

Psychology 203 – L01
Psychology of Everyday Life
Winter 2017

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|----------------------|-----------------------------|---------------------------|------------------|
| Instructor: | Dr. Dane Burns | Lecture Location: | MFH 162 |
| Phone: | 403-220-8970 | Lecture Days/Time: | TR 15:30 - 16:45 |
| Email: | danetyler.burns@ucalgary.ca | TA: | Samantha Jones |
| Office: | AD 155B | | |
| Office Hours: | By appointment | | |

Course Description

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 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), and the expected level of achievement.

| Course Learning Outcomes | PLO(s) | Level(s) |
|--|---------------|-----------------|
| Understand key concepts the theories in selected areas of psychology | 1 | I |
| Understand the difference between scientifically founded psychological knowledge and folk knowledge or common sense | 1, 3 | I, I |
| Understand the role research plays in building psychological knowledge | 3, 2 | I, I |
| Understand how to identify scientifically grounded psychological knowledge claims in the media internet and research literatures | 2 | I |
| Acquire an understanding of the basic vocabularies of psychological research methodology and some of the limits associated with statements of research results | 3 | I |
| Acquire skills needed to locate and interpret psychological information and apply it appropriately to one's own or another's life situation | 8, 2 | I, I |

| | | |
|---|-------|------|
| Understand the role of psychological and related professionals in providing individual assistance and understand how to connect with those or related resources | 10, 9 | I, I |
| Use psychological principles to generate solutions to personal, social, organizational, and societal problems | 10, 1 | I, I |
| Understand the practical importance and uses of the concepts and methods of psychology | 10, 9 | I, 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. (2015). Psychology Applied to Modern Life: Adjustment in the 21st Century (11th Ed.), Belmont, CA: Nelson Education Ltd. (available in the university bookstore)

D2L for PSYC 203

There is an area of the general campus D2L site set aside for this course. This site should be your first stop for questions about the course topics and dates etc. PowerPoint slides will be posted on D2L the night before each class. <https://d2l.ucalgary.ca/d2l/home>

Evaluation

Two mid-term exams and a final exam are scheduled. The midterm exams are non-cumulative, and the final exam is cumulative. All exams consist of multiple-choice and short answer questions 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. The use of class notes or the textbook, computers, iPhones, iPads, or calculators is prohibited during the exams in this course.

Your **course grade** will be computed as the **average of your three exam scores (exams' 1-2 x 30% each = 60% of final grade; final exam = 36%; total = 96% of final grade) PLUS your Experiential Learning score (4%) (see section below)**. If you miss an exam: see the section "Absence From An Exam," further below. Test dates:

| | | |
|------------|-------------|--------------------------|
| Exam 1 | February 14 | Chapters 1-4 |
| Exam 2 | March 23 | Chapters 6-9 |
| Final Exam | TBA | Chapters 1-9, 11, 14, 15 |

"Test-Taking Advice: Especially for the Multiple-Choice Challenged":

http://psyc.ucalgary.ca/sites/psyc.ucalgary.ca/files/Test_Taking_Advice.pdf

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 1) up to 30% of grades in 200- and 300-level psychology courses will be “A” grades (A+, A, and A-), and 2) up to 40% of grades 400-level psychology courses will be “A” grades.

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 | Chapter |
|-----------------|---|------------|
| T Jan 10 | Course Outline/Introduction <i>Winter term lectures begin.</i> | |
| R Jan 12 | Introduction to Psychology | 1 |
| T Jan 17 | Introduction to Psychology | 1 |
| R Jan 19 | Personality | 2 |
| F Jan 20 | <i>Last day to drop Winter Term half-courses.</i> | |
| M Jan 23 | <i>Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.</i> | |
| T Jan 24 | Personality | 2 |
| R Jan 26 | Personality | 2 |
| T Jan 31 | Stress | 3 |
| R Feb 2 | Stress | 3 |
| T Feb 7 | Coping | 4 |
| R Feb 9 | Coping | 4 |
| T Feb 14 | Exam 1 | 1-4 |
| R Feb 16 | The Self | 6 |
| Feb 19-26 | <i>Reading Week. No lectures. University open (except Family Day). Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i> | |
| M Feb 20 | <i>Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i> | |
| T Feb 28 | The Self | 6 |
| R Mar 2 | Social Thinking and Social Influence | 7 |
| T Mar 7 | Social Thinking and Social Influence | 7 |
| R Mar 9 | Interpersonal Communication | 8 |
| T Mar 14 | Interpersonal Communication | 8 |
| R Mar 16 | Friendship and Love | 9 |
| T Mar 21 | Friendship and Love | 9 |
| R Mar 23 | Exam 2 | 6-9 |
| T Mar 28 | Gender and Behaviour | 11 |
| R Mar 30 | Gender and Behaviour | 11 |
| T Apr 4 | Psychological Disorders | 14 |
| R Apr 6 | Psychological Disorders | 14 |
| T Apr 11 | Psychotherapy | 15 |
| W Apr 12 | Psychotherapy <i>Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.</i> | 15 |
| F Apr 14 | <i>Good Friday. No Classes. University Closed</i> | |

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; no reappraisal of term work is permitted after the 15 days. 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

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 http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy_0.pdf .

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 up to 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 during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-review-and-makeup-exams>. 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 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 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 http://www.ucalgary.ca/registrar/exams/deferred_final. Under no circumstances will this be accommodated by the department.

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 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.

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 April 12, 2017.**

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 20, February 10, March 3, March 24, 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.

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 130 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suvpaca@ucalgary.ca
Student Union Faculty Rep.: arts1@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 (<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 20, 2017**. Last day for registration/change of registration is **January 23, 2017**. The last day to withdraw from this course is **April 12, 2017**.