

The Hong Kong University of Science and Technology  
Division of Social Science  
SOSC1980 Psychology and Everyday Life  
Course Syllabus  
Spring Semester 2020

Lecturer	Teaching Assistants
Dr. Beatrice LAI Office: Room 2387 Email: <a href="mailto:beatricelai@ust.hk">beatricelai@ust.hk</a> Phone: 2358 7817 Consultation: By appointment	Xin HE, Vivien PONG, Kayee WONG Email: <a href="mailto:sosc1980ta@ust.hk">sosc1980ta@ust.hk</a> 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>).

## Assessment Scheme

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<b>Quiz</b>	<b>30%</b>
<b>After-Class Exercises</b>	<b>20%</b>
<b>Group Paper</b>	<b>40%</b>
<b>Research Experience</b>	<b>10%</b>

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### 1. Quiz (30%) ILOs #1, #2, #3

- There is a quiz to test your understanding of course materials. It is scheduled on the last day of the course i.e. **May 19**. This is an open-book, open-note essay exam which covers all materials in lectures and required readings.
- 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 to arrange for a make-up quiz. The make-up quiz will be in the form of essay questions.

### 2. Group paper (40%) 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 30, 2020**; Group paper is due by **11am, Apr 17, 2020**.
- The Guidelines and related documents will be posted on CANVAS in due course.

### 3. After-Class Exercises (20%) ILOs #1, #2

- You are to complete exercises after lecture for selected topics. They serve as an extension to the materials that I teach in class. For example, you will complete a questionnaire about your stress level after I talk about stress and coping. We will upload the exercises on Canvas and you will have three days to complete each exercise. Please configure your Canvas setting to enable email notification of announcements and new materials uploaded. You should check your Canvas frequently.

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

- The science of human mind and behavior advances through empirical research. There are opportunities for you to observe how such research is conducted. You will complete two tasks:
  - Research study: Complete a real research study online as a participant and learn firsthand how it is conducted. Write a thought piece (in no more than 100 words) about your experience.

- Research exercise: Watch a video about a research study. Write a thought piece (in no more than 100 words) about the study.
- Your thought pieces will be graded on a pass/fail basis (for failed cases, students will receive comments and have a chance to rewrite and resubmit). Submission deadline: 5:00pm, Mar 27

### **Required Textbook**

Nevid, J. S., & Rathus, S. A. (2015). Psychology and the challenges of life: Adjustment and growth (13<sup>th</sup> 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 frequently for any updated news. You should configure your Canvas setting to enable email notification of announcements and new materials uploaded.

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.	Feb 20	Introduction	Ch. 1
2.	Feb 25	Research Methods	Ch. 1
3.	Feb 27		
4.	Mar 3	Everyday Coping	Ch. 3 & 4
5.	Mar 5		
6.	Mar 10		
7.	Mar 12	Writing Workshop / Interpersonal Attraction and Love	- Ch. 10 & 11
8.	Mar 17	Interpersonal Attraction and Love	Ch. 10 & 11
9.	Mar 19		
10.	Mar 24		
11.	Mar 26	Health Behaviors	Ch. 5
12.	Mar 31		
13.	Apr 2	Group Project Consultation	-
14.	Apr 7	Understanding Yourself	Ch. 6
15.	Apr 9		
16.	Apr 14	Gender	Ch. 12
17.	Apr 16		
18.	Apr 21		
19.	Apr 23	Sexual Behavior	Ch. 12
20.	Apr 28		
-	Apr 30	<i>Holiday</i>	-
21.	May 5	Psychology of Work	Ch. 14
22.	May 7		
23.	May 12	Interpersonal Communication	Lecture Notes
24.	May 14		
25.	May 19	Quiz	-

## Important Dates

Date	Task
Mar 27	Last day of Research Experience
Mar 30	Group Paper outline due by 11am
Apr 9	Group Paper consultation ends at 11am
Apr 17	Group Paper due by 11am
May 19	Quiz