

Montgomery County Community College  
 HSW 160  
 The Middle Years  
 3-3-0

**COURSE DESCRIPTION:**

This course explores the developmental stages of the middle years of life span: the twenties, thirties, forties, and fifties. The course covers the major psycho-social theories and research on how we adapt to the psycho-dynamic and cultural pressures of middle age. It is designed for those whose work brings them into contact with adults and for students of all ages (including those who are anticipating, experiencing, or who have completed the changes of middle adulthood). The unique pressures on the “sandwich” generation (who have the responsibility for teenagers and aging parents) will be examined.

**REQUISITES:**

*Previous Course Requirements*

None

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Assess the needs of different age-related groups using the scientific method, taking into account the specific needs of culturally diverse client populations.	Lecture/Discussion AV/Multimedia Materials Case Study Based Discussion	Exams/Quizzes Web-Based Research Case Study Essays/Quizzes Required Component Needed for Portfolio-Building Power-Point Project: Cultural Pressures of Middle Age and Families in the US
2. Demonstrate the role of information-gathering/ investigational skills, structuring problem - solving strategies concerning the “sandwich generation.”	Lecture/Discussion AV/Multimedia Materials Assigned Readings Case Study Based Discussion	Web-Based Research Case Study Essays/Quizzes Required Component Needed for Portfolio-Building Power-Point Project: Cultural Pressures of Middle Age and Families in the US

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Identify, analyze and question conceptual issues in Human Services related to middle years.	Lecture/Discussion AV/Multimedia Materials Assigned Readings Case Study Based Discussion	Web-Based Research Case Study Essays/Quizzes Required Component Needed for Portfolio-Building Power-Point Project: Cultural Pressures of Middle Age and Families
4. Utilize the Ethical Standards of Human Service Professionals for decision-making processes concerning the “sandwich generation.”	Assigned Readings AV/Multimedia Materials Case Study Based Discussion Lecture/Discussion	Written Examinations Case Study Essays/Quizzes Web-Based Research Required Component Needed for Portfolio-Building Power-Point Project
5. Evaluate theoretical and applied knowledge with the various broad-based issues and components of the middle years.	Lecture Discussion Audio-Visual Materials Case Study Based Discussions Other Experiential Activities	Written Examinations Case Study Essays/Quizzes Web-Based Research
6. Formulate and analyze opinions about social problems concerning mental health/addictions concerning middle years.	Assigned Readings AV/Multimedia Materials Case Study Based Discussion Lecture/Discussion	Written Examinations Case Study Essays/Quizzes Web-Based Research Required Component Needed for Portfolio-Building Power-Point Project

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### SEQUENCE OF TOPICS:

1. Adult Development and Aging Process
2. Young Adulthood/the Twenties and Thirties
3. Middle Adulthood/the Forties and Fifties
4. Late Life Reintegration or Despair
5. Research Methodology in Adult Development and Aging
6. Families: Interdependent Relationships

7. Personality Development
8. Learning and Memory
9. Biological Development: The Aging Body
10. Mental Disorders: Failing to Cope, Addictions
11. The End of Life: Death and Bereavement

**LEARNING MATERIALS:**

K. Warner Schaire, Sherry L. Willis, (2001). *Adult Development and Aging, 5<sup>th</sup> ed.*, 2001

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

**COURSE APPROVAL:**

Prepared by: C. Sodano, D. Creciun	Date: 9/1995
Revised by: Maureen B. Rose, MSW, HS-BCP	Date: 5/13/2013
VPAA/Provost or designee Compliance Verification: Victoria Bastecki-Perez, Ed.D.	Date: 6/17/2013
Revised by: Maureen B. Rose, M.S.W., HS-BCP	Date: 12/17/2017
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*