

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

Lecture Time: Tuesday, Thursday 03:00PM - 04:20PM

Venue:

Teaching Team:

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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 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

On completion of this course, you will be able to:

1. Demonstrate a fundamental knowledge of key topics and theories relevant to adjustment and personal growth.
2. Apply the relevant theories in understanding and tackling everyday challenges.
3. Develop an appreciation for the scientific basis of psychology.
4. Explain how psychologists observe human behavior scientifically.

Communication Platform

All lecture notes, readings, as well as assignment guidelines and materials will be uploaded in Canvas (<http://canvas.ust.hk>).

Learning Activities

1. *Readings* (ILO 1, 2, 3, 4)

For every topic, you are strongly advised to read the required readings to maximize your learning experience. 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. *Research experience* (5% + 5%, ILO 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 (within 100 to 300 words) about your experience.
 - 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.
3. *After-class exercises* (20% + 20%, ILO 1, 2, 3)
You are to complete exercises after lectures for selected topics. They serve as an extension to the materials that are taught in class. This will involve completing a psychology task (e.g., a questionnaire) and answering several short-answer questions (100 to 300 words each).
4. *Essay assignment* (30%, ILO 1, 2, 3)
You are to write an essay on a specific topic using research-based evidence. The word limit for the essay is 500 to 800 words.
5. *Video assignment* (20%, ILO 1, 2)
You are to record and upload a 5-minute video of yourself talking about a specific topic. No PowerPoint slides allowed.

Schedule (subject to minor changes)

| Date | Lecture # | Topic |
|--------|-----------|-----------------------------|
| 8-Sep | | Introduction |
| 10-Sep | 1 | Understanding yourself |
| 15-Sep | 2 | Understanding yourself |
| 17-Sep | | Writing workshop |
| 22-Sep | 3 | Research method |
| 24-Sep | 4 | Research method |
| 29-Sep | 5 | Everyday stress and coping |
| 1-Oct | | Holiday |
| 6-Oct | 6 | Everyday stress and coping |
| 8-Oct | 7 | Everyday stress and coping |
| 13-Oct | 8 | Everyday stress and coping |
| 15-Oct | 9 | Interpersonal communication |

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|--------|----|-----------------------------------|
| 20-Oct | 10 | Interpersonal communication |
| 22-Oct | | Essay consultation |
| 27-Oct | 11 | Sex, gender, sexual behavior |
| 29-Oct | 12 | Sex, gender, sexual behavior |
| 3-Nov | 13 | Sex, gender, sexual behavior |
| 5-Nov | 14 | Sex, gender, sexual behavior |
| 10-Nov | 15 | Interpersonal attraction and love |
| 12-Nov | 16 | Interpersonal attraction and love |
| 17-Nov | 17 | Interpersonal attraction and love |
| 19-Nov | | Video consultation |
| 24-Nov | 18 | Health behaviors |
| 26-Nov | 19 | Health behaviors |
| 1-Dec | 20 | Challenges of the workplace |
| 3-Dec | 21 | Challenges of the workplace |

Important Dates:

28 September 2020 (5 PM): After-class exercise 1 – Understanding yourself (20%)

9 October 2020 (5 PM): Research study and research exercise (5% + 5%)

30 October 2020 (5 PM): Essay assignment (30%)

27 November 2020 (5 PM): Video assignment (20%)

9 December 2020 (5 PM): After-class exercise 2 – The challenges of the workplace (20%)

Suggested Textbook (available in Course Reserve)

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.

Points to Note

1. *Learning attitude.* Be active in class, ask questions, give answers. Your participation not only helps you learn more but also enables us to teach better! Think about what you want to learn and how you are going to learn them. Use grades, scores, and comments from us to understand how much and how well you have learned and how you can improve.
2. *Academic integrity.* We will thoroughly investigate every suspect case of cheating or plagiarism. We will heavily penalize confirmed cases and report them to the Head of the Division of Social Science for further review or action. Read <http://ugadmin.ust.hk/integrity/index.html>. Make sure you understand what constitute academic honesty.
3. *Penalties.* Penalties apply to assignments that are submitted late or over the word limit. Find the details in each assignment's respective guidelines.
4. *Student feedback.* Two course feedback sessions, one in the middle and the other (the standard university SFQ) at the end of the course, will be conducted. You are also encouraged to speak with us directly about any concerns or questions you may have about the course.