

**PSYC 203.01**
**PSYCHOLOGY FOR EVERYDAY LIFE**
**Fall 2022**

<b>Instructor:</b>	Dr. Daniel McGrath	<b>Lecture Location:</b>	MFH 162
<b>Phone:</b>	403-220-4976	<b>Lecture Days/Time:</b>	MWF 10:00 – 10:50
<b>Email:</b>	mcgrathteach@ucalgary.ca		
<b>Office:</b>	Admin 235C		
<b>Office Hours:</b>	By Appointment over Zoom		

### 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.

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.

### 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 <https://live-arts.ucalgary.ca/psychology/about#program-learning-outcomes>), and the expected level of achievement.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
Understand key concepts the theories in selected areas of psychology	Multiple choice exams	1,5	I,I
Understand the difference between scientifically founded psychological knowledge and folk knowledge or common sense	Multiple choice exams	1,2,5	I,I,I
Understand the role research plays in building psychological knowledge	Multiple choice exams	1,5	I,I

Understand how to identify scientifically grounded psychological knowledge claims in the media internet and research literatures	Multiple choice exams	1,2	I,I
Acquire an understanding of the basic vocabularies of psychological research methodology and some of the limits associated with statements of research results	Multiple choice exams	1,2	I,I
Acquire skills needed to locate and interpret psychological information and apply it appropriately to one's own or another's life situation	Multiple choice exams	1,2,5,7	I,I,I,I
Understand key concepts the theories in selected areas of psychology	Multiple choice exams	1,5,7	I,I,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 in a diverse world, 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

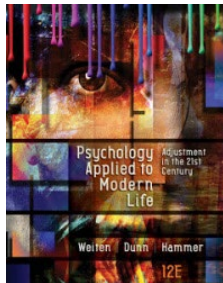
In-class lectures

### Prerequisites

There are no prerequisites to take this course

### Required Text

The textbook for this class can be purchased at the University of Calgary Bookstore



Weiten, W., Dunn, D. S., and Hammer, E. Y. (2017). **Psychology Applied to Modern Life: Adjustment in the 21st Century** (12th Ed.), Belmont, CA: Nelson Education Ltd. (available in the university bookstore, online from the bookstore, for rental online, and from other sources such as Amazon).

## Desire2Learn (D2L) for PSYC 203

There is an area on the general campus D2L site set aside for this course. D2L can be accessed via this link: <https://d2l.ucalgary.ca/d2l/home>

**THIS SITE SHOULD BE YOUR FIRST STOP FOR QUESTIONS ABOUT COURSE TOPICS, DATES, ETC.**

### Assessment Methods

Tests and 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.

(1) Test #1 (September 28th)	20%
(2) Test #2 (October 24th)	20%
(3) Test #3 (November 21st)	20%
(4) Final Exam (Scheduled by registrar)	36%
(5) Research Participation Points	4%

#### (1) Test #1

- Could include any material covered in class as well as from the assigned textbook chapters
- 50 minutes will be allocated for the test
- Chapters include: 1 (Intro Psychology), 2 (Personality), & 6 (The Self)
- Comprised of a mix of *multiple choice questions*
- Worth 20% of the final grade

#### (2) Test #2

- Could include any material covered in class as well as from the assigned textbook chapters
- 50 minutes will be allocated for the test
- Chapters include: 3 (Stress), 4 (Coping), & 5 (Health)
- Comprised of a mix of *multiple choice questions*
- Worth 20% of the final grade

#### (3) Test #3

- Could include any material covered in class as well as from the assigned textbook chapters
- 50 minutes will be allocated for the test
- Chapters include: 7 (Social Thinking) & 9 (Friendship and Love)
- Comprised of a mix of *multiple choice questions*
- Worth 20% of the final grade

#### (4) Final Exam

Scheduled by the registrar during the fall exam period

- 2 hours will be allocated for the exam
- The final exam **IS NOT CUMULATIVE**

- Could include any material covered in class as well as from the assigned textbook chapters
- Chapters include: 10 (Marriage and the Family), 14 (Disorders), & 15 (Psychotherapy)
- Comprised of a mix of *multiple choice questions*
- Worth 36% of the final grade

#### **(5) Research Participant Points or Article Evaluations**

- Worth 4% of the final grade, see below for details on Option 1 and Option 2

#### **University of Calgary Academic Integrity Policy**

Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

Research integrity, ethics, and principles of conduct are key to academic integrity. Members of our campus community are required to abide by our institutional code of conduct and promote academic integrity in upholding the University of Calgary's reputation of excellence. It is your responsibility to ensure that you have read and are familiar with the student academic misconduct policy:

<https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Student-Academic-Misconduct-Policy.pdf>.

#### **Department of Psychology Criteria for Letter Grades**

Psychology course instructors 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%

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-).

### Tentative Lecture Schedule

Date	Topic/Activity/Readings/Due Date (revise and add columns & rows as necessary)
W Sep 07	University Lectures begin. <b>Overview of the course</b> <b>Chapter 1. Introduction to Psychology/Modern Life</b>
F Sep 09	<b>Chapter 1. Introduction to Psychology/Modern Life</b>
M Sep 12	<b>Chapter 2. Personality</b>
W Sep 14	<b>Chapter 2. Personality</b>
R Sep 15	Last day to drop a class without a penalty
F Sep 16	Last day to add or swap a course <b>Chapter 2. Personality</b>
M Sep 19	<b>Chapter 6. The Self</b>
W Sep 21	<b>Chapter 6. The Self</b>
F Sep 23	Fee payment deadline for Fall Term full and half courses. <b>Chapter 3. Stress</b>  <i>Article Evaluation #1 Due</i>
M Sep 26	<b>Chapter 3. Stress</b>
W Sep 28	<b>Test #1: Chapter 1, Chapter 2, &amp; Chapter 6</b>
F Sept 30	UNIVERSITY CLOSED National Day for Truth and Reconciliation
M Oct 4	<b>Chapter 3. Stress</b>
W Oct 5	<b>Chapter 4. Coping</b>
F Oct 7	<b>Chapter 4. Coping</b>
M Oct 10	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
W Oct 12	<b>Chapter 4. Coping</b>
F Oct 14	<b>Chapter 5. Psychology and Physical Health</b>  <i>Article Evaluation #2 Due</i>
M Oct 17	<b>Chapter 5. Psychology and Physical Health</b>
W Oct 19	<b>Chapter 5. Psychology and Physical Health</b>

F Oct 21	<b>Chapter 7. Social Thinking</b>
M Oct 24	<b>Test #2: Chapter 3, Chapter 4, &amp; Chapter 5</b>
W Oct 26	<b>Chapter 7. Social Thinking</b>
F Oct 28	<b>Chapter 7. Social Thinking</b>
M Oct 31	<b>Chapter 9. Friendship and Love</b>
W Nov 2	<b>Chapter 9. Friendship and Love</b>
F Nov 4	<b>Chapter 9. Friendship and Love</b> <i>Article Evaluation #3 Due</i>
Nov 6-12	Term Break No Classes
F Nov 11	Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
M Nov 14	<b>Chapter 10. Marriage and the Family</b>
W Nov 16	<b>Chapter 10. Marriage and the Family</b>
F Nov 18	<b>Chapter 10. Marriage and the Family</b>
M Nov 21	<b>Test #3: Chapter 7 &amp; Chapter 9</b>
W Nov 23	<b>Chapter 14. Psychological Disorders</b>
F Nov 25	<b>Chapter 14. Psychological Disorders</b> <i>Article Evaluation #4 Due</i>
M Nov 28	<b>Chapter 14. Psychological Disorders</b>
W Nov 30	<b>Chapter 15. Psychotherapy</b>
F Dec 2	<b>Chapter 15. Psychotherapy</b>
M Dec 5	<b>Chapter 15. Psychotherapy</b>
W Dec 7	Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.
Dec 10-21	Fall Final Exam Period

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

If you do not wish to offer RPS bonus credit for you course please leave the following statement on the course outline (Note that research course credit is not allowed in 400- and 500-level courses):

### **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, December 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.

#### **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 Accommodations**

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/](http://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 <https://www.ucalgary.ca/legal-services/university-policies-procedures/accommodation-students-disabilities-procedure>.

### **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 (<https://www.ucalgary.ca/legal-services/university-policies-procedures/acceptable-use-material-protected-copyright-policy> ) 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>

### **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 add/swap a course 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#fall2017>