

**PSYC 203**
**Psychology for Everyday Life**
**Fall 2017**

<b>Instructor:</b>	Dr. Melissa Boyce	<b>Lecture Location:</b>	ST 148
<b>Phone:</b>	403-210-6257	<b>Lecture Days/Time:</b>	TR 11am-12:15pm
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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](http://psyc.ucalgary.ca/undergraduate/program-learning-outcomes)), and the expected level of achievement.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
Apply concepts and methods of psychology to real world phenomena	Multiple-choice tests, group project	1, 2, 3, 4, 5, 6, 7	I
Critically evaluate the validity of psychological knowledge claims	Multiple-choice tests, group project	1, 2, 5, 7	I
Evaluate the strengths and weaknesses of research methodology used in psychology	Multiple-choice tests, group project	1, 2, 3, 7	I

Evaluate the extent to which internal versus external factors interact to influence our behaviour	Multiple-choice tests	1, 2, 7	I
Generate solutions to personal, social, organizational, or societal problems using psychological research	Group project	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 200 and Psyc 201 (Principles of Psychology I and II) are prerequisite courses for all psychology courses. Psyc 203 cannot be used in place of Psyc 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 (11th Ed.), Belmont, CA: Nelson Education Ltd. (available in the university bookstore)

### Assessment Methods

#### Multiple-Choice Exams (80% of final grade)

There are three multiple-choice exams (October 5, October 31, and November 28) and a final exam (to be written during the final exam period) scheduled for this course. The first three exams are non-cumulative and will cover text and lecture material (including any films and other demonstrations). The final exam is cumulative and will also consist of multiple-choice questions. No resources (iPods, iPads, computers, books or notes) are allowed in any exams.

Exam dates, weightings, and topics are as follows:

	Date	Weight	Topics
Exam 1	October 5, 2017	15	Introduction to Psychology and Personality
Exam 2	October 31, 2017	20	Stress, Coping, and the Self
Exam 3	November 28, 2017	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) Select a personal goal to improve your wellbeing (e.g., improve time management skills, improve study strategies, decrease procrastination, etc.)
- 2) Use the empirical literature to 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 23.

Late papers will be deducted 5% per day (including weekends) up to a maximum of 35% (7 days), at which point, late papers will no longer be accepted.

### **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. Prior to the first day of class, you will receive an email from Top Hat inviting you to set up your course account in Top Hat. Information will be provided in class and posted on D2L.

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 8, 2017.**

**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 22, October 13, November 3, November 24, 2017**), late submissions will not be accepted. Please consult the D2L 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 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%
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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 12	Overview of the Course	Course Outline
	R Sep 14	Introduction to Psychology	Ch 1
2	T Sep 19	Introduction to Psychology	Ch 1
	R Sep 21	Personality	Ch 2
	F Sep 22	<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 25	<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 26	Personality	Ch 2
	R Sep 28	<b>Group Project</b>	
	F Sep 29	<i>Fee payment deadline for Fall Term full and half courses.</i>	
4	T Oct 3	Stress	Ch 3
	R Oct 5	<b>Exam 1</b>	<b>Introduction to Psychology and Personality</b>
5	T Oct 10	Stress	Ch 3
	R Oct 12	Coping	Ch 4
6	T Oct 17	Coping	Ch 6
	R Oct 19	The Self	Ch 6
7	T Oct 24	The Self	Ch 6
	R Oct 26	<b>Group Project</b>	
8	T Oct 31	<b>Exam 2</b>	<b>Stress, Coping, and the Self</b>
	R Nov 2	Social Thinking and Social Influence	Ch 7
9	T Nov 7	Social Thinking and Social Influence	Ch 7
	R Nov 9	Psychological Disorders	Ch 14
10	T Nov 14	Psychological Disorders	Ch 14

	R Nov 16	Psychotherapy	Ch 15
11	T Nov 21	Psychotherapy	Ch 15
	R Nov 23	Interpersonal Attraction	Ch 9 and 10 <b>Group Projects Due</b>
12	T Nov 28	<b>Exam 3</b>	<b>Social Thinking and Social Influence, Psychological Disorders, and Psychotherapy</b>
	R Nov 30	Interpersonal Attraction	Ch 9 and 10
13	T Dec 5	Career Development and Challenges of the Workplace	Ch 13
	R Dec 7	Career Development and Challenges of the Workplace	Ch 13
	F Dec 8	<i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	
	Dec 11-21	<b>Final Exam</b>	<b>All material with an emphasis on material since Exam 3</b>

### 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 Accommodations

The student accommodation policy can be found at: [ucalgary.ca/access/accommodations/policy](http://ucalgary.ca/access/accommodations/policy).

Students needing an Accommodation because of a Disability or medical condition should communicate this need to Student Accessibility Services in accordance with the Procedure for Accommodations for Students with Disabilities [ucalgary.ca/policies/files/policies/student-accommodation-policy](http://ucalgary.ca/policies/files/policies/student-accommodation-policy). Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the instructor.

### **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](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](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.

### **Acknowledgments and Respect for Diversity**

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to

acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

### **Campus Mental Health Strategy**

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

### **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 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)  
**Student Union Faculty Rep.:** [arts1@su.ucalgary.ca](mailto: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](mailto: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 22, 2017**. Last day for registration/change of registration is **September 25, 2017**. The last day to withdraw from this course is **December 8, 2017**.