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PSYC 203.01	Psychology of Everyday Life	Winter 2020
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<b>Phone:</b>	403-210-6257	<b>Lecture Days/Time:</b>	TR 17:00 - 18:15
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**NOTE:** This is an updated course outline for our course that will inform you about changes that have been made to the course in order to meet the new requirements of online-course delivery. Please note that our intention is to provide, as seamlessly as possible, ways for our course to carry on and to be completed in the same time frame as was originally intended. Please read the changes to this outline carefully as it is important that you are aware of them and that you make the necessary adjustments to your habits and processes in order to ensure that this course will continue smoothly.

Also, please make a commitment to regularly check the News Feed on our D2L site for updates and additional information. I will be making every effort to ensure that you are well informed about how we are going to move forward with our course and how we are going to get it completed in the previously scheduled term timeframe but you need to make sure you are aware of how we are going to accomplish this.

The lectures for our class will be presented in Vodcast form which means that they will be posted on our D2L site as podcasts with the power points linked in as video (thus Vodcasts). I will make every effort to have each lecture posted before the scheduled class time when they would have been delivered so that you can, if you like, view them in our regular class time. In addition, I will be available during our regular scheduled class time via email to answer any questions you may have. As well, I will take advantage of the Zoom license the University holds to set up online class meetings that will be available for you to drop in to for the last half hour of each of our class times (so 5:45 to 6:15 Tuesdays and Thursdays). The intent of these meeting will be as opportunities for me to answer any questions you may have about the current material. These meetings will be recorded and posted as podcasts on D2L after they conclude.

I am going to deeply miss the opportunities to speak to you all directly, face-to-face in class. Those meetings (and Psyc 203 in particular) are the main reason I have continued to teach since my retirement. I am hoping that this will not be lost in the new format to which we have had to move. If you commit to continuing the conversational part of our engagement in this course through your questions, thoughts and comments then this course will continue in the positive manner that it has unfolded up to now. Stay in touch!

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#### Course Description

Provides students with an understanding of the key theories, research methods, and discoveries in coping and resilience, identity development, interpersonal relationships, and mental health with an emphasis on developing the knowledge and skills necessary to be effective consumers of psychological theory and research. Through a focus on adjustment issues that arise in everyday life, this course will demonstrate some of the ways in which psychology can be used to benefit students' wellbeing in their personal and professional lives.

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](https://psyc.ucalgary.ca/undergraduate/program-learning-outcomes)), and the expected level of achievement.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
Explain the different influences on development of self and relationships with others	Multiple-choice tests, Team project	1, 2, 3, 4, 5, 6, 7	I
Identify and address cognitive biases that can lead to stereotyping, prejudice, and discrimination	Multiple-choice tests	1, 2, 5, 7	I
Evaluate the extent to which biological versus environmental factors interact to influence one's adjustment and wellbeing	Multiple-choice tests, Team project	1, 2, 3, 7	I
Identify and address stressors within your own personal and professional life and develop techniques to build personal resilience to those stressors	Multiple-choice tests	1, 2, 7	I
Generate and work toward solutions for personal goals using psychological research	Team project	1, 2, 3, 4, 5, 6, 7	I
Identify and source appropriate and reliable information about adjustment and wellbeing	Team project	3, 4, 5	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 is the first core course toward the embedded certificate in mental wellbeing and resilience (<https://www.ucalgary.ca/mentalhealth/embedded-certificate>). You may enroll in the certificate through your Student Centre beginning October 1.

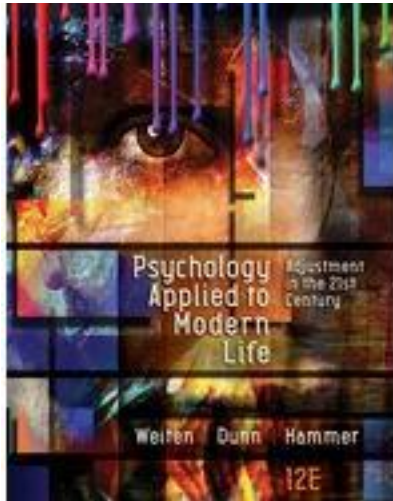
Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 200 and Psyc 201 (Principles of Psychology I and II) are prerequisite courses for all psychology courses. Psyc 203 cannot be used in place of Psyc 200 or 201.

### Prerequisites

There are no prerequisites to take this course.

### Required Text

Weiten, W., Dunn, D. S., and Hammer, E. Y. (2018). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (12th 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>.

### **Assessment Methods**

#### **Exams (80% of final grade)**

There are two exams (February 25 and March 31) and a final exam (to be written during the final exam period) scheduled for this course. The first two 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.

**NOTE:** Given the new regulations regarding course delivery, the remaining exams in this course (the second mid term and the final exam) will be set and written online using the quiz feature of our course D2L system. I will provide more details on how this will proceed as our next midterm approaches but for now here are a couple of important notes.

First, our exam dates and times will remain as originally scheduled (and as scheduled by the registrar in the case of the final). The exams will consist of the same number of questions and in the same format as described in the original version of this outline (see below). The second midterm will occur on March 31 in our usual class time BUT it will be made available online through D2L. Once the exam is made available in D2L at 5 pm March 31 you will have 90 minutes to complete and submit the exam online through D2L. You should ensure that you are in a quiet location and that you have a reliable internet connection through which to access our D2L site and the exam. I ask that you treat this as you did our first exam, as a closed book exam that you complete on your own without any outside assistance or support. The same process will be followed for our final exam scheduled for April 29<sup>th</sup> at 3:30 pm.

Students who require accommodations should contact me via email so we can ensure that you also receive what you need for these exams.

The requirements and guidelines for Absence from an Exam continue as previously stated in this (see section later on in this outline).

Exam dates, weightings, and topics are as follows:

	Date	Weight	Topics
Exam 1	February 25, 2020	25	Challenges of Modern Life and Research Methods in Psychology, Self, Stress, and Coping
Exam 2	March 31, 2020	25	Psychological Disorders, and Psychotherapy, and Social Thinking and Social Influence
Exam 3	TBD (during final exams)	30%	All material with an emphasis on material since Exam 2

### **Team Project (12% of final grade)**

As part of this project, each team 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 team's chosen goal
- 3) collect data to assess and chart your team's progress
- 4) draw conclusions about your progress toward your team's chosen goal
- 5) make recommendations for how to improve your team's plan to better help others who wish to meet this goal

Each team will submit a single report (8-10 pages double-spaced with 12 pt font and 1" margins) documenting your team's work. Each report will be graded for (1) identification and empirical justification of a goal, (2) detailed action plan outlining planned steps to meet goal, (3) summary of data collected to chart progress toward goal and conclusions drawn based on these data, and (4) mechanics and APA formatting. 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 Tuesday April 7.

Without approved documentation, 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.

**NOTE:** The requirements of this assignment will continue as previous described and the team paper will be due in the D2L drop box as previously stated. That said, teams are advised to consider moving their meetings to online formats using email, conference calls etc. Zoom, which allows for virtual meetings via combinations of computers, phones and other devices such as tablets, is free for UCalgary students (<http://elearn.ucalgary.ca/zoom/>) and works well for small team meetings.

It was noted in a D2L posting a few weeks back that it is ESSENTIAL that all team members personally commit to staying in regular touch with their teammates and to ensure they meet their agreed teamwork obligations on time and fully.

### **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 D2L 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%

NOTE: Going forward all Top Hat questions within each online VODCAST will be posted on Top Hat as "Homework" and will be available for you to respond to for one week from the class/Vodcast date in which they were posed.

## 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 Wednesday, April 15, 2020.**

**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 (**January 24, February 7, March 6, March 27, 2020**), 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.

Note: One of the consequences of these changes is that there will likely not be very many, if any, more research participation opportunities available this term. As such I am going to run the Experiential Learning course component this way:

Experiential Learning is still worth 4% of your overall course mark. However, if you have earned less than 4% then the missing percentage will be added to the weight of your final exam. So, for example, if you have earned 2 Experiential Learning points then you will get 2/2 EL points and your final exam will be weighted at 32% rather than as 30%. If, on the other hand, you have earned 4% already then, your will receive 4/4% on the EL portion of your mark and your final will remain at 30% weighting.

Please go to this link ([https://survey.ucalgary.ca/jfe/form/SV\\_1MGw2r5hbAatzoh](https://survey.ucalgary.ca/jfe/form/SV_1MGw2r5hbAatzoh)) and complete the few questions there to let me know how many credits you have so far and if you have any issues, questions, or concerns regarding how this course is going to proceed from here.

## 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 Jan 14	Overview of the Course	Course Outline
	R Jan 16	Challenges of Modern Life/Research Methods in Psychology	Ch 1
2	T Jan 21	Research Methods in Psychology	Ch 1
	R Jan 23	Self and Identity <i>Last day to drop a class without a penalty</i>	Ch 6
	F Jan 24	<i>Last Day to Add Courses</i>	
3	T Jan 28	Self and Identity	Ch 6



	R Jan 30	Stress and its Effects	Ch 3
	F Jan 31	<i>Fee payment deadline for Winter Term courses.</i>	
4	T Feb 4	Stress and its Effects	Ch 3
	R Feb 6	Coping	Ch 4
5	T Feb 11	Coping	Ch 4
	R Feb 13	<b>Project: Form Teams and Develop Team Goal for Project</b>	
6	<b>M Feb 16 to Feb 22</b>	<b>Reading Break – No Classes</b>	
7	T Feb 25	<b>Exam 1</b>	<b>Challenges of Modern Life and Research Methods in Psychology, Self, Stress, and Coping</b>
	R Feb 27	Psychological Disorders	Ch 14
8	T Mar 3	Psychological Disorders	Ch 14
	R Mar 5	Psychotherapy	Ch 15
9	T Mar 10	Psychotherapy	Ch 15
	R Mar 12	Social Thinking and Social Influence	Ch 7
10	T Mar 24	Social Thinking and Social Influence	Ch 7
	R Mar 26	<b>Team Project Work-Day</b>	
11	T Mar 31	<b>Exam 2</b>	<b>Psychological Disorders, Psychotherapy, Social Thinking and Social Influence</b>
	R Apr 2	Interpersonal Attraction	Ch 9 and 10
13	T Apr 7	Interpersonal Attraction	Ch 9 and 10 <b>Team Projects Due</b>
	R Apr 9	Career Choice and Work Life Balance	Ch 13
14	T Apr 14	Career Choice and Work Life Balance	Ch 13
	W Apr 15	<i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	
	Apr 18-29	<b>Final Exam</b>	<b>All material with an emphasis on material since Exam 2</b>

### **Reappraisal of Graded Term Work** <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

A student who feels that a piece of graded term work (term paper, essay, test, etc.) has been unfairly graded, may have the work reappraised as follows. The student shall discuss the work with the instructor **within ten business days** of being notified about the mark or of the item's return to the class. If not satisfied, the student shall take the matter to the head of the department offering the course **within 2 business days of receiving the decision from the instructor**, who will arrange for a reappraisal of the work **within the next ten business days**. The reappraisal will only be considered if the student provides a detailed rationale that outlines where and for what reason an error is suspected. Students in faculties without a departmental structure should take the matter to the dean, or designate, of the faculty offering the course. The result of that reappraisal will be given to the student in writing along with information about appealing the reappraisal.

*The reappraisal of graded term work may cause the grade to be raised, lowered or to remain the same. There is no limit to the number of pieces of graded work that a student may request be reappraised, however a single piece of work may only be reappraised once.*

### **Reappraisal of Final Grade** <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

In the reappraisal of a final grade, the only element that will be considered is the grading of the final assessment that makes up the final mark (e.g., final examination, final project, final paper). An exception may occur when the Instructor of Record evaluates a piece of graded term work at the end of the term; that grade may also be considered in a reappraisal of final grade.

A student seeking a reappraisal of a final grade should first attempt to review the final assessment with the department or faculty offering the course. After which, the student shall obtain a Reappraisal of Final Grade form from [ucalgary.ca/registrar](http://ucalgary.ca/registrar) (under Student Forms). The student must indicate exactly what error was made in marking the final assessment and/or in computing the final grade. The reappraisal will only be considered if the student provides a detailed rationale that outlines where and for what reason an error is suspected.

Students requesting a reappraisal of a final grade must submit their request by the following dates:

Fall Term – March 1

Winter Term – June 30

Spring Intersession – August 15

Summer Term – October 15

Supplemental Examinations: 30 calendar days from the date the examination was written

For information relating to Law, Veterinary Medicine and the Cumming School of Medicine (MD) courses, please refer to the faculty section.

The reappraisal form shall be submitted to Enrolment Services who will forward it to the department head or dean of the faculty offering the course. Reappraisals of final grades are dealt with by the head of the academic unit in consultation with members of academic staff. Normally, the department/faculty will respond to a reappraisal request within thirty calendar days of its initiation. After the reappraisal is completed, the department shall return the form to the Registrar's Office who shall inform the student in writing of the decision.

Students should be aware that the grade being reappraised may be raised, lowered or remain the same. A student may request a reappraisal of final for a maximum of two courses in one academic year (September 1 – August 31).

### **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](https://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](https://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.

### **Seating During Exams**

Instructors and exam invigilators are free to ask students to move seats before an exam begins or even during an exam. Students must comply with this request and refusal to do so may warrant a charge of academic misconduct.

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

Makeup tests/exams are **NOT** an option without the approval of the instructor. A student may be asked to provide supporting documentation for an exemption/special request for a make-up exam <https://www.ucalgary.ca/pubs/calendar/current/n-1.html>. Students who miss a test/exam have up to **48 hours** to contact the instructor to ask for a makeup test/exam. It's the instructor's discretion if they will allow a make-up 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. Once approved by the instructor 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 <https://www.ucalgary.ca/registrar/exams/deferred-exams>.

### **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

<https://www.ucalgary.ca/registrar/exams/deferred-exams>.

Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology ([psyugrd@ucalgary.ca](mailto:psyugrd@ucalgary.ca)).

### **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.

### **Wellness and Mental Health Resources**

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 **January 23, 2020**. Last day for registration/change of registration is **January 24, 2020**. The last day to withdraw from this course is **April 15, 2020**.