

### Instructions

For your second and final assignment, you'll have the opportunity to explore some common societal misconceptions about older adulthood and compare/contrast them with your personal views. You'll then share your thoughts and what you've learned from the two videos below in a brief reflection paper.

Please follow the instructions below carefully!

1) Please watch BOTH of the YouTube videos below (~15 minutes total watch time):

[https://www.youtube.com/watch?v=WfjzkO6\\_DEI](https://www.youtube.com/watch?v=WfjzkO6_DEI)

<https://www.youtube.com/watch?v=lydNjrUs4NM>

2) Review the American Psychological Association guidelines for bias-free language when speaking about and referring to older adults: <https://apastyle.apa.org/style-grammar-guidelines/bias-free-language/age#:~:text=Avoid%20using%20terms%20such%20as,et%20al.%2C%202017>.

3) After watching these videos and reviewing the APA guidelines, please write a brief 1-2 page paper detailing your reactions to the videos. Use the following questions to guide your response:

1. What were your reactions to each of the videos? Do you find yourself agreeing or disagreeing with any points made?
2. Do you find yourself holding certain stereotypes about older adults?
3. In what ways do you think older adults exhibit strengths and gains that younger people do not?
4. What are some ways that we all can, as individuals, and as a larger society dispel some of the ageist stereotypes that exist regarding older adulthood?

Please use **12-point, Times New Roman font, and double-space your paper.** (You may submit a Word or PDF document)

4) Please submit your \*correctly formatted\* document here to D2L. Points will be taken off for incorrect formatting, so please double-check that your paper adheres to the instructions above!