



PSYC 203

Psychology for Everyday Life

Summer 2015

Instructor:	Brianne M. Collins	Lecture Location:	ICT 102
Phone:	403-220-4972	Lecture Days/Time:	Tues/Thurs 9:00-11:45am
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Office:	Administration 251B		
Office Hours:	By appointment		

Course Description and Goals

This course has been designed especially for non-Psychology majors. Its purpose is to provide 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 on 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

NOTE: PSYC 203 does not count toward the minimum requirements for the Major or Honours in Psychology.

Prerequisites

There are no prerequisites to take this course.

Required Text

Weiten, W., Dunn, D. S., & Hammer, E. Y. (2015). Psychology applied to modern life: Adjustment in the 21st century (11th Ed). Belmont, CA: Nelson Education Ltd. (available at the university bookstore).

NOTE: We will be using Top Hat in this course. You will receive an email with an invitation to join the course in Top Hat or you may search for the course (using "PSYC 203" or "Brianne Collins") and add yourself to it on your own by following this link: <https://app.tophat.com>.

Desire2Learn (D2L) for PSYC 203

This course has a corresponding course website on D2L where you can access the course notes, resources, and your grades. This site should be your first stop for questions about course topics, dates, requirements, etc.

Partial PowerPoint slides will be posted on D2L the night before each class. To fill in the remainder of the slides, you must attend class or obtain a copy of the notes from a classmate who was present. Complete notes will not be provided.

Evaluation

Component	Relevant chapters	% of final grade	Date
Exam 1	Chapters 1-4	32	Thurs, July 16
Exam 2	Chapters 5-7, 9	32	Thurs, July 30
Final Exam	Chapters 11, 14-16	32	TBA: August 17-19
Participation (Top Hat)	All	4	Throughout

Exams (3 exams x 32% each = 96% of final grade)

There are three exams (July 16, July 30, and one TBA during the final exam period) scheduled for this course. All of the exams are non-cumulative and will consist of multiple-choice questions. Exams will be based on both textbook *and* lecture material (including films, activities, and any demonstrations). Not all exam material will be covered in class, and some exam material covered in class will not be covered in the text, so regular attendance is important for success in this course. As all material covered in the course may be tested on, remember that you are responsible for completing all assigned readings from the textbook even if the specific content has not been covered in the lectures. Lastly, many of the exam questions will involve critical thinking, a skill you will be given practice developing throughout the course during lectures. It should be noted that the use of class notes, the textbook, computers, or calculators is prohibited during the exams in this course.

In-Class Participation using Top Hat (4% of final grade)

Top Hat will be used in this class in order to enhance your participation, allow you to assess your mastery of course concepts, and ultimately, to help you to engage better with the material. To encourage student use of Top Hat, 4% of your grade has been assigned to Top Hat participation. To receive participation credit for using Top Hat, you are required to register for it online at the start of the course (go to <https://app.tophat.com> and search for "PSYC 203" or "Brienne Collins"). Further information will be provided in class and posted on D2L with instructions on registration and how to answer questions via the system. Please note, you are responsible to ensure you are registered and your answers are being recorded by the system (if you encounter a problem, contact the instructor right away to avoid missing out on participation marks).

Top Hat participation marks will be broken down as follows:

- At least 80% of Top Hat questions answered = 4%
- At least 60% of Top Hat questions answered = 3%
- At least 40% of Top Hat questions answered = 2%
- At least 20% of Top Hat questions answered = 1%
- Less than 20% of Top Hat questions answered = 0%

Note: Top Hat questions must be answered by the question deadline, if one is provided, in order to count as having been answered.

Department of Psychology Grade Distribution Policy

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that: (1) up to 30% of grades in 200- and 300-level psychology courses will be “A” grades (A+, A, and A-); and (2) up to 40% of grades in 400-level psychology courses will be “A” grades.

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. In this course there will be no rounding up of final grades, especially in light of the opportunities students have to increase their final grade via research participation.

Tentative Lecture Schedule

Date	Topic	Readings
Thurs, July 2	Summer term lectures begin	
Thurs, July 2	Course overview Introduction to Psychology	Course Outline Chapter 1
Tues, July 7	Personality	Chapter 2
Wed, July 8	Last day to add/drop or swap summer courses.	
Thurs, July 9	Stress	Chapter 3
Tues, July 14	Coping	Chapter 4
Thurs, July 16	Exam 1 Physical Health	Exam on Chapters 1-4 Chapter 5
Tues, July 21	The Self	Chapter 6
Thurs, July 23	Social Thinking and Influence	Chapter 7
Tues, July 28	Friendship and Love	Chapter 9
Thurs, July 30	Exam 2 Positive Psychology	Exam covers Chapters 5-7, 9 Chapter 16
Tues, Aug 4	Gender and Behaviour	Chapter 11
Thurs, Aug 6	Psychological Disorders	Chapter 14
Tues, Aug 11	Psychological Disorders	Chapter 14
Thurs, Aug 13	Therapy	Chapter 15
Fri, Aug 14	Summer Term Lectures End. Last day to withdraw from full session Summer Term courses.	
August 17-19	Final Exam (Specific date and time TBA)	Exam covers Chapters 11, 14-16

Note: The exam dates on the tentative schedule above are fixed, but this schedule is subject to change; adjustments may be made to the class schedule and readings as required (make sure to check D2L for any announcements and/or updates).

Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

Absence From A Test/Exam

Makeup tests/exams are NOT an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have 48 hours to contact the instructor and 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 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 except under exceptional circumstances. 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

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 275), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

Course Credits for Research Participation (Max 2% of final grade)

Students in most psychology courses are eligible to participate in departmentally approved research and earn credits toward their final grades. **A maximum of two (2) credits (2%) per course, including this course, may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** 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. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **August 14th, 2015**.

Evacuation Assembly Point

In case of an emergency evacuation during class, 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.

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suvpaca@ucalgary.ca

Student Union Faculty Rep.: Phone: 403-220-3913 socialscirep@su.ucalgary.ca

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

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** and the last day for registration/change of registration is **August 8, 2015**. The last day to withdraw from this course is **August 14th, 2015**.