

PSYC 203
Psychology for Everyday Life
Fall 2016

Instructor:	Dr. Melissa Boyce	Lecture Location:	MFH 162
Phone:	403-210-6257	Lecture Days/Time:	TR 5:00-6:15pm
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Course Description

This course will focus on: general health and wellbeing, human development, interpersonal relationships, stress and coping, and mental health and wellness. It provides 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 upon 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 methods used in psychology and the critical thinking skills they support

Course Learning Outcomes

The Department of Psychology is committed to student knowledge and skill development. The table below lists the key learning outcomes for this course, the program-learning outcomes they facilitate (see psyc.ucalgary.ca/undergraduate/program-learning-outcomes), and the expected level of achievement.

Course Learning Outcomes	PLO(s)	Level(s)
Understand the practical importance and uses of the concepts and methods of psychology	1, 2, 3, 4, 5, 6, 7	I
Critically evaluate the validity of psychological knowledge claims	1, 2, 5, 7	I
Explain and evaluate the strengths and weaknesses of the research methodology used in psychology	1, 2, 3, 7	I
Investigate the extent to which internal versus external factors interact to influence our behaviour	1, 2, 7	I
Use psychological principles to generate solutions to personal, social, organizational, and societal problems	1, 2, 3, 4, 5, 6, 7	I

Notes. PLOs = Program-Learning Outcomes: 1 = demonstrate knowledge of psychological sciences, 2 = think critically and solve problems, 3 = conduct research and analyze data, 4 = communicate effectively, 5 = demonstrate information literacy, 6 = understand and implement ethical principles, 7 = apply psychological knowledge and skills. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

Note: Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 205 (Principles of Psychology) is a prerequisite course for all psychology courses except Psyc 305. Psyc 203 cannot be used in place of Psyc 205.

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 (11th Ed.), Belmont, CA: Nelson Education Ltd. (available in the university bookstore)

Note: We will be using Top Hat 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 by following this link: <https://app.tophat.com>.

Evaluation

Exams (80% of final grade)

There are three exams (October 6, November 1, and November 29) and a final exam (to be written during the final exam period) scheduled for this course. The first three exams are multiple-choice, non-cumulative, and will cover text and lecture material (including any films and other demonstrations). The final exam is cumulative and will consist of multiple-choice questions. No resources are allowed in any exams.

Exam dates, weightings, and topics are as follows:

	Date	Weight	Topics
Exam 1	October 6, 2016	15	Introduction to Psychology and Personality
Exam 2	November 1, 2016	20	Stress, Coping, and the Self
Exam 3	November 29, 2016	20	Social Thinking and Social Influence, Psychological Disorders, and Psychotherapy
Exam 4	TBD (during final exams)	25%	All material with an emphasis on material since Exam 3

Group Project (12% of final grade)

As part of this project, each group of 5-6 people will:

- 1) use psychological research to justify the selection of a personal goal (e.g., improve time management skills, improve study strategies, decrease procrastination, etc.)
- 2) develop a plan to meet your group's chosen goal
- 3) collect data to assess and chart your group's progress
- 4) draw conclusions about your progress toward your group's chosen goal
- 5) make recommendations for how to improve your group's plan to better help others who wish to meet this goal

Each group will submit a single report (8-10 pages double-spaced with 12 pt font and 1" margins) documenting your group's work. Further details about each of the components required for your project will be provided in class and posted on D2L. Due to the project's D2L drop box by 5pm on Thursday, November 24.

In-Class Participation using Top Hat (4% of final grade)

Top Hat is being used in this class in order to enhance your participation, allow you to assess your mastery of course concepts, and ultimately, to help you to engage better with the material. To encourage student use of Top Hat, 4% of your grade has been assigned to Top Hat participation. To receive participation credit for using Top Hat, you will have to register for a Top Hat account online. Information will be provided in class and posted on Blackboard telling you how to register for the class account in Top Hat.

Top Hat participation marks will be broken down as follows:

- At least 80% of Top Hat questions answered = 4%
- At least 60% of Top Hat questions answered = 3%
- At least 40% of Top Hat questions answered = 2%
- At least 20% of Top Hat questions answered = 1%
- Less than 20% of Top Hat questions answered = 0%

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 9, 2016.**

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 23, October 14, November 4, November 25, 2016**), late

submissions will not be accepted. Please consult the Blackboard 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, late submissions will not be accepted. 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

Week	Date	Topic	Readings
1	T Sep 13	Overview of the Course	Course Outline
	R Sep 15	Introduction to Psychology	Ch 1
2	T Sep 20	Introduction to Psychology	Ch 1
	R Sep 22	Personality	Ch 2
	F Sep 23	<i>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.</i>	
3	M Sep 26	<i>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.</i>	
	T Sep 27	Personality	Ch 2
	R Sep 29	Group Project	
	F Sep 30	<i>Fee payment deadline for Winter Term fees.</i>	
4	T Oct 4	Stress	Ch 3
	R Oct 6	Exam 1	Introduction to Psychology and Personality
5	T Oct 11	Stress	Ch 3
	R Oct 13	Coping	Ch 4
6	T Oct 18	Coping	Ch 6
	R Oct 20	The Self	Ch 6
7	T Oct 25	The Self	Ch 6
	R Oct 27	Group Project	
8	T Nov 1	Exam 2	Stress, Coping, and the Self
	R Nov 3	Social Thinking and Social Influence	Ch 7
9	T Nov 8	Social Thinking and Social Influence	Ch 7
	R Nov 10	Reading Day. No lectures.	
10	T Nov 15	Psychological Disorders	Ch 14

	R Nov 17	Psychological Disorders	Ch 14
11	T Nov 22	Psychotherapy	Ch 15
	R Nov 24	Psychotherapy	Ch 15 Group Projects Due
12	T Nov 29	Exam 3	Social Thinking and Social Influence, Psychological Disorders, and Psychotherapy
	R Dec 1	Interpersonal Attraction	Ch 9 and 10
13	T Dec 6	Interpersonal Attraction	Ch 9 and 10
	R Dec 8	Career Development and Challenges of the Workplace	Ch 13
	F Dec 9	<i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	
	Dec 12-22	Final Exam	All material with an emphasis on material since Exam 3

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

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services ; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit www.ucalgary.ca/access/.

Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor.

The full policy on Student Accommodations is available

at http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy_0.pdf.

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 up to 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 during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam http://www.ucalgary.ca/registrar/exams/deferred_final. Under no circumstances will this be accommodated by the department.

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 by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam http://www.ucalgary.ca/registrar/exams/deferred_final. Under no circumstances will this be accommodated by the department.

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 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 130 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suvpaca@ucalgary.ca

Student Union Faculty Rep.: arts1@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 (<http://www.ucalgary.ca/provost/students/ombuds>)

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 **September 23, 2016**. Last day for registration/change of registration is **September 26, 2016**. The last day to withdraw from this course is **December 9, 2016**.