**Learning Activity**: Interview with Middle/Late Adulthood Learning

**Module:** Awareness and Sensitivity (AS**)**

**Competency 2**: Describe the needs of clients across the lifespan and how those needs can affect behaviors and attitudes.

**Recommended** **Resources**: PowerPoint, Basic Human Needs

**Potential Uses**:Written Paper, Group Work, Discussion, Online

**Activity**:

1.Interview a person of your choice in middle/late adulthood.

2. Spend some time talking. Sit down with a cup of hot chocolate, or tea and really get to know someone in your life that is in this life stage.

3. Use the questions to have a conversation. Take notes, but focus on enjoying talking to the person that you are interviewing.

**QUESTIONS:**

1. What do you like about the age/stage you are in right now in your life?

2. What is challenging about this age/stage?

3. What is one frustration that you face in life?

4. What are some things that you really enjoy doing?

5. How do you think your perspective has changed as you have matured? What have you learned about life, or what wisdom do you have to give to someone that is younger about how to live life?

6. Write a question of your own for this person:

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