Gerontology 100 – 01

Aging Issues in Contemporary America

Spring 2023 Syllabus

Gerontology Diversity, Equity & Inclusion Statement

"As part of our commitment to social justice and the Anti-Racist and Inclusive Campus Plan, the Gerontology Department works to support and uplift all historically underrepresented communities, on an off campus, and condemn any forms of bias on the basis of age, ethnicity, caste, nationality, race, immigration status, gender/transgender, sexual orientation, disability/ability, religion, cultural attire, body size/shape, class, and more. We strive to be an exemplary leader in inclusive learning."

Part 1: Course Information

Instructor Information

Instructor: Carol Sewell
E-mail: carol.sewell@csus.edu
Office: Amador Hall, 550B
Office Telephone (messages only): (916) 278-7163

Office Hours: Tuesdays, 4:00 – 6:00 p.m. via Zoom.
or request an appointment
Office hours Zoom link: https://csus.zoom.us/j/83646981903
Passcode: G100/01 (REQUIRED)
Meeting ID: 836 4698 1903
Or by phone: 1(312) 626-6799

Course Description

Introduction to the field of Gerontology and how the discipline addresses society's aging needs. An examination of current issues in gerontology using a life span perspective focusing on older adults' needs/concerns along life's continuum in various environments. Major topics include implications of the demographic imperative, common aging changes/conditions, myths and stereotypes, effects of health/illness on individual and family roles, basic social

issues and policies arising from the graying of America, and media, cultural and gender influences.

Prerequisite

- N/A

GE Area

- GE Area D

Textbook & Course Materials

Required Text

- ***Aging, Society and the Life Course*, Sixth Edition.** 2021. Springer Publishing. Kunkel, S. and Settersten, R.

  ISBN: 978-0-8261-8034-6 -- ebook ISBN: 978-0-8261-8035-3 (springerpub.com)

Recommended Texts & Other Readings

- ***Publication manual of the American Psychological Association*** (6th ed.). (2010). Washington, DC: American Psychological Association. (APA style guide is available through the University Library at https://csus.libguides.com/APAstyle)

- Additional readings may be assigned throughout the semester through Canvas.

Course Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- Access to Canvas

Course Structure

This course will meet in person Mondays from 5:30 p.m. – 8:20 p.m. on the Sacramento State campus in the Academic Resources Center (ARC) Room 1011.

Canvas Access

The majority of course assignments will be delivered online through a course management system named Canvas. Weekly readings and assignments and major project dates can be found in the Course Modules and the Week-at-A Glance.

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:

- 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.

Gerontology 100 - 10
Spring 2023 Syllabus

Part 2: Course Objectives

Upon the completion of this course, students will be able to:
1. Define the life course perspective and describe how age/period/cohort, gender, race, and ethnicity influence the life course.
2. Understand how the demographics of the older population affect various aspects of our society.
3. Critically review studies of elders and understand how to use these studies to improve the health and wellbeing of society as a whole.
4. Differentiate between normal changes in functioning due to aging and pathological (abnormal) changes leading to disease.
5. Describe how personality affects a person's adaptation to old age.
6. Demonstrate how sensory losses affect the individual.
7. Describe the effects of stereotypes on the older person and how these stereotypes may limit access to jobs, medical care, or a person's autonomy.
8. Give examples of how aging affects intelligence, both positively and negatively.
9. Develop a personal definition of successful aging and apply it.
10. Examine social policies, including Social Security, Medicare, the long-term care system, employment, and age discrimination.

In addition, this course has been designed to meet several of the learning objectives outlined in the *Gerontology Competencies for Undergraduate and Graduate Education*. These Competencies can be accessed at https://www.aghe.org/resources/gerontology-competencies-for-undergraduate-and-graduate-education.

GE AREA D Learning Outcomes

1. Describe and evaluate ethical and social values in their historical and cultural contexts.
2. Explain and apply the principles and methods of academic disciplines to the study of social and individual behavior.
3. Demonstrate an understanding of the role of human diversity in human society, for example, race, ethnicity, class, age, ability/disability, sexual identity, gender and gender expression.
4. Explain and critically examine social dynamics and issues in

their historical and cultural contexts.

Additional Program & Gerontology Sacramento State Baccalaureate Learning Goals

5. Exhibit effective use of basic communication (written, oral and interpersonal) skills and information technology needed in a global information society. (3, 4)
6. Demonstrate social and cultural awareness, sensitivity, respect, and support of multiple perspectives when interacting with others. (2, 3, 4, **5**)
7. Demonstrate critical thinking when analyzing diverse and complex aging issues and outcomes for elders, families, and society from an interdisciplinary perspective that is grounded in the sciences, social sciences, and humanities. (1, 2, 3, **5**)
8. Demonstrate understanding of fundamental interdisciplinary evidence-based knowledge, skills, values, and current trends as a basis for competent gerontological practice. (1, 2, **5**)
9. Synthesize and apply learned interdisciplinary theories and research in applied settings. (1, 2, 3, 4, **5**)
10. Exhibit personal and social responsibility, and ethical and professional behavior in all settings. (4, **5**)

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

- Weekly short answer written assignments based on lecture and reading
- Written projects
- In-class discussion and activities with individual and group written work components
- Peer-reviewed research article summary and presentation

Gerontology 100 – 01

Spring 2023 Syllabus

Part 3: Topic Outline/Schedule

Important Note: Refer to the course Week at a Glance on Canvas or the Course Modules 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.

How to Succeed in this Course

To succeed in this course, you will need to:
- Regularly attend class sessions in
- Actively participate in class discussions and in-class activities
- Complete reading assignments prior to class meetings
- Turn in written assignments in a timely manner
- Carefully read and follow directions

Your success is important to me. We will all need accommodation because we all learn differently. If there are aspects of this course that prevent you from learning or exclude you, please let either your professor know as soon as possible. Together we will develop strategies to meet both your needs and the requirements of the course.

Gerontology 100 – 01

Spring 2023 Syllabus

Part 4: Grading Policy

Graded Course Activities

Visit the **Assignments** link in Canvas for details about each assignment listed below. Click on **Quizzes** to access quizzes and exams. (See Part 4 for more information about accessing tools and activities).

Assignment	Number and Value	Total Points
In-Class Activities	11 Activities 10 points each	110
Weekly Assignments	11 assignments 15 points each	165
Projects	4 projects 45 points each	180
Presentation	15 points presentation & Ppt. 2 peer review assignments, 15 points each	45
Total		500

Late Work Policy

Be sure to pay close attention to deadlines—there will be no make-up assignments or quizzes, or late work accepted without a serious and compelling reason and instructor approval.

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 one week 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.

Gerontology 100 – 01

Spring 2023 Syllabus

Part 5: Course Policies

Attend Class

Students are expected to attend all class sessions as listed on the course calendar. Attendance at face-to-face class meetings and participation in online activities is essential for the success of the hybrid experience.

10 additional points will be awarded for perfect attendance.

Participate

Students will be awarded points for in-class participating in in-class break-out groups and discussions.

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 they can help you find a solution.

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.

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 under extreme circumstances. All incomplete course assignments must be completed within the agreed upon timeframe.

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.

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."

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.

Source: Sacramento State University Library

CAMPUS RESOURCES

There are many services offered on campus 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 SacCT. All of the following services are currently available to you online.

Academic Advising

The Academic Advising Center offers new student orientation, mandatory freshman advising, and advising on General Education and graduation requirements for all students.

IRT Service Desk (Service Desk)

The IRT Service Desk assists students, faculty and staff in their use of campus technologies. Help is available via walk-in service, telephone service, email, or chat.

Hornet Learning Online 101

For additional help using the Canvas online learning platform, Hornet Learning Online 101 is a 1-hour tutorial available to all students.

Here are some details about the course Hornet Learning Online 101:

- Hornet Learning Online 101 is a tutorial built in Canvas for students on strategies and skills for online and flexible learning;

- is short, interactive, 1 hour, and students can self-enroll;
- the content includes: growth mindset, time management, technology readiness, Canvas navigation, and an interactive list of campus resources;
- it produces an online readiness survey report and awards a

"Digital badge" upon completion.

Click below to sign up!

HORNET LEARNING ONLINE 101

SERVICES TO STUDENTS WITH DISABILITIES

Sacramento State is committed to ensuring an accessible learning environment where course or instructional content are usable by all students and faculty. If you believe that you require disability-related academic adjustments for this class (including pregnancy-related disabilities), please immediately contact Services for Students with Disabilities (SSWD) to discuss eligibility. A current accommodation letter from SSWD is required before any modifications, above and beyond what is otherwise available for all other students in this class will be provided. Please be advised that disability-related academic adjustments are not retroactive. SSWD is located on the first floor of Lassen Hall 1008. Phone is 916-278-6955 and e-mail is sswd@csus.edu. For a complete listing of services and current business hours visit https://www.csus.edu/student-affairs/centers-programs/services-students-disabilities/

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.

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.

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 Center

Student Health Services promotes the health and wellness of Sac State

students.

University Library

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

University 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.

SEXUAL MISCONDUCT DISCLOSURES AND MAINTAINING A RESPECTFUL LEARNING ENVIRONMENT

Sac State is committed to supporting students and fostering a campus environment free of sexual misconduct and gender-based discrimination. If a student chooses to disclose to a faculty or staff member an experience related to sexual misconduct which includes, but is not limited to rape, relationship violence, or stalking, all faculty and staff members are obligated to report this disclosure to the university's Title IX Coordinator. Contact Sac State's Title IX Coordinator, Skip Bishop, at (916) 278-5770 or email at william.bishop@csus.edu. Upon receipt of the report, the Title IX Coordinator will contact you to inform you of your rights and options as a survivor and connect you with support resources, including resolution options for holding accountable the person who harmed you. Students who elect not to discuss their experience with the Title IX Coordinator can speak confidentially to the following confidential resources:

Student Health & Counseling Services at The WELL
On Campus Phone Number: 916-278-6461
Website: www.csus.edu/shcs
Campus Confidential Advocate – Laura Swartzen Email: weave@csus.edu
On Campus Phone Number: 916-278-5850 (during business hours)
WEAVE 24/7 Hotline: 916-920-2952