



UNIVERSITY OF  
CALGARY

**Department of Psychology**  
**Psychology 203 (L02) – Psychology of Everyday Life**  
**Fall 2008**

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**Instructor:** Dr. Melissa Boyce      **Lecture Location:** ICT 102  
**Phone:** 403-210-6257      **Lecture Days/Time:** Tues/Thurs 5:00 – 6:15pm  
**Email:** mboyce@ucalgary.ca  
**Office:** Admin 258  
**Office Hours:** TBA

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### **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 tools and methods used in psychology and the critical thinking skills they support

### **Required Text**

Weiten, W., Lloyd, M., Dunn, D., & Yost Hammer, E. (2009). *Psychology Applied to Modern Life (9<sup>th</sup> Ed.)*, Belmont, CA: Thompson Wadsworth.

Textbook available at the U of C Bookstore. There is a study guide available for this textbook. It is up to you to decide if you wish to purchase one to help you study for the course although many students do find it useful.

### **Course Website**

The course website is located on blackboard: <https://blackboard.ucalgary.ca/webapps/login/>.

Notes for each week's classes will be posted at the beginning of the week. In addition, announcements and grades will be posted on this site.

## Evaluation

There are three tests (Sept 30, Oct 21, Nov 13) and a final exam (to be written during the final exam period) scheduled for this course. Each test is worth 24% of your mark and will cover text and lecture material (including films and other demonstrations). Tests are non-cumulative and will consist of multiple-choice questions (max total = 96% of your mark). Please see the lecture schedule to determine what topics will be covered on each test.

## 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 studies and to assign earned credits to your course is **December 4, 2008**.

**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 26, October 17, November 7, November 28, 2008**). Please consult the Blackboard 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. Thus, students who opt to combine Options 1 and 2 must plan ahead carefully.

## 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-).

## Attendance

Lectures are intended to highlight and extend, rather than summarize, assigned text readings. You will benefit most from lectures if you read the assigned material prior to the corresponding lecture. The chapters of the text are distributed fairly evenly across the duration of the classes, so your reading load is reasonably constant. Class notes are provided to assist you in organizing and understanding the material and are not a substitute for class attendance. Any questions you may have about the text can be clarified in class, and it is your *understanding* of the topics that will be tested in the exams.

## Lecture Schedule

WEEK	DATE	TOPIC	READINGS
1	Tues, Sept 9	Introduction to Psychology	
	Thurs, Sept 11	Introduction to Psychology	Ch 1
2	Tues, Sept 16	Personality	Ch 2
	Thurs, Sept 18	Personality	Ch 2
3	Tues, Sept 23	Stress	Ch 3
	Thurs, Sept 25	Stress	Ch 3
4	Tues, Sept 30	Exam 1	All material to date
	Thurs, Oct 2	Coping: Psychological and Physical Health	Ch 4 & 14
5	Tues, Oct 7	Coping: Psychological and Physical Health	Ch 4 & 14
	Thurs, Oct 9	Self and Identity	Ch 5
6	Tues, Oct 14	Social Interaction: Social Cognition and Influence	Ch 6
	Thurs, Oct 16	Social Interaction: Social Cognition and Influence	Ch 6
7	Tues, Oct 21	Exam 2	All material since Exam 1
	Thurs, Oct 23	Interpersonal Communication	Ch 7
8	Tues, Oct 28	Interpersonal Communication	Ch 7
	Thurs, Oct 30	Other People: Friends, Love, and Loneliness	Ch 8
9	Tues, Nov 4	Close Relationships	Ch 9
	Thurs, Nov 6	Gender Issues	Ch 10
10	Tues, Nov 11	Remembrance Day – University Closed	
	Thurs, Nov 13	Exam 3	All material since Exam 2
11	Tues, Nov 18	Development: Adolescence and Adulthood	Ch 11
	Thurs, Nov 20	Development Adolescence and Adulthood	Ch 11
12	Tues, Nov 25	Work Life	Ch 12
	Thurs, Nov 27	Abnormal Psychology	Ch 15
13	Tues, Dec 2	Abnormal Psychology	Ch 15
	Thurs, Dec 4	Getting Help: Psychotherapy and Mental Health	Ch 16
	Set by registrar	Final Exam	All material since Exam 3

## **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. 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 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**

Make-up exams are NOT an option without an official University medical excuse (see the University Calendar). You must contact the instructor before the scheduled examination or you will have forfeited any right to make up the exam. At the instructor's discretion, a make-up exam may differ significantly (in form and/or content) from a regularly scheduled exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup exam is written within two (2) weeks of the missed exam. A completed Physician/Counselor Statement will be required to confirm absence from a test for health reasons. The student will be required to pay any cost associated with the Physician Counselor Statement.

## **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 220-5567.

**Student Union VP Academic:** Phone: 220-3911 [suvpaca@ucalgary.ca](mailto:suvpaca@ucalgary.ca)  
**Student Union Faculty Rep.:** Phone: 220-3913 [socialscirep@su.ucalgary.ca](mailto:socialscirep@su.ucalgary.ca)

## **Important Dates**

The last day to drop this course and still receive a fee refund is **September 19, 2008**. The last day to withdraw from this course is **December 5, 2008**.