



SOC 263: Senior Life - Choices and Challenges

This course offers an in-depth examination of a variety of resources available for seniors to live a healthy, happy, and satisfying life. The student is introduced to the numerous community organizations, activities, and educational opportunities that can engage seniors. The course addresses the new challenges of grandparenting, lifestyles, technology, and anti-aging therapies as well as preparation modes for the baby-boomer generation. The course includes a fun activity of role playing senior values and interests and a "Life Review" project of a selected family senior. Three hours of lecture per week.

Course Student Learning Outcomes

1. Students will have a comprehensive knowledge of the Gerontology/Geriatric glossary of terms and theories, the holistic nature and problems encountered in the aging process, the myriad legislative benefits/advocacy/ protections as well as social/health/agencies for support.
2. The student will gain a skill and competency to explain clearly information required for seniors, to offer coping strategies and enlighten seniors to the challenges and choices amidst the social trends which are currently affecting their lifestyles.
3. Because of the great deal of affective learning in the course, the student will have gained a sensitivity to all senior issues and concerns to better understand their role as facilitators.

Credits: 3

Program: Sociology