

<b>PSYC 203</b>	<b>Psychology for Everyday Life</b>	<b>Spring 2023</b>
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<b>Instructor:</b>	Dr Jhen V Shankara	<b>Lecture Location:</b>	KNB 132
<b>Phone:</b>		<b>Lecture Days/Time:</b>	MW 09:00 – 11:45
<b>Email:</b>	jhenkruthi.vijayasha@ucalgary.ca		
<b>Office:</b>	TBD		
<b>Office Hours:</b>	TBD		

### 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. An emphasis is placed on developing the knowledge and skills to become effective consumers of psychological theory and research, and to be able to apply this knowledge and the critical thinking skills developed in research towards one's daily environment. Through a focus on stressors and stimuli that arise in everyday life, and the knowledges and methods that are used to study, understand and adapt to them, 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 and its demands
- Current theories and approaches for understanding human behaviour and mental health
- The research methods used in psychology and the critical thinking skills they support

### 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 and theories in selected areas of psychology with a focus on areas relating to coping, resilience, development of identity, interpersonal relationships, and mental health.	Multiple choice exams	1,5	I
Understand the role of research in building and applying psychological knowledge. Explain why Psychology is a science and the basic principles of research methods and practices (e.g., descriptive statistics, inferential statistics, and experimental design, research methods, hypothesis testing and critical thinking).	Multiple choice exams	1,2,5,7	I
Explain each of the major schools of thought in Psychology as well as the key historical figures associated with each. And how these schools of thought relate to other aspects of the course	Multiple choice exams	1,5,6,7	I
Acquire the knowledge and skills needed to locate and interpret psychological information, evaluate the soundness and rigour of published data and research and apply it appropriately to one's own or another's life situation	Multiple choice exams	1,2,5	I
Understand the key differences between scientific and pseudo-scientific reasoning.	Multiple choice exams	1,2,5	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 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**

This is an in-person class held on campus, in KNB 132. Any changes will be notified through D2L and email. Class materials will be posted to the course D2L page by Friday and Tuesday by 14:00 hr of each week.

### **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. (some physical available in the university bookstore, online from the bookstore, for rental online, and from other sources such as Amazon).

### **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 15<sup>th</sup>, 2023; TIME: 9:30 – 11:30 am MT**

- Could include any material covered in class as well as from the assigned reading.
- 2 hours will be allocated for the midterm (50% extra time has been allotted to help deal with any technical issues that could occur)
- Chapters include: 1 (Intro Psychology), 2 (Personality), 6 (The Self) and 8 (interpersonal communication)
- Comprised of a mix of multiple-choice questions
- Worth 30% of the final grade
- Midterm 1 will be in person, same location as lectures.

#### **(2) Midterm Exam #2 - Monday, June 5<sup>th</sup>, 2021; TIME: TIME: 9:30 – 11:30 am MT**

- Could include any material covered in class as well as from the assigned textbook chapters
- 2 hours will be allocated for the midterm (50% extra time has been allotted to help deal with any technical issues that could occur)
- Chapters include: 3 (Stress), 4 (Coping), 7 (Social thinking)
- Comprised of a mix of multiple-choice questions
- Worth 30% of the final grade
- Midterm 2 will be in person, same location as lectures.

### **(3) Final Exam**

Scheduled by the registrar during the spring exam period.

- 3 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: 5 (Psychology and Health), 14 (Disorders), 15 (Psychotherapy) and 16 (Positive Psychology)
- Comprised of a mix 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.

### **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%

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

Classes begin May 3<sup>rd</sup>, 2023, and end Jun 14<sup>th</sup>, 2023. Class hours are from 9:00 to 11:45 hrs.

Date	Topic/Activity/Readings/Due Date (revise and add columns & rows as necessary)
<b>W May 3</b>	<b>Spring term lectures begin.</b> Introduction to the course Chapter 1: Introduction to Psychology/Modern Life
M May 8	Chapter 2 : Personality Chapter 6 : The Self
<b>T May 9</b>	<b>Last day to drop classes without penalty and last day to add or swap classes.</b>
W May 10	Chapter 6 (continued): The Self Chapter 8: Interpersonal communication
<b>M May 15</b>	<b>Midterm 1 (Chapters 1,2,6,8)</b>
W May 17	Chapter 3: Stress
<b>M May 22</b>	<b>Victoria Day UNIVERSITY CLOSED</b>
W May 24	Chapter 4: Coping
M May 29	Chapter 7: Social Thinking
W May 31	Chapter 5: Psychology and Physical Health
<b>M Jun 5</b>	<b>Midterm 2 (Chapter 3,4,7)</b>
W Jun 7	Chapter 14: Psychological Disorders
M Jun 12	Chapter 15: Psychotherapy
W Jun 14	Chapter 16: Positive Psychology
<b>R Jun 15</b>	<b>End of Spring Lectures and last day to withdraw from a course.</b>
<b>M Jun 19-21</b>	<b>Spring Final Exams (Chapters 5, 14, 15, 16)</b>

## 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 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 **June 15, 2023**.

## 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](mailto: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>

#### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund is Tuesday, May 9<sup>th</sup>, 2023**. Last day for registration/change of registration is **Tuesday, May 9<sup>th</sup>, 2023**. The last day to withdraw from this course is **Thursday, June 15<sup>th</sup>, 2023**.