

PsychSim 5: SIGNS OF AGING

Name: _____ Section: _____

Date: _____

In this activity you will explore the main aspects of physical aging.

Aging Begins in Early Adulthood

- What distinctions do researchers find between primary and secondary aging?

Aging and Appearance

- List four changes in appearance experienced with aging:

- 1.
- 2.
- 3.
- 4.

Sensory Changes

- List the two senses most significantly affected by aging:

- 1.
- 2.

Physical Functioning

- Name two of the changes in physical functioning experienced during aging:

- 1.
- 2.

Conclusion: Making the Most of Each Stage

- How will you feel about the changes that aging brings? Which of the changes will bother you the most?