

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
PSY 237 - ADULT PSYCHOLOGY (3 CR.)**

Course Description

Studies the development of the adult personality. Investigates physical, intellectual, social and emotional aspects of aging from early adulthood to death. Lecture 3 hours per week.

General Course Purpose

The purpose of the course is to study the longest phase of the life cycle – adulthood. Using a lifespan approach, the student will gain a comprehensive understanding of the methods, theories and main concepts related to each phase of adult development. There will be a special emphasis on the theories of development and aging, offering descriptions and explanations of cognitive, social, emotional, personality and moral development including stability and change throughout adulthood. The conditions and environments within which development ends and aging takes place will be discussed, including an emphasis on those factors which promote positive development throughout the entire lifespan and resources for coping with the inevitable changes that come with aging

Course Prerequisites/Corequisites

None

Course Objectives

Upon completion of the course, the student will be able to:

- Describe methodologies used to study adult development
- Summarize and explain the major theories of adult development and aging (e.g., psychoanalytic, cognitive, environmental/contextual).
- Identify and explain important topical issues (e.g., intelligence, learning, health) in modern adult development.
- Identify and describe the differences in primary and secondary aging.
- Describe the basic biological and contextual/cultural influences on adult development.
- Identify the factors that foster development as well as be able to identify factors that are related to less than optimal development and aging.
- Articulate how social and cultural differences impact adult development and aging

Major Topics to be Included

- Theory, research, and methods used to study adult development
- Physical changes (e.g., primary and secondary aging, Health and health disorders)
- Cognitive abilities (e.g. intelligence, adult learning, cognitive decline)
- Social roles and relationships
- Work and retirement
- Personality and mental health
- Stress, coping and resilience
- Death and bereavement
- Culture and adulthood

Optional Topics

- Meaning and spirituality
- Examining myths about the aged
- End of life issues (e.g., living situations, euthanasia, living wills)

