

COURSE OUTLINE

**Lifelong Learning Seminars 130  
Seminars at Convalescent Facilities**

**I. Catalog Statement**

Lifelong Learning Seminars 130 provides speakers, film, and discussion to stimulate the mental, social, and emotional health of convalescent home residents and to promote lifelong learning.

Units — 0.0

Lecture Hours —36.0

Note: This course is designed for older adults in convalescent facilities who have some type of physical and/or mental impairment.

**II. Course Entry Expectations**

Skills Level Ranges: Reading: 2; Writing: 1; Listening/Speaking: 3; Math: 1.

**III. Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

1. identify possible effects of the aging process;
2. appraise the benefits of the lifelong learning process;
3. interact with speaker and other group members;
4. create a sense of independence and self-determination through participation in the group process;
5. develop an appreciation for their personal history;
6. explain some of the complexities of today's world compared to the past.

**IV. Course Content**

- A. Lectures and guest speakers on appropriate topics such as: 36 hours
1. community service and volunteerism
  2. finance, estate planning, and insurance
  3. community transportation
  4. mental health and psychology
  5. nutrition and physical health
  6. environmental concerns

7. travel and recreation
8. social sciences and history
9. performing arts, and creative arts
10. current events

**V. Methods of Presentation**

The following instructional methodologies may be used in the course:

1. lecture;
2. film;
3. discussion.

**VI. Assignments and Methods of Evaluation**

1. Since this is a non-credit course no grades are given.

**VII. Textbook(s)**

Handouts.

**VIII. Student Learning Outcome**

- Develop and maintain mental acuity by engaging in group activities and discussion.
- interact using tactile stimulation and verbal response to prevent isolation.