

Class and Reading Journal

There are two reasons for the 'Class and Reading Journal'

1. To demonstrate that you have read (or heard) the course material
2. To demonstrate that you have put some thought into the course material

On the top of each page you should indicate the date and the title of the article/film. The journal entry will be approximately one typed page. You are welcome to hand write it as long as I can read it; needs to be equivalent in length to typed versions. Entries on ***the Leisure Seeker*** will have a different format; separate instructions to follow.

There are two parts to each journal entry:

1. Summarize the article in one paragraph
2. Notes that highlight and reflect on aspects of the reading

Notes: Highlights

Leisure as part of life cycle, not separate and unrelated

Non-stereotypic perspective needed – no well-defined old age; not inherently a period of loss and problems

No 'typical' older adult - aging does not eliminate uniqueness

Financial and physical well-being primary focus of retirement planning rather than leisure: leisure not viewed as important and planning unnecessary

Old age as a journey, not a terminal point – time is opportunity

'Ulysean Living' is seeking out opportunities for growth and adventure - conditions more available in older years

Rowe and Kahn (1998): Aging has been related to terms like weak, sick, frail, sexless, passive, unhappy, etc.

Prado recommends a 'new conceptual matrix' that honors the richness and diversity of aging

Leisure is individual
Cannot decide activities for people who share an age

Grading criteria:

- Relevant content
- Represents scope and depth of material
- Thoughtful reflections; critical thought

Reflections: Challenge, critique, question, support, reflect

I have never thought of growing old as positive – why?

I guess that I do think of all older adults as having common characteristics: slow, gray, wrinkled. My two grandparents are REALLY different and I don't think of them as alike.

When I think of older adults I think of golf, knitting and television. Where do I get this? I don't know many older people closely enough to know how they spend their time.

Do I get it from the media?

Seems like a good idea to look study older age as part of the life course. When I think about nursing homes it seems like we segregate older people, as if they are something apart from the rest of the world.

Who/what is responsible for these images of aging? The media? Our youth-oriented values in the U.S.? Do older adults themselves perpetuate these idea?

I don't think that what Prado suggests is possible – we value youth too much. I know that I fear/dread the idea of getting 'old.

I wonder if age is one of the characteristics people notice first and then they immediately start making assumptions. I met a man recently who looked to be in his 70's. I wasn't aware that I was drawing conclusions about him based on his age until I found myself totally shocked that he was a tri-athlete. Why was I so surprised? Is this necessarily a bad thing?