

**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?