

# GERONTOLOGY

## DEPARTMENT OFFICE

Stevenson Hall 3075/3092  
(707) 664-2586/2411  
www.sonoma.edu/gerontology

## PROGRAM COORDINATOR

Susan Hillier

## ADMINISTRATIVE ANALYST

Janet Henker

## ADMINISTRATIVE COORDINATOR

Mary Hanson

## Programs Offered

Minor in Gerontology

Certificate in Gerontology

The study of gerontology provides students with a broad, multidisciplinary perspective to examine the aging process and to understand the significance of age in biological, social, cultural, psychological, and political processes. Participation in the gerontology program encourages students to view aging as a normal part of the life cycle, to become aware of the aging process so that they may view it in others with understanding, and eventually in themselves with equanimity, and to consider work in the field of aging.

## Careers in Gerontology

Gerontology prepares students for working directly with elders in program development (health promotion, intergenerational activities, social service centers, community agencies, and retirement communities); direct care (care to frail, ill, or impaired elders in hospitals, clinics, nursing homes, adult day care, or home care programs); counseling elders and their families about caregiving issues, employment, death and dying, or mental health; and advising elders about estate planning and investments, financing long-term care, or housing options. It also prepares students for working on behalf of elders, by analyzing issues related to elders such as retirement opportunities, income maintenance, health care and housing; planning, administering, and evaluating community-based services and service delivery systems for older persons; advocating with or on behalf of elders; designing products to meet the special interests and needs of elders; and advising business, industry, and labor regarding older workers and consumers. Many students continue their education through graduate work in social work, nursing, psychology, and kinesiology.

The gerontology program focuses primarily upon the experience of aging in the United States, although comparative analyses of other societies are developed. By applying an integrated liberal arts perspective to the issues, problems, and dilemmas posed by a longer life span and a dramatically increased population of older persons, students develop their critical faculties and problem-solving abilities.

The field of gerontology offers students opportunities to engage in firsthand research, to develop conceptual analyses, and to plan community projects, as well as to develop a strong background for career development. Those who already work as volunteers or staff in agencies serving the elderly will find the gerontology program valuable in updating their training. Students who plan to pursue professional degrees in psychotherapy, medicine, dentistry, nursing, or social work will find that participation in the gerontology program will assist them in understanding the problems of their future clients. Students may choose to complete (1) the minor in gerontology or (2) a certificate in gerontology.

## Minor in Gerontology

Students must complete the following 22-unit program:

### Minor Core Requirements

BIOL 318 Biology of Aging	3
GERN 300 The Journey of Adulthood	3
GERN/SOCI 319 Aging and Society OR	
GERN 432 Group Work with Older Adults OR	
GERN/SOCI 317	4
GERN 499 Gerontology Practicum	4
GERN/PSY 421 Psychology of Aging	4
<b>Total units in the minor core</b>	<b>18</b>

### Minor Electives

Choose courses to total a minimum of 4 units from the following list\*:

AMCS 435 Ethnicity and the Life Cycle	4
BIOL 224 Human Physiology	3
BIOL 307 Human Nutrition	4
GERN 304 Sibling Relations	4
GERN/SOCI 317 Emotions and Adult Life	4
GERN/SOCI 332 Death and American Culture	4
GERN/PSY 408 Transitions in Adult Development	4
GERN/PSY 422 Living and Dying	4
GERN/PSY 493 Narrative: Theories & Methods	4
KIN 410 Lifespan Motor Development	3
PSY 404 Psychology of Women	4

\* Other electives may be substituted in consultation with an advisor.

**Total units in minor electives** 4

**Total units in the minor** 22

## Certificate in Gerontology

The 28-unit certificate program is open to those students who are completing or who have received a bachelor's degree.

### Certificate Core Courses

BIOL 318 Biology of Aging	3
GERN 300 The Journey of Adulthood	3

GERN 319 Aging and Society OR	
GERN 432 Group Work with Older Adults	4
GERN 499 Gerontology Practicum	8
GERN 421 Psychology of Aging; or	
GERN 500 Social and Psychological Issues in Aging	4
<b>Total units in the certificate core</b>	<b>22</b>

### **Certificate Electives**

Choose courses to total a minimum of 6 units from the minor electives list above.

<b>Total units in the certificate electives</b>	<b>6</b>
<b>Total units in the certificate</b>	<b>28</b>