



PSYC 203.01

Psychology of Everyday Life

Fall 2019

Instructor: Dr. Melissa A. Boyce
Phone: 403-210-6257
Email: mboyce@ucalgary.ca
Office: A258
Office Hours: TBA

Lecture Location: MFH 162
Lecture Days/Time: 1:00 – 1:50pm
TA info: TBA

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), 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.

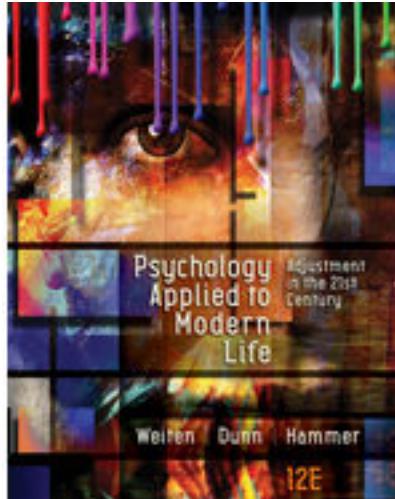
Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 200 and Psyc 201 (Principles of Psychology I and II) are prerequisite courses for all psychology courses. Psyc 203 cannot be used in place of Psyc 200 or 201.

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 (October 16 and November 20) 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.

Exam dates, weightings, and topics are as follows:

	Date	Weight	Topics
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Exam 1	October 16, 2019	25	Challenges of Modern Life and Research Methods in Psychology, Self, Stress, and Coping
Exam 2	November 20, 2019	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 Wednesday, November 27.

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.

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%

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 Friday, December 6, 2019.**

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 20, October 11, November 1, November 22, 2019**), 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: *M 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	F Sep 6	Overview of the Course	Course Outline
2	M Sep 9	Challenges of Modern Life	Ch 1
	W Sep 11	Challenges of Modern Life/Research Methods in Psychology	Ch 1
	R Sep 12	<i>Last day to drop a class without a penalty</i>	
	F Sep 13	Research Methods in Psychology <i>Last Day to Add Courses</i>	Ch 1
3	M Sep 16	Self and Identity	Ch 6

	W Sep 18	Self and Identity	Ch 6
	F Sep 20	<i>Fee payment deadline for Fall Term full and half courses.</i>	
4	M Sep 23	Self and Identity	Ch 6
	W Sep 25	Stress and its Effects	Ch 3
	F Sep 27	Stress and its Effects	Ch 3
5	M Sep 30	Stress and its Effects	Ch 3
	W Oct 2	Project: Form Teams and Develop Team Goal for Project	
	F Oct 4	Coping	Ch 4
6	M Oct 7	Coping	Ch 4
	W Oct 9	Coping	Ch 4
	F Oct 11	Coping	Ch 4
7	M Oct 14	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
	W Oct 16	Exam 1	Challenges of Modern Life and Research Methods in Psychology, Self, Stress, and Coping
	F Oct 18	Psychological Disorders	Ch 14
8	M Oct 21	Psychological Disorders	Ch 14
	W Oct 23	Psychological Disorders	Ch 14
	F Oct 25	Psychological Disorders	Ch 14
9	M Oct 28	Psychotherapy	Ch 15
	W Oct 30	Psychotherapy	Ch 15
	F Nov 1	Psychotherapy	Ch 15

10	M Nov 4	Social Thinking and Social Influence	Ch 7
	W Nov 6	Social Thinking and Social Influence	Ch 7
	F Nov 8	Social Thinking and Social Influence	Ch 7
11	Nov 10 - 16	Term Break. No Classes.	
12	M Nov 18	Team Project Work Day	
	W Nov 20	Exam 2	Psychological Disorders, Psychotherapy, Social Thinking and Social Influence
	F Nov 22	Interpersonal Attraction	Ch 9 and 10
13	M Nov 25	Interpersonal Attraction	Ch 9 and 10
	W Nov 27	Interpersonal Attraction	Ch 9 and 10 Team Projects Due
	F Nov 29	Interpersonal Attraction	Ch 9 and 10
14	M Dec 2	Career Choice and Work Life Balance	Ch 13
	W Dec 4	Career Choice and Work Life Balance	Ch 13
	F Dec 6	Career Choice and Work Life Balance <i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	Ch 13
	Dec 9-19	Final Exam	All material with an emphasis on material since Exam 2

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 (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.

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. 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).

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/assembliespoints>

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
[\(http://www.ucalgary.ca/provost/students/ombuds\)](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 **Thursday, September 12, 2019**. Last day add/swap a course is **Friday, September 13, 2019**. The last day to withdraw from this course is **Friday, December 6, 2019**.