

The Hong Kong University of Science and Technology
Division of Social Science
SOSC1980 Psychology and Everyday Life
Course Syllabus
Spring Semester 2018-2019

Lecturer	Teaching Assistants
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Lecture Time: Tuesday and Thursday, 9:00-10:20

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 Experience	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 **Mar 26, 2019** and Quiz 2 is scheduled during the centralization final exam period. The quizzes are non-cumulative.
- 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.
- Deadlines: Outline is due by **11am, Mar 15, 2019**; Group paper is due by **11am, Apr 8, 2019**.
- The articles and related documents will be posted on CANVAS in due course.

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

- The science of human mind and behavior advances through empirical research. In this course, you will experience such research up close. There are two types of experience: research study and research exercise. You have the choice of participating in either one or a combination of both.
- For Research Study, you will have an opportunity to participate in research studies as a participant. This is intended for you to experience firsthand how

empirical studies are conducted. You earn 1 credit for every 30-minute session completed. Studies vary in length: Some last 30 minutes (1 research credit) and some last an hour (2 research credits).

- For Research Exercise, a session lasts 30 minutes, in which you will watch a video about a classic research study on human mind and behavior and write a brief reflection on it (about 150 words). Upon completion of a 30-minute session, you will earn 1 research credit.
- At maximum, you gain 3 research credits, which translate into 10% of your course grade.
- All studies and exercises will be held between **Feb 18 and Apr 17, 2019**. 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 Experience for this course.
- Some students may have participated in paid research studies in the previous semesters. Please be aware that you may not be eligible to participate in them again.

Required Textbook

Nevid, J. S., & Rathus, S. A. (2015). Psychology and the challenges of life: Adjustment and growth (13th 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 improve the course. A course evaluation will be held at the end of the course. You are also very much welcome to talk to me.

Teaching Schedule

Lecture	Date	Topic	Required Readings
1.	Jan 31	Introduction	Ch. 1
-	Feb 5	<i>Holiday - Lunar New Year</i>	-
-	Feb 7		
2.	Feb 12	Introduction	Ch. 1
3.	Feb 14		
4.	Feb 19	Interpersonal Attraction and Love	Ch. 10 & 11
5.	Feb 21		
6.	Feb 26		
7.	Feb 28		
8.	Mar 5	Everyday Coping	Ch. 3 & 4
9.	Mar 7		
10.	Mar 12		
11.	Mar 14	Health Behaviors	Ch. 5
12.	Mar 19		
-	Mar 21	<i>No Class - Study Break</i>	-
13.	Mar 26	Quiz 1	-
14.	Mar 28	Understanding Yourself	Ch. 6
15.	Apr 2		
16.	Apr 4		
17.	Apr 9	Gender	Ch. 12
18.	Apr 11		
19.	Apr 16	Sexuality	Ch. 12
-	Apr 18	<i>No Class – Mid Term Break</i>	-
-	Apr 23		
20.	Apr 25	Sexuality	Ch. 12
21.	Apr 30	Psychology of Work	Ch. 14
22.	May 2		
23.	May 7	Interpersonal Communication	Lecture Notes
24.	May 9		

Important Dates

Date	Task
Mar 15	Group Paper outline due by 11am
Mar 26	Quiz 1
Apr 3	Group Paper consultation ends at 11am
Apr 8	Group Paper due by 11am
Apr 17	Last day of Research Experience
Final Exam Period	Quiz 2