

## **Appendix A**

### **Project Suggestions**

Below are suggestions for projects that you may wish to pursue in this class. You may choose to pursue one of these projects or develop your own project.

#### **GROUP A: Educational films**

- 1) Educational video for older adults or caregivers on mental health
- 2) Educational video for older adults or caregivers on successful aging
- 3) Educational video for older adults or caregivers on aging in place
- 4) Educational video for older adults or caregivers on sexuality
- 5) Educational video for older adults or caregivers on normal aging
- 6) Educational video for older adults or caregivers on health
- 7) Aging awareness: Avoiding ageism
- 8) Aging awareness: LGBT aging
- 9) Brain training activities

#### **GROUP B: Podcasts**

- 1) Adult Development Podcast: Conversations with older adults
- 2) Adult Development Podcast: Conversations with established adults
- 3) Adult Development Podcast: The care and career crunch
- 4) Adult Development Podcast: Career development
- 5) Adult Development Podcast: Maintaining healthy relationships
- 6) Adult Development Podcast: How to age well
- 7) Adult Development Podcast: Research discussion
- 8) Adult Development Podcast: Recent research in adult development
- 9) Adult Development Podcast: Interviews with adult development researchers

#### **GROUP C: Lifelong learning Curriculum**

- 1) Osher life-long learning curriculum
- 2) Online Brain training activities
- 3) Online course

#### **GROUP D: You Tube Channel**

- 1) You Tube Channel: Exercise at home for older adults
- 2) You Tube Channel: Care and career crunch
- 3) You Tube Channel: Getting the most out of your healthcare
- 4) You Tube Channel: Making decisions
- 5) You Tube Channel: Aging stories
- 6) You Tube Channel: Midlife stories

- 7) You Tube Channel: Established adulthood stories
- 8) You Tube Channel: Preparing for retirement

#### **GROUP E: Games!**

- 1) Games! Adult development board game: college class version
- 2) Games! Choose your own adventure book

#### **GROUP F: Resource guides**

- 1) Resource guide: Home modifications for aging in place
- 2) Resource guide: Saving money for seniors
- 3) Resource guide: Housing options
- 4) Resource guide: In home care
- 5) Resource guide: Building a second career
- 6) Resource guide: Surviving established adulthood

#### **GROUP G: Research**

Develop a (small and manageable) research project on adulthood or adult adulthood. Examples are: medical decision making, barrier to healthy behaviors, experiences of work life balance, friendships in adulthood, future time perspective and time horizons in adulthood. If you select this project, be prepared to develop a short paper and presentations on your experience.

#### **GROUP H: Activism!**

How can you support adult development through your own activism? Choose your own project to work on. Examples are: Petitioning media outlets to reduce their use of ageist images and stereotypes, working with organizations to develop and promote family friendly work policies, volunteering over the course of the semester at an adult focused organization or in an adult focused research lab (this cannot be double-counted as internship/ research internship). If you select this project, be prepared to develop a short paper and presentations on your experience.

## **Appendix B**

### **Project Contract**

#### **Contract for Adulthood and Aging Project 1**

Project group:

Project tentatively titled:

Brief description of project:

How often will we communicate about this project?

What will our primary methods of communication be, outside of class?

**We have read and agree with the attached rules and responsibilities. Any person taking over another person's task WITHOUT THEIR EXPRESS WRITTEN PERMISSION before the task's due date will lose \_\_\_\_points**

Name	Signature	Date

Group member \_\_\_\_\_

[illegible]

--	--	--

I agree with the responsibilities/tasks and penalties outlined above

Signed\_\_\_\_\_

Group member\_\_\_\_\_

<b>Responsibility/task</b>	<b>Date responsibility/task is due</b>	<b>Points lost if not completed by due date.</b>


I agree with the responsibilities/tasks and penalties outlined above

Signed \_\_\_\_\_

Group member \_\_\_\_\_

<b>Responsibility/task</b>	<b>Date responsibility/task is due</b>	<b>Points lost if not completed by due date.</b>

I agree with the responsibilities/tasks and penalties outlined above

Signed \_\_\_\_\_

**TO BE FILLED OUT AT PROJECT COMPLETION**

Name	Points awarded	Reason for point deduction (if any)	Signature

**We agree with the points distribution listed above**

Name	Signature	Date



--	--	--

*Note.* Each group member has their own sheet attached to the contract that lists the tasks they are responsible and corresponding points.

## **Appendix C**

### **Self-Evaluation Form**

#### **Project Performance Review**

Do you feel like you and your team worked well together? If not, what were the problems you experienced?

What is one area where you feel like you could have improved in terms of your performance working on this project?

Do you have any concerns that you would like to bring up about your group?

Did you have access to all the tools and/or resources you needed to complete the project? If not, what were the roadblocks that kept you from getting those tools and/or resources?

How would you, personally, allocate 30 points among group members?