

<b>PSYC 203.02</b>	<b>Psychology of Everyday Life</b>	<b>Fall 2020</b>
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<b>Instructor:</b>	Dr. Mike Boyes	<b>Lecture Location:</b>	Web-Based
<b>Phone:</b>	403-560 9171	<b>Lecture Days/Time:</b>	T 17:00 - 19:45
<b>Email:</b>	<a href="mailto:boyes@ucalgary.ca">boyes@ucalgary.ca</a>	<b>TA info:</b>	Raksha Ramkumar
<b>Office:</b>	Zoom	<b>Email:</b>	<a href="mailto:raksha.ramkumar@ucalgary.ca">raksha.ramkumar@ucalgary.ca</a>
<b>Office Hours:</b>	By Appointment		

### 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.

This course is being run in a Web-Based hybrid format. Each week (see course schedule later in this outline) recorded Lectures in the form of Vodcasts (audio, video, and instructor video) will be assigned (except in weeks where course exams are scheduled) and posted on D2L. You will review the assigned Vodcasts within each module at times of your choosing though it is expected that you will do so in such a way as to have reviewed each week's assigned Vodcasts by 7 pm on Tuesday of the week in which they are assigned. In the last 45 minutes of the assigned course time (from 7 to 7:45PM Tuesdays) there will be a live class zoom session in which the course instructor will very briefly point to key themes in each weeks' assigned content as covered in the linked Vodcasts for that content module, briefly identify some key "take-aways" that students could potentially apply to their own situations and experiences, followed by a (student) question and answer period.

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)
Explain the different influences on development of self and relationships with others	Multiple-choice tests, Team project	1, 2, 3, 4, 5, 6, 7, 8	I
Identify and address cognitive biases that can lead to stereotyping, prejudice, and discrimination	Multiple-choice tests	1, 2, 5, 7, 8	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, 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

This course will use a hybrid format. Some lectures will be taught live via Zoom during each scheduled class as marked by asterisks in the course schedule below and will be recorded and posted to D2L after class. Other class materials will be posted to the course D2L page by the day/time of each scheduled class as per the course schedule.

**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.

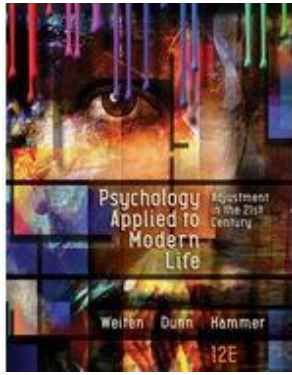
Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 200 and Psyc 201 (Principles of Psychology I and II) are prerequisite courses for all psychology courses. Psyc 203 cannot be used in place of Psyc 200 or 201.

### Prerequisites

There are no prerequisites to take this course.

### Recommended 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). This text is optional and intended as a supplement to the Vodcast content modules in this course. Exam questions will be based on material covered in the Vodcast content modules.



## Assessment Methods

### Exams (74% of final grade)

There are two exams (October 13 and November 17) 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 Vodcast content and Zoom session material (including any films and other demonstrations). The final exam is cumulative 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.

The exams in this course will be accessed and written through D2L. As per University requirements you will be given 50% additional time beyond what would have been provided if the exams were written in an in-class setting. As well, you will have a 24-hour window within which you will be able to access, write and submit each exam. Exams will be available at 9 AM on the date they are scheduled (see table below) and will remain available for 24 hours until 9 AM the next day. You will have UP TO 2 hours to complete and submit each exam once you access it. The date and start time of the Final Exam will be announced once it is set by the Exams Office.

Exam dates, weightings, and topics are as follows:

	Date	Weight	Topics
Exam 1	October 13, 2020	22%	Challenges of Modern Life and Research Methods in Psychology, Self, Stress, and Coping
Exam 2	November 17, 2020	22%	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

### Identity Assignment (8% of grade)

As part of this assignment you will:

- 1) Complete a short online measure to determine your current Identity Style
- 2) Participate in a sort group discussion with a small number of randomly assigned other students from the class regarding how each of you goes about deciding something like how you plan to vote in an

election.

- 3) Consider how people operating from each of three possible Identity Styles go about making life decisions.
- 4) Write a paper (on your own) describing each identity style and how people with each style approach making life decisions (illustrated with examples from your group discussion). As well, include a section in your paper describing how people operating within a Diffused Identity Style might be nudged towards considering and using an Informational Style.

Your paper will be 2 to 3 pages double spaced with 12 pt font and 1" margins. Each paper will be graded for (1) its description of the Identity Styles, (2) the actions it recommends to nudge Diffused styled individuals towards an Informational Style and (3) its presentation clarity and creativity (a rubric will be included with the detailed assignment description on D2L). Due to the Assignment's D2L drop box by 5pm on Tuesday Oct 20

### **Team Project (14% 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 Dec 1.**

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.

Teams are advised to conduct their meetings with online formats using email, conference calls etc. Zoom, which allows for virtual meetings via combinations of computers, phones and other devices such as tablets, has a free version which works well for small team meetings.

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.

### **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, Dec 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.

### **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-).

### Topic Coverage Schedule and Scheduled Course Events

Week	Date	Topic	Suggested Readings
1	T Sept 8	Vodcasts: Overview of the Course -- Paradox of Progress	Course Outline and Ch 1
		Paradox of Progress Zoom Session (Q and A) 7pm (45 minutes)	
2	T Sept 15	Vodcasts: Research Methods in Psychology	Ch 1
		Research Methods in Psychology: Zoom Session (Q and A) 7pm (45 minutes)	
	R Sept 17	Last Day to Drop a Class without financial penalty	
	F Sept 18	<i>Last Day to Add or swap a Courses</i>	
3	T Sept 22	Vodcasts: Personality	Ch 2
		Personality: Zoom Session (Q and A) 7pm (45 minutes)	
	F Sept 25	<i>Fee payment deadline for Winter Term courses.</i>	
4	T Sept 29	Vodcasts: Self and Identity	Ch 3
		Self and Identity: Zoom Session and Identity Group Discussion for Identity Assignment	Ch 6
5	T Oct 6	Vodcasts: Life Design and Review of Course so Far	
		Life Design and Review of Course so Far: Zoom Session (Q and A) 7pm (45 minutes)	
6	T Oct 13	<b>Exam 1</b>	<b>Challenges of Modern Life and Research Methods in Psychology, Self and Identity, Life Design.</b>
7	T Oct 20	Vodcasts: Social Thinking and Social Influence	Ch 7
		Social Thinking and Social Influence Zoom Session (Q and A) 7pm (45 minutes) <b>Team Project: First Team Meeting to Develop Team Goal for Project</b>	<b>Identity Assignment Papers Due into D2L Drop Box by 5PM</b>
8	T Oct 27	Vodcasts: Stress	Ch 3

		Stress Zoom Session (Q and A) 7pm (45 minutes)	
9	T Nov 3	Vodcasts: Coping Coping Zoom Session (Q and A) 7pm (45 minutes)	Ch 4
10	<b>M Nov 8 to Nov 14</b>	<b>Reading Break – No Classes</b>	
11	Nov 17	<b>Exam 2</b>	<b>Social Thinking and Social Influence, Stress, Coping</b>
12	T Nov 24	Vodcasts: Psychological Disorders Psychological Disorders: Zoom Session (Q and A) 7pm (45 minutes)	Ch 14
13	T Dec 1	Vodcasts: Psychotherapy Psychotherapy Zoom Session (Q and A) 7pm (45 minutes)	Ch 15 <b>Team Assignment Papers Due into D2L Drop Box by 6 pm (ONE per team)</b>
14	T Dec 8	Vodcasts: Life Design and Course Review Life Design and Course Review Zoom (Q and A) 7pm (45 minutes)	
	W Dec 9	<i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	
	Dec 23 to 23	<b>Final Exam</b>	<b>All material with an emphasis on material since Exam 2</b>

### 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/](http://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>.

### 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](mailto: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 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](http://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>

### **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:**  
**Student Union Faculty Rep.:**

Phone: 403-220-3911

[suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

[arts1@su.ucalgary.ca](mailto:arts1@su.ucalgary.ca)

### **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 for registration/change of registration 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>