

**PSYC 203(01)**
**Psychology for Everyday Life**
**Fall 2023**
**Instructor:** Dr Jhen V Shankara

**Lecture Location:** Online Asynchronous

**Phone:**
**Lecture Days/Time:** Online Asynchronous

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**Office:** TBD

**Office Hours:**
**TBD**

### 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. An emphasis is placed on developing the knowledge and skills to become effective consumers of psychological theory and research, and to be able to apply this knowledge and the critical thinking skills developed in research towards one's daily environment. Through a focus on stressors and stimuli that arise in everyday life, and the knowledges and methods that are used to study, understand and adapt to them, this course will demonstrate some of the ways in which psychology can be used to benefit students' wellbeing 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 and its demands
- Current theories and approaches for understanding human behaviour and mental health
- The research methods used in psychology and the critical thinking skills they support

### Course Learning Outcomes

The Department of Psychology is committed to student knowledge and skill development. The table below lists the key learning outcomes for this course, the program-learning outcomes they facilitate (see <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)
Understand key concepts and theories in selected areas of psychology with a focus on areas relating to coping, resilience, development of identity, interpersonal relationships, and mental health.	Multiple choice exams	1,5	I
Understand the role of research in building and applying psychological knowledge. Explain why Psychology is a science and the basic principles of research methods and practices (e.g., descriptive statistics, inferential statistics, and experimental design, research methods, hypothesis testing and critical thinking).	Multiple choice exams	1,2,5,7	I

Explain each of the major schools of thought in Psychology as well as the key historical figures associated with each. And how these schools of thought relate to other aspects of the course	Multiple choice exams	1,5,6,7	I
Acquire the knowledge and skills needed to locate and interpret psychological information, evaluate the soundness and rigour of published data and research and apply it appropriately to one's own or another's life situation	Multiple choice exams	1,2,5	I
Understand the key differences between scientific and pseudo-scientific reasoning.	Multiple choice exams	1,2,5	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 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**

This is an online asynchronous course. Any changes will be notified through D2L and email. Lecture material will be posted to the course D2L page by Mondays 18:00 hr of each week. The lectures will be a mix of video recordings and annotated lectures slides.

### **Prerequisites**

There are no prerequisites to take this course.

### **Recommended Text**

Weiten, W., Dunn, D. S., and Hammer, E. Y. (2017). Psychology Applied to Modern Life: Adjustment in the 21st Century (12th Ed.), Belmont, CA: Nelson Education Ltd. (some physical available in the university bookstore, online from the bookstore, for rental online, and from other sources such as Amazon). There are multiple cost-effective online options for this book that I would recommend looking into.

### **Assessment Methods**

- (1) Midterm Exam #1 30%
- (2) Midterm Exam #2 30%
- (3) Final Exam (scheduled by the registrar) 38%
- (4) Experiential Learning/Research evaluation 2%

### **(1) Midterm Exam #1 – Friday, October 6th, 2023**

- Could include any material covered in class as well as from the assigned reading.

- 75 minutes will be allocated for the midterm (50% extra time has been allotted to help deal with any technical issues that could occur)
- Chapters include: 1 (Intro Psychology), 2 (Personality), 6 (The Self) and 8 (interpersonal communication)
- Comprised of a mix of multiple-choice questions
- Worth 30% of the final grade
- Midterm 1 will be Online on D2L for 24 hours. The exam will become available at 9pm on Oct 5<sup>th</sup> and close at 9pm on Oct 6<sup>th</sup>. Once you open the exam you will have 75 minutes on the timer to complete it.

### **(2) Midterm Exam #2 - Monday, November 6<sup>th</sup>, 2023**

- Could include any material covered in class as well as from the assigned textbook chapters
- 75 mins will be allocated for the midterm (50% extra time has been allotted to help deal with any technical issues that could occur)
- Chapters include: 3 (Stress), 4 (Coping), 7 (Social thinking)
- Comprised of a mix of multiple-choice questions
- Worth 30% of the final grade
- Midterm 2 will be Online on D2L for 24 hours. The exam will become available at 9pm on Nov 5<sup>th</sup> and close at 9pm on Nov 6<sup>th</sup>. Once you open the exam you will have 75 minutes on the timer to complete it.

### **(3) Final Exam**

Scheduled by the registrar during the Fall exam period.

- 2 hours will be allocated for the exam
- The final exam IS CUMULATIVE
- Could include any material covered in class as well as from the assigned textbook chapters
- Chapters include: 5 (Psychology and Health), 13 (Careers and work), 14 (Disorders), 15 (Psychotherapy), plus questions from any lectures covered prior.
- Comprised of a mix of multiple-choice questions

Once approved by the course instructor, and at their discretion, alternative arrangements for missed assessments may be considered <https://www.ucalgary.ca/pubs/calendar/current/g-1-2.html>. Students may be asked for documentation <https://www.ucalgary.ca/pubs/calendar/current/m-1.html>.

### **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/legal-services/sites/default/files/teams/1/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**

This is an online asynchronous course starting Wednesday, Sept 6<sup>th</sup>, 2023, with materials posted (exceptionally for this week) on Wednesday the 6<sup>th</sup>. For every week following until the end of course lecture material will be posted on the Monday of every week. Please Note: The below calendar is by week (Week of Sept 11<sup>th</sup> etc.) and each row provides a tentative schedule of the material that will be posted for that entire week (and not just for the Monday).

Date	Topic/Activity/Readings/Due Date
<b>W Sep 6</b>	<b>First day of lectures</b>
Week of	Lecture 1: Introduction to course
Sept 4 <sup>th</sup>	Lecture 2: Introduction to Psychology/Modern Life (Chapter 1)

M Sep 11 Week of Sept 11 <sup>th</sup>	Lecture 3: Introduction to Psychology/Modern Life (Chapter 1) Lecture 4-5: Personality (Chapter 2)
<b>F Sep 15</b>	<b>Last day to drop a class without a penalty</b>
<b>M Sep 18</b> Week of Sept 18 <sup>th</sup>	<b>Last day to add or swap a course</b> Lecture 6-8: Personality (Chapter 2)
<b>M Sep 25</b> Week of Sept 25 <sup>th</sup>	<b>Fee payment deadline for Fall Term full and half courses.</b> Lecture 9-11: The Self ( Chapter 6)
<b>M Oct 2</b>	<b>UNIVERSITY CLOSED National Day for Truth and Reconciliation</b>
W Oct 4 Week of Oct 2 <sup>nd</sup>	Lecture 12 : Interpersonal Communication (Chapter 8)
<b>F Oct 6</b>	<b>MIDTERM 1 (Chapters 1,2,6,8)</b>
M Oct 9 Week of October 9 <sup>th</sup>	Lecture 13 -14: Stress (Chapter 3)
<b>W Oct 11</b>	<b>UNIVERSITY CLOSED Thanksgiving Day</b>
M Oct 16 Week of Oct 16 <sup>th</sup>	Lecture 15-17: Stress and Coping (Chapter 4)
M Oct 23 Week of Oct 23 <sup>rd</sup>	Lecture 18-20: Social thinking (Chapter 7)
M Oct 30 Week of Oct 30 <sup>th</sup>	Lecture 21-23: Psychology and Physical health (Chapter 5)
<b>M Nov 6</b> <b>Week of</b> <b>Nov 6<sup>th</sup></b>	<b>Midterm 2 (Chapters 3,4,7)</b>  Lectures 24 -25 : Psychological Disorders (Chapter 14)
<b>Nov 12-18</b>	<b>UNIVERSITY CLOSED Remembrance Day (Observed Monday Nov 13).</b>
<b>M Nov 20</b>	<b>Term Break No Classes</b>
W Nov 22 Week of Nov 20 <sup>th</sup>	Lecture 26 : Psychological disorders (Chapter 14) Lecture 27: Psychotherapy (Chapter 15)

M Nov 27 Week of Nov 27 <sup>th</sup>	Lecture 28-30 : Psychotherapy (Chapter 15)
M Dec 4	Lecture 31-32: Careers and Work (Chapter 13)
Dec 9-20	<b>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</b>
	Fall Final Exam Period
TBD	Final Exam (Chapters 5, 13, 14, 15)

### Course Credits for Research Participation

#### Experiential-Learning/Research-Evaluation Course Component (2% of final grade)

This experiential-learning/research-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 evaluating a research talk from a suite of options (Option 2: Research 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 evaluating a research talk from a psychological perspective.

**Option 1: Research Participation.** Students can complete this course component by creating an RPS 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 the 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 6<sup>th</sup>, 2023.**

**Option 2: Research Evaluations.** Students can complete this course component by completing a Qualtrics survey in which they watch and answer questions about a research talk. Students earn 0.5% (0.5 credits) for each acceptable evaluation. Students can submit only two evaluations per course per due date **October 14 and November 25**; 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., 1% through Option 1 and 1% through Option 2, or vice versa). Given that each research talk evaluation counts for 0.5%, students who complete, for example, 1% through Option 1 would need to complete two research evaluations to successfully complete all 2% of this course component. As mentioned under Option 2, students can only submit two research evaluations per due date per course and late submissions will not be accepted. Thus, students who opt to combine Options 1 and 2 must plan carefully.

### 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 Test/Exam**

Makeup tests/exams are **NOT** an option without the approval of the instructor <https://www.ucalgary.ca/pubs/calendar/current/g-1-1.html>. 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 [Deferred Final Exams | University of Calgary \(ucalgary.ca\)](#). 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 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 <https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/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

([https://library.ucalgary.ca/services/copyright?\\_gl=1\\*\\_bcjlpn\\*\\_ga\\*OTY1ODc0Njg0LjE2NjkxNTA1NTM.\\*\\_ga\\_X4GN9Y4W7D\\*MTY3Nzc5MjM3Ni4xNy4xLjE2Nzc3OTI4MDYuMC4wLjA](https://library.ucalgary.ca/services/copyright?_gl=1*_bcjlpn*_ga*OTY1ODc0Njg0LjE2NjkxNTA1NTM.*_ga_X4GN9Y4W7D*MTY3Nzc5MjM3Ni4xNy4xLjE2Nzc3OTI4MDYuMC4wLjA)) 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 14<sup>th</sup>, 2023**. Last day add/swap a course is **Friday, September 15<sup>th</sup>, 2023**. The last day to withdraw from this course is **Wednesday, December 6<sup>th</sup>, 2023**.