

Psychology 1030A
Psychology of Personal Growth

| Lecturer | Tutors |
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Lecture: Monday, 2:30 – 4:15pm (ELB 307)

Tutorial: Wednesday, 8:30 – 9:15am (ELB 307)

Textbook: Nevid, J.S. & Rathus, S.A. (2005). *Psychology and the challenges of life* (9th edition, paperback). New York: John Wiley & Sons. The Wiley website for this book (www.wiley.com/college/nevid) includes under the instructor section (which is open to students, too) a full set of Power Point slides. The class will make use of a subset of these, so you can download them on your own but you will not know without attending class which ones the instructor considers to be really important!

Schedule:

| WEEK/DATE | TOPIC | READINGS (CHAPTERS) |
|------------------|--------------------------|----------------------------|
| 1. Sep. 4 | Introduction | Ch. 1 |
| 2. Sep. 11 | Personality and Self | Ch. 2 and Ch. 6 |
| 3. Sep. 18 | Stress | Ch. 3 |
| 4. Sep. 25 | Health | Ch. 4 and Ch. 5 |
| 5. Oct. 2 | Holiday | |
| 6. Oct. 9 | Sexual Behavior | Ch. 13 |
| 7. Oct. 16 | Gender Roles | Ch. 10 |
| | | Case 1 due (see tutorial) |
| 8. Oct. 23 | Midterm | |
| 9. Oct. 30 | Holiday | |
| 10. Nov. 6 | Interpersonal Attraction | Ch. 11 |
| 11. Nov. 13 | Relationships | Ch. 12 |
| 12. Nov. 20 | Social Influence | Ch. 7 |
| 13. Nov. 27 | Workplace | Ch. 15 |

Case 2 due (see tutorial)

NOTE:

Make-up sessions – Schedule:

| DATE/Time/Venue | TOPIC | READINGS |
|------------------------------------|----------------------------|-----------------|
| 1. Dec. 4, 2:30-4:15pm, ELB 307 | Psychological Disorders | Ch. 8 |
| 2. Dec. 5, 2:30-4:15pm, ELB 307 | Therapies: Ways of Helping | Ch. 9 |

Note that this syllabus omits adult development, disorders, and therapies as other courses within the psychology curriculum may be better suited to covering those topics.

Course Requirements:

1. Midterm examination----- 30%
 2. Final examination----- 30%
 3. Class attendance/participation (lectures and tutorials)----- 10%
 4. Tutorial assignments ----- 30% (15% each)
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PSY 1030A Psychology of Personal Growth (Fall 2006)
Tutorial Outline - Revised

Tutorial: Wednesday, 8:30 – 9:15am (ELB 307)

Schedule:

| Week | Date | Topic | Time/ Venue |
|-------------|-------------|--|--------------------|
| 1 | Sept 6 | Orientation | 8:30am, at ELB 307 |
| 2 | Sept 13 | Stress and coping | 8:30am, at ELB 307 |
| 3 | Sept 20 | Case Album consultation | 8:30am, at ELB 307 |
| 4 | Sept 27 | Case Album consultation | 8:30am, at ELB 307 |
| 5 | Oct 4 | Case Album consultation | 8:30am, at ELB 307 |
| 6 | Oct 11 | Case Album Presentation 1: Stress and coping | 8:30am, at ELB 307 |
| 7 | Oct 18 | Case Album Presentation 1: Stress and coping <u>Case Album assignment #1 due</u> | 8:30am, at ELB 307 |
| 8 | Oct 25 | No tutorial | |
| 9 | Nov 1 | Interpersonal Attraction | 8:30am, at ELB 307 |
| 10 | Nov 8 | Case Album consultation | 8:30am, at ELB 307 |
| 11 | Nov 15 | Case Album consultation | 8:30am, at ELB 307 |
| 12 | Nov 22 | Case Album Presentation 2: Interpersonal attraction and love | 8:30am, at ELB 307 |
| 13 | Nov 29 | Case Album Presentation 2: Interpersonal attraction and love <u>Case Album assignment #2 due</u> | 8:30am, at ELB 307 |

Case Album Presentation

- a. Aim
 - Application of learned psychological knowledge to daily life
- b. Grouping
 - Each group will consist of 4-5 students
 - Students must e-mail the group list to Miranda (mckmak@psy.cuhk.edu.hk) on or before September 18, 2006. Negotiation and random re-arrangement will be implemented to ensure the desired group size
 - There are 2 sessions for each case album presentation. In each session, 4-5 groups will present
- c. Topics
 - Weeks 6&7 Stress and coping
 - Weeks 12&13 Interpersonal attraction and love
- d. Content
 - For each presentation, each group has to prepare an assignment called "Group Case Album" that should include TWO parts:
 - Case Description (no page limit!)
 - Case Analysis (should not exceed 3 pages, with double-line spacing and font size 12)
 - Case description: select a relevant real life case from personal experience, newspapers, magazines, movies, and/ or other sources. For paper clippings, the case should be attached to the album to be handed in; while in the case of movies and sources like personal experience, you should describe the case in words. There is no page limit for the case description. The goal is to provide us with enough details relevant to your analysis
 - Case Analysis: think through the case and write down brief comments on how the learned materials can be used to understand and explain the human behaviors described in your case. Such a case analysis should not exceed 3 pages (double-line spacing, font size 12). Please note that the assignments must be typewritten in English.
- e. Mode of Presentation
 - You are free to choose the presentation method. That is, you can pick whatever you like (e.g. drama, story-telling, video-recording) as long as it serves these goals: to let the classmates know relevant information about your case and how the learned materials can be applied to your case
 - Time allowed for each group presentation is 15 minutes, in which 10 minutes is for case presentation and 5 minutes must be reserved for class discussion. To be fair, each group will be timed
 - For the class discussion, your group will be responsible for holding the forum and your performance will be evaluated as well. Your job is to help your classmates learn and think more about the topic
 - Students must attend the full session of their presentation. Those who are late or leave early without prior approval are subject to penalty

Remember!!

- Marks will be deducted from latecomers who fail to give a satisfactory reason for being late (>5 minutes). Therefore, please arrive at the classroom on time

- Please e-mail us ONE week before your assigned presentation session if you need to borrow any multimedia materials (e.g. tape player, projector) for your presentation. We will check to see if we can borrow the equipment for you in advance

Grading of the tutorials

| | |
|---------------------|-----|
| Group Case Albums: | 10% |
| Group Presentation: | 5% |

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| Total | 15% (30% for two assignments) |
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For Undergraduate Courses

(To be included in all undergraduate course outlines)

Attention is drawn to University policy and regulations on honesty in academic work, and to the disciplinary guidelines and procedures applicable to breaches of such policy and regulations. Details may be found at <http://www.cuhk.edu.hk/policy/academichonesty/> . Students are required to submit a statement acknowledging that they are aware of these policies, regulations, guidelines and procedures and pledging to be honest in their academic work.

Any assignment (i.e., project, essay, or paper) that shows evidence of plagiarism will be marked down severely. In simple terms, plagiarism is copying passages and/or ideas from other sources without referencing those sources. Moreover, when you report someone else's ideas/findings you must put it in your own words and not merely copy full sentences or parts of sentences from the source article. It is your responsibility as a scholar-in-training to cite the ideas and work of others correctly. Please visit the following additional websites for discussions of how to recognize and avoid plagiarism.

<http://www.indiana.edu/~wts/wts/plagiarism.html>

<http://www.hamilton.edu/academic/Resource/WC/AvoidingPlagiarism.html>

(To be signed by students at the beginning of the semester)

I promise that all assignments submitted to this course across the entire semester will be original except for source material explicitly acknowledged, and that the same or related material has not been previously submitted for another course. I also acknowledge that I am aware of University policy and regulations on honesty in academic work, and of the disciplinary guidelines and procedures applicable to breaches of such policy and regulations as contained in the website <http://www.cuhk.edu.hk/policy/academichonesty/>.

Signature

Date

Name

Student ID

Course code

Course Title