

PSYC 203.02

Psychology of Everyday Life

Fall 2022

Instructor: Mike Boyes, PhD**Class Days:**Web Based Course
(asynchronous)**Phone:** 403-560 9171**Zoom Days/Time:**

Thursdays @ 6 PM

Email: boyes@ucalgary.ca**Office Hours:**

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 STRONGLY recommended that you view Vodcasts in the weeks they are assigned so as not to fall behind. Thursdays from 6 PM to 6:45 PM (in non-exam weeks) there will be a **live zoom office time** 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. These sessions will be recorded and posted on D2L withing 24 hours of their completion.

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), and the expected level of achievement.

Explain the different influences on development of self and relationships with others	Multiple-choice tests, Engagement with course	1, 2, 4, 5, 6, 7	I
Identify and address cognitive biases that can lead to stereotyping, prejudice, and discrimination	Multiple-choice tests, Engagement with course materials	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, Engagement with course materials	1, 2, 7	I
Identify and address stressors within your own personal and professional life and develop techniques to build personal resilience to those	Multiple-choice tests, Engagement with course materials	1, 2, 7	I
Generate and work toward solutions for personal goals using psychological research	Self-Reflection Exercise	1, 2, 4, 5, 7	I
Identify and source appropriate and reliable information about adjustment and wellbeing	Engagement with course materials, Coping Strategies Assignment, Self-Reflection Exercise	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. Lectures will be available on D2L in Vodcast (Video-podcast) format and will be sorted into the course content areas on D2L and by topic on the course outline. A Zoom session will be scheduled each Week on Thursdays from 6 PM to 6:45 PM during which the assigned content (Vodcast) modules will be discussed, and student questions will be answered. These Zoom sessions will be recorded and posted to D2.

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

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

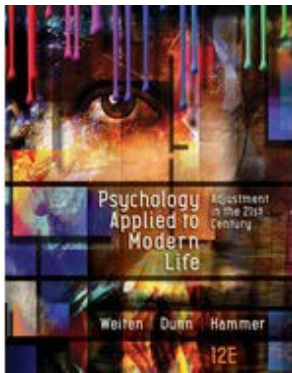
There are no prerequisites to take this course.

Recommended Text and Related Materials

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 (83% 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 Registrar's Office.

Exam dates, weightings, and topics are as follows:

Exam 1	October 13, 2022	26%	Challenges of Modern Life and Research Methods in Psychology, Self, Stress, and Coping
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Exam 2	November 17, 2022	26%	Psychological Disorders, and Psychotherapy, and Social Thinking and Social Influence
Exam 3	TBD (during final exams)	31%	All material with an emphasis on material since Exam 2

Self-Reflection Assignments (13% of grade)

There are three Self-Reflection assignments in this course. They are intended to provide you with some information/data that will help you engage with aspects of the course material as well as apply aspects of the course material to your own experience. The due dates are set where they are so that you will have the data/information each assignment provides in hand/in mind before the week in which it will be covered in the related content Vodcasts and the related Zoom sessions. If you complete them by the due date, you receive the assigned marks. Without instructor approval, late assignments will be accepted for up to a week after the assigned due date with a 50% late penalty. Assignments completed more than a week after their due date will receive 0.

Identity Assignment (5% of final grade) Complete the online survey accessible via the link posted on D2L and review your results which will be emailed to you after you complete the online survey. Submit a short (1 to 2 pages double spaced) paper addressing the questions described in the Assignment Instructions downloadable from D2L (which I will discuss in one of our Zoom sessions). **Due in D2L drop box by 6 PM Oct 21.**

Coping Profile Assignment (2% of final grade) Complete the online survey accessible via the link posted on D2L and review your results which will be emailed to you after you complete the online survey (no paper required). **Due in D2L drop box by 6 PM Oct 28.**

Self-Reflection/Goal Setting Assignment (6% of final grade) Complete both online parts of the Pathfinding Guide (with one or two days in between Part 1 and Part 2) accessible via the links posted on D2L and review your results which will be emailed to you after you complete the online survey. Submit a short (1 to 2 pages double spaced) paper addressing the questions described in the Assignment Instructions downloadable from D2L (which I will discuss in one of our Zoom sessions). **Due in D2L drop box by 6 PM Dec 2.**

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 7, 2022.**

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 23, October 14 November 4 November 25, 2022), 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	Sept 6	This Week's Vodcasts: Overview of the Course - Paradox of Progress	Course Outline and Ch 1
		Paradox of Progress Zoom Office Time (Q and A) R Sept 8 @ 6 PM (45 minutes)	
2	Sept 12	This Week's Vodcasts: Research Methods in Psychology	Ch 1
		Research Methods in Psychology: Zoom Office Time (Q and A) R Sept 15 @ 6 PM (45 minutes)	
	R Sept 15	Last Day to Drop a Class without financial penalty	
	F Sept 16	<i>Last Day to Add or swap a Courses</i>	
3	Sept 19	This Week's Vodcasts: Personality	Ch 2
		Personality: Zoom Office Time (Q and A) R Sept 22 @ 6 PM (45 minutes)	

	F Sept 23	<i>Fee payment deadline for Fall Term full and half courses</i>	
	F Sept 30	National Day for Truth and Reconciliation No Classes	
4	Sept 26	Vodcasts: Self and Identity	Ch 3
		Self and Identity: Zoom Office Time (Q and A) R Sept 29 @ 6 PM (45 minutes)	Ch 6
5	Oct 3	This Week's Vodcasts: Life Design and Review of Course so Far	
		Life Design and Review of Course so Far: Zoom Office Time (Q and A) R Oct 6 @ 6 PM (45 minutes)	
	Oct 10	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
6	Oct 13	Exam 1	Challenges of Modern Life and Research Methods in Psychology, Self and Identity, Life Design.

7	Oct 17	This Week's Vodcasts: Social Thinking and Social Influence	Ch 7
		Social Thinking and Social Influence Zoom Office Time (Q and A) R Oct 20 @ 6 PM (45 minutes) NOTE: Identity Assignment Due 6 PM Oct 21	
8	Oct 24	This Week's Vodcasts: Stress	Ch 3
		Stress Zoom Office Time (Q and A) R Oct 27 @ 6 PM (45 minutes) NOTE: Coping Profile Assignment due 6PM Oct 28	
9	Oct 31	This Week's Vodcasts: Coping	Ch 4
		Coping Zoom Office Time (Q and A) R Nov 3 @ 6 PM (45 minutes)	
10	Nov 6 to Nov 12	Term Break – No Classes	
11	R Nov 17	Exam 2	Social Thinking and Social Influence, Stress, Coping
12	Nov 21	This Week's Vodcasts: Psychological Disorders	Ch 14
		Psychological Disorders: Zoom Office Time (Q and A) R Nov 24 @ 6 PM (45 minutes)	
13	Nov 28	This Week's Vodcasts: Psychotherapy	Ch 15
		Psychotherapy Zoom Office Time (Q and A) R Dec 1 @ 6 PM (45 minutes) NOTE: Self-Reflection/ Goal Setting Assignment Due 6PM F Dec 2	
14	Dec 5	This Week's Vodcasts: Life Design and Course Review	
		Life Design and Course Review Zoom Office Time (Q and A) W Dec 7 @ 6 PM (45 minutes)	
	W Dec 7	<i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	
	Dec 10 to 21	Final Exam	All material with an emphasis on material since Exam 2

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 <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).

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) 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: Phone: 403-220-3911 suypaca@ucalgary.ca

Student Union Faculty Rep.: 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 15, 2022**. Last day for registration/change of registration is **Friday September 16, 2022**. The last day to withdraw from this course is **Wednesday, December 7, 2022**.

<https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>