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Psychology 203

Psychology for Everyday Life

Fall 2014

**Instructor:** Dr. Catherine Phillips  
**Phone:** 403-220-5658  
**Email:** ciphilli@ucalgary.ca

**Lecture Location:** ST 140  
**Lecture Days/Time:** M/W/F 8:00-8:50

**Office:** Administration 155A  
**Office Hours:** Monday 9:30-10:30 (or by  
appointment)

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### Course Description and Goals

This course has been designed especially for non-Psychology majors. Its purpose is to provide students with an understanding of the key theories, research methods, and discoveries of psychology, with an emphasis on developing the knowledge and skills necessary to be effective consumers of psychological theory and research. Through a focus on issues that arise in everyday life, this course will demonstrate some of the ways in which psychology can be of use to students in their personal and professional lives.

Areas of focus in this course include:

- Psychology as a biological and social science
- The areas where psychology can be applied to an understanding of everyday life
- Current theories and approaches for understanding human behaviour and mental health
- The research tools and methods used in psychology and the critical thinking skills they support

**Note:** Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 205 or 200 and 201 are required prerequisites for most higher level Psychology courses. Psyc 203 cannot be used in place of Psyc 205, 200 or 201.

### Prerequisites

There are no prerequisites to take this course.

### Required Text

Weiten, W., Dunn, D. S., and Hammer, E. Y. (2015). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (11<sup>th</sup> Ed.), Belmont, CA: Nelson Education Ltd.  
(available in the university bookstore)

**Note:** We will be using Top Hat Monocle in this course. You will receive an email with an invitation to join the course in Top Hat or you may search for the course and add yourself to it on your own following this link: <https://app.tophat.com>

## D2L for Psyc 200

There is an area of the general campus D2L site set aside for this course. D2L can be accessed via this link (<https://d2l.ucalgary.ca/d2l/home>). **This site should be your first stop for questions about the course topics and dates etc.**

Partial PowerPoint slides will be posted on D2L the night before each class. To fill in the remainder of the slides you must attend class, or get notes from a classmate. In addition, announcements and grades will be posted on this site.

## Evaluation

Component	Relevant chapters	% of final grade	Date
Test #1	Chapters 1-4	30	Wednesday October 8 <sup>th</sup>
Test #2	Chapters 6-9	30	Wednesday November 12 <sup>th</sup>
Final Exam	Cumulative Chapters 1-4 & 6-9 & 11 & 14-15	34	TBD: December 8 <sup>th</sup> – 18 <sup>th</sup>
Top Hat Questions	All	2	Throughout
Research participation	N/A	4	Throughout

### Exams (2 term tests x 30% = 60% + 1 final exam x 34% = 94% of final grade)

There are two non-cumulative term tests (October 8<sup>th</sup> and November 12<sup>th</sup>) and a cumulative final exam (to be written during the final exam period, scheduled by the registrar) for this course. Each of these will consist of multiple choice questions. Each term test is worth 30% of your mark and the final exam is worth 34% of your mark (max total = 94% of your mark). The tests and exam will cover text and lecture material (including films and other demonstrations). Not all test material will be covered in class, and some test material covered in class will not be covered in the text, so regular attendance is important for success in this course. Note: you are responsible for all assigned readings from the text even if the specific content has not been covered in lectures. No resources are allowed for any of the tests, (including the final). Please see the lecture schedule to determine what topics will be covered on each test.

The term tests are non-cumulative but the final exam is cumulative. Exams 1 and 2 will be 50 minutes in length (ST 140), and the final exam will be 120 minutes in length (location TBD). If you miss a test or exam, an alternate time may be arranged but you will be required to supply me with a Physician/Counselor Statement indicating the basis for the missed test as soon as possible after the missed test.

### In-Class Participation using Top Hat Monocle (2% of final grade)

Top Hat Monocle is being used in this class in order to determine prior knowledge on topics, enhance your participation, allow you to assess your mastery of course concepts, and ultimately, to help you engage better with the material. To encourage students to use Top Hat Monocle, 2% of your grade has been assigned to Top Hat participation. To receive participation credit for using Top Hat Monocle, you will have to register online. Information will be provided in class and posted on D2L telling you how to register for the class account in Top Hat Monocle.

Top Hat participation marks will be broken down as follows:

- At least 90% of Top Hat questions answered = 2%
- At least 80% of Top Hat questions answered = 1.5%
- At least 70% of Top Hat questions answered = 1%
- At least 60% of Top Hat questions answered = 0.5%
- Fewer than 60% of Top Hat questions answered = 0%

Top Hat questions must be answered by the question deadline, if one is provided, in order to count as having been answered. It is the student's responsibility to ensure that their responses have been properly submitted and received by the Top Hat Monocle server.

### **Course Credits for Research Participation**

#### **Experiential-Learning/Article-Evaluation Course Component (4% of final grade)**

This experiential-learning/article-evaluation component provides enriched learning opportunities in this introductory course. You can complete this component by participating in research studies (Option 1: Research Participation), by completing 1-page article evaluations from a designated list (Option 2: Article Evaluations), or by a combination of the two options. Thus, you will learn more about psychology by taking part in research studies and/or by reading and evaluating articles from a psychological perspective.

**Option 1: Research Participation.** Students can complete this course component by creating an account and participating in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation. Each study will be followed by an educational debriefing experience. The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. **The last day to participate in research and allocate credits is Dec 5, 2014.**

**Option 2: Article Evaluations.** Students can complete this course component by reading and evaluating articles. Students earn 1% (1 credit) for each acceptable evaluation. Students can submit only one evaluation per due date (**September 19, October 10, November 7, November 21, 2014**). Please consult the D@L for this course for more information about this option.

**Option 3: Combinations of Options 1 and 2.** Students can complete this course component through any combination of Options 1 and 2 (e.g., 3% through Option 1 and 1% through Option 2, or vice versa). Given that each article evaluation counts for 1%, students who complete, for example, 2.5% through Option 1 would need to complete two evaluations to successfully complete all 4% of this course component. As mentioned under Option 2, students can only submit one article evaluation per due date. Thus, students who opt to combine Options 1 and 2 must plan ahead carefully.

### Department of Psychology Grade Distribution Policy

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that 1) up to 30% of grades in 200- and 300-level psychology courses will be “A” grades (A+, A, and A-), and 2) up to 40% of grades 400-level psychology courses will be “A” grades.

### Department of Psychology Criteria for Letter Grades

Psychology professors use the following criteria when assigning letter grades:

**A+ grade: *Exceptional Performance.*** An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

**A, A- Range: *Excellent Performance.*** Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student’s thorough knowledge of subject matter.

**B Range: *Good Performance.*** Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

**C Range: *Satisfactory Performance.*** Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

**D range: *Marginally meets standards.*** Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

**F grade: *Course standards not met.*** Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

### Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor’s discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades.

To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

## Tentative Lecture Schedule

Date	Topic	Readings
M Sep 8	Course overview & Introduction to Psychology	Chapter 1
W Sep 10	Introduction to Psychology	Chapter 1
F Sep 12	Introduction to Psychology	Chapter 1
M Sep 15	Introduction to Psychology	Chapter 1
W Sep 17	Personality	Chapter 2
F Sep 19	Personality	Chapter 2
F Sep 19	Last day to drop full courses (Multi-term) and Fall Term half courses.  No refunds for full courses (Multi-term) or Fall Term half courses after this date.	
M Sep 22	Personality	Chapter 2
M Sep 22	Last day to add or swap full courses (Multi-term) and Fall Term half courses. Last day for change of registration from audit to credit or credit to audit.	
W Sep 24	Stress	Chapter 3
F Sep 26	Stress	Chapter 3
F Sep 26	Fee payment deadline for Fall Term full and half courses.	
M Sep 29	Stress	Chapter 3
W Oct 1	Coping	Chapter 4
F Oct 3	Coping	Chapter 4
M Oct 6	Coping	Chapter 4
W Oct 8	Midterm #1	
F Oct 10	Self & Identity	Chapter 6
M Oct 13	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
W Oct 15	Self & Identity	Chapter 6
F Oct 17	Self & Identity	Chapter 6
M Oct 20	Social Influence	Chapter 7
W Oct 22	Social Influence	Chapter 7
F Oct 24	Social Influence	Chapter 7
M Oct 27	Interpersonal Communication	Chapter 8

W Oct 29	Interpersonal Communication	Chapter 8
F Oct 31	Interpersonal Communication	Chapter 8
M Nov 3	Interpersonal Attraction	Chapter 9
W Nov 5	Interpersonal Attraction	Chapter 9
F Nov 7	Interpersonal Attraction	Chapter 9
M Nov 10	Reading Days. No lectures.	
T Nov 11	Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
W Nov 12	Midterm #2	
F Nov 14	Gender & Behaviour	Chapter 11
M Nov 17	Gender & Behaviour	Chapter 11
W Nov 19	Gender & Behaviour	Chapter 11
F Nov 21	Psychological Disorders	Chapter 14
M Nov 24	Psychological Disorders	Chapter 14
W Nov 26	Psychological Disorders	Chapter 14
F Nov 28	Psychological Disorders & Therapy	Chapter 14 & 15
M Dec 1	Therapy	Chapter 15
W Dec 3	Therapy	Chapter 15
F Dec 5	Therapy	Chapter 15
F Dec 5	Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.	
Dec 8-18	Fall Term Exam Period.	

**Note:** Test dates are **fixed**, but this schedule is subject to change, as adjustments may be made to our class schedule and readings as required.

### **Reappraisal of Grades**

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

### **Plagiarism and Other Academic Misconduct**

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

### **Academic Accommodation**

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

### **Absence From A Test/Exam**

Makeup tests/exams are NOT an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam.

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered except under exceptional circumstances. Students are advised to wait until the final examination schedule is posted before making any travel arrangements.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 255), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

### **Evacuation Assembly Point**

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at

<http://www.ucalgary.ca/emergencyplan/assemblypoints>

Please check this website and note the nearest assembly point for this course.

### **Student Organizations**

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911

[suvpaca@ucalgary.ca](mailto:suvpaca@ucalgary.ca)

**Student Union Faculty Rep.:** Phone: 403-220-3913

[socialscirep@su.ucalgary.ca](mailto:socialscirep@su.ucalgary.ca)

### **Student Ombudsman's Office**

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

### **Safewalk**

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.

Call 403-220-5333.

### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **Friday, September 19, 2014**. Last day for registration/change of registration is **Monday, September 22, 2014**.

The last day to withdraw from this course is **December 5, 2014**.