



UNIVERSITY OF CALGARY

Winter 2022

FACULTY OF ARTS

Department of Sociology

Department of Sociology Website: <https://soci.ucalgary.ca/>

COURSE TITLE:			
Course Number	LWSO 337: Self-Regulation		
Pre/Co-Requisites	LWSO 201 and 203		
Instructor Name	Matt McManus	Email	Matthew.mcmanus@ucalgary.ca
Instructor Email Policy	Feel free to contact me over email at any time. Please put your course number and section in your email's subject line, and include a proper salutation, your full name, student ID, and a proper closing in the body of your email. I do not answer emails over the weekend. Please take that into account when emailing me questions pertaining to assignments or exams. If you have a course-related question, please check the course outline first. Please do not use e-mail as a replacement for a meeting, if there is something you want to discuss. Questions about the course content and readings, concerns about grades, or any other personal issues should be dealt with during my office hours.		
Office Location	NA	Office Hours	Wednesdays 1:00 PM-2:30 PM
Telephone No.	613-879-9371		
TA Name		TA Email	
TA Office Location	Online	TA Office Hours	TBD
Class Dates	January 10 – April 29, 2022		
Class Times	Tuesday and Thursday 12:30 – 13:45		
Class Location	Online		

Course Description

This course is intended to examine the way individuals interact with power and internalize its expectations through self-regulation. It is an interdisciplinary course, meaning we will be examining the different forms power can take in a variety of settings and the way it expresses itself both repressively and productively. Beyond just learning how to describe and define self-regulation, we will also be assessing it from a moral standpoint. Are these forms of internalized self-regulation necessarily bad? Could there be forms which might not only be just, but necessary to hold society together? What kinds of societies might be less repressive, and freer?

Course Objectives/Learning Outcomes

This course will introduce some of the basic techniques by which power instantiates itself and results in different kinds of subject formations and different kinds of self-regulation. Over the course of the semester students will learn:

- What forms power and self-regulation can take
- How to examine self-regulation theoretically and practically
- Normatively evaluate these forms of self-regulation
- Reach conclusions about the forms of self-regulation that are experienced in a Canadian setting

Course Format

This course will be online for the duration of the Winter Semester. It will consist of bi-weekly synchronous lectures, and an office hour session where I will make myself available to students for questions and assistance. Students are expected to attend all lectures and complete all assignments unless they are unable to do so for health or personal reasons. Course readings will be made available online or via the University of Calgary bookstore. Assignments will also be turned in and graded online.

Learning Resources

The standard texts for this class will be Michel Foucault's *Discipline and Punish*. This will be supplemented by weekly readings discussing different ways of approaching law and society from distinct theoretical and methodological perspectives. Students are responsible for completing the readings on time and coming to class to discuss them.

Schedule of Lectures and Reading

Week I Jan 10th-14th: Introduction

No Readings

Week II Jan 17th-21st: Kant and Liberation from Heteronomy

Read Immanuel Kant. "What is Enlightenment?"

Read Michel Foucault, *Discipline and Punish*, Part I Chapter One

Week III Jan 24th-28th: Karl Marx on Alienation

Read Karl Marx, "Selections from the *Economic and Philosophical Manuscripts*"

Read Michel Foucault, *Discipline and Punish*, Part I Chapter Two

Week IV Jan 31st-Feb 4th: Karl Marx on "Real Abstractions" and Regulation for Capital

Read Karl Marx, "Introduction to the *Contribution to the Critique of Political Economy.*"

Read Michel Foucault, *Discipline and Punish*, Part II Chapter One

Week V Feb 7th-Feb 11th: Nietzsche on the Genealogy of Moral

Read Friedrich Nietzsche, "Introduction to *The Genealogy of Morality.*"

Read Michel Foucault, *Discipline and Punish*, Part II Chapter Two

Week VI Feb 14th-Feb 18th: Nietzsche on Resentment and Becoming Who You Are

Read Friedrich Nietzsche, "Selections from *Twilight of the Idols*"

Read Michel Foucault, *Discipline and Punish*, Part III Chapter One

Week VII Feb 21st-25th: Reading Week (No Classes)

No Readings

Week VIII Feb 28th-March 4th: Louis Althusser on Ideology and Interpellation

Read Althusser. "Ideology and Ideological State Apparatuses"

Read Michel Foucault, *Discipline and Punish*, Part III Chapter Two

Week IX Mar 7th-11th: Foucault on Discourse and Power

Continue Michel Foucault, *Discipline and Punish*

Week X Mar 14th-18th: Foucault on Discipline, Prisons and Self-Regulation

Read Alan Hunt "Foucault's Expulsion of Law: A Retrieval."

Read Michel Foucault, *Discipline and Punish*, Part III Chapter Three

Week XI Mar 21st-25th: Gilles Deleuze and Societies of Internalized Control

Read Gilles Deleuze, "Postscript on Societies of Control"

Read Michel Foucault, *Discipline and Punish*, Part IV Chapter One

Week XII Mar 28th-April 1st: Gender and Power (Guest Lecture by Marion Trejo, PhD Candidate at York University)

Read Judith Butler, "Chapter One of *Gender Trouble.*"

Read Michel Foucault, *Discipline and Punish*, Part IV Chapter Two

Week XIII April 4th-8th: Race and Power

Read Constance Backhouse, "Racial Segregation in Canadian Legal History"

Complete Michel Foucault, *Discipline and Punish*

Week XIV April 11th: Neoliberalization and the Internalization Of Economic Reasoning
Read Wendy Brown, "Chapter Two of *States of Injury*."

Methods of Assessment and Grading Weights

Course Requirements and Evaluation

Short Essay, Due Tuesday April 12th: 50%

First Exam, Due Tuesday February 1st: 25%

Second Exam, Due During Exam Period: 25%

Short Essay: Students will prepare an 8 page essay on a topic related to self-regulation. It can either be a theoretically oriented paper, or one that applies theory to a case study. The topic is at the student's discretion, but it's advised you ask for advice if you need help. The paper will include a title page and bibliography which will not be included in the 8 page expectation. It will be graded based on the level of polish, quality of argumentation, and overall degree of care put into the assignment.

Exams: The two exams will take during the winter semester, with the final one occurring during the Registrar-scheduled exam period. Both exams will consist of multiple choice questions and several short answer questions. Students will be evaluated on their understanding of the course material and the capacity to apply it in a rigorous and creative manner. The first exam will be due on Tuesday, February 1st. It will be made available for a 24 hour period starting at 11:59 PM on Monday, January 31st and ending at 11:59 PM on Tuesday, February 1st, and must be completed within three hours of starting the exam. The second will be during the Registrar-scheduled final exam period. The 24 hour window for that exam will end with the Registrar-scheduled exam period.

Assignment Submission and Late Penalties: Assignments are to be handed in to the Dropbox the day they are due. Late assignments may be submitted but will be penalized per day for lateness. Assessing this will be subject to Professor's discretion but might involve: unexpected tragedies, important personal events, and, in very rare cases, work related disruptions.

Exam Information

The two exams will consist of multiple choice and short answer questions.

Grading Scale

Letter grades will be assigned and submitted to the registrar based on the following scale:

Grade	Percent range	Grade Point Value	Description
A+	96 – 100%	4.0	Outstanding performance
A	90 – 95.99%	4.0	Excellent performance
A-	85 – 89.99%	3.7	Approaching excellent performance
B+	80 – 84.99%	3.3	Exceeding good performance
B	75 – 79.99%	3.0	Good performance
B-	70 – 74.99%	2.7	Approaching good performance
C+	67 – 69.99%	2.3	Exceeding satisfactory performance
C	63 – 66.99%	2.0	Satisfactory performance
C-	59 – 62.99%	1.7	Approaching satisfactory performance
D+	55 – 58.99%	1.3	Marginal pass. Insufficient preparation for subsequent courses in the same subject
D	50 – 54.99%	1.0	Minimal Pass. Insufficient preparation for subsequent courses in the same subject.
F	<50%	0	Failure. Did not meet course requirements.

Absences and Deferrals

Students who miss class assessments (tests, participation activities, or other assignments) should inform their instructor as soon as possible. If the reason provided for the absence is acceptable, the instructor may decide that any arrangements made can take forms other than make-up tests or assignments. For example, the weight of a missed grade may be added to another assignment or test.

Deferred Final Exam Form: Please note that requests to defer a Registrar scheduled final exam are dealt with through the Registrar's Office. Further information can be found at:

<https://www.ucalgary.ca/registrar/exams/deferred-exams>

Deferred Term Work Form: Deferral of term work past the end of a term also requires a form to be filled out. It's available at:

https://live-ucalgary.ucalgary.ca/sites/default/files/teams/14/F21_deferral-of-term-work_weighting.pdf

Once an extension date has been agreed between instructor and student, the instructor will email the form to the Faculty of Arts Program Information Centre (ascarts@ucalgary.ca) for approval by the Associate Dean.

Grade Reappraisal

Within two weeks of the date the exam/assignment is returned, students seeking reappraisal of examinations or assignments must submit a written response to the instructor explaining the basis for reconsideration of one's mark. The instructor will reconsider the grade assigned and will then book a time with the student to discuss their own work and rationale. It should be noted that a re-assessed grade may be raised, lowered, or remain the same.

Handing in Papers, Assignments

1. The main Sociology Department office does not deal with any course-related matters. Please speak directly to your instructor.
2. **Protection of Privacy:** The Freedom of Information and Protection of Privacy (FOIPP) legislation does not allow students to retrieve any course material from public places. Anything that requires handing back will be returned directly during class or office hours. If students are unable to pick up their assignments from the instructor, they can provide the instructor with a stamped, self-addressed envelope to be used for the return of the assignment. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary
3. Final grades are not posted by the Sociology Department. They are only available online.

Guidelines for Zoom Sessions

Zoom is a video conferencing program that will allow us to meet at specific times for a "live" video conference, so that we can have the opportunity to meet each other virtually and discuss relevant course topics as a learning community.

To help ensure Zoom sessions are private, do not share the Zoom link or password with others, or on any social media platforms. Zoom links and passwords are only intended for students registered in the course. Zoom recordings and materials presented in Zoom, including any teaching materials, must not be shared, distributed or published without the instructor's permission.

The use of video conferencing programs relies on participants to act ethically, honestly and with integrity; and in accordance with the principles of fairness, good faith, and respect (as per the [Code of Conduct](#)). When entering Zoom or other video conferencing sessions (such as MS Teams), you play a role in helping create an effective, safe and respectful learning environment. Please be mindful of how your behaviour in these sessions may affect others. Participants are required to use names officially associated with their UCID (legal or preferred names listed in the Student Centre) when engaging in these activities. Instructors/moderators can remove those whose names do not appear on class rosters. Non-compliance may be investigated under relevant University of Calgary conduct policies (e.g [Student Non-Academic Misconduct Policy](#)). If participants have difficulties complying with this requirement, they should email the instructor of the class explaining why, so the instructor may consider whether to grant

an exception, and on what terms. For more information on how to get the most out of your zoom sessions visit: <https://elearn.ucalgary.ca/guidelines-for-zoom/>.

If you are unable to attend a Zoom session, please contact your instructor to arrange an alternative activity for the missed session (e.g., to review a recorded session). Please be prepared, as best as you are able, to join class in a quiet space that will allow you to be fully present and engaged in Zoom sessions. Students will be advised by their instructor when they are expected to turn on their webcam (for group work, presentations, etc.).

The instructor may record online Zoom class sessions for the purposes of supporting student learning in this class – such as making the recording available for review of the session or for students who miss a session. Students will be advised before the instructor initiates a recording of a Zoom session. These recordings will be used to support student learning only and will not be shared or used for any other purpose.

***Media recording for lesson capture**

The instructor may use media recordings to capture the delivery of a lecture. These recordings are intended to be used for lecture capture only and will not be used for any other purpose. Although the recording device will be fixed on the Instructor, in the event that incidental student participation is recorded, the instructor will ensure that any identifiable content (video or audio) is masked, or will seek consent to include the identifiable student content to making the content available on University approved platforms.

***Media recording for self-assessment of teaching practices**

The instructor may use media recordings as a tool for self-assessment of their teaching practices. Although the recording device will be fixed on the instructor, it is possible that student participation in the course may be inadvertently captured. These recordings will be used for instructor self-assessment only and will not be used for any other purpose.

***Media recording for the assessment of student learning**

The instructor may use media recordings as part of the assessment of students. This may include but is not limited to classroom discussions, presentations, clinical practice, or skills testing that occur during the course. These recordings will be used for student assessment purposes only and will not be shared or used for any other purpose.

Research Ethics

Students are advised that any research with human subjects – including any interviewing (even with friends and family), opinion polling, or unobtrusive observation – must have the approval of the Conjoint Faculties Research Ethics Board. In completing course requirements, students must not

undertake any human subjects research without discussing their plans with the instructor, to determine if ethics approval is required.

Copyright Legislation

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (<https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Acceptable-Use-of-Material-Protected-by-Copyright-Policy.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.

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.

Recording of Lectures

The audio or video recording of lectures and taking screenshots of PowerPoint slides during the lecture are not permitted without explicit authorization. The non-authorized media recording of lectures is inconsistent with the Code of Conduct and may result in discipline in accordance with the Student Non-Academic Misconduct Policy and Procedure. For more information click here: <https://www.ucalgary.ca/legal-services/university-policies-procedures/student-non-academic-misconduct-policy>

Sharing of Lecture Notes and Exam Questions

Publicly sharing lectures notes and exam questions on 3rd party sites such as OneClass, StudyBlue, Quizlet, Course Hero, etc. is not permitted. If you wish to use these helpful studying tools, make sure you adjust your privacy settings accordingly. Any violations are subject to investigation under the UofC Student Non-Academic Misconduct Policy. For more information, click here: <https://www.ucalgary.ca/legal-services/university-policies-procedures/student-non-academic-misconduct-policy>

Academic Misconduct

Please refer to the website listed below for information on University of Calgary policies on Plagiarism/Cheating/Other Academic Misconduct: <http://www.ucalgary.ca/pubs/calendar/current/k.html>

Academic Accommodation

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 Accommodation is available at:

<https://www.ucalgary.ca/legal-services/university-policies-procedures/student-accommodation-policy>

Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the course instructor.

Libraries & Cultural Resources

To contact your librarian or find out about the resources and services available to sociology students go to the Sociology Library guide: <https://library.ucalgary.ca/guides/sociology>

To access the main Library website go to: <https://library.ucalgary.ca>

Wellness and Mental Health Resources

The University of Calgary recognizes the pivotal role that 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 support 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 Student Wellness Services (Room 370 MacEwan Student Centre, <https://www.ucalgary.ca/wellness-services/services/mental-health-services>) and the Campus Mental Health Strategy (<http://www.ucalgary.ca/mentalhealth/>).

Student Success Centre

The Student Success Centre provides services and programs to ensure students can make the most of their time at the University of Calgary. Our advisors, learning support staff, and writing support staff assist students in enhancing their skills and achieving their academic goals. They provide tailored learning support and advising programs, as well as one-on-one services, free of charge to all undergraduate and graduate students. For more information visit:

<https://www.ucalgary.ca/student-services/student-success>

Student Ombuds Office

The Student Ombuds Office supports and provides a safe, neutral space for students. For more information, please visit www.ucalgary.ca/ombuds/ or email ombuds@ucalgary.ca.

Student Union (SU) Information

The SU Vice-President Academic can be reached at (403) 220-3911 or suvpaca@ucalgary.ca; Information about the SU, including elected Faculty Representatives, can be found here:

<https://www.su.ucalgary.ca>.

Emergency Evacuation/Assembly Points

Assembly points for emergencies have been identified across campus. Assembly points are designed to establish a location for information updates from the emergency responders to the evacuees; from the evacuated population to the emergency responders. For more information, see the University of Calgary's Emergency Management website:

<https://live-risk.ucalgary.ca/risk/emergency-management/evac-drills-assembly-points/assembly-points>

Safewalk

Campus security will escort individuals, day or night, anywhere on campus (including McMahon Stadium, Health Sciences Centre, Student Family Housing, the Alberta Children's Hospital and the University LRT station). Call 403-220-5333 or visit <http://www.ucalgary.ca/security/safewalk>. Use any campus phone, emergency phone or the yellow phone located at most parking lot pay booths. Please ensure your personal safety by taking advantage of this service.