

**The Hong Kong University of Science and Technology**

**Division of Social Science**

**Summer Semester, 2026**

Course Title: Discovering Mind and Behavior

Course Code: SOS1969-L2

No. of Credits: 3

Pre-/co-requisites: Nil

**Lecture Time:** Mon, Wed & Fri 2:00pm-5:20pm (HKT)

**Venue:** Lecture Theater G

|                     | Lecturer                                         | Teaching Assistants                                      |                      |
|---------------------|--------------------------------------------------|----------------------------------------------------------|----------------------|
|                     | Dr. Nicolson SIU                                 | <b>Ms. Vivien Pong</b>                                   | <b>Ms Kayee Wong</b> |
| <b>Office:</b>      | Room 2356                                        | Room 2359                                                | Room 2359            |
| <b>Email:</b>       | <a href="mailto:nicsiu@ust.hk">nicsiu@ust.hk</a> | <a href="mailto:vivienpong@ust.hk">vivienpong@ust.hk</a> | egkayee@ust.hk       |
| <b>Phone</b>        | 2358-7839                                        | -                                                        | -                    |
| <b>Consultation</b> | By appointment                                   | By appointment                                           | By appointment       |
|                     |                                                  |                                                          |                      |
|                     |                                                  | <b>Ms. Jennifer Hung</b>                                 | <b>Mr. Brian Ho</b>  |
| <b>Office:</b>      |                                                  | Room 2359                                                | Room 2359            |
| <b>Email:</b>       |                                                  | jenniferhsy@ust.hk                                       | brianyyho@ust.hk     |
| <b>Phone</b>        |                                                  | -                                                        | -                    |
| <b>Consultation</b> |                                                  | By appointment                                           | By appointment       |

\*When contacting us by email, please **prefix the subject line** of your message with the course code [SOS1969]. Use your university email account only.

**Course Description**

This course introduces the fundamental scientific knowledge about human thinking and behavior processes and illustrates the relevance of this knowledge to the betterment of human performance and well-being in a wide variety of settings in the society.

**Intended Learning Outcomes (ILOs)**

Upon completion of this course, students are expected to:

1. recognize some fundamental scientific concepts about human mind and behavior;
2. analyze human performance and wellbeing in various social settings with reference to these concepts; AND
3. explain how scientific research on human mind and behavior is conducted.

## Recommended Reading Resources

Noba Project. (2025). *Discovering Mind and Behavior*. <http://noba.to/a8nrg9wv>

| Assessment Scheme      | Weighting |
|------------------------|-----------|
| Classwork              | 5%        |
| Writing Assignment     | 20%       |
| Research Experience    | 5%        |
| Tutorial Participation | 10%       |
| Quizzes                | 60%       |

## Mapping of Course ILOs to Assessment Tasks

| Assessed Task          | Mapped ILOs      |
|------------------------|------------------|
| Worksheet              | ILO1, ILO3       |
| Writing Assignment     | ILO1, ILO2       |
| Research Experience    | ILO1, ILO3       |
| Tutorial Participation | ILO1, ILO2       |
| Quizzes                | ILO1, ILO2, ILO3 |

### 1. Classwork (5%)

- You are required to complete worksheets that assesses your knowledge learnt in class.

| Grades | Short Description        | Elaboration on subject grading description                                                                                                                                                                                                               |
|--------|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A      | Excellent Performance    | <ul style="list-style-type: none"><li>The worksheet demonstrates a comprehensive understanding of research ethics and experimental design.</li><li>Responses are exceptionally well-organized, insightful, and clearly address all guidelines.</li></ul> |
| B      | Good Performance         | <ul style="list-style-type: none"><li>The worksheet demonstrates a solid understanding of research ethics and experimental design.</li><li>Responses are well-organized and effectively address the majority of guidelines.</li></ul>                    |
| C      | Satisfactory Performance | <ul style="list-style-type: none"><li>The worksheet demonstrates a basic understanding of research ethics and experimental design.</li><li>Responses are somewhat organized but may lack depth or clarity in addressing the guidelines.</li></ul>        |
| D      | Marginal Pass            | <ul style="list-style-type: none"><li>The worksheet demonstrates a limited understanding of research ethics and experimental design.</li><li>Responses are poorly organized and fail to adequately address the guidelines.</li></ul>                     |
| F      | Fail                     | <ul style="list-style-type: none"><li>The worksheet demonstrates a significant lack of understanding of research ethics and experimental design.</li><li>Responses lack organization and do not address the guidelines at all.</li></ul>                 |

## 2. Writing Assignment (20%)

- Task: You are required to complete a writing assignment about one of the lecture topic. You must write a maximum of 500 words to demonstrate your understanding of the topic.
- The guidelines for the assignment will be uploaded on Canvas in due course. Please read and follow the instructions carefully, or you risk marks deduction.

| Grades | Short Description        | Elaboration on subject grading description                                                                                                                                                                                                                                                                                                                            |
|--------|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A      | Excellent Performance    | <ul style="list-style-type: none"><li>• The writing assignment demonstrates a comprehensive and in-depth understanding of the key learning theories covered in the course.</li><li>• The essay is exceptionally well-organized, with a clear and logical flow of ideas, and excellent use of headings, subheadings, and transitions to enhance readability.</li></ul> |
| B      | Good Performance         | <ul style="list-style-type: none"><li>• The writing assignment demonstrates a solid understanding of the key learning theories covered in the course.</li><li>• The essay is well-organized, with a clear flow of ideas, and effective use of headings, subheadings, and transitions.</li></ul>                                                                       |
| C      | Satisfactory Performance | <ul style="list-style-type: none"><li>• The writing assignment demonstrates a basic understanding of the key learning theories covered in the course.</li><li>• The essay is somewhat organized, with a reasonably clear flow of ideas, but the use of headings, subheadings, and transitions could be improved.</li></ul>                                            |
| D      | Marginal Pass            | <ul style="list-style-type: none"><li>• The writing assignment demonstrates a limited understanding of the key learning theories covered in the course.</li><li>• The essay is poorly organized, with a lack of clear structure and ineffective use of headings, subheadings, and transitions.</li></ul>                                                              |
| F      | Fail                     | <ul style="list-style-type: none"><li>• The writing assignment demonstrates a significant lack of understanding of the key learning theories covered in the course.</li><li>• The essay is poorly organized, with no clear structure or effective use of headings, subheadings, and transitions.</li></ul>                                                            |

## 3. Research Experience (5%)

- To allow you to gain first-hand experience in psychological research you are required to complete the following task,

### Research Study **OR** Video Exercise

- *Research Study*: Complete an experimental study as a participant
- *Video Exercise*: Watch a video about a research study and write a thought piece about it (within 200 to 300 words).
- Further information about Research study or Video Exercise will be provided in **Tutorial 1**.

| Grades | Short Description | Elaboration on subject grading description                                                                              |
|--------|-------------------|-------------------------------------------------------------------------------------------------------------------------|
| P      | Pass              | <ul style="list-style-type: none"> <li>The student has attended the research study/ video exercise session.</li> </ul>  |
| F      | Failure           | <ul style="list-style-type: none"> <li>The student has not attended any of the required research experience.</li> </ul> |

#### 4. Tutorial Participation (10%)

- Students will be required to complete surveys and exercises during the designated tutorials.

##### **Tutorial 2**

The topic of sleep and chronotype will be explored. This section will explore the importance of sleep hygiene, how chronotype affects daily functioning, and strategies for optimizing sleep patterns.

##### **Tutorial 3**

Attachment style describes your typical pattern of how you experience closeness and respond to emotional safety or stress in relationships, and it can influence communication, conflict responses, and recovery after rejection. In this lesson, you will take a survey to help identify which attachment style (such as secure, anxious, avoidant, or fearful-avoidant) best matches your usual thoughts and behaviors—this is not a diagnosis, but a reflective tool.

#### 5. Quizzes (60%)

- 2 Quizzes will be administered to test your understanding of course materials. The quizzes will include multiple-choice questions and structure-typed questions (The relevant chapters will appear on the last page of the lecture handouts).
- Supplementary readings are also listed in the lecture note but they will NOT be included in the quizzes. These readings are useful for a deeper understanding in the course contents.
- Please arrive on time for the quizzes as no additional time will be given for students arriving late.
- No make-up quizzes will be given to students who are absent from the examination unless students can provide validated medical reasons. You should notify the teaching team (through email) about your absence by attaching your official medical certificate ***within 24 hours of the original quiz date*** if you wish to arrange for a make-up quiz. All make-up quizzes will ONLY be in the form of essay questions or oral exam.

| Grades | Short Description        | Elaboration on subject grading description                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A      | Excellent Performance    | <ul style="list-style-type: none"> <li>• Student demonstrates a thorough and comprehensive understanding of the course material covered in the quiz.</li> <li>• Student answers almost all multiple-choice questions correctly, showcasing their ability to apply concepts, analyze information, and make informed decisions.</li> <li>• Responses indicate the student has gone beyond the basic requirements and has a deep, nuanced grasp of the subject matter.</li> </ul> |
| B      | Good Performance         | <ul style="list-style-type: none"> <li>• Student displays a strong understanding of the course material covered in the quiz.</li> <li>• Student answers the majority of multiple-choice questions correctly, demonstrating a solid grasp of the key concepts and principles.</li> <li>• Responses indicate the student has a well-rounded comprehension of the subject matter, with only minor lapses or areas that could be improved.</li> </ul>                              |
| C      | Satisfactory Performance | <ul style="list-style-type: none"> <li>• Student exhibits a satisfactory understanding of the course material covered in the quiz.</li> <li>• Student answers a portion of the multiple-choice questions correctly, demonstrating a basic familiarity with the subject matter.</li> <li>• Responses indicate the student has grasped the fundamental concepts but may struggle with more complex or nuanced aspects of the material.</li> </ul>                                |
| D      | Marginal Pass            | <ul style="list-style-type: none"> <li>• Student shows a limited understanding of the course material covered in the quiz.</li> <li>• Student answers fewer than half of the multiple-choice questions correctly, indicating significant gaps in their knowledge and comprehension of the subject matter.</li> <li>• Responses suggest the student has difficulty applying concepts and may need additional support or intervention to improve their performance.</li> </ul>   |
| F      | Fail                     | <ul style="list-style-type: none"> <li>• Student demonstrates a lack of understanding of the course material covered in the quiz.</li> <li>• Student answers the majority of multiple-choice questions incorrectly, indicating a significant deficiency in their knowledge and comprehension of the subject matter.</li> <li>• Responses suggest the student has not engaged with the material or has fundamental misunderstandings that need to be addressed.</li> </ul>      |

### **Academic Integrity**

You should observe the University's policies regarding academic integrity (<https://registry.hkust.edu.hk/resource-library/regulations-student-conduct-and-academic-integrity>). Academic dishonesty such as plagiarism and cheating would result in a reduction of scores or even a failing grade in the course. We will investigate every suspected case of plagiarism and report the confirmed case to the Division of Social Science for further review or action. Make sure you understand academic honesty.

### Course Communication Platform

All lecture materials and announcements will be posted on CANVAS. Be sure to check CANVAS frequently for any updated news.

### Some Other Notes



- **Interaction in class** – I believe interactions (both verbal and non-verbal) between the lecturer and the students (and among students) are one of the key ingredients to an optimal learning experience. Your active participation in class discussion or activities will not only enhance your learning, but also motivate the teaching team to do better! Stay behind the class and share with me your thoughts about the course contents.
- **Lecture slides** – Lecture slides will be posted to CANVAS before each class, but the contents will be a bit different from the displayed slides as I hope to encourage you to take your own notes. Note-taking facilitates your reflection and assimilation of the lecture contents.
- **Penalties** – Score deduction applies to any assignments over the word limit. Details can be found in the assignment guidelines.
- **Late submission** – Submissions received less than 5 hours after the deadline will not be penalized. No submissions will be accepted after 5pm HKT on the due date.
- **Communication** – Please expect that your emails will be responded to during weekdays 10am to 6pm HKT.
- **Your feedback** – Your opinions about the course are very valuable to help me improve the course. Feel free to drop by to talk to me. A course evaluation will also be held at the end of the course.

## Teaching Schedule

| Week | Date   | Topic                                                                               |
|------|--------|-------------------------------------------------------------------------------------|
| 1    | 15 Jun | L1-Discovering Psychology                                                           |
|      | 17 Jun | L2-Psychology and Science                                                           |
|      | 19 Jun | <b>[No Class]</b> Tuen Ng Festival                                                  |
| 2    | 22 Jun | L3-Psychology of Learning<br><b>[T1] Writing Workshop &amp; Research Experience</b> |
|      | 24 Jun | L4-Sensation & Perception                                                           |
|      | 26 Jun | <b>[Quiz 1]</b><br><b>[T2] Activity on Chronotype</b>                               |
| 3    | 29 Jun | L5-Biological Rhythm                                                                |
|      | 1 Jul  | <b>[No Class]</b> HKSAR Establishment Day                                           |
|      | 3 Jul  | L6-Developmental Psychology                                                         |
| 4    | 6 Jul  | L7- Personality Psychology                                                          |
|      | 8 Jul  | <b>[Quiz 2]</b><br><b>[T3] Attachment Style</b>                                     |
|      | 10 Jul | L8- Social Psychology                                                               |
|      |        | <b>&lt;Writing Assignment Due [10 Jul, 12noon]&gt;</b>                              |