

PSYC 203-?		Psychology for Everyday Life Dual Credit		Winter 2024	
<b>Instructor:</b>	Dr. Mike Boyes ( <a href="mailto:boyes@ucalgary.ca">boyes@ucalgary.ca</a> )	<b>Class Location:</b>	Online with Virtual Office Hours Via Zoom		
<b>High School Teacher:</b>	TBA				
<b>Office Hours:</b>	By appointment (email, phone, or Zoom)	<b>Class Days/Time:</b>	Wednesdays 5 to 6:30pm (Feb 7 start)		

**NOTE:** This course is being offered in an online-course delivery format via Vodcasted lectures posted to the course D2L site and virtual office hours via Zoom. Please make a commitment to regularly check the News Feed on our D2L course site for updates and additional information. If possible, we may also include a small number of optional on campus sessions for students wishing to attend on campus (though the online-only course option will remain available throughout the entire course).

The lectures for our class will be presented in Vodcast form which means that they will be posted on our D2L site as podcasts with the power points linked in as video (thus Vodcasts). I will make every effort to have each lecture posted before the week in which they are scheduled. Zoom sessions will be set up and run weekly during which Mike Boyes (the University course Instructor) will make course announcements, discuss topics from the current content modules and be available to answer questions relating to the course and to the assigned Vodcast contents for each week of the course. These meetings will be recorded and posted as podcasts on D2L after they conclude for those unable to attend. Over the term we may meet once or twice at the University of Calgary and have a standard lecture in a regular lecture hall so you can get a feel for what that part of the University experience is like. For those unable to attend the on-campus classes Vodcast versions of the same material will be available on our D2L course website. Possible live lecture dates will be announced at the start of the course.

### 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 behaviour and mental health
- The research methods used in psychology and the critical thinking skills they support

This course will be run as a dual credit course open only to students from Rocky View School Division. Students will earn 5 Psyc 30 credits from their high school along with 3 University of Calgary credits in PSYC 203. This course will be offered in a mixed online format with 2-hours of lectures per content module at the overall rate of about two modules per month accessed as Vodcasts (video-podcasts) via the course D2L site. On Wednesdays, most weeks (see course schedule), the class will meet via Zoom. The purpose of these sessions is to answer questions arising from the Vodcast content module assigned for that week and to elaborate on the concepts, examples, and issues raised. Any material covered in the Wednesday class meetings could be part of course assessments.

### 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 [psyc.ucalgary.ca/undergraduate/program-learning-outcomes](https://psyc.ucalgary.ca/undergraduate/program-learning-outcomes)), and the expected level of achievement.

Course Learning Outcomes		PLO(s)	Level(s)
Explain the different influences on development of self and relationships with others	Multiple-choice tests, assignments	1, 2, 4, 5, 7, 8	I
Identify and address cognitive biases that can lead to stereotyping, prejudice, and discrimination	Multiple-choice tests, assignments	1, 2, 5, 7, 8	I
Identify and address stressors within your own personal and professional life and develop techniques to build personal resilience to those stressors	Vodcasts Multiple-choice tests	1, 2, 7	I
Generate and work toward solutions for personal goals using psychological research	Assignments	1, 2, 4, 5, 7	I
Identify and source appropriate and reliable information about adjustment and wellbeing	Vodcasts and Assignments	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. 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).

**Note:** Psyc 203 is the first core course toward the embedded certificate in mental wellbeing and resilience (<https://www.ucalgary.ca/mentalhealth/embedded-certificate>).

**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 the prerequisite courses for all psychology courses except Psyc 305. Psyc 203 cannot be used in place of Psyc 200 or Psyc 201.

### Prerequisites

*Normally*, students must have taken at least one psychology course at the high school level (Personal Psych 20, General Psych 20, Experimental Psych 30, Abnormal Psych 35). The course is open to students in grades 11 or 12, though grade 10 students will be considered in consultation with high school teachers and advisors. There are no university prerequisites to take this course.

### Suggested Readings

See Suggested Readings List available on the course D2L site.

### Assessment Methods

**Exams (2 midterm exams x 28% each = 56% of final grade; final exam = 30%; total = 86% of final grade)**

The in-term multiple-choice exams are non-cumulative and will cover class zoom and vodcast material (including films and other demonstrations). For specific topics covered on Exam 1 and 2, please see the table below. The final exam is worth 30% of your mark. This exam is cumulative and will consist of multiple-choice questions. No resources are allowed for any exams. Exams will be prepared, and scoring reviewed, by the University course instructor.

**Exam dates, weightings, and topics are as follows:**

	Date	Weight	Topics
Exam 1	March 13, 2024	28%	Introduction to Psychology, Personality, Self and Identity
Exam 2	April 24, 2024	28%	Social Thinking and Social Influence, Stress, and Coping
Exam 3	Week of May 20, 2024	30%	Psychological Disorders, Therapy, and all material since the start of the course

**Assignments (3 class assignments worth 6%, 2%, and 6% = 14% of final grade)**

There will be three assignments, which in total will comprise 14% of your grade. These assignments are intended to help you apply the concepts that you have learned in the course. You will work on these

assignments individually. These assignments are to be submitted to their D2L drop boxes and will be graded by your high school Psychology teacher or the course instructor.

The topics of each class assignment are as follows:

Assignment 1: Identity (Due Mar 8 by 5PM)	6%
Assignment 2: Stress and Coping (Due Mar 19 by 5PM)	2%
Assignment 3: Self Reflection/Goal Setting (Due May 24 by 5PM)	6%
<b>Total 14%</b>	

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>.

### 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 in this course, final percentage scores will be rounded up (from .5 to the next whole number) or down.

### Tentative Class Schedule

Week	Zoom Dates	Topic	Readings, Assignment Due Dates
1	Feb 7	Introduction to the Course and Paradoxes of Progress	Course Outline See suggested readings list (on D2L)
2	Feb 14	Research Methods in Psychology	See suggested readings list
3	Feb 21	Personality	See suggested readings list
4	Feb 28	Self and Identity	See suggested readings list
5	Mar 6	Life Design (Applied Identity) and Review of Course So Far	<b>Assignment 1, On Identity, Due 5pm Mar 8 in Drop Box</b>
6	Mar 13	<b>Exam 1 All exams will be written online using the D2L exam feature.</b>	Introduction, Research Methods, Personality, Self and Identity
7	Mar 20	Stress	See suggested readings list
March 23 to April 8		WIC Spring Break (if your break is different we can make adjustments)	
7	Apr 10	Coping	See suggested readings list
8	Apr 17	Social Thinking and Social Influence	See suggested readings list <b>Assignment 2, Stress and Coping, Due 5pm Apr 19 in Drop Box</b>
9	April 24	<b>Exam 2</b>	Social Thinking and Social Influences, Stress, Coping
10	May 1	Psychological Disorders	See suggested readings list
11	May 8	Psychotherapy	See suggested readings list
12	May 15	Course Review	
13	Week of May 20	<b>Final Exam</b>	Psychological Disorders Psychotherapy, Career Development and Cumulative

			Component <b>Self-Reflection Paper Due 5 pm May 24 in Drop Box</b>
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**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>

### **Academic Accommodation**

Students seeking an accommodation based on disability or medical concerns should contact their high school teacher or the course instructor. If there are accommodations required (e.g., IPP etc.) in relation to a student's attendance at the University of Calgary classes in this course these should first be communicated to their high school teacher who can, if necessary, communicate them to the University instructor who will, if possible, provide the accommodations or, if necessary, enlist the assistance of Student Accessibility Services in making the require accommodations.

You are also required to discuss your needs with your teacher no later than 14 days after the start of this course.

### **Absence From a Test/Exam**

If a scheduled exam is missed the course instructor and high school teacher may require the student 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 their high school teacher or their university instructor in order to schedule a makeup test/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. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam.

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official January and June (high school) examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered. Students are advised to wait until the final examination schedule is posted before making any travel arrangements.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

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

### **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/>).

### **Course Credits for Research Participation**

Extra Research Participation Course Credit is Not Offered for this Course.

### **Evacuation Assembly Point**

In case of an emergency evacuation during on campus classes, 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/assemblypoints>

Please check this website and note the nearest assembly point for this course, you will be told where the assigned assembly point is during the first few minutes of each on campus class.

### **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 [psychclubuc@gmail.com](mailto:psychclubuc@gmail.com).

**Student Union VP Academic:** Phone: 403-220-3911 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

**Student Union Faculty Rep.:** [arts1@su.ucalgary.ca](mailto:arts1@su.ucalgary.ca)

### **Student Ombudsman's Office**

Dual Credit students are encouraged to discuss any issues with which they require assistance with their high school principal or with a high school guidance counselor. Alternatively, 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](mailto:ombuds@ucalgary.ca) (<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: Withdrawal from the Course**

Students may withdraw from the course up to the week before the final exam and have their registration in the course deleted. After that point and up to the last day of classes they can withdraw from the course and receive a W on their University of Calgary transcript. Later withdrawal (With no W)

MAY be possible on medical grounds. Students considering withdrawing from the course should discuss this with their high school teacher, the course instructor or a high school guidance counselor.