

PSY 1030B: PSYCHOLOGY OF PERSONAL GROWTH (Spring 2007)

Lecturer: Prof. Darius Chan (SB 336, ext. 6504, email: dchan@cuhk.edu.hk)

Tutor: Ms. Noel Wong (SB 351, ext. 6521, email: nyswong@psy.cuhk.edu.hk)

Lecture: Tue 2:30 – 4:15 PM (CKB UG03)

Tutorial: Thu 5:30 – 6:15 PM (CKB UG03)

Textbook: Nevid, J. S., & Rathus, S.A. (2007). *Psychology and the challenges of life (10th edition)*. New York: John Wiley & Sons, Inc.

Objective: This course is designed to provide a general orientation of personal growth and adjustment to enable students to develop adaptive social behaviour and effective coping skills. Students will gain a good appreciation of the vast applications of psychology in our daily life.

Schedule:

WEEK / DATE	TOPIC	READINGS
1. Jan 9	Introduction	
2. Jan 16	Growing Up - Personal identity; personality theories; psychological adjustment	1 & 2
3. Jan 23	Understanding the Self and Social Perception: Development of the self; self-esteem; self control; social perception	6
4. Jan 30	Interpersonal Attraction and Love: Friendship and romantic relationship	11
5. Feb 6	Marriage and Intimate Relationship: Living together; marital adjustment	12
6. Feb 13	Gender Roles: Traditional gender roles; gender differences; issues about sexual harassment	10
7. Feb 20	<i>Chinese New Year – No Class</i>	

Continued...

8.	Feb 27	Effective Communication: Verbal and nonverbal communication; conflict resolution	R**
9.	Mar 6	<i>Mid-term examination</i>	
10.	Mar 13	Stress and Health: Nature and major types of stress; stress tolerance; stress and illness	3 & 4
11.	Mar 20	Health Behaviour and Primary Intervention: Maladaptive behaviours; health promotion; modification of health behaviour	5
12.	Mar 27	Coping: Constructive coping style; stress management	3 & 9
13.	Apr 3	Psychology of Work: Vocational development; career planning; work motivation; job satisfaction	15
14.	Apr 10	Human Sexuality I: Sexual identity; interactions in sexual relationships	13
15.	Apr 17	Human Sexuality II: Premarital sexual behaviour; contraception; sexual orientation	13

R**: Supplementary reading materials will be reserved in the Architecture Library.

Course Requirements:

1.	Mid-term Examination -----	25%
2.	Final Examination -----	45%
3.	Class Performance (lectures and tutorials) -----	10%
4.	Tutorial Assignments** -----	20%

** see Tutorial Instructions for details

No Plagiarism:

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>

PSY 1030B Psychology of Personal Growth (Spring 2007)
Tutorial Outline

Tutor: Noel Wong Yuen Shan
 E-mail: nyswong@psy.cuhk.edu.hk
 Office: SB 351 (2609-6521)
 Office hour: 11:30-12:30 Friday

Schedule:

Week	Date	Topic	Time/ Venue
1	Jan 11	No Tutorial	-
2	Jan 18	Orientation	5:30 pm, at CKB UG03
3	Jan 25	Workshop 1: Self-analysis	5:30 pm, at CKB UG03
4	Feb 1	Case Album consultation*	<i>By group appointment (1 period)</i>
5	Feb 8	Case Album consultation*	<i>By group appointment (1 period)</i>
6	<i>To be arranged Feb 12-15</i>	Case Album Presentation 1: Interpersonal Attraction and Love	<i>To be arranged (2 periods)</i>
7	Feb 22	No Class - Chinese New Year holiday	-
8	Mar 1	Mid-term consultation	5:30 pm, at CKB UG03
9	Mar 8	Case Album consultation*	<i>By group appointment (1 period)</i>
10	Mar 15	Mid-term results discussion	5:30 pm, at CKB UG03
11	Mar 22	Case Album consultation*	<i>By group appointment (1 period)</i>
12	Mar 29	Case Album consultation*	<i>By group appointment (1 period)</i>
13	Apr 5	No Class – Ching Ming Festival	-
14	<i>To be arranged Apr 10 - 16</i>	Case Album Presentation 2: Coping with Stress	<i>To be arranged (2 periods)</i>
15	Apr 19	Workshop 2: Career Development	5:30 pm, at CKB UG03

* Students are expected to have weekly consultation session with tutor to discuss the case album presentation.

Self-analysis & Career Development Workshop

- a. Self-analysis workshop: Personality tests will be introduced to demonstrate how psychology can facilitate self-understanding.
- b. Career Development workshop: Psychological tests relating to career development will be introduced during the tutorial to provide some insight for students' future career development.

Case Album Presentation

- a. *Aim*
 - Application of learned psychological knowledge to daily life.
- b. *Grouping*
 - Each group will be consisted of **3 - 5** students
 - Students must e-mail the group list to Noel (nyswong@psy.cuhk.edu.hk) on or before 18th Jan. Negotiation and random re-arrangement will be implemented to ensure the desired size.
 - There are **3** sessions for each case album presentation. In each session, **3-4** groups will do the presentation.
 - Note that each session lasts for **2 periods**.
- c. *Topics*

Week 6	Interpersonal attraction and love
Week 14	Stress and coping
- 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 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 me 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 12). You can type in English or Chinese, but please remember that the assignment must be typewritten. In case of Chinese, you should enclose in parentheses the English names of technical terms.
 - This **Group Case Album** should be submitted at the corresponding tutorial **before** the presentation.
- 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 of your case and how the learned materials can be applied to your case.

- The time allowed for each group presentation is **25 minutes**, in which **15** minutes is for **case presentation** and **10** 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 the classmates to learn and think more about the topic.
- Note that the performance of each group will be rated by the other two groups (peer evaluation) that participate in the same presentation session. This peer rating will be included in the final mark.
- Students must attend the **full session** of their presentation. Those who are late or leave early without advanced permission are subjected to penalty.

Remember!

- **Marks will be deducted** from both the group and individual assignment for the latecomers who fail to give a satisfactory reason for being late (> 5 min.). Therefore, please arrive at the classroom on time!!
- **Within** the week after each corresponding presentation session, each student is required to submit an **Individual Comment Sheet**. You should comment on at most two ideas and/or questions raised in the class, related to the topic of the tutorial. This is a chance for you to follow-up any issues you are interested. This comment sheet should not exceed 1 page (double-line spacing, font 12). Please put your comment sheet into the course mailbox, located at the life lobby outside LT1 of the Sino Building, 3/F. Late comment sheet will not be scored.
- Please e-mail me **ONE week before** your assigned presentation session if you need to borrow any multimedia materials (e.g. tape player, projector) for your presentation. I will check for you and see if I can borrow the equipment for you in advance.

Grading of the tutorials

Group Case Albums:	5 %	
Group Presentation:	4 %	
Peer evaluation of Group Presentation:	2 %	
Individual Comment Sheets:	2 %	
Individual Participation:	2 %	
Total	15 %	(30% For two tutorials)

Communication

CU Forum

- There is a website provided by the Information Technology Service Center for this course. Please get access at <http://cuform.cuhk.edu.hk>. All announcements related to the tutorials will be posted here. You can also download lecture notes and view your grades at this website. Hence, please visit the site regularly.