

PSYC 203 - 1
Psychology for Everyday Life
Fall 2020

Instructor:	Sarah Thackray, MSc	Lecture Location:	Online D2L
Phone:	403-220-3769	Lecture Days/Time:	N/A
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Office:	N/A		
Office Hours:	By appointment, email to arrange a time		

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 behavior 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 <https://live-arts.ucalgary.ca/psychology/about#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, Team project	1, 2, 3, 4, 5, 6, 7	I
Critically evaluate the validity of psychological knowledge claims	Multiple choice tests, Team project	1, 2, 5, 7	I
Evaluate the strengths and weaknesses of research methodology used in psychology	Multiple choice tests, Team 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	Team project	1, 2, 3, 4, 5, 6, 7	I
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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 in a diverse world, 7 = apply psychological knowledge and skills, 8 = Demonstrate multicultural competence and awareness of issues related to equity, diversity,* and inclusion. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

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.

Course Format

Class materials will be posted to the course D2L page by the day/time of each scheduled class as per the course schedule below.

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. (2018). Psychology Applied to Modern Life: Adjustment in the 21st Century (12th Ed.), Belmont, CA: Nelson Education Ltd. (available in the university bookstore).

Assessment Methods

Exam 1 (October 15; Ch 1-4)	25%
Exam 2 (November 24; Ch 6, 7, 14, 15)	25%
Final Exam (TBD, during final exams; all chapters)	30%
Team Project (5pm on November 30)	12%
Participation	4%
Experiential Learning	4%

Exams (80% of final grade):

There are 2 midterm exams (October 15 and November 24) and a final exam (to be written during the final exam period) scheduled for this course. The first two exams are multiple choice (approximately 60 questions each), non-cumulative, and will cover text and lecture material. Exam 1 will cover chapters 1-4; Exam 2 will cover chapters 6, 7, 14, and 15. The midterms will be available on D2L for 24 hours starting at 11:00am on the date scheduled to access but will have a limit of 112.5 minutes to complete

once started (this is based on the original 75 min class plus 50% to allow for any technological issues).

Midterms must be completed within the 24-hour window; failure to do so without instructor approval will result in a grade of zero.

The final exam is cumulative with an emphasis on material since midterm 2 and will consist of multiple-choice questions. Exams in this course are closed book. The use of resources, including class notes, the textbook, online resources, and calculators is prohibited during the exams in this course. Students may not communicate with others about course material or the exam either in person or electronically during exams.

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 based on these data, and (4) mechanics and APA formatting. Further details about each of the components required for your project will be provided on D2L. The final report is due to the project's D2L drop box by 5pm on Monday, November 30.

Without instructor approval, late assignments will be penalized 10% per day, including weekends to a maximum of 7 days after which it will receive a grade of 0.

Participation (4% of final grade):

A number of short quizzes (maximum of 5 multiple choice questions) will be provided on D2L along with lecture materials. These are meant to enhance your participation, allow you to assess your mastery of course concepts, and, ultimately, to help you engage better with the material. Quizzes will be opened on D2L along with the lectures they accompany. They will only be available for 2 weeks.

Participation marks will be broken down as follows:

- At least 80% of quizzes completed = 4%
- At least 60% of quizzes completed = 3%
- At least 40% of quizzes completed = 2%
- At least 20% of quizzes completed = 1%
- Less than 20% of quizzes completed = 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 Wednesday, December 9, 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 (**September 25, October 16, November 6, November 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.

University of Calgary Academic Integrity Policy

Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

Research integrity, ethics, and principles of conduct are key to academic integrity. Members of our campus community are required to abide by our institutional code of conduct and promote academic integrity in upholding the University of Calgary's reputation of excellence. It is your responsibility to ensure that you have read and are familiar with the student academic misconduct policy:

<https://www.ucalgary.ca/policies/files/policies/student-academic-misconduct-policy.pdf>.

Department of Psychology Criteria for Letter Grades

Psychology course instructors use the following criteria when assigning letter grades:

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

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

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

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

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

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

Grading Scale

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

As stated in the University Calendar, it is at the instructor's discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

Tentative Lecture Schedule

Date	Topic/Activity	Readings
T Sep 8	University Lectures begin.	
T Sep 8	Overview of the course	Course Outline
R Sep 10	Adjusting to Modern Life	Chapter 1
T Sep 15	Research Methods in Psychology	Chapter 1
R Sep 17	Personality	Chapter 2
R Sep 17	Last day to drop a class without a penalty	
F Sep 18	Last day to add or swap a course	
T Sep 22	Personality Cont'd	Chapter 2
R Sep 24	Personality Cont'd	Chapter 2

F Sep 25	Fee payment deadline for Fall Term full and half courses.	
T Sep 29	Team Project: Form teams and develop team goal for project	
R Oct 1	Stress	Chapter 3
T Oct 6	Stress Cont'd	Chapter 3
R Oct 8	Coping	Chapter 4
M Oct 12	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
T Oct 13	Coping Cont'd	Chapter 4
R Oct 15	Exam 1	Chapters 1-4
T Oct 20	The Self	Chapter 6
R Oct 22	The Self Cont'd	Chapter 6
T Oct 27	Social Thinking and Social Influences	Chapter 7
R Oct 29	Social Thinking and Social Influences Cont'd	Chapter 7
T Nov 3	Psychological Disorders	Chapter 14
R Nov 5	Psychological Disorders Cont'd	Chapter 14
Nov 8-14	Term Break No Classes	
W Nov 11	Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
T Nov 17	Psychotherapy	Chapter 15
R Nov 19	Psychotherapy Cont'd	Chapter 15
T Nov 24	Exam 2	Chapters 6, 7, 14, 15
R Nov 26	Interpersonal Attraction	Chapters 9 and 10
M Nov 30	Team Project Due	
T Dec 1	Interpersonal Attraction Cont'd	Chapters 9 and 10
R Dec 3	Career Development and Challenges	Chapter 13
T Dec 8	Career Development and Challenges Cont'd	Chapter 13
W Dec 9	Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.	
Dec 12-23	Fall Final Exam Period	All material with an emphasis on material since Exam 2

Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor. 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 on a day/time scheduled by the instructor. 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).

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

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

Academic Accommodations

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.pdf>.

Academic Misconduct

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>

Instructor Intellectual Property

Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

Copyright Legislation

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-

[by-copyright.pdf](#)) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

Freedom OF Information and Protection of Privacy

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary

Student Support and Resources

<https://www.ucalgary.ca/registrar/registration/course-outlines>

Important Dates

The last day to drop this course with no "W" notation and **still receive a tuition fee refund is Thursday, September 17, 2020.** Last day add/swap a course is **Friday, September 18, 2020.** The last day to withdraw from this course is **Wednesday, December 9, 2020.**

<https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>