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| *Title and Code of Course*: **ERPB-BPS2616** **Adulthood and Aging** |
| *Instructor’s Name*: **Prof. Zsuzsanna Vajda** |
| *Instructor’s Email Address*: vajda.zsuzsanna.klara@kre.hu   |  |  |  |  | | --- | --- | --- | --- | | Credit Point Value:  **6** | Number of Lessons per Week: **2** | Type of Course:  **Seminar**  **Lecture** | Method of Evaluation:  **Oral Examination**  **In-Class Presentation**  **Other** | |
| **Course Description:**  The aim of this course is to provide a framework for understanding psychological and bio-psycho-social influences on adult development, covering young adulthood (18-35), mid-life (36-65) and older adulthood (65+).  The content will focus on the changing meaning of adulthood and aging during history and in 21th century; theory and research related to cognitive abilities and mental health; physical changes and health issues at various stages of adulthood; the part that social relationships, family, personality, work play in the experience of adulthood; the effects of retirement and bereavement; coping strategies and health protecting sources of personality; aging in different cultures. Students will gain an understanding of the multiple factors that influence the process of aging and personality development across the life span. |
| **Bibliography:**  Kunkel, Suzanne - Morgan, Leslie: Aging. The Social Context. Pine Forge Press, Thousand Oaks, 1998 (Available: Central Library Szabó Ervin, Budapest)  Ulman Lindenberger: Human Cognitive Aging.  http://pubman.mpdl.mpg.de/pubman/item/escidoc:2097066/component/escidoc:2097065/UL\_Human\_2014.pdf  <http://www.faqs.org/childhood/Ke-Me/Life-Course-and-Transitions-to-Adulthood.html> |