

The Hong Kong University of Science and Technology
Division of Social Science
SOSC1980 Psychology and Everyday Life
Course Syllabus
Fall Semester 2017-2018

Lecturer	Teaching Assistants
Dr. Beatrice LAI Office: Room 2387 Email: beatricelai@ust.hk Phone: 2358 7817 Consultation: By appointment	William CHAN, Vivien PONG, Kayee WONG Email: sosc1980ta@ust.hk Consultation: By appointment

Lecture Time: Tuesday and Thursday, 12:00-13:20

Venue: LTA

Course Description

The course covers various issues that students will encounter during their transition to adulthood. Students who have taken this course can apply the principles and concepts in meeting the many challenges in everyday life so as to achieve a more adaptive personal growth and better psychological adjustment. Some topics include understanding of the self, interpersonal attraction and love, sexuality, interpersonal communication, stress and coping, and work-related issues.

Intended Learning Outcomes (ILOs)

After taking this course, you should be able to:

1. demonstrate a fundamental knowledge of key topics and theories of great relevance to personal growth.
2. apply the theories/principles in understanding and tackling everyday challenges of adjustment.
3. explain how psychological research is conducted and how psychologists observe human behavior scientifically.
4. develop appreciation of the scientific basis of psychology.

Non-assessed Learning Activities

1. Readings ILOs #1, #2, #3, #4

After lectures of each topic, students are strongly advised to read the required readings to maximize your learning experience. The textbook complements the lectures by providing a broader and deeper coverage. The required readings will be listed at the end of each lecture note. You may also read other recommended resources such as: American Psychological Association website (<http://www.apa.org>); Association for Psychological Science website (<http://www.psychologicalscience.org>); Psychology Today magazine (<http://psychologytoday.com>); and Scientific American Mind magazine (<http://www.sciam.com>).

2. Self-assessing Practice Quizzes ILOs #1, #2, #3

Before each quiz, I will post a self-assessing practice quiz comprising several multiple choice questions. This is intended to help you assess your knowledge of the topic, and to familiarize yourself with the format and styles of the actual quizzes.

Assessment Scheme

Quiz 1	30%
Quiz 2	30%
Assignment	30%
Research Participation	10%

1. Quizzes (30% each, total 60%) ILOs #1, #2, #3

- There are two quizzes to test your understanding of course materials. Quizzes are multiple-choice questions only and noncumulative. Each quiz contributes to 30% of your course grade, covering all materials in lectures and required readings.
- Quiz 1 is scheduled on **Oct 24, 2017** and covers topics from Lectures 1 to 12. Quiz 2 is scheduled during the centralization final exam period and covers topics from Lectures 14 to 24.
- Arrive on time for the quizzes as no additional time will be given to students arriving late.
- No make-up exams will be given to students who are absent from the quiz unless there are validated medical reasons. You must present a written note from your doctor attesting to the fact that you were too ill to attend the quiz. This note must be presented to me in person to arrange for a make-up quiz. All make-up quizzes will be in the form of essay questions.

2. Group paper (30%) ILOs #1, #2

- Task: You are to work in a group of two to complete a group paper. You will be provided several short articles with some guidelines to help jump start your thinking in the topic. You may choose to use or modify one or more of the ideas provided; alternatively, you are most welcome to develop your own theme. In either case, you are writing an argumentative essay using psychology-related evidence. Do not write a summary of the articles. Use the working template on CANVAS to organize your paper.
- Deadline: Group paper is due by **11am, Nov 10, 2017**.
- The articles and related documents will be posted on CANVAS in due course.

3. Research participation (10%) ILOs #3, #4

- You will have an opportunity to participate in some research studies as a participant. This is intended for you to learn how empirical studies are conducted.
- You can earn 1 credit for each 30-minute session completed. Studies vary in length. Some last 30 minutes (1 research credit) and some last an hour (2 research credits). In total, you may participate in 1.5 hours of research studies to earn 3 research credits, contributing to 10% of your course grade.

- All studies will be conducted between **Sep 18 and Oct 27**. Guidelines will be disseminated in due course on CANVAS.
- Please be reminded that for those who have taken another 1000-level psychology course (SOSC1960) the semester before or are taking it concurrently with this course, you still need to fulfil the 1.5 hours (i.e. 3 credits) of research participation for this course. Please be aware that you may be prohibited from some research studies because you have participated in them before.
- Some students may have participated in paid research studies in the previous semesters. Please be aware that you may be prohibited from some research studies because you have participated in them before.
- If you do not wish to participate in any research study or you haven't earned enough research credits, you can participate in "research exercises" to earn the research participation credits. Upon completion of each research exercises, you will earn 1 research credit. Sessions of the research exercise will be held between **Nov 6 and Nov 10**.

Required Textbook

Nevid, J. S., & Rathus, S. A. (2013). Psychology and the challenges of life: Adjustment and growth (12th ed.). New York: John Wiley and Sons, Inc.

Academic Integrity

I expect all of you to observe the University's policies regarding academic integrity (<http://publish.ust.hk/acadreg/generalreg/index.html>). Academic dishonesty such as plagiarism and cheating usually results in a reduced or failing grade in eth course. Please consult me if you are not clear about the guidelines.

Course Communication Platform

All lecture materials and announcements will be posted on CANVAS. Be sure to check CANVAS from time to time for any updated news. I believe interaction between the lecturer and the students is one of the key ingredients to an optimal learning experience. You can share any thoughts relevant to the course by email or talking to me in person. These can be things you come across in your everyday life which are related to what you have learned in class.

Your Feedback

Your opinions about the course are very valuable in helping me to better improve the course. A course evaluation will be held at the end of the course. You are also very much welcomed to talk to me.

Teaching Schedule

Lecture	Date	Topic	Required Readings
1.	Sep 5	Introduction	Ch. 1
2.	Sep 7		
3.	Sep 12		
4.	Sep 14	Interpersonal Attraction and Love	Ch. 10 & 11
5.	Sep 19		
6.	Sep 21		
7.	Sep 26	Writing Workshop	-
8.	Sep 28	Everyday Coping	Ch. 3 & 4
9.	Oct 3		
-	Oct 5	<i>No Class - The day following the Chinese Mid-Autumn Festival</i>	-
10.	Oct 10	Everyday Coping	Ch. 3 & 4
11.	Oct 12	Health Behaviors	Ch. 5
12.	Oct 17		
-	Oct 19	<i>No Class - Study Break/ Quiz Consultation</i>	-
13.	Oct 24	Quiz 1	-
14.	Oct 26	Understanding Yourself	Ch. 6
15.	Oct 31		
16.	Nov 2		
17.	Nov 7	Gender	Ch. 12
18.	Nov 9		
19.	Nov 14		
20.	Nov 16	Sexual Behavior	Ch. 12
21.	Nov 21	Psychology of Work	Ch. 14
22.	Nov 23		
23.	Nov 28	Interpersonal Communication	Lecture Notes
24.	Nov 30		

Important Dates

Date	Task
Oct 24	Quiz 1
Oct 27	Last day of research participation
Nov 6	Group paper consultation ends at 11am
Nov 10	Group paper due by 11am
Nov 10	Last day of research exercises
Final Exam Period	Quiz 2