

### Preparation

Look for scholarly and professional research articles on the changes that occur during midlife, and what psychology professionals can do to encourage and support health and well-being during this stage of human development.

### Requirements

For this assessment, examine the changes that happen during middle adulthood, positive behaviors that can add to well-being during this stage, and ways a psychology professional can help those who may be struggling through this stage.

Be sure that your submitted assessment contains the following:

- Describe the physical changes that typically happen for both men and women in middle adulthood.
- Describe the changes that take place in the brain during midlife.
- Explain how the changes that happen in the brain affect cognitive functions.
- Identify behaviors that can promote and support health and well-being in middle adulthood.
- Recommend activities to promote cognitive strength.
- Examine how social activities and connections can lessen the impact of midlife changes.

### Additional Requirements

- **Written communication:** Your writing should be free of errors that detract from the overall message and is consistent with expectations for members of the psychological professions.
- **APA formatting:** Format resources and citations according to APA style.
- **Resources:** Minimum of three scholarly or professional resources. *Note:* Popular resources such as Wikipedia or About.com are not considered to be appropriate.
- **Length:** 3–4 typed, double-spaced pages not including title page and reference page.
- **Font and font size:** Times New Roman, 12-point font.

## Assignment 7

### Preparation

Look for scholarly and professional research articles that deal with the many myths of aging. You will choose one myth to examine, so choose at least two articles that deal with the same myth.

### Requirements

When we think about growing old, what myths and stereotypes come to mind? Our society frequently depicts aging as bad and the elderly as frail, forgetful, grouchy, inflexible, and unable to learn new things. But are these beliefs accurate?

For this assessment, choose one of the following myths about aging to examine.

1. Older people are not interested in the world around them.
2. Older people do not want or need close relationships.
3. Older people make little contribution to society.
4. As people get older, they get more set in their ways and will not change.
5. Mental and physical deterioration are inevitable.
6. Older people are not interested in sex or intimacy.
7. Older people cannot make good decisions about important issues.
8. Older people want to die.
9. Older people are just not capable of learning new things like technology.

You should have located at least two research articles that examined the areas of late adulthood functioning for the myth you selected. Now, complete the following:

- Summarize each of the research articles. Include both the design and method used in the research.
- Explain what the researchers found in their studies.
- Using the research as support, how accurate is the myth you selected?
- Analyze how this research might be used to change the way society perceives older people and reshape social policies related to older people.

### Additional Requirements

- **Written communication:** Your writing should be free of errors that detract from the overall message and is consistent with expectations for members of the psychological professions.
- **APA formatting:** Format resources and citations according to APA style.
- **Resources:** Minimum of three scholarly or professional resources. *Note:* Popular resources such as Wikipedia or About.com are not considered to be appropriate.
- **Length:** 3–4 typed, double-spaced pages not including title page and reference page.
- **Font and font size:** Times New Roman, 12-point font.