**Adulthood/ Old Age Thinking Questions:**

1. Do you plan to have an “extended adolescence” or would you rather settle down when you’re young? Why?
2. Your parents are in middle adulthood. What pressures do you think they experience as a result of this stage in life? How might middle-aged people handle these pressures?
3. Have you ever known anyone with Alzheimer’s disease? If so, what is difficult about interacting with them? If not, imagine what would be difficult.
4. Try to imagine Alzheimer’s disease from the perspective of someone who has it. Explain some challenges of living with this disease. What emotions might you experience?
5. Have you experienced intense grief as a result of a death of a family member or friend? If so, did you go through the stages of grief? If you haven’t experienced this, think about another experience that caused you to feel strong negative emotions.
6. Read Oliver Sacks’ essay on dying (Link: <https://www.nytimes.com/2015/02/19/opinion/oliver-sacks-on-learning-he-has-terminal-cancer.html> )
   1. Oliver Sacks wrote this essay as he knew he was dying. Summarize the emotions he describes and the feelings he has about his life.
   2. Analyze Dr. Sacks’ essay using Erikson’s psychosocial stages and Kubler-Ross’s stages of grief.