

The Hong Kong University of Science and Technology
Division of Social Science
SOSC1980 Psychology and Everyday Life
Course Syllabus
Spring Semester 2021

Lecturer	Teaching Assistants
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Lecture Time: Tuesday and Thursday, HKT 12:00-13:20

Zoom ID: 990 7900 3179

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.

Assessment Scheme

Quizzes	30%
Group Paper	35%
After-Class Exercises	25%
Research Experience	10%

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

- There are two quizzes to test your understanding of course materials. The quiz is an open-book, open-note quiz with a combination of multiple-choice questions, true or false questions, and short questions. The quizzes cover all materials in lectures and required readings.
- No make-up quiz 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 (35%) ILOs #1, #2

- Task: You are to work in a group of two to complete a group paper. You are to first report the strategies you use personally to cope with stress and evaluate the effectiveness of one of them. Then, together with your group partner, choose a coping method that you heard of as effective but neither of you have used before or used consistently. Evaluate its effectiveness in coping with stress, consider a barrier people may encounter when adopting this strategy and how to overcome it. Finally, discuss how you would incorporate this strategy in your own lives.
- You are to refer to psychological research findings, theories and concepts to evaluate the current and new coping strategies, and to suggest ways to overcome the barrier and to incorporate the new strategy into your lives.
- Deadlines: Outline is due by **Mar 10**; Group paper is due by **Apr 9**.
- The Guidelines and related documents will be posted on CANVAS in due course.

3. After-Class Exercises (25%) ILOs #1, #2

- You are to complete three after-class exercises for selected topics. They serve as an extension to the materials taught in class. Below is the list of after-class exercises and their due dates.
- The guidelines for the after-class exercises will be uploaded on Canvas in due course. Please read and follow the instructions carefully.

	Topics	Description	Percentage	Due Date
#1	Stress and Coping	Complete a stress survey and discuss how you cope with a recent stressor	5%	Feb 26
#2	Health Behaviors	Design a poster to encourage people to wear surgical masks during the COVID-19 pandemic	10%	Mar 26
#3	Any topic	Make a video to illustrate how you can apply a theory/concept from one of the topics to your personal experience	10%	Apr 21

4. Research Experience (5% x 2) 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:
 1. *Research study*: Complete a real research study online as a participant and learn firsthand how it is conducted. Write a thought piece (within 100 to 300 words) about your experience.
 2. *Research exercise*: Watch a video about a research study. Write a thought piece (within 100 to 300 words) about the study.
- Your writings will be graded on a pass/fail basis (for failed cases, students will receive comments and have a chance to rewrite and resubmit with a one-point deduction). Submission deadline: **Mar 19**.

Required Textbook

Nevid, J. S., & Rathus, S. A. (2019). Psychology and the challenges of life: Adjustment and growth (14th ed.). New York: John Wiley and Sons, Inc.

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>).

Academic Integrity

I expect all of you to observe the University's policies regarding academic integrity (<https://acadreg.ust.hk/generalreg.html#b>). 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.

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 talk to the lecturer 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 the teaching team 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 the lecturer in person.

Teaching Schedule

Lecture	Date	Topic	Required Readings
1.	Feb 2	Introduction	Ch. 1
2.	Feb 4	Research Methods	Ch. 1
3.	Feb 9		
4.	Feb 11	Everyday Coping	Ch. 2, 4
5.	Feb 16		
6.	Feb 18		
7.	Feb 23	Interpersonal Attraction and Love	Ch. 11
8.	Feb 25		
9.	Mar 2		
10.	Mar 4	Dry Run for Quiz 1/Writing Workshop	-
11.	Mar 9	Health Behaviors	Ch. 6
12.	Mar 11		
13.	Mar 16	Quiz 1	-
14.	Mar 18	Group Paper Consultation	-
15.	Mar 23	Understanding Yourself	Ch. 7
16.	Mar 25		
17.	Mar 30	Gender	Ch. 10
18.	Apr 8		
19.	Apr 13		
20.	Apr 15	Sexual Behavior	Ch. 12
21.	Apr 20		
22.	Apr 22	Psychology of Work	Ch. 15
23.	Apr 27		
24.	Apr 29	Interpersonal Communication	Lecture Notes
25.	May 4		
26.	May 6	Quiz 2	-

Important Dates

Date	Task
Feb 26	After-class exercise #1 due
Mar 10	Group paper outline due
Mar 16	Quiz 1
Mar 19	Research experience due
Mar 26	After-class exercise #2 due
Mar 30	End of group paper consultation
Apr 9	Group paper due
Apr 21	After-class exercise #3 due
May 6	Quiz 2