

Glendale College  
**Course Outline of Record Report**  
 03/19/2026

## LLS27 : Where's My Memory?

### General Information

Author:	<ul style="list-style-type: none"> <li>Jane Dilucchio</li> <li>Shamieh, Rosemarie</li> <li>Perner, Kimberli</li> </ul>
Course Code (CB01) :	LLS27
Course Title (CB02) :	Where's My Memory?
Department:	LLS
Proposal Start:	Summer 2026
TOP Code (CB03) :	(2001.00) Psychology, General
CIP Code:	(42.0101) Psychology, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000212408
Curriculum Committee Approval Date:	02/25/2026
Board of Trustees Approval Date:	06/18/2024
Last Cyclical Review Date:	04/10/2024
Course Description and Course Note:	LLS 27 explores the far reaches of the human mind, including the processes of remembering and forgetting, with special emphasis on age-related memory loss and strategies for memory enhancement. Lecture 10-32 hours. Note: This is a course designed for the older adult. This course is open-entry/open-exit and Pass/No Pass only.
Justification:	Content Change
Academic Career:	<ul style="list-style-type: none"> <li>Noncredit</li> </ul>
Mode of Delivery:	<ul style="list-style-type: none"> <li>In-Person</li> <li>Remote</li> <li>Hybrid</li> </ul>
Author:	No value
Course Family:	No value

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> <li>Older Adults:-Non-Credit</li> </ul>
Alternate Discipline:	No value
Alternate Discipline:	No value

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Pass / No-Pass Only

**Course Support Course Status (CB26)**

Course is not a support course

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Not transferable

**Transferability Status**

Not transferable

### Units and Hours

#### Summary

<b>Minimum Credit Units (CB07)</b>	0
<b>Maximum Credit Units (CB06)</b>	0
<b>Total Course In-Class (Contact) Hours</b>	10 - 32
<b>Total Course Out-of-Class Hours</b>	0 - 0
<b>Total Student Learning Hours</b>	10 - 32

#### Credit / Non-Credit Options

**Course Type (CB04)**

Non-Credit

**Noncredit Course Category (CB22)**

Courses for Older Adults.

**Noncredit Special Characteristics**

No Value

**Course Classification Code (CB11)**

Non-Enhanced Funding.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

#### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	10 - 32	0
Laboratory Hours	0	0

#### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	

Studio Hours	0	0	Lecture	10 - 32
			Laboratory	0
			Studio	0
			<b>Total</b>	10 - 32
<b>Course Out-of-Class Hours</b>				
			Lecture	0
			Laboratory	0
			Studio	0
			<b>Total</b>	0

**Time Commitment Notes for Students**

No value

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**

No Value

**Entry Standards**

Entry Standards	Description
No value	No value

**Course Limitations**

Cross Listed or Equivalent Course	Description
No value	No value

**Requisite Validation****Upload Statistical Validation and/or other documents (if necessary)**

No Value

**Specifications****Methods of Instruction**

Methods of Instruction	Lecture
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Methods of Instruction	Discussion
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**Out of Class Assignments**

n/a

**Methods of Evaluation****Description of Activity/Interaction**

Other	Student participation in class discussions
Exam/Quiz/Test	Quizzes on memory problems and coping techniques
Evaluation	Student self-assessment

**Textbook Rationale**

No Value

**Textbooks**

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

**Other Instructional Materials (i.e. OER, handouts)**

<b>Description</b>	instructor-generated information on the process of memory and memory-aid techniques
<b>Author</b>	No value
<b>Citation</b>	No value
<b>Online Resource(s)</b>	No value

<b>Description</b>	duplicated articles from books and periodicals with copyright permission
<b>Author</b>	No value
<b>Citation</b>	No value
<b>Online Resource(s)</b>	No value

## Learning Outcomes

### Course Objectives

Summarize the memory process.

Explain the causes of age related memory loss.

Employ strategies for memory enhancement.

### SLOs

**Summarize and explain the effects of aging on the memory process.**

Expected Outcome Performance: 70.0

*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

*ILOs* Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.  
Core  
ILOs

**List three causes of memory loss.**

Expected Outcome Performance: 70.0

*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

*ILOs* Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.  
Core  
ILOs

**Apply three strategies for improvement of memory.**

Expected Outcome Performance: 70.0

*LLS* Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

*ILOs* Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.  
Core  
ILOs

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### **Aging and the Memory Process (2-6 hours)**

- Defining memory
- Critical thinking problem
- Natural memory loss
- Cognitive differences among older adults loss of "explicit" memory
- Effects of intersectionality on memory and aging

#### **Understanding the Memory Process (2-6 hours)**

- Short-term memory
- Long-term memory
- Theories of forgetting

#### **Health and Memory (2-8 hours)**

- Illness and cognitive functioning
- Diet and exercise
- Mind/body connection

#### **Lifelong Learning to Improve Memory (2-8 hours)**

- Strategies for memory improvement
- Mental techniques
- Physical techniques and aids
- Emotional techniques

#### **Staying Connected to Improve Memory (2-8 hours)**

- How relationships influence memory
- Developing a social support network

**Total Hours: 10-32**

## Additional Information

### Repeatability

Repeatable

**Justification (if repeatable was chosen above)**

Non-credit courses

**Is it possible this course will have a material fee?**

No

**I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):**

No

**What term(s) will this course be offered?**

Fall/Winter/Spring/Summer

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value