

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

Lecture Time: Tuesday, Thursday 09:00AM - 11:50AM

Venue: Zoom (link in Canvas)

Teaching Team:

Maria T. WIJAYA (mtwijaya@ust.hk)

Vivien PONG (vivienpong@ust.hk)

WONG Ka Yee (egkayee@ust.hk)

Alison Chow YOUNG (youngalisonc@ust.hk)

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. *Lectures and readings* (ILO 1, 2, 3, 4)

The lectures introduce topics in psychology and adjustment through a variety of activities (polls, demonstrations, videos, class discussion, etc.). They form the foundation of your learning in this course. Past studies have shown that lecture attendance and participation facilitate learning and predict course grades.

- Lecture slides will be available on Canvas one day before each lecture. Note that some contents (mainly examples) will be removed from the uploaded version; this is to encourage you to take your own notes and generate your own examples.
- If you miss a lecture, you can access the recording on Canvas. It will be available at the latest one day after each lecture.
- Recommended readings will be listed at the end of the lecture notes.

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 exercise* (20%, ILO 1, 2, 3)

You will be asked to complete a psychology task (e.g., a questionnaire) and answer 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. *Quiz* (20%, ILO 1, 2, 3, 4)

The quiz will be held on the last lecture date. You will be given 30 minutes to answer 20 multiple-choice questions.

6. *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.

(Detailed guidelines regarding these learning activities will be released in due course.)

Schedule (subject to minor changes)

Date	Lecture #	Topic
22 Jun	1	Understanding yourself
24 Jun	2	Research method

29 Jun	3	Everyday stress and coping
1 Jul	4	Everyday stress and coping
6 Jul	5	Interpersonal communication
8 Jul		Writing workshop and essay consultation
13 Jul	6	Interpersonal attraction and love
15 Jul	7	Interpersonal attraction and love
20 Jul	8	Sex, gender, and sexual behavior
22 Jul	9	Sex, gender, and sexual behavior
27 Jul	10	Sex, gender, and sexual behavior
29 Jul	11	Health behaviors
3 Aug	12	Challenges of the workplace
5 Aug		Quiz

Assessment dates and deadlines

Research experience	9 July 2021	12 noon
Essay	23 July 2021	12 noon
After-class exercise	30 July 2021	12 noon
Quiz	5 August 2021	9 AM
Video	13 August 2021	12 noon

Suggested Textbook

None

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 constitutes academic honesty.
3. *Penalties.* Penalties apply to assignments that are submitted late or over the word limit. Find the details in the assignment guidelines.
4. *Make-up quiz.* Make-up quiz will be granted only to absentees with medical condition, which is supported by a medical certificate. Other requests for make-up quiz will generally not be catered to. More details will be made available in the assignment guidelines.
5. *Student feedback.* Two course feedback sessions will be conducted: a mid-term survey and the end-of-semester university SFQ. You are also encouraged to email or speak with the teaching team directly about any concerns or questions you may have about the course. We will respond to your email within 2 business days.