Course: GER 180   **Course Title:** Successful Aging
Credit Hours: 3   **Department:** Psychology
Prerequisite: *None*

General Education Area:
PUBLIC AFFAIRS - Cultural Competence *(GEC 115)*

Information submitted by a department representative on – Compiled by Darren Wienberg, Academic Advising & Transfer Center

Typically Offered During:

Fall Full Semester:	Fall 1ˢᵗ Block:	Fall 2ⁿᵈ Block:
Spring Full Semester:	Spring 1ˢᵗ Block:	Spring 2ⁿᵈ Block:
Summer:		

Typical Instructional Modality:

Traditional (seated):	Blended:	Internet:
Online Video:	Web Conference:	

May Also Count Toward Department Offering:

Major:	Minor:	Certificate:

Please see online published semester class schedule and undergraduate catalog for detailed course offering information.

How do you describe the course to students when they ask "What is this class about?" (Without using the catalog description)?
Course information not yet submitted

Beyond meeting a General Education requirement, what benefits can students realize from choosing this course?
Course information not yet submitted

Other than your major/minor/certificate students, what groups of students could find this course relevant to their degree program or career path?
Course information not yet submitted

Catalog Description (Fall 2022 Undergraduate Catalog)
Successful aging depends not only on an individual's personal lifestyle choices, but also on their community's attitudes toward aging and on society's resources for the aged. This course aims to educate learners about (1) strategies for personal health, wellbeing, and longevity, (2) the impacts of development life stages and socio-historical socialization on generational cohorts' worldviews, (3) the importance of considering multiple perspectives and striving for cultural competence of all ages, (4) how to become anti-ageist, and (5) ways to advocate for older adults and promote structural improvements that will increase the quality of late life for all citizens.