



Northrose eLearning Student Manual

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Northrose eLearning

Northrose eLearning is an online study platform designed to complement your assigned textbook. It offers a range of practice and review tools, including additional tasks, flashcards, quizzes, chapter summaries, downloadable materials, and links to supplementary online resources. Available resources vary by book and are designed to reinforce your understanding of the course material and support your learning.

eBooks are available for all Northrose titles and are purchased separately. **eBooks are not included in eLearning.**

eLearning Guide for Students – Self Study

This guide is intended to provide a step-by-step overview for students on using Northrose eLearning. It covers:

- Signing up on the website
- Accessing Resources,
- Self-Study feature
- Viewing results, and
- Changing Your eLearning Password

For any questions regarding Northrose eLearning, contact e_learning@northrose.ca .

Steps to Creating a New Account in E-Learning

1. Visit <https://elearning.northrose.ca/login/index.php>
2. For first time users select '**Create new account**'.
3. Complete all required fields then select **Create my new Account**

New account

Username ¹

The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 special character(s) such as *, -, or #

Password ¹

Email address ¹

Email (again) ¹

First name ¹

Last name ¹

City/town

Country

Select a country ¹

 **Registration details**

Account type ¹

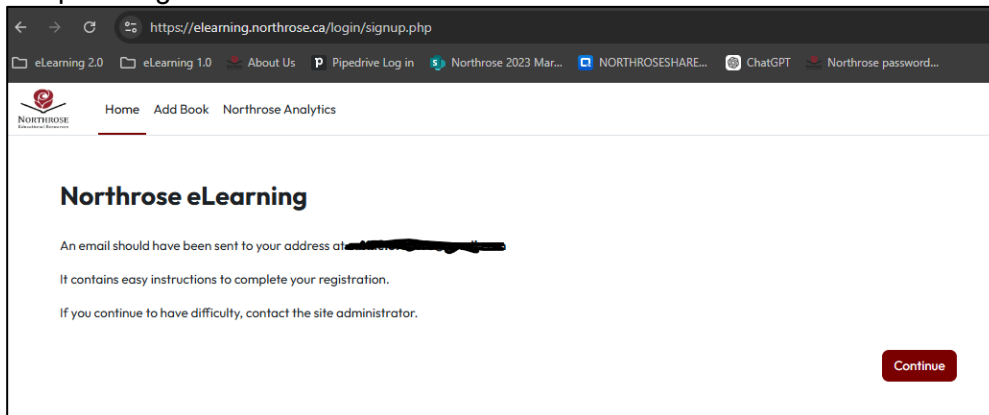
Student ¹

Create my new account

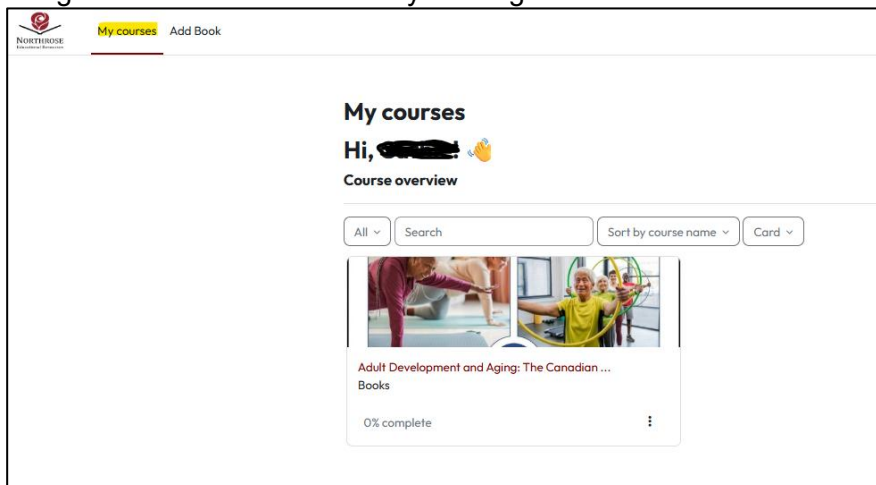
Cancel

¹ Required

- After you select **Create my new account** – the following message will be sent to help complete registration.



- Go to the email that has been sent and follow directions to confirm your new account. Once you have confirmed your email and new account request you may begin using eLearning.
- To access your book's online learning resources select **Add Book** in your eLearning account and enter the **10-digit access code** printed on the inside cover of your book or on the ebook receipt. Enter the code exactly as it appears without additional spaces at the beginning or the end of the code.
- My courses** - Your book's resources will be added to '**My courses**'. Now you can start using the available resources by clicking on the book cover.



- Should you be using more than one Northrose title and need to add another book's student resources, select 'Add Book' and enter the 10-digit access code from the other book.

eLearning Student Resources

To help you identify the exercise/task type, these icons represent the following and will vary from book to book:



Quiz



Weblinks or Videos



Flashcards (key words & definitions)



Tasks or Files

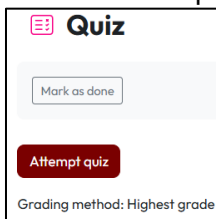


Self-study Feature

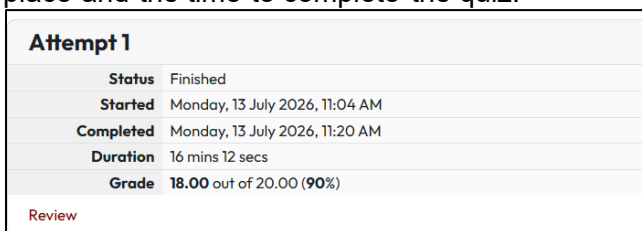
If **your** instructor is not using the resources available for the book within **their** course, you are encouraged to choose 'Self-Study' and complete the chapter quizzes, review the Flashcards, weblinks and other resources that are available for the book. Practice, challenge yourself and reinforce your understanding of course concepts independently.

Chapter Quiz

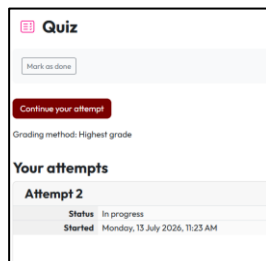
1. Select the Chapter and Quiz you want to attempt – and select **Attempt Quiz**



2. After completing the quiz your marks will appear, along with the date the attempt took place and the time to complete the quiz.



3. Unlimited attempts are available for quizzes and you are encouraged to attempt quizzes several times to reinforce learning the chapter content.



Flashcards

1. The Flashcards are the key terms from the chapter with the corresponding definition. Flashcards reinforce retention and understanding the key terms. By clicking on the term, the definition will appear

Flashcards

Click on the key term to reveal the definition. Note - there is no Audio at this time.

1 Start 2 Practice 3 Practice 4 Practice

Start

Review the words below. When you are ready press the continue button to practice the words. You must finish each practice step to complete the activity. Tap the + button to add a word to your 'my words' set.

Terminal Drop

Terminal Drop
A rapid decline in cognitive functioning just prior to death.

Continue →

2. After reviewing the Flashcards, you can select **Continue** to practice matching the word with the definition. By selecting '**Flip**' the corresponding definitions will appear for the key term or by selecting each word individually, the corresponding definition will appear.

Get Ready

Review the words that will be used in this activity. Tap the word card or the 'Flip' button to show the other side of the cards. When you are ready, tap 'Begin' to test your knowledge of these words.

Family Class Immigrants Primary Aging Terminal Drop Fourth Age

Stereotyped Threat Functional Age Selection, Optimization, and Compensation (SOC) Model Normative Age-Graded Influences

Begin

Quit Attempt

Flip

Immigrants who were sponsored by their families to come to Canada	Normal, disease-free development during adulthood.	A rapid decline in cognitive functioning just prior to death.	One of the four ages of life, described as older than 75 years of age.
Fear of being judged in accordance with a negative stereotype of the group you belong to.	A measure of how well an individual can function in his or her environment. This measure takes into account biological, psychological, and social age, as well as environmental influences.	Model suggests these 3 fundmtl proc. of developmental regulation are essenti. for successful dev. & aging. Selection focuses on goal choice, optimization & comp. focus on means of achieving goals.	Normal age-related changes that most people experience. Puberty and menopause are examples of normative age-graded influences.

3. When **Begin** is selected a timer will start as you attempt to select the correct answer for the key term.

Choose the Answer

Tap the best match from the choices below for the highlighted word.

00:12

● ● ● ● ● ● ● ●

Primary Aging

Normal, disease-free development during adulthood.

Immigrants who were sponsored by their families to come to Canada

Model suggests these 3 fundmtl proc. of developmental regulation are essntl. for successful dev. & aging. Selection focuses on goal choice, optimization & comp. focus on means of achieving goals.

One of the four ages of life, described as older than 75 years of age.

A rapid decline in cognitive functioning just prior to death.

Quit Attempt

4. When all words have been attempted, the results will appear to allow you to review correct words, incorrect selections and the time it took.

Flashcards

Attention. Note - there is no Audio at this time.

New Words

Practice

7/8 Correct

01:06

Family Class Immigrants ✓

Immigrants who were sponsored by their families to come to Canada

5. At the bottom of the results you may **Try Again** or select **Next** for new key terms and

definitions.

Try again Next →

Quit Attempt

Weblinks or Videos

1. **Weblinks** for each chapter offer links to reliable sites with resources and references that provide additional perspective.

 **Weblinks**

To view in a separate window, press CTRL when you click on the weblink or video.

Canadian Institutes of Health Research (CIHR) established the **Institute of Aging (IA)** "to support research, to promote healthy aging and to address causes, prevention, screening, diagnosis, treatment, support systems, and palliation for a wide range of conditions associated with aging."

World Health Organization (WHO). **Ageing and health Fact sheet** - October 1, 2025 - the fact sheet discusses ageing world-wide, common health conditions that are associated with ageing, factors influencing healthy ageing, challenges in responding to an ageing population and WHO response.

Ontario Human Rights Commission. **Ageism and age discrimination** - September 3, 2024 - A fact sheet that discusses ageism and that it should be taken seriously and how to combat it.

2. **Videos** – depending on the book, Video links may also be available to support or relate to the chapter content.

Online Chapters

1. Depending on the book, there may be PDFs for online chapters.

Other Downloadable Resources

1. Depending on the book, there may be downloadable files to support the book topic.
- 2.

My courses completion %

As attempts are made to Quizzes, Flashcards, and other resources you will notice a completion percentage will appear below the book title, challenging you to aim for 100% completion.

My courses

Course overview

All ▾

Search

Sort by course name ▾

Card ▾



Adult Development and Aging: The Canadian ...

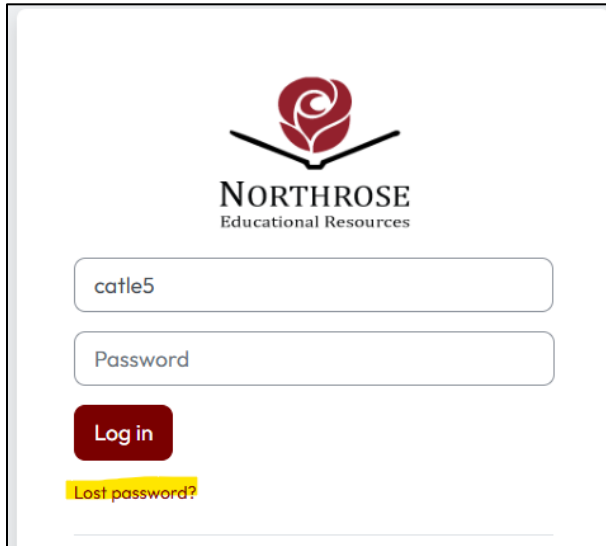
Books

25% complete



Changing Your eLearning Password

If you have forgotten or want to change your eLearning password, simply select **Lost Password** and follow the instructions



The image shows a login form for Northrose Educational Resources. At the top is the Northrose logo, which consists of a red stylized rose above the text "NORTHROSE" and "Educational Resources". Below the logo are two input fields: the first contains the text "catle5" and the second is labeled "Password". Below these fields is a red "Log in" button. Underneath the button is a yellow link that says "Lost password?". At the bottom of the form is a horizontal line.