction – Meet your Peers Slide (PPT)
2	<b>9/6: Labor Day – No Class</b>			
3 & 4	1	<b>Oral Histories—The Art of Listening &amp; Story Telling – Capturing Someone's Life Story</b>	9/13	Personal Biosketch/Health Promotion Plan <b>DUE</b> DQ 1: Initial by 9/20
			9/20	DQ 1: Response by 9/27
5 & 6	2	<b>Holistic Approaches to Living</b>	9/27	DQ 2: Initial by 10/4
			10/4	DQ 2: Response by 10/11
7 & 8	3	<b>Health Promotion: A Case of Longevity</b>  <b>Core Gifts</b>	10/11	RM #1 <b>DUE</b> DQ 3: Initial by 10/18
			10/18	DQ 3: Response by 10/25
9 & 10	4	<b>Theories of Optimal Aging</b>  <b>Thriving in the 2<sup>nd</sup> Half of Life: Late Life Development</b>	10/25	DQ 4: Initial by 11/1
			11/1	RM #2 <b>DUE</b> DQ 4: Response by 11/8
11 & 12	5	<b>Role Transition: Changing Roles &amp; Caregiving</b>  <b>Ageing &amp; Change: Adjusting to Transitions</b>	11/8	DQ 5: Initial by 11/15
			11/15	DQ 5: Response by 11/22
13 & 14	6	<b>Hardiness &amp; Resilience</b>  <b>Locus of Control</b>	11/22	RM #3 <b>DUE</b> DQ 6: Initial by 11/29
			11/29	DQ 6: Response by 12/6
15	7	<b>Legacy Builders &amp; Kin Keepers</b>  <b>Before I Die</b>	12/6	RM #4 <b>DUE</b> 6-Word memoir <b>DUE</b> DQ 7: Initial by 12/10 DQ 7: Response by 12/13
16		<b>FINAL EXAM 5:15-7:15 PM</b>	12/13	Mandatory Attendance

Gerontology Department  
Social Sciences and Interdisciplinary Studies

## GERO 121/221: Strategies for Optimal Aging

### Fall 2021 Syllabus

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## Part 4: Grading Policy

### Graded Course Activities

Visit the **Assignments** link in Canvas for details about each assignment listed below.

Points	Description	Due Date
10	Introduction PPT	9/2 & 9/5
24	Personal Biosketch & Health Promotion Plan	9/13
28	Mentor Reflection #1 (Biosketch/Eco-map)	10/11
28	Mentor Reflection #2 (Prominent Moments)	11/1
35	Mentor Reflection #3 (Core Gifts)	11/22
25	Mentor Reflection #4 (Legacy & Purpose)	12/6
15	Six Word Memoir	12/6
70	Discussion Questions (DQ)	See Canvas
230	Total Points Possible	

**221 In Addition to all the Assignments above, 221 students must complete the following assignments:**

Points	Description	Due Date
10	Research Paper Thesis Statement	
34	Research Paper	

### Late Work Policy

Be sure to pay close attention to deadlines—remember many of your assignments depend on you connecting with your mentor. Get these appointments scheduled! No late paper will be accepted without instructor approval BEFORE the due date.

### Viewing Grades in Canvas

Points you receive for graded activities will be posted to the Canvas Grade Book. From a computer or mobile device, select the Grades option from course navigation to view your grades.

Your instructor will update the online grades each time a grading session has been complete—typically within two weeks following the completion of an activity. You will see a visual indication of new grades

posted on your Canvas home page under Recent Feedback and/or next to the Grades link on course menu.

## Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total points earned and are assigned as follows:

Letter Grade	Percentage	Performance
A	93-100%	Excellent Work
A-	90-92%	Nearly Excellent Work
B+	87-89%	Very Good Work
B	83-86%	Good Work
B-	80-82%	Mostly Good Work
C+	77-79%	Above Average Work
C	73-76%	Average Work
C-	70-72%	Mostly Average Work
D+	67-69%	Below Average Work
D	60-66%	Poor Work
F	0-59%	Failing Work

**Important note:** For more information about grading at Sac State, visit the academic policies and grading section of the university catalog.

## **GERO 121/221: Strategies for Optimal Aging**

### **Fall 2021 Syllabus**

---

## **Part 5: Course Policies**

### **Participation**

Students are expected to participate in all online activities as listed on the course calendar. Expect to log into the Canvas course 2-3 times a week. There will be assignments that require you to post an initial submission, then return later to respond to your colleague's work. The professor will be using Canvas Course Analytics, Access Report, discussions, chat sessions, and group work, to monitor your participation in the course.

There will be 5 synchronous sessions throughout the semester. While attendance is not required, you are **HIGHLY** encouraged to attend in order to deepen your understanding and learning of the course concepts.

### **Build Rapport**

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that we can help you find a solution. The instructor will hold scheduled virtual office hours through zoom twice week, and is available at other times if you make an appointment.

### **Complete Assignments**

**All assignments for this course will be submitted electronically through Canvas unless otherwise instructed.** Assignments must be submitted by the given deadline or special permission must be requested from instructor *before the due date*. Extensions will not be given beyond the next assignment except under extreme circumstances.

All discussion assignments must be completed by the assignment due date and time. Late or missing discussion assignments will affect the student's grade.



## Understand When You May Drop This Course

It is the student's responsibility to understand when they need to consider disenrolling from a course. Refer to the Sac State Course Schedule for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to attend class, or (2) documented and severe physical/mental illness/injury to the student or student's family.

### Incomplete Policy

Under emergency/special circumstances, students may petition for an incomplete grade. An incomplete will only be assigned if the student is current on assignments and there is a compelling reason to allow the student to finish coursework after the semester has ended. All incomplete course assignments must be completed within one year from the end of the semester the course is taken.

## Inform Your Instructor of Any Accommodations Needed

If you have a documented disability and verification from the [Office of Services for Students with Disabilities](#) (SSWD), and wish to discuss academic accommodations, please contact your instructor as soon as possible. It is the student's responsibility to provide documentation of disability to SSWD and meet with a SSWD counselor to request special accommodation *before* classes start.

SSWD is located in Lassen Hall 1008 and can be contacted by phone at (916) 278-6955 (Voice) (916) 278-7239 (TDD only) or via email at [sswd@csus.edu](mailto:sswd@csus.edu).

## Student Resources

There are many services offered by CSUS to help you succeed in this course and throughout your academic career. I encourage you to take advantage. Links to the following resources are also available in Canvas.

### **[Basic Needs Support: Crisis Assistance & Resource Education Support \(CARES\)](#)**

If you are experiencing challenges with food, housing, financial or other unique circumstances that are impacting your education, help is just a phone call or email away! The CARES office provides case management support for any enrolled student. Email the CARES office at [cares@csus.edu](mailto:cares@csus.edu) to speak with a case manager about the resources available to you.

**[Academic Advising](#)**

The Academic Advising Center offers new student orientation, mandatory freshman advising, and advising on General Education and graduation requirements for all students. While your major and GE advising will be conducted by the Gerontology Department, the Academic Advising office is available if you have questions about transfer credit, transcripts, etc.

**[IRT Service Desk \(Service Desk\)](#)**

The Information, Resources, and Technology (IRT) helpdesk provides assistance to students, faculty and staff in their use of campus technologies.

**[Services to Students with Disabilities](#)**

Students with disabilities who require accommodations need to provide disability documentation to Services to Students with Disabilities (SSWD). SSWD is located in Lassen Hall 1008 and can be contacted by phone at (916) 278-6955 (Voice) (916) 278-7239 (TDD only) or via email at [sswd@csus.edu](mailto:sswd@csus.edu).

Please feel free to set up an appointment with me to discuss your approved accommodation. This syllabus and course materials are available in alternate formats upon request. In addition, as your professor, I feel I have a responsibility to actively support culturally diverse learners with a wide range of learning styles and abilities and to be responsive in my teaching practices. Feel free to discuss your progress in this course with me at any time.

**[Student Affairs](#)**

If you need help discerning who to see to get a question answered, advice on which classes to take, or information about how to obtain financial aid, Student Affairs may be able to assist you.

**[Student Health and Counseling Services](#)**

Student Health Services promotes the health and wellness of Sac State students.

**[University Library](#)**

The Sac State University Library provides access to a wide array of workshops, research guides, subject specialists, databases, electronic journals, and other electronic resources.

**[Reading & Writing Center](#)**

The University Writing Center can help you at any stage in your reading and writing processes: coming up with a topic, developing and organizing a draft, understanding difficult texts, or developing strategies to become a better editor.

Further resources and information: [Martin Luther King Center](#), [Multicultural Center](#), [Dreamer Resource Center](#), [Student Success](#)

[Center](#), [PARC](#), [Reading & Writing Center](#), [Grading Policy](#), [Academic Calendar](#), [Hornet Honor Code](#), [Student Rights and Responsibilities](#)

## **Commit to Integrity**

As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.

### **Sac State's Academic Honesty Policy & Procedures**

"The principles of truth and honesty are recognized as fundamental to a community of scholars and teachers. California State University, Sacramento expects that both faculty and students will honor these principles, and in so doing, will protect the integrity of academic work and student grades."

Read more about Sac State's [Academic Honesty Policy & Procedures](#)

### **Definitions**

At Sac State, "**cheating** is the act of obtaining or attempting to obtain credit for academic work through the use of any dishonest, deceptive, or fraudulent means."

"**Plagiarism** is a form of cheating. At Sac State, "plagiarism is the use of distinctive ideas or works belonging to another person without providing adequate acknowledgement of that person's contribution."

**Source:** Sacramento State University Library

**Important Note:** Any form of academic dishonesty, including cheating and plagiarism, may be reported to the office of student affairs.

**Course policies are subject to change.** It is the student's responsibility to check Canvas for corrections or updates to the syllabus. Any changes will be posted in Canvas.