

PSYC 203-02
Psychology for Everyday Life
Winter 2024

Instructor:	Dr. Greta Chan	Lecture Location:	ENA 201
Phone:	N/A	Lecture Days/Time:	Tu/Th 3:30-4:45 p.m.
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Course Description

This course will provide students with an understanding of the key theories and discoveries in coping and resilience, identity development, interpersonal relationships, psychopathology, mental health, emotion, and wellness. 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.

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)
Evaluate the extent to which biological versus environmental factors interact to influence one's adjustment and wellbeing	exam	1, 2, 5	I, I, I
Identify and address cognitive biases that can lead to stereotyping, prejudice, and discrimination.	exam	1, 2, 5	I, I, I
Explain the different influences on development of self and relationships with others	exam	1, 2, 5	I, I, I
Identify and address stressors within your own personal and professional life and develop techniques to build personal resilience to those stressors.	exam	1, 2, 5	I, I, 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 the Métis Nation of Alberta (Districts 5 and 6).

Course Format

This is an in-person class held on campus.

Prerequisites

None

Required Text

Weiten, W., Dunn, D. S., and Hammer, E. Y. (2023). Psychology Applied to Modern Life: Adjustment in the 21st Century (13th Ed.), Boston, MA: Cengage Learning

E-book bundled with Mind Tap can be purchased at the bookstore.

Assessment Methods

Method	Chapters	Format	Duration (minutes)	Date	Weight
In-Class Exam 1	Chapters 1, 3, 4, 6, 8, 16 PowerPoint	MC	75 mins	Feb 1	30%
In-Class Exam 2	Chapters 7, 9, 10, 13 PowerPoint	MC	75 mins	Mar 12	30%
In-Class Exam 3	Chapters 2 & 14	MC	120 mins	To be scheduled by the Registrar	38%
Research Participation	See the section "Course Credits for Research Participation" in this outline.				2%

Exams (98%)

- There will be three in-class M.C. exams.
- Exams 1 & 2 weight 30% each; exam 3 weights 38%.
- Exams in this course are closed book. The use of resources, including class notes, the textbook, and online resources, are 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.

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%

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/Due Date (revise and add columns & rows as necessary)
T Jan 9	First day of lectures Chapter 1: Adjusting to Modern Life Chapter 6: The Self
R Jan 11	Chapter 8: Interpersonal Communication
T Jan 16	Chapter 8: Interpersonal Communication
R Jan 18	Chapter 3: Stress and Its Effects
F Jan 19	Chapter 4: Coping Processes
T Jan 23	Chapter 4: Coping Processes
R Jan 25	Chapter 16: Positive Psychology
F Jan 26	Chapter 16: Positive Psychology
T Jan 30	Review
R Feb 1	In-class Exam 1
T Feb 6	Chapter 9: Friendship & Love
R Feb 8	Chapter 9: Friendship & Love
T Feb 13	Chapter 10: Marriage & Family
R Feb 15	Chapter 10: Marriage & Family
Feb 18-24	Term Break, no classes
T Feb 27	Chapter 13: Careers & Work
R Feb 29	Chapter 7: Social Thinking & Social Influence
T Mar 5	Chapter 7: Social Thinking & Social Influence
R Mar 7	Review
T Mar 12	In-class Exam 2
R Mar 14	Chapter 2: Theories of Personality
T Mar 19	Chapter 2: Theories of Personality
R Mar 21	Chapter 14: Psychological Disorders
T Mar 26	Chapter 14: Psychological Disorders
R Mar 28	Chapter 14: Psychological Disorders
T Apr 2	Chapter 14: Psychological Disorders
R Apr 4	Chapter 14: Psychological Disorders
T Apr 9	Review Winter Term Lectures End. Last day to withdraw with permission from Winter Term half courses.
Apr 12-23	Winter Final Exam Period In-class Exam 3 (to be scheduled by the Registrar)

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 April 9, 2024.**

Option 2: Research Evaluations. Students can complete this course component by creating an RPS account at <http://ucalgary.sona-systems.com> and 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 **February 10 and March 23**; 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**

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 <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) 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, January 18th, 2024**. Last day add/swap a course is **Friday, January 19th, 2024**. The last day to withdraw from this course is **Tuesday, April 9th, 2024**.