GERO 121/221 Strategies for Optimal Aging
Fall 2021 Syllabus

**Important Note:** Dates in bold are the synchronous class dates. The alternate week will be on your own. Activity and assignment details will be explained in detail within each week's corresponding module. If you have any questions, please contact your instructor.

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| Week | Module | Topic | Date\* |
| 1 |  | **Welcome to GERO 121 Course Overview**Welcome & IntroductionsCourse Requirements |  **8/30 \*** |
| 2 |  | **Labor Day** **Holiday, Campus Closed** |  9/6 |
| 3 & 4 | 1 | **Oral Histories—The Art of Listening****Story Telling – Capturing Someone’s Life Story** | **9/13 \*** |
|  9/20 |
| 5 & 6 | 2 | **Holistic Approaches to Living** | **9/27 \*** |
|  10/4 |
| 7 & 8 | 3 | **Health Promotion:**A Case of Longevity**Core Gifts** | **10/11 \*** |
|  10/18 |
| 9 & 10 | 4 | **Theories of Optimal Aging****Thriving in the 2nd Half of Life:** Late Life Development | **10/25 \*** |
| 11/1 |
| 11 & 12 | 5 | **Role Transition:** Changing Roles & Caregiving**Aging & Change:** Adjusting to Transitions |  **11/8 \*** |
| 11/15 |
| 13 & 14 | 6 | **Hardiness & Resilience****Locus of Control** |  **11/22 \*** |
|  11/29 |
| 15  | 7 | **Before I Die** |  **12/6 \*** |
| 16 |  | **FINAL EXAM 5:15-7:15 PM** |  **12/13 \*** |

**\* = Synchronous Class**