

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

Lecturer	Teaching Assistants
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Lecture Time: Tuesday and Thursday, HKT 09:00-10:20

Zoom ID: 995 7666 7323

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 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 **Oct 16**; Group paper is due by **Nov 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 that I teach 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%	Sep 28
#2	Health Behaviors	Design a poster to encourage people to wear surgical masks during the COVID-19 pandemic	10%	Oct 28
#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%	Nov 16

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: **Oct 9, 2020**.

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.

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 8	Introduction	Ch. 1
2.	Sep 10	Research Methods	Ch. 1
3.	Sep 15		
4.	Sep 17		
5.	Sep 22	Everyday Coping	Ch. 3 & 4
6.	Sep 24		
7.	Sep 29		
	Sep 29	Writing Workshop / Interpersonal Attraction and Love	- Ch. 10 & 11
-	<i>Oct 1</i>	<i>Holiday – National Day</i>	-
8.	Oct 6	Interpersonal Attraction and Love	Ch. 10 & 11
9.	Oct 8		
10.	Oct 13		
11.	Oct 15		
12.	Oct 20	Health Behaviors	Ch. 5
13.	Oct 22		
		Quiz 1	-
14.	Oct 27	Group Paper Consultation	-
15.	Oct 29	Understanding Yourself	Ch. 6
16.	Nov 3		
17.	Nov 5		
18.	Nov 10	Gender	Ch. 12
19.	Nov 12		
20.	Nov 17		
21.	Nov 19	Sexual Behavior	Ch. 12
22.	Nov 24		
23.	Nov 26	Psychology of Work	Ch. 14
24.	Dec 1		
25.	Dec 3	Quiz 2	-

Important Dates

Date	Task
Sep 28	After-class exercise #1 due
Oct 9	Research experience due
Oct 16	Group paper outline due
Oct 22	Quiz 1
Oct 28	After-class exercise #2 due
Nov 4	End of group paper consultation
Nov 9	Group paper due
Nov 16	After-class exercise #3 due
Dec 3	Quiz 2