

PSYC 203
Psychology For Everyday Life
Winter 2018

Instructor:	Dr. K. Edwin Sheppard	Lecture Location:	MFH 162
Phone:	403-220-8970	Lecture Days/Time:	M/W/F: 8:00-8:50am
Email:	kesheppa@ucalgary.ca		
Office:	Admin 157		
Office Hours:	M/W 9:00-9:50		

Course Description

This course will focus on: general health and wellbeing, human development, interpersonal relationships, stress and coping, and mental health and wellness. It provides 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 upon 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

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	Assessment Methods	PLO(s)	Level(s)
Understand the practical importance and uses of the concepts and methods of psychology	Multiple choice exams; top hat questions	1,2,5,6,7,	I
Critically evaluate the validity of psychological knowledge claims.	Multiple choice exams; top hat questions	1,2,5,7,	I
Explain and evaluate the strengths and weaknesses of the research methodology used in psychology	Multiple choice exams; group assignment	1,2,3,7	I
Investigate the extent to which internal versus external factors interact to influence our behaviour.	Multiple choice exams; top hat questions	1,2,7	I

Use psychological principles to generate solutions to personal, social, organizational and societal problems.	Group assignment	1,2,5,6,7	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.

Note: Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology.

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)

Note: We will be using Top Hat in this course. You will receive an email with an invitation to join the course in Top Hat or you may search for the course and add yourself to it on your own by following this link: <https://app.tophat.com>.

Evaluation:

Exams (80% of final grade) There are two exams (February 12, March 16) and a final exam (to be written during the final exam period) scheduled for this course. The first two exams are multiple-choice, non-cumulative, and will cover text and lecture material (including any films and other demonstrations). The final exam is cumulative and will consist of multiple-choice questions. No resources are allowed in any exams (i.e., no cell phones, computers, textbooks, notes, or any other aids). Exam dates, weightings, and topics are as follows:

	Date	Weight	Topic
Exam 1	February 12	25	From Introduction to Psychology to The Self
Exam 2	March 16	25	From Social Thinking and Social Influence to Interpersonal Attraction
Exam 3	TBD	30	All material with an emphasis on material since Exam 2

In-Class Group Assignments: Two in-class group assignments worth 6% each (max total = 12% of your mark). These assignments are open-book and do not require advanced preparation. They are intended to help you apply the concepts that you have learned in class. For each assignment, you will be asked to design and propose a solution to a real world issue using social psychological principles discussed in class. You will work on these assignments in groups of 3-4 and hand them in at the end of class through a Drop Box folder on D2L. Assignments will vary in length and content.

A completed Physician/Counselor Statement will be required to confirm absence from a in-class assignment for health reasons. Students who miss a in-class assignment must contact Dr. Sheppard to notify him of any absences during these assignments. A makeup assignment will be offered at the discretion of Dr. Sheppard. You have 48 hours to notify Dr. Sheppard of your absence following an in-class assignment. If you fail to do so during that time you will receive a grade of 0 on the assignment.

In-class assignments will be graded based on completion, accurate application of the concepts being addressed, thoughtfulness of the analysis and overall effort contributed to the assignment.

In-Class Participation using Top Hat (4% of final grade)

Top Hat is 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 Top Hat, 4% of your grade has been assigned to Top Hat participation. To receive participation credit for using Top Hat, you will have to register for a Top Hat account online. Information will be provided in class and posted on D2L telling you how to register for the class account in Top Hat.

Top Hat participation marks will be broken down as follows:

- At least 80% of Top Hat questions answered = 4%
- At least 60% of Top Hat questions answered = 3%
- At least 40% of Top Hat questions answered = 2%
- At least 20% of Top Hat questions answered = 1%
- Less than 20% of Top Hat 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 April 13, 2018.**

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 19, February 9, March 2, March 23, 2018**), late submissions will not be accepted. Please consult the D2L 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 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

Week	Date	Topic/Activity/Readings/Due Date	Readings
1	M Jan 08	Overview of the course Winter term lectures begin.	
	W Jan 10	Introduction to Psychology	Ch 1
	F Jan 12	Introduction to Psychology	Ch 1
2	M Jan 15	Personality	Ch 2
	W Jan 17	Personality	Ch 2
	F Jan 19	Personality Last day to drop Winter Term half-courses.	Ch 2
3	M Jan 22	Stress Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.	Ch 3
	W Jan 24	Stress	Ch 3
	F Jan 26	Stress Fee payment deadline for Winter Term fees.	Ch 3
4	M Jan 29	Coping	Ch 4
	W Jan 31	Coping	Ch 4
	F Feb 2	Coping	Ch 4
5	M Feb 5	The Self	Ch 6
	W Feb 7	The Self	Ch 6
	F Feb 9	The Self	

6	M Feb 12	Exam 1	Introduction to Psychology to The Self Ch 1-6
	W Feb 14	Social Thinking and Social Influence	Ch 7
	F Feb 16	Social Thinking and Social Influence	Ch 7
7	Feb 18-25	Reading Week. No lectures. University open (except Family Day).	
	M Feb 19	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.	
8	M Feb 26	Social Thinking and Social Influence	Ch 7
	W Feb 28	In-class group assignment 1	
	F Mar 2	Interpersonal Communication	Ch 8
9	M Mar 5	Interpersonal Communication	Ch 8
	W Mar 7	Interpersonal Attraction	Ch 9/10
	F Mar 9	Interpersonal Attraction	Ch 9/10
10	M Mar 12	Interpersonal Attraction	Ch 9/10
	W Mar 14	Interpersonal Attraction	Ch 9/10
	F Mar 16	Exam 2	Social Thinking and Social Influence – Interpersonal Attraction (Ch. 7-10)
11	M Mar 19	Psychological Disorders	Ch 14
	W Mar 21	Psychological Disorders	Ch 14
	F Mar 23	Psychological Disorders	Ch 14
12	M Mar 26	Psychotherapy	Ch 15
	W Mar 28	Psychotherapy	Ch 15

	F Mar 30	Good Friday. University Closed	
13	M Apr 2	In-class group assignment 2	
	W Apr 4	Positive Psychology	Ch 16
	F Apr 6	Positive Psychology	Ch 16
14	M Apr 9	Positive Psychology	Ch 16
	W Apr 11	Career Development and Challenges of the Workplace	Ch 13
	F Apr 13	Career Development and Challenges of the Workplace Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.	Ch 13
	Apr 16-26	Winter Term Final Examinations.	All material with an emphasis on material since Exam 2

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 Accommodations

The student accommodation policy can be found at: ucalgary.ca/access/accommodations/policy. Students needing an Accommodation because of a Disability or medical condition should communicate this need to Student Accessibility Services in accordance with the Procedure for Accommodations for Students with Disabilities ucalgary.ca/policies/files/policies/student-accommodation-policy. Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the instructor.

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-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 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.

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.

Campus Mental Health Strategy

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

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 19, 2018**. Last day for registration/change of registration is **January 22, 2018**. The last day to withdraw from this course is **April 13, 2018**.