

**PSYC 203**
**Psychology for Everyday Life**
**Spring 2020**

<b>Instructor:</b>	Dr. Daniel McGrath	<b>Lecture Location:</b>	Online
<b>Phone:</b>	403-220-7268	<b>Lecture Days/Time:</b>	MW - D2L Lectures Posted Weekly
<b>Email:</b>	mcgrathteach@ucalgary.ca		
<b>Office:</b>	Online		
<b>Office Hours:</b>	By appointment via 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 [psyc.ucalgary.ca/undergraduate/program-learning-outcomes](http://psyc.ucalgary.ca/undergraduate/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	I
Understand the difference between scientifically founded psychological knowledge and folk knowledge or common sense	Multiple choice exams	1	I
Understand the role research plays in building psychological knowledge	Multiple choice exams	1	I

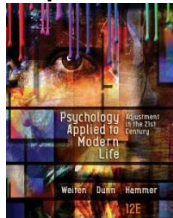
Understand how to identify scientifically grounded psychological knowledge claims in the media internet and research literatures	Multiple choice exams	1	I
Acquire an understanding of the basic vocabularies of psychological research methodology and some of the limits associated with statements of research results	Multiple choice exams	1	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	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. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

### Prerequisites

There are no prerequisites to take this course

### Required Text



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

**Two midterm exams and a final exam (date to be set by the Registrar) are scheduled.** All are **non-cumulative**, multiple-choice tests based on textbook and lecture material (including films and other demonstrations). Not all test material will be covered in lectures, and some test material covered in lectures will not be covered in the text, so watching all lectures is important for success in this course. Note that you are responsible for all assigned readings from the text even if the specific content has not been covered in lectures. The use of class notes or the textbook, computers or calculators is prohibited during the tests in this course. **It also expected that students will not communicate with each other in person or electronically during the midterms and final exam.**

### Assessment Methods

(1) Midterm Exam #1

30%

(2) Midterm Exam #2	30%
(3) Final Exam (scheduled by the registrar)	40%

**(1) Midterm Exam #1 – Monday, May 25<sup>th</sup> 2020; TIME: 12:00pm – 1:00pm**

- Could include any material covered in class as well as from the assigned textbook chapters
- 1 hour will be allocated for the midterm
- Chapters include: 1 (Intro Psychology), 2 (Personality), & 6 (The Self)
- Comprised of a mix of multiple choice questions
- You will NOT be allowed to use any of the following during the test: books or notes or electronic resources
- Worth 30% of the final grade
- Midterm 1 will be conducted via D2L

**(2) Midterm Exam #2 - Monday, June 8<sup>th</sup> 2020; TIME: 12:00pm – 1:00pm**

- Could include any material covered in class as well as from the assigned textbook chapters
- 1 hour will be allocated for the midterm
- Chapters include: 3 (Stress), 4 (Coping), & 5 (Health)
- Comprised of a mix of multiple choice questions
- You will NOT be allowed to use any of the following during the test: books or notes or electronic resources
- Worth 30% of the final grade
- Midterm 2 will be conducted via D2L

**(3) Final Exam**

Scheduled by the registrar during the winter 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: 7 (Social Thinking), 14 (Disorders), & 15 (Psychotherapy)
- Comprised of a mix of multiple choice questions
- You will NOT be allowed to use any of the following during the test: books or notes or electronic resources
- Worth 40% of the final grade
- The Final Exam will be conducted via D2L

**“Test-Taking Advice: Especially for the Multiple-Choice Challenged”:**

[http://psyc.ucalgary.ca/sites/psyc.ucalgary.ca/files/Test\\_Taking\\_Advice.pdf](http://psyc.ucalgary.ca/sites/psyc.ucalgary.ca/files/Test_Taking_Advice.pdf)

**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-).

**Tentative Lecture Schedule**

Date	Topic/Activity/Readings/Due Date (revise and add columns & rows as necessary)
W May 6	Spring term lectures begin Overview of the course – Dr. McGrath Introduction Video

M May 11	Chapter 1. Introduction to Psychology/Modern Life - Video
T May 12	Last day to drop classes without penalty and last day to add or swap classes.
W May 13	Chapter 2. Personality - Video
M May 18	Victoria Day UNIVERSITY CLOSED
W May 20	Chapter 6. The Self
M May 25	MIDTERM 1 (Chapters 1, 2, & 6); TIME: 12:00pm – 1:00pm Chapter 3. Stress - Video
W May 27	Chapter 4. Coping
M Jun 1	Chapter 5. Psychology and Physical Health
W Jun 3	Chapter 7. Social Thinking
M Jun 8	MIDTERM 2 (Chapters 3, 4, & 5) TIME: 12:00pm – 1:00pm Chapter 7. Social Thinking Continued
W Jun 10	Chapter 14. Psychological Disorders
M Jun 15	Chapter 15. Psychotherapy
W Jun 17	End of Spring Lectures and last day to withdraw from a course.
F Jun 19	Start of Spring Final Exams FINAL EXAM (Chapters 7, 14, & 15) To be scheduled by registrar
T Jun 23	End of Spring Final Exams

## Extra Research Participation Course Credit is Not Offered for this Course.

### Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor. A student may be asked to provide supporting documentation for an exemption/special request for a make-up exam <https://www.ucalgary.ca/pubs/calendar/current/m-1.html> . Students who miss a test/exam have up to 24 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 24-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 1 week of the missed test/exam during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>. 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 June and August 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 <http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf>.

### **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](http://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>

### **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.

### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund is Tuesday, May 12, 2020**. Last day for registration/change of registration is **Tuesday, May 12, 2020**. The last day to withdraw from this course is **Monday, June 17, 2020**.