

The Hong Kong University of Science and Technology

Division of Social Science

SOSC1980 Psychology of Personal Growth | Fall 2023

Lecture: Tuesday/Thursday 3:00 – 4:20pm
Venue: Room 2503, Academic Building
Website: <https://canvas.ust.hk/courses/52450>

Instructor: [Professor Michelle YIK](#)
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Email: Michelle.Yik@ust.hk
Consultation: By appointment through email

TAs: Felity KWOK & Vivian NG
TAs' Email: sosc1980ta@ust.hk
*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 selected 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.).

COURSE ASSESSMENT

Research Experience	10%
Individual Assignment	15%
Group Project	35%
Closed-book Tests	40%

Research Experience (10%)

- To allow you to gain first-hand experience in psychological research, we ask you to complete two tasks:
 - *Research Study OR Video Exercise (5%):* Either complete a survey as a participant and write a thought piece about the survey using the template on CANVAS, or watch a video about a research study in an online session and write a thought piece about the study on CANVAS Quiz.
 - *Commentary (5%):* Identify a Fun-to-Read article for a topic (or topics) covered in this course and write a thought piece about the article using the template on CANVAS.
- Each thought piece (100 - 150 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 Assignment (15%)

- Complete a survey on an app. 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.
- Use the template on CANVAS to organize the assignment.

Group Project (35%)

- You will be **randomly assigned** to a group after the add/drop period.
- 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 the topic of "Romantic Love" 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 templates on CANVAS to organize your Outline and Paper.

Closed-book Tests (40%)

- Two **noncumulative** multiple-choice tests, 20% each.
- Coverage: Each test covers 4 topics (refer to the Lecture Schedule). You are responsible for reviewing 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	05 Sep	01. Introduction	Chapter 1	Chapter 2
	07 Sep	01. Introduction		
2	12 Sep	01. Introduction		
	14 Sep	02. Personality	Chapter 3	
3	19 Sep	02. Personality		
	21 Sep	02. Personality <i>Briefing on Individual Assignment</i>		
4	26 Sep	03. Romantic Love	Chapter 11	Chapter 12
	28 Sep	03. Romantic Love		
	29 Sep	Individual Assignment due at 12 noon		
5	03 Oct	03. Romantic Love <i>Briefing on Group Paper Outline</i>		
	05 Oct	04. The Self	Chapter 7	
6	10 Oct	04. The Self		
	12 Oct	04. The Self		
	13 Oct	Group Project: Outline due at 12 noon		
7	17 Oct	Review		
	19 Oct	Test 1 "Introduction" to "The Self"		
8	24 Oct	Group Paper Day		
	26 Oct	05. Emotion	Chapter 4	Chapter 5
9	31 Oct	05. Emotion		
	02 Nov	06. Everyday Coping	Chapter 14	Chapter 6
10	07 Nov	06. Everyday Coping		
	09 Nov	07. Gender & Behavior	Chapter 10	
	10 Nov	Commentary due at 12 noon		
11	14 Nov	07. Gender & Behavior		
	16 Nov	07. Gender & Behavior		
	17 Nov	Group Project: Paper due & iPeer Ratings due at 12 noon		
12	21 Nov	08. Psychology of Work	Chapter 15	Chapter 9
	23 Nov	08. Psychology of Work		
13	28 Nov	Review		
	30 Nov	Test 2 "Emotion" to "Psychology of Work"		

Note. Both required and optional readings come from Rathus & Nevid (2019).