

## LLS27 : Where's My Memory?

### General Information

Author:	<ul style="list-style-type: none"><li>Maria Czech</li></ul>
Course Code (CB01) :	LLS27
Course Title (CB02) :	Where's My Memory?
Department:	LLS
Proposal Start:	Winter 2025
TOP Code (CB03) :	(2001.00) Psychology, General
CIP Code:	(42.0101) Psychology, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000212408
Curriculum Committee Approval Date:	04/10/2024
Board of Trustees Approval Date:	06/18/2024
Last Cyclical Review Date:	04/10/2024
Course Description and Course Note:	LLS 27 explores the far reaches of the human mind, including the processes of remembering and forgetting, with special emphasis on age-related memory loss and strategies for memory enhancement. Lecture: 12 hours. Note: This is a course designed for the older adult. This course is Pass/No Pass only.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Noncredit</li></ul>
Author:	No value

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Older Adults:-Non-Credit</li></ul>
Alternate Discipline:	No value
Alternate Discipline:	No value

### Course Development

<b>Basic Skill Status (CB08)</b> Course is not a basic skills course. <input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	<b>Course Special Class Status (CB13)</b> Course is not a special class. <b>Pre-Collegiate Level (CB21)</b> Not applicable.	<b>Grading Basis</b> <ul style="list-style-type: none"><li>Pass / No-Pass Only</li></ul> <b>Course Support Course Status (CB26)</b> Course is not a support course
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## Transferability & Gen. Ed. Options

### General Education Status (CB25)

Not Applicable

### Transferability

Not transferable

### Transferability Status

Not transferable

## Units and Hours

### Summary

**Minimum Credit Units (CB07)** 0

**Maximum Credit Units (CB06)** 0

**Total Course In-Class (Contact) Hours** 12

**Total Course Out-of-Class Hours** 0

**Total Student Learning Hours** 12

### Credit / Non-Credit Options

#### Course Type (CB04)

Non-Credit

#### Noncredit Course Category (CB22)

Courses for Older Adults.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Non-Enhanced Funding.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	12	0
Laboratory Hours	0	0
Studio Hours	0	0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	12
Laboratory	0
Studio	0
<b>Total</b>	12
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

## Time Commitment Notes for Students

No value

## Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
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No Value	No Value	No Value	No Value
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## Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

## Entry Standards

Entry Standards

## Course Limitations

Cross Listed or Equivalent Course

## Specifications

Methods of Instruction

Methods of Instruction	Lecture
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Methods of Instruction	Discussion
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Out of Class Assignments

n/a

Methods of Evaluation

Rationale

Other

Student participation in class discussions

Exam/Quiz/Test

Quizzes on memory problems and coping techniques

Evaluation

Student self-assessment

**Textbook Rationale**

No Value

**Textbooks**

<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
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No Value	No Value	No Value	No Value	No Value
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**Other Instructional Materials (i.e. OER, handouts)**

<b>Description</b>	instructor-generated information on the process of memory and memory-aid techniques
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<b>Author</b>	No value
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<b>Citation</b>	No value
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<b>Online Resource(s)</b>	No value
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<b>Description</b>	duplicated articles from books and periodicals with copyright permission
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<b>Author</b>	No value
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<b>Citation</b>	No value
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<b>Online Resource(s)</b>	No value
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**Materials Fee**

No value

# Learning Outcomes and Objectives

## Course Objectives

Summarize the memory process.

Explain the causes of age related memory loss.

Employ strategies for memory enhancement.

## SLOs

**Summarize and explain the effects of aging on the memory process.**

Expected Outcome Performance: 70.0

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*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

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*ILOs* Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.  
Core  
ILOs

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**List three causes of memory loss.**

Expected Outcome Performance: 70.0

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*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

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*ILOs* Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.  
Core  
ILOs

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**Apply three strategies for improvement of memory.**

Expected Outcome Performance: 70.0

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*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

---

*ILOs* Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.  
Core  
ILOs

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## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

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**Is this proposal submitted in response to learning outcomes assessment data?**

No

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**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

**Course Content****Lecture Content****Aging and the Memory Process (4 hours)**

- Defining memory
- Critical thinking problem
- Natural memory loss
- Cognitive differences among older adults loss of "explicit" memory
- Effects of intersectionality on memory and aging

**Understanding the Memory Process (2 hours)**

- Short-term memory
- Long-term memory
- Theories of forgetting

**Health and Memory (2 hours)**

- Illness and cognitive functioning
- Diet and exercise
- Mind/body connection

**Lifelong Learning to Improve Memory (2 hours)**

- Strategies for memory improvement
- Mental techniques
- Physical techniques and aids
- Emotional techniques

**Staying Connected to Improve Memory (2 hours)**

- How relationships influence memory
- Developing a social support network

**Total Hours: 12**

**Additional Information**

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

**GCC Major Requirements**

No Value

**GCC General Education Graduation Requirements**

No Value

**Repeatability**

Repeatable

**Justification (if repeatable was chosen above)**

Non-credit courses

## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value