

Sample Activities Related to Gerontology

What Will I Like When I Am 75?

1. Which of your current behaviors will change and which will stay the same when you are 75?
2. In what ways will you look like you do now and in what ways will you look different when you are 75?
3. What do you think your eyesight, hearing, and physical stamina will be like at age 75?
4. What do you expect to enjoy about being 75?
5. What do you expect to miss about not being your present age?
6. Is it difficult to imagine yourself at age 75? Why or why not?

Stereotypes About Older Adults

1. Divide class into small groups
2. Ask students to think of as many stereotypes about older adults as they can

3. Remind students that stereotypes can be positive or negative

4. Have students report back to class

**Students can also research media images of older adults (TV, magazines, etc.)