

WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Adult Development and Aging

COURSE NUMBER: PSY 401

I. COURSE DESCRIPTION:

Biological, sociological, psychological, and medical attributes of the facts and myths regarding adulthood and aging are examined in this course. Historical and cultural perspectives are applied to understanding attitudes regarding adulthood and aging. The course will provide a comprehensive and up-to-date study of human adulthood. Included will be an understanding of how early development influence later development. Areas of development to be studied include physical, social-emotional, and intellectual development. Major developmental theorists will be studied. The inter-relationship of heredity and environmental factors that influence change will be considered.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

The student will become familiar with significant adult transitions.

Learning Outcomes: The student will:

- A-1 Describe biological transitions.
- A-2 Describe psychological transitions.
- A-3 Describe sociological transitions.

GOAL B:

The student will show understanding of significant milestones of development during each stage of adulthood.

Learning Outcomes: The student will:

- B-1 Identify physical changes in adulthood.
- B-2 Identify cognitive changes in adulthood.
- B-3 Identify language changes in adulthood.

B-4 Identify psychosocial changes in adulthood.

GOAL C:

The student will demonstrate understanding of work, leisure, and community involvement during adulthood.

E-3 Discuss ways to integrate a trauma-informed approach into areas in which adults are treated and cared for, including families, education, and health care.

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