



UNIVERSITY OF  
CALGARY

**Department of Psychology**  
**Psychology 203 (L01) – Psychology of Everyday Life**  
**Winter 2011 – Course Outline**

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<b>Instructor:</b>	Dr. Melissa Boyce	<b>Lecture Location:</b>	ST 148
<b>Phone:</b>	403-210-6257	<b>Lecture Days/Time:</b>	MWF 4:00 – 4:50pm
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<b>Office:</b>	Admin 258		
<b>Office Hours:</b>	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

**Note:** Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 205 (Principles of Psychology) is a prerequisite course for all psychology courses except Psyc 305. Psyc 203 cannot be used in place of Psyc 205.

### **Prerequisites**

There are no prerequisites to take this course.

### **Required Text**

Nevid, J. S. & Rathmus, S. A. (2010). *Psychology and the challenges of life: Adjusting to the new millennium (11th Ed.)*, Hoboken, NJ: John Wiley & Sons. (available in the University bookstore)

**Note:** We will be using Turning Point<sup>®</sup> clickers in this class. They have been bundled with the textbook to save you money; however, if you have purchased a used textbook, extra clickers are available for purchase in the bookstore.

### **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. You will also be able to access practice quizzes and review material from the textbook directly through the course blackboard page.

## Evaluation

### Exams (4 exams x 23% each = 92% of final grade)

There are three tests (February 7, March 7, and March 30) and a final test (to be written during the final exam period) scheduled for this course. Each test is worth 23% 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 = 92% of your mark). No resources are allowed for any of the tests, (including the final). Please see the lecture schedule to determine what topics will be covered on each test.

### In-Class Participation using the Turning Point clickers (4% of final grade)

Turning Point clickers are being 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 the clickers (which are bound with your textbook or are also available separately in the bookstore), 4% of your grade has been assigned to clicker participation. To receive participation credit for using your clicker, you will have to register it online. Information will be provided in class and posted on Blackboard telling you how to register your clicker.

Clicker participation marks will be broken down as follows:

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

### 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 Apr 14<sup>th</sup>, 2011.**

**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 (**January 28, February 18, March 11, April 1**). 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-).

### Tentative Lecture Schedule

Week	Date	Topic	Readings
1	Mon, Jan 10	Overview of the Course	Course Outline
	Wed, Jan 12	Introduction to Psychology	Ch 1
	Fri, Jan 14	Introduction to Psychology	Ch 1
2	Mon, Jan 17	Introduction to Psychology	Ch 1
	Wed, Jan 19	Personality	Ch 2
	Fri, Jan 21	Personality <i>Last day to drop a course with no W grade and tuition refund.</i>	Ch 2
3	Mon, Jan 24	Personality <i>Last day for registration/change of registration.</i>	Ch 2
	Wed, Jan 26	Personality	Ch 2
	Fri, Jan 28	Stress	Ch 3
4	Mon, Jan 31	Stress	Ch 3
	Wed, Feb 2	Stress	Ch 4
	Fri, Feb 4	Open Topic Day (Students will vote on lecture topic)	N/A
5	Mon, Feb 7	<b>Exam 1</b>	<b>All material to date</b>
	Wed,	Coping	Ch 5

	Feb 9		
	Fri, Feb 11	Coping	Ch 5
6	Mon, Feb 14	Coping	Ch 5
	Wed, Feb 16	Self and Identity	Ch 6
	Fri, Feb 18	Self and Identity	Ch 6
7	Mon, Feb 21	<b>Reading Week. No lecture.</b>	
	Wed, Feb 23	<b>Reading Week. No lecture.</b>	
	Fri, Feb 25	<b>Reading Week. No lecture.</b>	
8	Mon, Feb 28	Social Influence	Ch 7
	Wed, Mar 2	Social Influence	Ch 7
	Fri, Mar 4	Social Influence	Ch 7
9	Mon, Mar 7	<b>Exam 2</b>	<b>All material since Exam 1</b>
	Wed, Mar 9	Psychological Disorders	Ch 8
	Fri, Mar 11	Psychological Disorders	Ch 8
10	Mon, Mar 14	Psychological Disorders	Ch 8
	Wed, Mar 16	Therapy	Ch 9
	Fri, Mar 18	Therapy	Ch 9
11	Mon, Mar 21	Open Topic Day (Students will vote on lecture topic)	N/A
	Wed, Mar 23	Interpersonal Attraction	Ch 11
	Fri, Mar 25	Interpersonal Attraction	Ch 11
12	Mon, Mar 28	Interpersonal Attraction	Ch 11
	Wed, Mar 30	<b>Exam 3</b>	<b>All material since Exam 2</b>
	Fri, Apr 1	Relationships and Communication	Ch 12
13	Mon,	Relationships and Communication	Ch 12

	Apr 4		
	Wed, Apr 6	Relationships and Communication	Ch 12
	Fri, Apr 8	Development in Adolescence and Adulthood	Ch 14
14	Mon, Apr 11	Development in Adolescence and Adulthood	Ch 14
	Wed, Apr 13	Challenges of the Workplace	Ch 15
	Thurs, Apr 14	<i>Last day to participate in research and allocate research credits.</i>	
	Fri, Apr 15	Challenges of the Workplace <i>Lecture ends. Last day to withdraw.</i>	Ch 15
	Apr 18- 29	<b>Final Exam (scheduled by Registrar)</b>	<b>All material since Exam 3</b>

### 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 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.

### **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.

### **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 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

**Student Union Faculty Rep.:** Phone: 403-220-3913 [socialscirep@su.ucalgary.ca](mailto:socialscirep@su.ucalgary.ca)

### **Student Ombudsman's Office**

The Office of the Student Ombuds provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

### **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** is **Jan 21<sup>st</sup>, 2011**. Last day for registration/change of registration is **Jan 24<sup>th</sup>, 2011**. The last day to withdraw from this course is **Apr 15<sup>th</sup>, 2011**.