



...NR394 Week 6

Assignment Aging

Reflection Template

Name:

Date:

Directions: Explore the Week 6 lesson, then complete your Aging Reflection using this template.

- Complete the [Expectations Regarding Aging \(ERA-12\) Survey using this PDF](#). The ERA-12 is not submitted, only used to generate numerical scores.
- Interpret your results. Rather than classifying health beliefs as positive or negative, the ERA survey assesses expectations regarding aging along a higher–lower scale, without specifying benchmarks for what constitutes an optimal level.
 - **Total score:** Scores below 50 are considered "low ERA" (low expectations regarding aging), while scores 50 and above are considered "high ERA" (high expectations regarding aging).
 - **Subscales:** The 12 items are divided into three 4-item subscales. Each subscale is worth 16 points. Subscale scores below eight are considered "low ERA", while scores eight and above are considered "high ERA".
 - **Physical Health (PH):** Beliefs about physical limitations (questions 1-4)
 - **Mental Health (MH):** Beliefs about mood/depression (questions 5-8)
 - **Cognitive Function (CF):** Beliefs about memory and alertness (questions 9-12)
- Reflect on your expectations regarding aging based on your scores and answer the questions under each section below with explanation and detail.
- Correctly cite and reference at least one scholarly source from outside the lesson.
- You may use a first-person perspective.

Section 1: Aging Reflection Questions

1. Consider your scores on the ERA-12 Survey (total score and subscale scores). Are you surprised by your scores? Why or why not? Explain your answer using at least 1 paragraph.
2. Consider how your personal experiences, upbringing, or cultural background may have influenced your views on aging. Do you think that those influences have impacted your score? Why or why not? Explain your answer using at least 1 paragraph.

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