

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

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

Lecture Time: Wednesday and Friday, 13:30-14:50

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 **Oct 23, 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 writing an argumentative essay using psychology-related research findings. Refer to the Guidelines for more details and use the working template on CANVAS to organize your paper.
- Deadlines: Outline is due by **11am, Oct 15, 2019**; Group paper is due by **11am, Nov 7, 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 **Sep 16 to Nov 8, 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.	Sep 4	Introduction	Ch. 1
-	Sep 6	<i>No Class</i>	-
2.	Sep 11	Research Methods	Ch. 1
3.	Sep 13		
4.	Sep 18	Interpersonal Attraction and Love	Ch. 10 & 11
5.	Sep 20		
6.	Sep 25		
7.	Sep 27	Writing Workshop	-
8.	Oct 2	Everyday Coping	Ch. 3 & 4
9.	Oct 4		
10.	Oct 9		
11.	Oct 11	Health Behaviors	Ch. 5
12.	Oct 16		
13.	Oct 18	Group Paper Consultation	-
14.	Oct 23	Quiz 1	
15.	Oct 25	Understanding Yourself	Ch. 6
16.	Oct 30		
17.	Nov 1	Gender	Ch. 12
18.	Nov 6		
19.	Nov 8		
20.	Nov 13	Sexual Behavior	Ch. 12
21.	Nov 15		
22.	Nov 20	Psychology of Work	Ch. 14
23.	Nov 22		
24.	Nov 27	Interpersonal Communication	Lecture Notes
25.	Nov 29		

Important Dates

Date	Task
Oct 15	Group Paper outline due by 11am
Oct 23	Quiz 1
Nov 5	Group Paper consultation ends at 11am
Nov 7	Group Paper due by 11am
Nov 8	Last day of Research Experience
Final Exam Period	Quiz 2