

Lectures will not
be recorded.

The Hong Kong University of Science and Technology

Division of Social Science

SOSC1980 Psychology of Personal Growth | Fall 2022 [Real-time Online]

Lecture: Tuesday/Thursday 4:30 – 5:50pm
Website: <https://canvas.ust.hk/courses/45614>

Instructor: [Professor Michelle YIK](#)
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Consultation: By appointment through email

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*Emails will be responded to during
weekdays 10am to 6pm.

- Check CANVAS announcements regularly.
- Do NOT leave messages in 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 required and optional readings.
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_stdtd_main.r

COURSE ASSESSMENT

Research Experience	10%
Individual Assignments	20%
Group Project	35%
Open-book Tests	35%

Research Experience (10%)

- To allow you to gain first-hand experience in psychological research, we ask you to complete two tasks:
 - Video Exercise (5%)*: Watch a video about a research study and write a thought piece about the study.
 - Research Study (5%)*: Complete an online survey as a participant and write a thought piece about the survey.
- Each thought piece (200 – 300 words each) 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 penalty).

Individual Assignments (20%)

- Two assignments (max 300 words each), 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 about 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 (35%)

- 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 "Coping with Unpleasant Emotions" and includes two components: **Outline (5%), Paper (30%)**
- 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 (35%)

- Two **noncumulative** tests will be administered via CANVAS Quizzes. You must sign on to CANVAS to complete each.
 - Test 1 (10%)** 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	01 Sep	01. Introduction	Chapter 1	Chapter 2
	06 Sep	01. Introduction		
	08 Sep	01. Introduction		
2	13 Sep	02. Emotion	Chapter 4	Chapter 5
	15 Sep	02. Emotion		
	16 Sep	Online survey for Assignment 1 rolled out		
3	20 Sep	03. Everyday Coping	Chapter 14	Chapter 6
	22 Sep	03. Everyday Coping		
4	27 Sep	Group Paper Briefing		
	29 Sep	04. Personality*	Chapter 3	
	30 Sep	Video Exercise due at 12 noon		
5	04 Oct	Public Holiday		
	06 Oct	04. Personality		
	07 Oct	Group Paper Outline due at 12 noon		
6	11 Oct	04. Personality		
	13 Oct	05. The Self*	Chapter 7	
7	18 Oct	05. The Self		
	20 Oct	05. The Self		
	21 Oct	Assignment 1 (Personality) due at 12 noon		
8	25 Oct	Group Paper Day		
	27 Oct	Test 1 "Introduction" to "Personality"		
9	01 Nov	06. Romantic Love	Chapter 11	Chapter 12
	03 Nov	06. Romantic Love		
	04 Nov	Assignment 2 (The Self) due at 12 noon		
10	08 Nov	06. Romantic Love		
	10 Nov	07. Gender & Behavior	Chapter 10	
	11 Nov	Research Study due at 12 noon		
11	15 Nov	07. Gender & Behavior		
	17 Nov	08. Psychology of Work	Chapter 15	Chapter 9
	18 Nov	Group Paper due & iPeer Ratings due at 12 noon		
12	22 Nov	08. Psychology of Work		
	24 Nov	Review		
13	29 Nov	Test 2 "The Self" to "Psychology of Work"		

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 (*).