

The Hong Kong University of Science and Technology

Division of Social Science

Lectures will not  
be recorded.

**SOSC1980 Psychology and Everyday Life | Fall 2021**

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Lecture: Tuesday / Thursday 3:00 – 4:20pm  
Website: <https://canvas.ust.hk/courses/38373>

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

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

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.

TAs: Felity KWOK & Alice CHEN  
TAs' Email: [sosc1980my@ust.hk](mailto:sosc1980my@ust.hk)

## 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.
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 the 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* (14<sup>th</sup> 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](https://w5.ab.ust.hk/cgi-bin/std_cgi.sh/WService=broker_ba_p/prg/ba_std main.r)

## COURSE ASSESSMENT

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

### Individual Exercises (20%)

- Two exercises, 10% each, will be counted towards your final grade.
- We will brief you on each exercise in due course.
- Use the working template on CANVAS to organize each exercise.

Ex.	Topic	Description
#1	Personality	Complete our online survey based on which you will discuss the similarities and differences between how you see yourself and what the survey results tell you about what 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 elaborate on how that decision influenced your self-construal and psychological adjustment throughout development.

### Group Project (35%)

- You will be **randomly assigned** a groupmate after the add/drop period.
- The group project relates to "romantic love" and includes two components: **Outline (5%), Paper (30%)**
- You will be provided with some guidelines to help jump start your thinking. You may choose to use or modify one or more of the ideas provided; alternatively, you are most welcome to develop your own theme. In either case, you are writing an argumentative essay using psychology-related evidence. Do not write a summary of the articles.
- 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 (15%)** consists of True/False questions.
  - **Test 2 (20%)** consists of True/False questions and long answers.
- **Coverage:** All materials covered in lectures and **required readings (from the required 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**.

### Research Experience (10%)

- To allow you to gain first-hand experience in psychological research, we ask you to complete two tasks:
  - **Research Exercise (5%):** Watch a video about a research study and write a thought piece about the study.
  - **Research Study (5%):** Complete an online study as a participant and write a thought piece about the study.
- Each thought piece (100 – 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).

## LECTURE SCHEDULE

Week	Date	Topic	Required	Optional
1	2 Sep	Introduction	Chapter 1	Chapter 2
2	7 Sep	Introduction		
	9 Sep	Introduction		
3	14 Sep	Emotion	Chapter 4	Chapter 5
	16 Sep	Emotion		
4	21 Sep	Romantic Love	Chapter 11	Chapter 12
	23 Sep	Romantic Love		
5	28 Sep	Romantic Love		
	30 Sep	<ul style="list-style-type: none"> <li>• Romantic Love</li> <li>• Group Paper Briefing</li> </ul>		
6	5 Oct	Personality*	Chapter 3	
	7 Oct	Personality		
7	12 Oct	Personality		
	14 Oct	Public Holiday		
8	19 Oct	Group Paper Consultations (NO CLASS)		
	21 Oct	Group Paper Consultations (NO CLASS)		
9	26 Oct	Test 1   "Introduction" to "Personality"		
	28 Oct	The Self*	Chapter 7	
10	2 Nov	The Self		
	4 Nov	The Self		
11	9 Nov	Everyday Coping	Chapter 14	Chapter 6
	11 Nov	Everyday Coping		
12	16 Nov	Gender & Behavior	Chapter 10	
	18 Nov	Gender & Behavior		
13	23 Nov	Psychology of Work	Chapter 15	Chapter 9
	25 Nov	Psychology of Work		
	30 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. Exercises will be given for the topics marked with an asterisk (\*).

### Important Dates

Week	Date	Task
3	16 Sep	Online survey rolled out
5	27 Sep	Research Exercise due at 6pm
7	11 Oct	Group Paper Outline due at 6pm
8	22 Oct	Individual Exercise 1 (Personality) due at 6pm
9	26 Oct	Test 1; 3:00 – 4:20pm
11	12 Nov	Individual Exercise 2 (The Self) due at 6pm
12	15 Nov	Research Study due at 6pm
12	19 Nov	Group Paper due at 6pm
13	30 Nov	Test 2; 3:00 – 4:20pm