Instructor: Dr. Savundranayagam WINTER 2020
Email: msavund@uwo.ca
Office Room Number: HSB 347, Office Hours: Wednesday, 12:30-2:00 p.m.
Prerequisite: Minimum grade of 60% in each course: Health Sciences 1001A/B and 1002A/B or HS 1000.
Course format: 2 hour lecture, 1 hour tutorial, 0.5 credit
Lecture: Wednesday, 2:30-4:30 p.m.; Location: TBA
Prerequisite checking: Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite.

Course Information
This course will examine, from an interdisciplinary perspective, fundamental issues associated with aging and the complex interaction of physical, psychosocial, and environmental issues that influence the health and well-being of older adults.

Course objectives
1. To provide students with an understanding of the multidisciplinary nature of issues related to health and aging at both the individual and population level.
2. To enable students to evaluate complex bio-psycho-social determinants of the aging process; interaction of disease, disability, frailty and the ability of our health system to cope with a rapidly aging population.
3. To inspire and encourage students to recognize issues in aging, engage in critical reflection and advocate change in their families, communities and in their future careers in health care.
4. Introduce career opportunities in the fields of gerontology and geriatrics.

Tutorial Schedule (To be updated)

<table>
<thead>
<tr>
<th>Section</th>
<th>Class#</th>
<th>Day</th>
<th>Time</th>
<th>Room</th>
<th>TA</th>
</tr>
</thead>
<tbody>
<tr>
<td>002</td>
<td>3032</td>
<td>Monday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>003</td>
<td>3033</td>
<td>Monday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>004</td>
<td>3034</td>
<td>Wednesday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>005</td>
<td>3035</td>
<td>Wednesday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>006</td>
<td>3036</td>
<td>Friday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>007</td>
<td>3037</td>
<td>Thursday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>008</td>
<td>3038</td>
<td>Thursday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 11</td>
<td></td>
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<tr>
<td>009</td>
<td>3039</td>
<td>Friday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>010</td>
<td>3890</td>
<td>Wednesday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>HSB 9</td>
<td></td>
</tr>
<tr>
<td>011</td>
<td>4940</td>
<td>Wednesday</td>
<td>4:30-5:30 p.m.</td>
<td>HSB 9</td>
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Teaching Assistants (TAs):
TBA

For office hours, please email your TA directly.

Textbook: Subject to Change.

All other course materials are available on OWL. Please note that some sessions will be online.

<table>
<thead>
<tr>
<th>Session: Date</th>
<th>Readings/Assignments</th>
<th>Tutorial</th>
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<tbody>
<tr>
<td>1: Jan. 8</td>
<td>Course overview</td>
<td>No tutorials</td>
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<tr>
<td></td>
<td>• Demographic Shifts: Local and Global</td>
<td></td>
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<tr>
<td></td>
<td>• Activity (in class): Estimating Life Expectancy</td>
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<tr>
<td>2: Jan. 15</td>
<td>Aging in context</td>
<td>Discussion of Minute Papers (Jan. 15, 4:30-5:30 pm – Jan. 22, 11:30 am-12:30 pm)</td>
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<td></td>
<td>• Video: Andrew Jenks Room 335</td>
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<td></td>
<td>• Complete Minute Papers</td>
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<tr>
<td></td>
<td><strong>Note: Tutorials begin on Jan. 15 from 4:30-5:30 pm.</strong></td>
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<tr>
<td></td>
<td><strong>Reminder for next week:</strong> Prepare your Age Stereotypes Activity</td>
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<tr>
<td>3: Jan. 22</td>
<td>Aging in Society</td>
<td>Discussion of Age Stereotypes Activity And Discussion of communication with older adults (Jan. 22, 4:30-5:30 pm – Jan. 29, 11:30 am-12:30 pm)</td>
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<td></td>
<td>• Stereotypes, communication, person-centered care</td>
<td></td>
</tr>
<tr>
<td>Session: Date</td>
<td>Readings/Assignments</td>
<td>Tutorial</td>
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|              | *and social psychology* (pp. 79-107). New York: Palgrave Macmillan Ltd.  
**Activity:** complete your Age Stereotypes Activity *prior* to your scheduled tutorial.  
**Supplemental**  
| 4: Jan. 29   | **Models of Successful Aging**  
- Chapter 14 (up to page 326)  
**Physical Aspects of Aging**  
- Chapter 4 (Physical Changes)  
- **Activity:** Experiential Sensory Changes  
- **Discussion:** *Is aging a disease? Why do we grow old?*  
**Activity:** Attitude Survey and Presentation (must be done by this class and students must be ready for discussion in tutorials) | Discussion of Attitude Survey (Jan. 20, 4:30-5:30 pm – Feb. 5, 11:30 am-12:30 pm) |
| 5: Feb. 5    | **Psychological Aspects of Aging**  
- Chapter 2 (pages 29-36), Chapter 6  
- Wisdom (Chapter 7, page 173) | No tutorials but Question/Answer drop in during tutorial time (Optional) (Feb. 5, 4:30-5:30 pm – Feb. 11, 11:30 am-12:30 pm) |
| 6: Feb. 12   | **MIDTERM EXAM (in HSB 40)** | No tutorials |
| 7: Feb. 19   | **READING WEEK (no class)** | No tutorials |
| 8: Feb. 26   | **Social Aspects of Aging**  
- Sociocultural models of development, life course perspective (Chapter 2, pages 24-29)  
- Relationships (Chapter 9)  
**Wisdom Assignment due on Feb. 26 at 9 a.m. on OWL** | Discussion of Wisdom Assignment (Feb. 26, 4:30-5:30 pm) |
<table>
<thead>
<tr>
<th>Session: Date</th>
<th>Readings/Assignments</th>
<th>Tutorial</th>
</tr>
</thead>
<tbody>
<tr>
<td>9. March 4</td>
<td><strong>Work and Retirement</strong>&lt;br&gt;• Chapter 10, pages 229-230, 241-251</td>
<td>Exam Review&lt;br&gt;(March 4, 4:30-5:30 pm – March 11, 11:30 am-12:30 pm)</td>
</tr>
<tr>
<td>10. March 11</td>
<td><strong>Formal and Informal Caregiving</strong>&lt;br&gt;• Chapter 12</td>
<td>Discussion on Infographics&lt;br&gt;(March 11, 4:30-5:30 pm – March 18, 11:30 am-12:30 pm)</td>
</tr>
<tr>
<td>11: March 18</td>
<td><strong>End of life</strong>&lt;br&gt;• Chapter 13</td>
<td>No tutorial – work on Infographics&lt;br&gt;(March 18, 4:30-5:30 pm – March 25, 11:30 am-12:30 pm)</td>
</tr>
<tr>
<td>12: March 25</td>
<td><strong>Mental Health and Alzheimer's Disease (online)</strong>&lt;br&gt;• Chapter 11</td>
<td>No tutorial – work on Infographics&lt;br&gt;March 25, 4:30-5:30 pm – April 1, 11:30 am-12:30 pm)</td>
</tr>
<tr>
<td>13: April 1</td>
<td><strong>Careers in Aging</strong>&lt;br&gt;Assignment due: “Careers in Aging Matter”; March 31 at 9 a.m. on OWL. Be sure to post Infographic on Twitter.</td>
<td>Participate in Careers in Aging Twitter Campaign</td>
</tr>
</tbody>
</table>

**Evaluation**
Attendance is mandatory in lectures and tutorials. There will be one midterm examination and one final examination. These exams will be comprised of multiple choice questions. The content of examinations will be facilitated through lecture material and assigned readings.
1. **Midterm examination** = 35% *(Feb. 12, 2019 in class, includes readings and lecture material presented in weeks 1-5, exam format: multiple choice)*
2. **Tutorials** (Total = 25%)
   - Assignments (Instructions are under Assignments on OWL). **All assignment files must be named in the following manner:** LastName FirstName Name of Assignment.doc or .pdf *(e.g., Singh Kate Wisdom.doc, McKinsey John Infographic.pdf). Failing to follow these
instructions will result in deductions in grades.
  o Wisdom, due **Tuesday, Feb. 25 at 9 a.m.** on OWL (10%)
  o Careers in Aging Matter Infographic, due **Tuesday, March 31 at 9 a.m.** on OWL (10%)
• Participation = 5% (please see rubric on OWL under “Syllabus”)

3. **Final Examination** = 40% (**cumulative**), includes all lectures and required readings, exam format: multiple choice. Date and time will be determined by the Registrar’s office.

Late submissions will NOT be accepted. A grade of zero will be assigned to any assignment submitted after the deadline. There will be **no make-up assignments**. It is your responsibility to attend all lectures and tutorials. Extenuating circumstances may be considered on a case-by-case basis with support of your academic counselor.

**Note:** Examinations must be taken on the day and time they are scheduled. **There is no make-up midterm.** Students who miss the midterm will have their final exams re-weighted.

**Reviewing Exams**
Exams can be reviewed for 5 business days after the grades are posted. Grades are earned. Each student starts at 0 and earns her/his respective points.

**Guidelines for Re-marking Assignments**
1. If there are concerns regarding grading, the **entire** assignment will be remarked to ensure fairness.
2. Grades could either increase or decrease depending on remarking.
3. Students must wait 24 hours after the grades are posted to review their assignment with their respective TAs. Students must meet with their TAs prior to requesting that their assignments are re-marked.
4. Re-marking can only be requested **one week after grades are posted.** This means that students must have met with their respective TAs within the one-week time frame. **Requests for re-marking that are past one week after grades are posted will not be considered.**
5. Students must submit a detailed explanation (1 page) of why their assignment warrants a reexamination.

**The university-wide descriptor of the meaning of letter grades, as approved by Senate:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100 One could scarcely expect better from a student at this level</td>
</tr>
<tr>
<td>A</td>
<td>80-89 Superior work that is clearly above average</td>
</tr>
<tr>
<td>B</td>
<td>70-79 <strong>Good work, meeting all requirements and eminently satisfactory</strong></td>
</tr>
<tr>
<td>C</td>
<td>60-69 Competent work, meeting requirements</td>
</tr>
<tr>
<td>D</td>
<td>50-59 Fair work, minimally acceptable.</td>
</tr>
<tr>
<td>F</td>
<td>below 50 Fail</td>
</tr>
</tbody>
</table>

It is expected that grades for this course will fall between 70-74%.

**In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student’s grade, by the instructor, to bring the class average in line with school policy.**
Got a question about the course?

1. Check syllabus
2. Check OWL – (e.g., Announcements, Forums, Assignments)
3. Ask question in tutorial
4. Email your TA (Teaching Assistant) during business hours (M–F, 9 am–5 pm)
5. Come to office hours

Email policies and procedures
- Please use 2711 Winter 2020 in the subject line when sending an email to your teaching assistant or to Dr. Savundranayagam.
- Please follow the protocol above when you have questions about the course. Post questions about the course on OWL under Forums so that all students can benefit.
- Emails sent after business hours will be answered during business hours (Monday-Friday, 9 a.m. to 5 p.m.).

Statement on Use of Electronic Devices
During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.
ADDITIONAL STATEMENTS

**Student Code of Conduct**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit [http://www.uwo.ca/univsec/pdf/board/code.pdf](http://www.uwo.ca/univsec/pdf/board/code.pdf).

**English Proficiency for the Assignment of Grades**


**Accommodation for Medical Illness or Non-Medical Absences**

The University recognizes that a student’s ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

(i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;

(ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or

(iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;

- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;

- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
• Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;

b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;

c. The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;

d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;

e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);

f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

g. Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed
Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (http://www.turnitin.com).
2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- http://www.sdc.uwo.ca/ssd/
2. Student Health -- http://www.shs.uwo.ca/student/studenthealthservices.html
3. Registrar’s Office -- http://www.registrar.uwo.ca/
4. Ombuds Office -- http://www.uwo.ca/ombuds/

Health and Wellness

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western’s Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (http://www.music.uwo.ca/), or the McIntosh Gallery (http://www.mcintoshgallery.ca/). Further information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca/.

If you are in emotional or mental distress should refer to Mental Health@Western http://www.uwo.ca/uwocom/mentalhealth/ for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.