

PSYC203	Psychology for Everyday Life	Winter 2023
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** Note about email: I do not leave email applications open, which means that I check it 1-2 times a day. I do not check my email on weekends and evenings because it is much better for my mental health to draw this boundary. Please **do not** count on email to be a quick way to get in touch with me. I do respond to all email, but it can take up to 72 hours because of the volume of email that I receive.*

***Email is a professional form of communication and I would appreciate polite correspondence. I tend to ignore email that is rude, inappropriate, or inquiries about points that I have already addressed. If you are writing an email that is longer than a few lines, it is much better to come to my office hours or make a Zoom appointment with me (<https://calendly.com/jim-cresswell/>).*

Course Description

This course will provide students with an understanding of the key theories, research methods, and discoveries in coping and resilience, identity development, interpersonal relationships, and mental health and wellness. 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.

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)
Evaluate the extent to which biological versus environmental factors interact to influence one's adjustment and wellbeing	Exams, Lecture Activities, Reading Quizzes	1 2 7	I
Identify and address cognitive biases that can lead to stereotyping, prejudice, and discrimination	Exams, Lecture Activities, Reading Quizzes	1 2 4 5 7	I
Explain the different influences on development of self and relationships with others	Exams, Lecture Activities, Reading Quizzes	1 2 4 6 7	I
Critically assess claims of 'universal' phenomena, and the limitations of psychological research that is not diverse or representative. Describe how these factors can affect various psychological phenomena (e.g. stress, identity development, ect.)	Exams, Lecture Activities, Reading Quizzes, Research Participation	1 2 5 8	I
Identify and source appropriate and reliable information about adjustment and wellbeing	Exams, Lecture Activities, Reading Quizzes	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.

Prerequisites

There are no prerequisites for this course

Note: Psyc 203 does NOT count toward the minimum requirements for the Major or Honours in Psychology. Psyc 200 and Psyc 201 (Principles of Psychology I and II) are prerequisite courses for all psychology courses. Psyc 203 cannot be used in place of Psyc 200 or 201.

Required Text

Wayne Weiten; Dana S. Dunn; Elizabeth Yost Hammer (2018). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (12th Ed.). Cengage. ISBN-13: 978-1-305-96847-9

- Hard Copies and eBook available at the U of C bookstore

Assessment Methods

	Total Weight	Due Date
Reading Quizzes	15%	Ongoing as per course schedule
Lecture Activities on TopHat	10%	Ongoing as per course schedule
Term Exam 1	15%	See course schedule below
Term Exam 2	15%	See course schedule below
Term Exam 3	15%	See course schedule below
Final Exam	30%	See course schedule below

Reading Quizzes (on D2L)

It is important to learn the skill of pre-reading material. For each chapter, there are quizzes that involve 3-6 multiple-choice questions that cover the required readings and they must be completed according to the dates outlined in the course schedule below. Each multiple-choice question is worth 1 mark and the amount of time that you have to do each quiz is 60 minutes. All the quizzes are currently available for the entire course. Students are encouraged to complete these quizzes well in advance. Students are free to complete the pre-lecture quizzes whenever it works for them so long as they are completed by the due dates outlined in the course schedule below. Without instructor approval there will be no opportunity for make-up quizzes.

Lecture Activities (on TopHat)

The class lectures will partly be run through TopHat. We will be using the Top Hat (www.tophat.com) classroom response system in class, which is free for use by students at the University of Calgary. You will be able to submit answers to questions and watch lectures using Apple or Android smartphones and tablets, or laptops. You can visit the Top Hat Overview (<https://success.tophat.com/s/article/Student-Top-Hat-Overview-and-Getting-Started-Guide>) within the Top Hat Success Center which outlines how you will register for a Top Hat account, as well as providing a brief overview to get you up and running on the system.

You can register for TopHat by simply visiting our course website: [https:// https://app-ca.tophat.com/315182](https://app-ca.tophat.com/315182)
Note: our Course Join Code is 315182.

The lecture will include quizzes and discussion questions. Each multiple-choice question is worth 1 mark. Each discussion question is worth 0 marks. These are not timed.

Term Exams (on D2L)

Each of the online open book exams will be composed of multiple-choice questions (about 10 multiple-choice questions per chapter). These exams will cover specific studies mentioned in the text and some prominent figures (pay attention to key studies and dates, not every study mentioned). Each term exam covers specific chapters. Exams in this course are open book. For this course, an open book exam means that the use of class notes and the textbook is permitted. The use of online resources and calculators is permitted. Students may not, however, communicate with others about the exam either in person or electronically during exams. Students will be given 24 hours to do the exam once they start it. The windows when the exams will be available are detailed in the schedule below.

Final Exam (on D2L)

The final exam will be composed of multiple-choice questions (about 5-10 multiple-choice questions per chapter). This exam will cover specific studies mentioned in the text and some prominent figures (pay attention to key studies and dates, not every study mentioned). The final exam is cumulative and covers the entire course. The final exam in this course is open book. For this course, an open book exam means that the use of class notes and the textbook is permitted. The use of online resources and calculators is permitted. Students may not, however, communicate with others about the exam either in person or electronically during exams. Students will be given 24 hours to do the exam once they start it. The window when the exam will be available is detailed in the schedule below.

Course Credits for Research Participation (Up to 2% bonus)

Note: The instructor does not manage this component of the course. Questions about this component can be directed to rps@ucalgary.ca. More details will be posted on D2L as soon as they come available.

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 the 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 Wednesday, April 12, 2023.

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%

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	Assignments & Due Dates
T Jan 10	First day of TR lectures Introduction of Syllabus	
R Jan 12	Ch 1: Adjusting to Modern Life	
T Jan 17	Ch 3: Stress & its Effects	Ch 3 Reading Quiz due at 3:30pm MST
R Jan 19		Last day to drop a class without financial penalty
Jan 20		Last day to add or swap a course
T Jan 24		
R Jan 26	No Class en lieu of term exam 1	Term Exam 1: Chs. 1 & 3 Opens 4:45pm MST

Jan 27		Fee payment deadline for Fall Term full and half courses.
T Jan 31	Ch 4: Coping Processes	Ch. 4 Reading Quiz due at 3:30pm MST
R Feb 2	Ch 6: The Self	Term Exam 1: Chs. 1 & 3 Closes 3:30pm MST Ch 6 Reading Quiz due at 3:30pm MST
T Feb 7		
R Feb 9	Ch 7: Social Thinking & Social Influence	Ch 7 Reading Quiz due at 3:30pm MST
T Feb 14		
R Feb 16	<i>No Class en lieu of term exam 2</i>	Term Exam 2: Chs. 4, 6, & 7 Opens 4:45pm MST
Feb 20	UNIVERSITY CLOSED Alberta Family Day	
Feb 19-25	Term Break	
T Feb 28	Ch. 8: Interpersonal Communication	Ch 8 Reading Quiz due at 3:30pm MST
R Mar 2		Term Exam 2: Chs. 4, 6, & 7 Closes 3:30pm MST
T Mar 7	Ch 9: Friendship & Love	Ch 9 Reading Quiz due at 3:30pm MST
R Mar 9		
T Mar 14	Ch. 11: Gender & Behaviour	Ch 11 Reading Quiz due at 3:30pm MST
R Mar 16		
T Mar 21	Ch 12. Development & Expression of Sexuality	Ch 12 Reading Quiz due at 3:30pm MST
R Mar 23		
T Mar 28	Ch 14. Psychological Disorders	Term Exam 3: Chs. 8, 9, & 11 Opens 4:45pm MST Ch 14 Reading Quiz due at 3:30pm MST
R Mar 30		
T Apr 4	Ch 15 Psychotherapy	Term Exam 3: Chs. 8, 9, & 11 Closes 3:30pm MST Ch 15 Reading Quiz due at 3:30pm MST
R Apr 6	<i>No Class en lieu of term exam 3</i>	
Apr 7	UNIVERSITY CLOSED Good Friday	
Apr 10	UNIVERSITY CLOSED Easter Monday	
T Apr 11	Catch up & Review	Final Exam Opens 4:45pm MST Students can opt to sit during an exam period. The in-person time slot will be scheduled by the registrar

Apr 12	Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.	
April 15		Final Exam Closes 11:59pm MST
Apr 15-26	Final Exam Period	

Absence From Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor <https://www.ucalgary.ca/pubs/calendar/current/g-1-1.html> At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam.

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

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/. 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 [University of Calgary : B.6.1 Accommodation of Students with Disabilities or Medical Conditions \(ucalgary.ca\)](#)

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, January 19, 2023**. Last day add/swap a course is **Friday, January 20, 2023**. The last day to withdraw from this course is **Wednesday, April 12, 2023** [University of Calgary : Academic Schedule \(ucalgary.ca\)](https://www.ucalgary.ca/academic/schedule)