

**SOUTHEAST MISSOURI STATE UNIVERSITY
COURSE SYLLABUS**

Department of: Human Environmental Studies

Course No.: CF220

Title of Course: Young and Middle Adulthood

Revision: _____

New: Spring 2009

I. Catalogue Description and Credit Hours:

Developmental stages, milestones and processes relevant to young and midlife adults. Special emphasis on the changing nature of intimacy and relationships. (3)

II. Prerequisite(s): CF120

III. Purposes or Objectives of the Course:

The student will:

- A. Demonstrate a knowledge of the milestones contained within the span of development from young adulthood through middle adulthood.
- B. Demonstrate an understanding of the changing process of intimacy as it relates to development.
- C. Identify the physical, cognitive and social indices of growth and development.
- D. Demonstrate an understanding of the role of vocational selection and application to life goals.
- E. Demonstrate knowledge of the theories of adult development.
- F. Demonstrate an understanding of young adult and midlife sexuality.

IV. Expectations of Students:

Students are expected to attend and to participate in class; work collaboratively in group assignments; complete all assignments on time and make up missed exams or quizzes prior to finals week.

V. Course Content or Outline:	Hours
A. Experiences and identity in adulthood Defining adult Change versus stability Overview of developmental processes Deductive and inductive differentiation Myth of storm and stress	3
B. Theories of adult development Erickson Duvall Ecological Piaget	3
C. Identity development/personality Transition from adolescence Young adulthood Middle adulthood Gender Cultural	6
D. Physical development and health Growth, strength and physical functioning Health status Lifestyle factors	6
E. Cognitive development Intelligence in adulthood Fluid and Crystallized Age differences in memory processes Thinking in adulthood Learning preferences	6
F. Social / Moral Processes Social roles The self-other system Self esteem Anticipatory socialization Moral development	6

G. Relationships	6
Changing nature of intimacy	
Friendships/dating/mating	
Family Dynamics	
Family of Origin	
Family of Procreation	
Sibling	
H. Sexuality	6
Behavior	
Orientation	
Physiological changes	
Fertility-menopause	
I. Vocational development	3
Occupational selection and development	
Work Transitions	
Work-family: Sandwich generation	
	45

VI. Textbook:

Bjorklund,B, Bjorklund,R & Bee,H. (2007). The Journey of Adulthood. Prentice Hall
 Publisher:New Jersey.

Reference:

Kirasic, K. (2004). Midlife in Context. McGraw-Hill, Boston.

VII. Basis for Student Evaluation:

Examinations	60%
Pop Quizzes	10%
Semester Project /Group Assignments	20%
Research Abstracts	10%

Grading Scale: Point system

A	100-90%
B	89-80%
C	79-70%
D	69-60%
F	59-0%

Note: The weight of the evaluation criteria may vary according to each instructor and will be communicated at the beginning of the course.

VIII. Academic Policy Statement

Students will be expected to abide by the **University Policy for Academic Honesty** regarding plagiarism and academic honesty. Refer to <http://www6.semo.edu/judaffairs/code.html>

IX. Student with Disabilities Statement

If a student has a special need addressed by the Americans with Disabilities Act (ADA) and requires materials in an alternative format, please notify the instructor at the beginning of the course. Reasonable efforts will be made to accommodate special needs.