

The Hong Kong University of Science and Technology

Division of Social Science

Lectures will not
be recorded.

SOSC1980 Psychology and Everyday Life | Winter 2022

Lecture: Monday/Wednesday/Friday
10:30 – 11:50am; 1:30 – 3:20pm HKT
Website: <https://canvas.ust.hk/courses/40708>
Instructor: Professor Michelle YIK
Office: Room 2386, Academic Building
Email: Michelle.Yik@ust.hk
Consultation: By appointment through email
TAs: Vivien PONG & Kayee WONG
TAs' Email: sosc1980ta@ust.hk
*Emails will be responded to during
weekdays 10am to 6pm HKT.

- Check CANVAS announcements regularly.
- Do not send emails to the CANVAS inbox.

When contacting us by email, 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**. (Hint: To get the best learning experience, read the pertinent readings AFTER I complete each topic.)
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 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* (14th 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

COURSE ASSESSMENT

Research Exercise	10%
Individual Assignments	20%
Group Project	30%
Open-book Tests	40%

Research Exercise (10%)

- To allow you to gain first-hand experience in psychological research, we'll ask you to watch a video about a research study and write a thought piece about the study.
- The thought piece (200 – 300 words) 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 two-point deduction).

Individual Assignments (20%)

- Two assignments, 10% each, will be counted towards your final grade.
- Use the working template on CANVAS to organize each assignment.

Item	Topic	Description
#1	Personality	Complete our online survey, based on which you will write on the similarities and differences between how you see yourself and what the survey results tell you about the kind of person you are.
#2	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 explain how that decision influenced your self-construal and psychological adjustment throughout development.

Group Project (30%)

- You will be **randomly assigned** to a group after the add/drop period. We will assign a group leader for each group.
- Using iPeer, you will evaluate the contributions of fellow members towards the completion of the Group Project. Using the iPeer ratings, I will adjust each person's project grade. We will release your project grade upon the receipt of ALL ratings from your group.
- The group project relates to "Emotion and Everyday Coping" and includes two components: **Outline (5%), Paper (25%)**
- You will be provided with some guidelines to help jumpstart your thinking. You are writing an argumentative essay using psychology-related evidence. Do read the guidelines and participate in the [Group Paper Day](#) for more ideas.
- Use the working templates on CANVAS to organize your Outline and Paper.

Open-book Tests (40%)

- Two **noncumulative** tests will be administered via CANVAS Quizzes. You must sign on to CANVAS to complete each.
 - **Test 1 (15%)** consists of True/False questions.
 - **Test 2 (25%)** consists of True/False questions and long answers.
- Coverage: All materials covered in [lectures and REQUIRED readings \(from the e-Textbook\)](#)
- 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**.

LECTURE SCHEDULE

Week	Date	Topic	Required	Optional
1	3 Jan	Introduction	Chapter 1	Chapter 2
	5 Jan	Emotion	Chapter 4	Chapter 5
	7 Jan	Everyday Coping	Chapter 14	Chapter 6
	9 Jan	Research Exercise due at 12 noon HKT		
2	10 Jan	Personality*	Chapter 3	
	12 Jan	The Self*	Chapter 7	
	14 Jan	- Consultation (10:30 – 11:50am) - Test 1 at 1:30pm “Introduction” to “Personality”		
	16 Jan	Assignment 1 due at 12 noon HKT		
3	17 Jan	Romantic Love	Chapter 11	Chapter 12
	19 Jan	Romantic Love		
	20 Jan	Group Outline due at 12 noon HKT		
	21 Jan	Gender & Behavior	Chapter 10	
4	23 Jan	Assignment 2 due at 12 noon HKT		
	24 Jan	Psychology of Work	Chapter 15	Chapter 9
	26 Jan	Group Paper Day		
	28 Jan	- Consultation (10:30 – 11:50am) - Test 2 at 1:30pm “The Self” to “Psychology of Work”		
4+	6 Feb	Group Paper & iPeer Ratings due at 12 noon HKT		

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

A 5-week Window

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3-Jan <i>Class</i>	4-Jan	5-Jan <i>Class</i>	6-Jan	7-Jan <i>Class</i>	8-Jan	9-Jan Research Exercise due
10-Jan <i>Class</i>	11-Jan	12-Jan <i>Class</i>	13-Jan	14-Jan <i>Class</i> Test 1	15-Jan	16-Jan Assignment 1 due
17-Jan <i>Class</i>	18-Jan	19-Jan <i>Class</i>	20-Jan Group Outline due	21-Jan <i>Class</i>	22-Jan	23-Jan Assignment 2 due
24-Jan <i>Class</i>	25-Jan	26-Jan <i>Class</i>	27-Jan	28-Jan <i>Class</i> Test 2	29-Jan	30-Jan
31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb Group Paper & iPeer Ratings due