

The Hong Kong University of Science and Technology

Division of Social Science

## SOSC1980 Psychology and Everyday Life | Spring 2021

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Lecture: Tuesday / Thursday 1330 – 1450  
Website: <https://canvas.ust.hk/courses/35914>

Instructor: Professor Michelle YIK  
Office: Room 2386, Academic Building  
Email: Michelle.Yik@ust.hk  
Consultation: By appointment through email

TAs: Felity KWOK & Alison YOUNG  
TAs' email: [sosc1980my@ust.hk](mailto:sosc1980my@ust.hk)

When contacting us, ALWAYS prefix the subject line of your message with the course code (e.g., "sosc1980 | group project"). Use your university email account only.

### GOALS

1. To understand theories and topics of personal growth and psychological adjustment. This goal can be achieved by reading the texts.
2. To highlight select topics which I consider to be important and are of interest to me. This goal can be achieved by attending lectures. The lecture materials and the readings supplement each other in advancing your understanding of the topics. It is my intention to **MINIMIZE** the overlap between them.
3. To apply concepts/principles/theories to understand everyday challenges of adjustment. This goal can be achieved by actively taking part in class activities and completing the course work.

### LEARNING OUTCOMES

At the end of the course, you will be able to:

- demonstrate a fundamental knowledge of classical and contemporary studies related to personal growth
- explain how psychological research is conducted and how human behaviors can be studied scientifically
- understand, relate, and apply the key concepts in everyday life

### REQUIRED e-TEXTBOOK

Rathus, S. A., & Nevid, J. S. (2019). *Psychology and the challenges of life: Adjustment and growth* (14<sup>th</sup> ed.). New York: John Wiley and Sons. [[https://w5.ab.ust.hk/cgi-bin/std\\_cgi.sh/WService=broker\\_ba\\_p/prg/ba\\_std\\_main.r](https://w5.ab.ust.hk/cgi-bin/std_cgi.sh/WService=broker_ba_p/prg/ba_std_main.r)]

### COURSE ASSESSMENT

Individual Exercises	20%
Group Project	35%
Open-book Tests	35%
Research Experience	10%

### Individual Exercises (20%)

- Three exercises, 10% each, will be distributed throughout the term, although **only the best two** will be counted towards your final grade.
- We will brief you on each exercise when we kickstart the pertinent topic.
- Use the working template on CANVAS to organize each exercise.

	Topic	Description
#1	Emotion	Make a video to illustrate how you apply a concept/principle/theory learnt in this topic to understand your emotional experience.
#2	Personality	Complete an online survey based on which to discuss the similarities and differences between how you see yourself and what the survey results tell what kind of person you are.
#3	The Self	Ask your caregiver where you slept as an infant. Share a photograph or draw a picture that closely resembles your actual sleeping scenario. Discuss your caregiver's intention when s/he chose your sleeping location and elaborate how that decision influenced the development of your self-construal.

### Group Project (35%)

- You will be **randomly assigned** a groupmate after the add/drop period.
- The group project relates to "romantic love" and includes two components: **Outline (5%), Paper (30%)**
- You will be provided some guidelines to help jump start your thinking. 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 templates on CANVAS to organize your Outline and Paper.

### Open-book Tests (35%)

- Two noncumulative tests:
  - **Test 1 (15%)** consists of True/False questions and will be administered via CANVAS Quizzes. You must sign on to CANVAS to complete it.
  - **Test 2 (20%)** consists of short and long answers. Questions will be emailed to you and you are required to submit your answers on CANVAS.
- **Coverage:** All materials covered in lectures and required readings
- Be sure to arrive on time for each test since no additional time will be given to students who arrive late.
- Important Note: There will be **NO** make-up tests in this course. This means that if you miss a test, you will simply lose the number of points associated with it. Your grade will therefore be computed as if that entry was a zero. The only exceptions to this are validated medical notes. Such notes must be in the form of a written note from your doctor, attesting to the fact that on the day of the test you were too ill to attend the test. All make-ups consist of **long answers** and an **oral session**.

### Research Experience (10%)

- To allow you to gain the first-hand experience in psychological research, we ask you to complete two tasks:
  - **Research Study (5%):** Complete an online study as a participant and write a thought piece about the study.
  - **Research Exercise (5%):** Watch a video about a research study and write a thought piece about the study.
- Each thought piece (100 – 300 words each) 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).

## LECTURE SCHEDULE

Week	Date	Topic	Required	Optional
1	2 Feb	Introduction	Chapter 1	Chapter 2
	4 Feb	Introduction		
2	9 Feb	Introduction		
	11 Feb	Emotion*	Chapter 4	Chapter 5
3	16 Feb	Emotion		
	18 Feb	Emotion		
4	23 Feb	Romantic Love	Chapter 11	Chapter 12
	25 Feb	Romantic Love		
5	2 Mar	Romantic Love		
	4 Mar	Romantic Love Group Paper Briefing		
6	9 Mar	Personality*	Chapter 3	
	11 Mar	Personality		
7	16 Mar	Personality		
	18 Mar	The Self*	Chapter 7	
8	23 Mar	Group Paper Consultations		
	25 Mar	Group Paper Consultations		
9	30 Mar	Test 1   "Introduction" to "Personality"		
	1 Apr	Mid-term Break		
	6 Apr	Public Holiday		
10	8 Apr	The Self		
	13 Apr	The Self		
	15 Apr	Everyday Coping	Chapter 14	Chapter 6
11	20 Apr	Everyday Coping		
	22 Apr	Gender & Behavior	Chapter 10	
12	27 Apr	Gender & Behavior		
	29 Apr	Psychology of Work	Chapter 15	Chapter 9
13	4 May	Psychology of Work		
	6 May	Test 2   "The Self" to "Psychology of Work"		

Note. Both required and optional readings come from Rathus & Nevid (2019). On CANVAS, several fun-to-read articles will be provided for each topic. Exercises will be given for the topics marked with an asterisk (\*).

### Important Dates

Date	Task
24 Feb	Individual Exercise 1 (Emotion) due at 9pm
17 Mar	Group Paper Outline due at 9pm
22 Mar	Individual Exercise 2 (Personality) due at 9pm
26 Mar	Research Experience due at 9pm
30 Mar	Test 1 during 1:30pm – 2:50pm
19 Apr	Individual Exercise 3 (The Self) due at 9pm
26 Apr	Group Paper due at 9pm
6 May	Test 2 during 1:30pm – 2:50pm