

GERO 121/221 Strategies for Optimal Aging Fall 2021 Syllabus

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 | | Welcome to GERO 121 Course Overview Welcome & Introductions Course Requirements | 8/30 | Introduction – Meet your Peers Slide (PPT) |
| 2 | 9/6: Labor Day – No Class | | | |
| 3 & 4 | 1 | Oral Histories—The Art of Listening & Story Telling – Capturing Someone's Life Story | 9/13 | Personal Biosketch/Health Promotion Plan DUE DQ 1: Initial by 9/20 |
| | | | 9/20 | DQ 1: Response by 9/27 |
| 5 & 6 | 2 | Holistic Approaches to Living | 9/27 | DQ 2: Initial by 10/4 |
| | | | 10/4 | DQ 2: Response by 10/11 |
| 7 & 8 | 3 | Health Promotion: A Case of Longevity Core Gifts | 10/1 1 | RM #1 DUE DQ 3: Initial by 10/18 |
| | | | 10/1 8 | DQ 3: Response by 10/25 |
| 9 & 10 | 4 | Theories of Optimal Aging Thriving in the 2nd Half of Life: Late Life Development | 10/2 5 | DQ 4: Initial by 11/1 |
| | | | 11/1 | RM #2 DUE DQ 4: Response by 11/8 |
| 11 & 12 | 5 | Role Transition: Changing Roles & Caregiving Aging & Change: Adjusting to Transitions | 11/8 | DQ 5: Initial by 11/15 |
| | | | 11/1 5 | DQ 5: Response by 11/22 |
| 13 & 14 | 6 | Hardiness & Resilience Locus of | 11/2 2 | RM #3 DUE DQ 6: Initial by 11/29 |
| | | | 11/2 9 | DQ 6: Response by 12/6 |

| | | Control | | |
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| 15 | 7 | Legacy Builders & Kin Keepers Before I Die | 12/6 | RM #4 DUE 6-Word memoir DUE DQ 7: Initial by 12/10 DQ 7: Response by 12/13 |
| 16 | | FINAL EXAM 5:15-7:15 PM | 12/1 3 | Mandatory Attendance |