

PSY 364-XX- Life-Span Developmental Psychology

Fall 2023

Online, Asynchronous

****THIS SYLLABUS IS SUBJECT TO CHANGE. Changes will be announced via email and/or Blackboard Ultra.

Instructor: Jenna Beffel Tolman

Email: tolmanj@gvsu.edu

Office: ASH 2109

Office Hours: Tuesday/Thursday 12:30-2:00 pm (in-person) or by appointment (in-person or via Zoom- email me!)

Pronouns: she/her/hers

Instructor Positionality Statement:



Please call me Professor Beffel Tolman. I am currently a visiting professor in GVSU's psychology department and a doctoral candidate in the Child Development concentration of the Human Development and Family Studies department and MSU. As an instructor, my main goal is help you stretch your thinking about the world around you. Of course, it is my goal that you all leave this class with a solid understanding of course concepts. However, it is also my goal that all of you learn how to connect these concepts to your life as well as learn to think critically about topics regarding life-span developmental psychology. Furthermore, I believe it is important to recognize that each of us (students and instructors) views the science of psychology through a lens that was crafted by our own personal experiences. This is true for me as both an instructor and scientist, as well as for you all. My own personal and cultural experiences with human development and psychology is situated in my experiences as a child who grew up in my generation (millennial), in my culture (the Midwest), race (white), and gender (female). Lastly, as a student myself, I understand the

struggles you may go through throughout the semester. I highly encourage you to reach out with any struggles you have that impede your ability to succeed, no matter how small they may seem. I want each and every one of you to succeed in this course and so I am happy to work with you to create an individualized plan for your success. I look forward to learning both with and from you all this semester!

Course Description: A survey of theories and research on human development from conception through death. Physical, perceptual, cognitive, personality, social, and emotional changes are

reviewed and their interrelationships discussed. Does not satisfy the requirements for teacher certification.

OBJECTIVES:

Upon successful completion of this course students will be able to:

- Demonstrate an understanding of the basic concepts and theoretical paradigms that direct the field of Life-Span Developmental Psychology.
- Describe and think critically about changes within the developing person through the life-span.
- Compare both traditional and current explanations for trends in the human's physical, cognitive, and social/emotional growth.
- Understand the scientific method and apply it to the understanding of human behavior and development through the life-span.
- Apply knowledge of lifespan development to one's experiences in life; work/careers, home/family, self and others.

Required Textbook and Materials:

- **Textbook:** Santrock, J.W. (2022). *Essentials of life-span development* (7th ed.). McGraw Hill LLC.
- Laptop, tablet, desktop, or other electronic device that connects to the internet.
- Fast, reliable internet
- Additional materials will be posted on Blackboard Ultra.

Prerequisite: An introductory psychology course (PSY 101 or the equivalent).

E-mail: If you would like to contact the instructor regarding the course, you **must** use the email addresses listed at the top of this syllabus.

The instructor will read and respond to e-mails quickly (except on the weekends). Questions will be answered with a short reply if the question was not already answered in the syllabus or online. **Please include the course and section number in the subject line and make sure to sign your name and your G number at the end of your e-mail so that I know with whom I am communicating.** You should check the syllabus, class e-mails, and/or ask a classmate for answers to any questions **before** sending an e-mail to the instructor.

Example of *acceptable* e-mail:

From: youremail@mail.gvsu.edu
Subject: PSY 364 Sec X
Hello Professor Beffel Tolman,

(Here is where you will put what you would like to ask).

Sincerely (or however you like to end your e-mails),
Your full name

Example of an unacceptable e-mail:

From: Soccerlover@gmail.com

Subject:

Hey

Is chapter 1 going to be on the quiz?

L&R

You should check your e-mail daily. The instructor will often send e-mails to you through the Blackboard Ultra system. **If you do not use your GVSU e-mail account, please make sure to forward your GVSU and Blackboard Ultra e-mails to your primary e-mail account.**

Course Expectations:**Instructor:**

- Check email once a day (during weekdays) and respond within 24-72 hours. Questions will be answered or students will be directed to the answer (i.e., course syllabus).
- Offer appointments (via Zoom or in-person) to discuss complex questions, review grade issues, and provide clarity, as needed.
- Provide time questions.

Students:

- Watch online lectures and be prepared for discussion of assigned readings/materials.
- Actively participate during lectures, activities, and assignments.
- Be attentive and respectful toward your fellow students and the instructor.
- Disruptive classroom behavior such as: texting, online shopping, or playing games on your computer will not be tolerated.
- Frequently Blackboard Ultra for updates, grades, assignment instruction/information, etc.
- Check, read, and review course emails (sent via Blackboard Ultra OR the instructor's email).
- Compose emails in a professional manner following the guidelines listed above (see Communication).
 - All written communication (e.g., email, papers, in-class assignments) should be written at the college level with proper sentence structure, spelling, and grammar. Double-check all of your work before submitting.
- Communicate in advance if you have a conflict with an assignment or exam. If eligible, modifications can only be made with prior discussion.

Course Format

This course is online, asynchronous so we will not meet face-to-face. Each week, a series of lecture slides and recordings will be posted on Blackboard Ultra. Readings, materials, and assignments will come from the textbook or will be posted on Blackboard Ultra. Student learning will be assessed with a syllabus quiz, thirteen weekly reading quizzes (eleven graded as two will be dropped), four exams, three discussion assignments, and a final assignment. Specific instructions for these assessments will be posted on Blackboard Ultra. See the course schedule below for due dates.

Grading Scale:

Assessment	Possible Total Points
Syllabus Quiz	10
Introduction Discussion Board	5
Weekly Reading Quizzes (two reading quizzes dropped)	55 (5 points x 11)
Exams	120 (30 points x 4)
Discussion Assignments	30 (10 points x 3)
Final Assignment	40
Total Points:	260

Letter Grade	Percentage
A	100-93
A-	92-90
B+	89-87
B	86-83
B-	82-80
C+	79-77
C	76-73
C-	72-70
D+	69-65
D	64-60
F	59 and below

Assessments/Assignments Overview

*Detailed instructions for assessments and assignments will be posted on Blackboard Ultra. The information below is meant to be only a brief overview of assessments and assignments.

Syllabus Quiz (10 points): During the first week of class, you will complete a short syllabus quiz. This quiz is worth 10 points and will be available on Blackboard Ultra. It is due by 11:59 pm on Friday, 9/1.

Introduction Discussion Board (5 points): The first week of class, students will complete a short introduction discussion board post. The goal of this assignment is simply to allow students to introduce themselves so that we can all get to know one another. See Blackboard Ultra for specific requirements for this assignment. Introduction discussion posts are due by 11:59 pm 9/1.

Weekly Reading Quizzes (13 total with two dropped; $11 \times 5 = 55$ points): Each week, we will have a 5-point reading quiz regarding the material covered in that week's chapter(s). These quizzes will be available on Blackboard Ultra at the beginning of the week and are due by 11:59 pm on Friday. In total, there will be 13 reading quizzes however, your two lowest reading quiz score will be dropped at the end of the semester. As such, you will only be graded on 11 weekly reading quizzes.

Exams (4 x 30 points = 120 points): Throughout the semester, we will have 4 exams. These exams will include information covered in textbook chapters, other assigned readings, discussions, lectures, and other materials posted on Blackboard Ultra. Exams will be completed through Blackboard Ultra using LockDown Browser. Exams should only be taken using a desktop or laptop computer to avoid problems using LockDown Browser. At the beginning of the semester, you will have an opportunity to practice using LockDown Browser for extra credit. *It is highly recommended that you participate in this.* On the week of the exam, the exam will be made available on Wednesday, and you will have until Friday at 11:59 pm to complete the exam. **Exams are to be taken independently without the use of notes, lecture slides, textbook, or other class materials.** Collaborating with others or using class materials for the exams is considered cheating and students caught cheating will be given a 0 and the university will be notified for further disciplinary actions. There will be no make-up options for missed exams unless discussed with the instructor prior to exam week.

Discussion Assignments (3 x 10 points = 30 points): We will have 3 discussion assignments throughout the semester. These discussion assignments are designed to enhance student thinking about life-span development beyond what we learn in lecture and the textbook. For each of the 3 discussion assignments, students will be required to complete a variety of materials (e.g., readings, videos, podcasts) posted on Blackboard Ultra. For each discussion assignment, there will be a discussion board with prompts regarding the materials that students will respond to in a discussion post. Students will also be required to respond to at least one other classmate's discussion post. See Blackboard Ultra for more detailed requirements of discussion posts and responses. Students will not be allowed to make up missed discussion assignments.

Final Assignment (40 points): The final assignment will require students to write a paper to demonstrate mastery of the course content and the ability to apply course content to real-life examples. Students will choose a movie from a list provided by the instructor and will apply course content to the movie. The movie list and full instructions for the final assignment will be posted on Blackboard Ultra. This assignment will be due by 11:59 pm on Wednesday, 12/13. Late final assignments will be accepted with a 25% point deduction per day it is late.

Final Exam: This course will NOT have a final exam. Instead, students will complete and submit the final assignment.

Extra Credit: We will have several extra credit opportunities throughout the semester. First, students will have the opportunity to complete a LockDown Browser practice exam at the beginning of the semester for 3 points of extra credit. This exam is NOT graded; students will receive credit simply for completing the exam. Second, there will be several lecture discussion extra credit opportunities available randomly throughout the semester. During recorded lectures, the instructor may pose discussion questions to students. Some of these discussion questions may have a corresponding discussion board where students can post their answers to the discussion questions for 1 point of extra credit. All extra credit discussion posts must be completed by Friday at 11:59 pm the week recorded lecture is posted.

Late Assignment Policy: Make-up exams/assignments may be available for some assessments only if discussed with the instructor *before* the due date. All other late work is subject to penalty or may not be accepted at all.

Integrity of Scholarship and Grades: All academic work will be done by the student to whom it was assigned. If I have evidence of any form of academic dishonesty (cheating on an exam, giving or receiving information about what is asked in the exam, or any other form of cheating such as plagiarism), you will receive a failing grade in that activity and other consequences as dictated by GVSU policy. Plagiarism is presenting work, ideas or words that are not your own as though they were your own—this includes work of other students or work that is in a published source (the textbook, a journal article). To avoid plagiarism be sure to do your own work and put information in your own words. Use of quotes with appropriate reference to the original source from which you got the information or ideas is acceptable but less preferred than paraphrasing (with referencing of the source provided) in psychological writing. For more information on academic honesty please see the GVSU student code:

https://www.gvsu.edu/cms4/asset/7B58A5E7-F4C2-114C-CCDA36F96BD2AF73/gvsu_student_code_fall_2020.pdf

Accommodations: If you need special accommodations for accessing any of the materials for this class (e.g. testing) please let me know and I will work with you and Disability Support Resources (DSR) to set up the necessary accommodations to support your learning. Before I can discuss accommodations, you must present a memo to me from DSR, indicating the existence of a disability and the suggested reasonable accommodations. If you have not already done so, please contact the Disability Support Resources office (4015 JHZ) by calling 331-2490 or email to dsrgvsu@gvsu.edu. Please note that I cannot provide accommodations based upon disability until I have received a copy of the DSR issued memo. All discussions will remain confidential.

Help with Technology: Check with the GVSU helpdesk!

<https://www.gvsu.edu/it/>
(616) 331-2101
(855) 435-7488 (Toll-Free)
helpdesk@gvsu.edu

Help with Writing: Check out the GVSU Writing Center!

<https://www.gvsu.edu/wc/undergraduate-student-support-65.htm>

Help with Stress or Mental Health: Check out the GVSU Counseling Center!

<https://www.gvsu.edu/counsel/>

GVSU COVID Information: <https://www.gvsu.edu/lakerstogether/>

Help with Financial Difficulties: GVSU remains committed to supporting you through the impacts of the COVID-19 pandemic and is here to help you in times of financial need, including assisting with accessing technology requirements. Financial hardship funds are available to help student's meet their basic needs, and help cover educational costs (such as housing, food, textbooks and technology) that a student could not otherwise pay out of pocket. Please visit the GVSU Special Circumstance & Financial Hardship Requests web page for more information.

<https://www.gvsu.edu/financialaid/financial-hardship-requests-226.htm>

Psych Friends Peer-to-Peer Mentors: Psych Friends mentors are upper-level psychology and behavioral neuroscience students who are trained to provide support in many areas, such as: effective studying and time management techniques, exam preparation and reflection skills, understanding the PSY and BNS major requirements, potential jobs and careers in the field, the process of applying for graduate school, and how to maintain physical and mental health as a student. Visit <https://www.gvsu.edu/navigate> to schedule an online or in-person meeting today!

Helpful GVSU Policies: <https://www.gvsu.edu/policies/>

This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

Course Schedule

Week/Date	Topic and Readings	Assessments/Assignments
Week 1 8/28-9/1	Introduction to Class Chapter 1: Introduction	Review Syllabus Read Chapter 1

		<p>Complete Syllabus Quiz by 11:59 pm 9/1</p> <p>Complete Introduction Discussion Board by 11:59 pm 9/1</p>
Week 2 9/4-9/8	Chapter 2: Biological Beginnings	<p>Read Chapter 2</p> <p>Complete Reading Quiz #1 by 11:59 pm 9/8</p>
Week 3 9/11-9/15	Chapter 3: Physical and Cognitive Development in Infancy	<p>Read Chapter 3</p> <p>Complete Reading Quiz #2 by 11:59 pm 9/15</p> <p>Complete LockDown Browser Practice Exam (extra credit) by 11:59 pm 9/15</p>
Week 4 9/18-9/22	Chapter 4: Socioemotional Development in Infancy	<p>Read Chapter 4</p> <p>Complete Reading Quiz #3 by 11:59 pm 9/22</p> <p>Complete Discussion Assignment #1 by 11:59 pm 9/22</p>
Week 5 9/25-9/29	Chapter 5: Physical and Cognitive development in Early Childhood	<p>Read Chapter 5</p> <p>Complete Reading Quiz #4 by 11:59 pm 9/29</p> <p>EXAM #1 (Chapters 1, 2, 3, 4) due by 11:59 pm 9/29</p>
Week 6 10/2-10/6	Chapter 6: Socioemotional Development in Early Childhood	<p>Read Chapter 6</p> <p>Complete Reading Quiz #5 by 11:59 pm 10/6</p>
Week 7 10/9-10/13	Chapter 7: Physical and Cognitive Development in Middle and Late Childhood	<p>Read Chapter 7</p> <p>Complete Reading Quiz #6 by 11:59 pm 10/13</p>
Week 8 10/16-10/20	Chapter 8: Socioemotional Development in Middle and Late Childhood	<p>Read Chapter 8</p> <p>Complete Reading Quiz #7 by 11:59 pm 10/20</p>

		Complete Discussion Assignment #2 by 11:59 pm 10/20
Week 9 10/23-10/27	Chapter 9: Physical and Cognitive Development in Adolescence	Read Chapter 9 Complete Reading Quiz #8 by 11:59 pm 10/27
Week 10 10/30-11/3	Chapter 10: Socioemotional Development in Adolescence	Read Chapter 10 Complete Reading Quiz #9 by 11:59 pm 11/3 EXAM #2 (Chapters 5, 6, 7, 8) due by 11:59 pm 11/3
Week 11 11/6-11/10	Chapter 11: Physical and Cognitive Development in Early Adulthood	Read Chapter 11 Complete Reading Quiz #10 by 11:59 pm 11/10
Week 12 11/13-11/17	Chapter 12: Socioemotional Development in Early Adulthood	Read Chapter 12 Complete Reading Quiz #11 by 11:59 pm 11/17 Complete Discussion Assignment #3 by 11:59 pm 11/17
Week 13 11/20-11/24	Chapter 13: Physical and Cognitive Development in Middle Adulthood Chapter 14: Socioemotional Development in Middle Adulthood	Read Chapters 13 and 14 No Reading Quiz this Week (enjoy Thanksgiving break!)
Week 14 11/27-12/1	Chapter 15: Physical and Cognitive Development in Late Adulthood Chapter 16: Socioemotional Development in Late Adulthood	Read Chapters 15 and 16 Complete Reading Quiz #12 by 11:59 pm 12/1 EXAM #3 (Chapters 9, 10, 11, 12) due by 11:59 pm 12/1
Week 15 12/4-12/8	Chapter 17: Death, Dying, and Grieving	Read Chapter 17 Complete Reading Quiz #13 by 11:59 pm 12/8
Week 16 12/11-12/15	FINALS WEEK	Submit Final Assignment by 11:59 pm 12/13

		EXAM #4 (Chapters 13, 14, 15, 16, 17) due by 11:59 pm 12/15
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