

Web-Based Activities

Implicit Association Test

<https://implicit.harvard.edu/implicit/demo/selectatest.html>

Choose “Take the IAT Age Test”

Longevity Game

<http://www.nmfn.com/tn/learnctr--lifeevents--longevity>

Questions asked include: Age, Height, Weight, Blood Pressure, Family History, Exercise, Stress, Driving (accidents or violations), Seatbelt Use, Smoking, Drinking, Drugs, Diet

Some of asks individual to type in information. Other questions require person to choose most appropriate answer.

Life Expectancy Calculator

<http://www.livingto100.com/>

This is somewhat similar to Longevity Game but more in-depth.

Aging IQ Test

http://www.niapublications.org/tipsheets/pdf/Whats_Your_Aging_IQ.pdf

Scenarios are provided and participants are asked to choose the best answer.

A Comparison Between Japan and the United States on Issues of Aging

<http://www.ithaca.edu/aging/schools/pdf/Comparison%20Japan%20&%20U.S..pdf>

Discussion facilitated based on readings of cultural attitudes towards aging in each country, as well as discussion of laws passed for the aging population in each country. Laws are from 1960s, which could generate discussion between differences of current day practice.

Real Age

<http://www.realage.com/>

One’s biological age is calculated based on a series of questions related to lifestyle, family history, and other factors.