

The Hong Kong University of Science and Technology
Division of Social Science
SOSC1980 Psychology and Everyday Life
Course Syllabus
Fall Semester 2014-2015

Lecturer	Teaching Assistant
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Lecture Time: Monday and Wednesday, 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%
Assignments	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 20, 2014** 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 quizzes 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 within 24 hours of the quiz to arrange for a make-up quiz. All make-up quizzes will be in the form of essay questions.

2. Assignments (30%) ILOs #1, #2

- Task: You are to submit two individual assignments in which you argue for a stance or view point of your own choice in an assigned topic with the support of research findings, and/or principles or concepts learnt in this course. I will provide a short article each with some guiding questions to help jump start your thinking in the assigned topic. In your paper, please delineate your **THOUGHTS**, not a summary of the article.
- Format: Maximum 500 words for each assignment
- Deadline: The assignments are due by **12noon on Oct 15, 2014**.
- The articles and guiding questions will be posted on the LMES in due course.

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

- You will have an opportunity to participate in some research studies as a participant.
- You can earn 2.5% of your course mark for each 30-minute session completed. Studies vary in length. Some last 30 minutes (equivalent to 2.5% of your course mark; i.e., 2.5 credits), others an hour (equivalent to 5% of your course mark; i.e., 5 credits). In total, you may participate in 2 hours of research studies.

- Please be assured that your responses in these studies will be kept strictly confidential and used for research purpose only. Before each study, your informed consent will be sought. After each study, you will be fully debriefed, through which you will learn why and how the study is conducted.
- 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 2 hours 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 want to participate in any research study or you haven't earned enough research credits, you can write an essay as a substitute to get the 10%. Guideline will be disseminated on LMES toward the end of October. You will have to submit the substitute essay(s) by **12noon on Nov 28, 2014**.

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 is a serious offence and will result in a reduced or failing grade in the course. All cases will be reported to the Division. Please consult me if you are not clear about the guidelines.

Course Communication Platform

- LMES (<http://lmes2.ust.hk>). All lecture materials and announcements will be posted onto the LMES. Be sure to check the LMES 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. I will use the LMES as a communicating platform where you can raise questions that you would like me to address. You can also share any thoughts relevant to the course. 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 1	Introduction	Ch. 1
2.	Sep 3		
3.	Sep 8		
4.	Sep 10	Everyday Coping	Ch. 3 & 4
5.	Sep 15		
6.	Sep 17		
7.	Sep 22	Interpersonal Attraction and Love	Ch. 10 & 11
8.	Sep 24		
9.	Sep 29		
-	Oct 1	No Class – National Day	-
10.	Oct 6	Interpersonal Attraction and Love	Ch. 10 & 11
11.	Oct 8	Health Behaviors	Ch. 5
12.	Oct 13		
-	Oct 15	No Class - Study Break/ Quiz Consultation	-
13.	Oct 20	Quiz 1	-
14.	Oct 22	Understanding Yourself	Ch. 6
15.	Oct 27		
16.	Oct 29	Gender	Ch. 12
17.	Nov 3		
18.	Nov 5		
19.	Nov 10	Sexual Behavior	Ch. 12
20.	Nov 12		
21.	Nov 17	Psychology of Work	Ch. 14
22.	Nov 19		
23.	Nov 24	Interpersonal Communication	Lecture Notes
24.	Nov 26		

Important Dates

Date	Task
Oct 15	Assignments due by 12noon
Oct 20	Quiz 1
Nov 28	Substitute essay due by 12noon
Final Exam Period	Quiz 2