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Psychology 203 - L01

Psychology for Everyday Life

Winter 2016

<b>Instructor:</b>	Dr. Peter van der Velde	<b>Lecture Location:</b>	MFH 162
<b>Phone:</b>	403-220-8970	<b>Lecture Days/Time:</b>	TR / 11:00 - 12:15
<b>Email:</b>	<a href="mailto:pvander@ucalgary.ca">pvander@ucalgary.ca</a>		
<b>Office:</b>	A 155A		
<b>Office Hours:</b>	By appointment		

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**Course description**

This course has been designed especially for non-Psychology majors. Its purpose is to provide students with a basic 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
- Research tools and methods used in psychology and the critical thinking skills they Support

Lectures are intended to highlight and extend, rather than summarize, assigned text readings. You will benefit most from lectures if you read the assigned material prior to the corresponding lecture. Lecture Notes (the PowerPoint's I will be using in class) will be available on the D2L site associated with this section of the course. These notes are provided to assist you in organizing and understanding the material and are not a substitute for class attendance.

**Please note: Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 200 (Principles of Psychology I) and Psyc 201 (Principles of Psychology II) are prerequisite courses for all psychology courses (except Psyc 305). Psyc 203 cannot be used in place of Psyc 200 and Psyc 201 .**

**Prerequisites**

There are no prerequisites to take this course.

## Required Text:



Weiten, W., Dunn, D. S., & Hammer, E. Y. (2015). Psychology applied to modern life: Adjustment in the 21<sup>st</sup> Century (11<sup>th</sup> Ed). Belmont, CA: Nelson Education Ltd. (available at the university bookstore).

## Desire2Learn for PSYC 203

There is an area on the Desire 2Learn 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.**

## Evaluation

**Two mid-term exams (Feb 9, Mar 15) and a final exam (date set by the Registrar: Apr 21-29) are scheduled.** All are non-cumulative, multiple-choice exams based on *both* textbook and lecture material (including films and other demonstrations). Not all exam material will be covered in class, and some exam material covered in class will not be covered in the text, so regular attendance 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. Many exam questions will involve critical thinking, a skill you will be given practice developing in class, so again it's to your advantage to come to class. The use of class notes or the text book, computers or calculators is prohibited during the exams in this course.

Your **course grade** will be computed as **the average of your three exam scores (converted to a score out of 96) PLUS your Experiential Learning score (4%) (see section below)**. In other words, each exam is worth 32 % of your final mark: the “missing” 4 points can be earned via the SONA/Experiential learning program.

## “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)

A short guide to help you develop more effective studying habits and techniques, including some tips on how to tackle exams more successfully!

## Absence from an Exam

Makeup 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 an exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss an exam have 48 hours to contact the instructor and to schedule a makeup exam. Students who do not schedule a makeup exam with the instructor within this 48-hour period forfeit the right to a makeup exam. At the instructor's discretion, a makeup exam may differ significantly (in form and/or content) from a regularly scheduled 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 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, he/she needs to apply for a deferred exam [http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.

### **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 except under exceptional circumstances. 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, he/she needs to apply for a deferred exam:

[http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.

### **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 <https://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 April 13, 2016.**

**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 22, February 12, March 4, March 25, 2016**), late submissions will not be accepted. 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, late submissions will not be accepted. Thus, students who opt to combine Options 1 and 2 must plan ahead carefully.

### **Department of Psychology Grade Distribution Policy**

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that up to 30% of grades in 200- and 300-level psychology courses will be “A” grades (A+, A, and A-),

### **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 to the nearest whole percentage (e.g., 89.50 % will be rounded up to 90% = A, but 89.49 % will be rounded down to 89% = A-).

### Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, exam) 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.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve exams and assignments from a public place. Therefore, exams 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. Exams 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 Ombudsmen 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.ucalgary.ca/provost/students/ombuds>).

### **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 January 22, 2016**. Last day for registration/change of registration is **January 25, 2016**. The last day to withdraw from this course is **April 13, 2016**.

## Tentative Lecture Schedule

**NOTE: While Exam Dates are FIXED, topic dates may shift a bit.**

DATE	Topics	Readings
T Jan 12	Winter term lectures begin.	
Jan 12, 14	Overview of the Course; Adjusting to Modern Life	Ch 1
Jan 19, 21	Theories of Personality	Ch 2
<b>Fri Jan 22</b>	<b>Last day to drop Winter Term half-courses.</b>	
<b>Mon Jan 25</b>	<b>Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.</b>	
Jan 26, 28	Stress and Its Effects	Ch 3
<b>Jan 29</b>	<b>Fee payment deadline for Winter Term fees.</b>	
Feb 2, 4	Coping Processes	Ch 4
<b>Feb 9</b>	<b>Exam #1</b>	<b>Ch 1-4</b>
Feb 11	Psychology and Physical Health	Ch 5
<b>M Feb 15</b>	<b>Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries).</b>	
<b>Feb 16, 18</b>	<b>Reading Week - No Lectures!</b>	
Feb 23	Psychology and Physical Health	Ch 5
Feb 25, Mar 1	The Self	Ch 6
Mar 3, 8	Social Thinking and Social Influence	Ch 7
Mar 10	Interpersonal Communication	Ch 8
<b>Mar 15</b>	<b>Exam #2</b>	<b>Ch 5-8</b>
Mar 17, 22	Friendship and Love	Ch 9
Mar 24, 29	Gender and Behavior	Ch 11
Mar 31, Apr 5	Psychological Disorders	Ch 14
Apr 7, 12	Psychotherapy.	Ch 15
<b>Apr 13</b>	<b>Last day to allocate Research Participation credits on RPS (SONA)</b>	
<b>Apr 13</b>	<b>Winter Session lectures end Last day to withdraw with permission from Winter Session half courses</b>	
<b>Apr (16 – 27) - TBA</b>	<b>Winter Session Final Examinations (And our final [4<sup>th</sup>] exam)</b>	<b>Ch 9, 11, 14, 15</b>