

PSY 1030A: PSYCHOLOGY OF PERSONAL GROWTH (Fall 2007)

- Lecturer:** Prof. Darius Chan (SB 336, ext. 6504, dchan@cuhk.edu.hk)
Office hours: Tuesday 2:30 – 4:30 PM
- Tutor:** Ms. Vivian Zhang (SB 348, ext. 6724, h Zhang@psy.cuhk.edu.hk)
- Lecture:** Wed 2:30 – 4:15 PM (ELB 307)
- Tutorial:** Mon 1:30 – 2:15 PM (ELB 307)
- Textbook:** Nevid, J. S., & Rathus, S.A. (2007). *Psychology and the challenges of life (10th edition)*. New York: John Wiley & Sons, Inc.

Course Description:

This course is designed to cover various issues that adolescents will face during their transition to adulthood. It provides a general orientation of personal growth and adjustment so that students can develop adaptive social behaviour and effective coping skills. Topics will include identity issues, personality theories and psychological adjustment, development of the self, interpersonal relationship, marriage, gender roles, interpersonal communication, stress and coping, health behaviour, sexuality, and work-related issues.

Learning Goals:

Seven specific learning goals are set for this course -

1. Understand the major psychological concepts and research findings that are related to personal growth and adjustment;
2. Develop critical thinking skills to solve problems;
3. Apply and relate psychological principles to personal and social issues;
4. Acquire effective communication skills;
5. Facilitate the sense of socio-cultural and international awareness;
6. Reflect upon one's own personal development;
7. Gain insights into career planning and development

Learning Outcomes:

Students will gain a good appreciation of the vast applications of psychology in our daily life. At the end of course, students are expected to -

1. Be able to understand, relate and apply the key psychological concepts in daily life;
2. Be familiarized with the key classical and contemporary studies and findings in psychology;
3. Be able to conceptualize, structure, articulate and present original ideas, both in written assignments and during tutorial presentations, on psychology related topics;
4. Have acquired the necessary skills of identifying a potential problem, analyzing and researching on relevant information, and deriving optimal solutions when facing various challenges in life.

Course Schedule:

Week	Date	Topics	Readings
1.	Sep 5	Growing Up - Personal identity, personality theories, psychological adjustment	1 & 2
2.	Sep 12	Understanding the Self & Social Perception: Development of the self, self esteem, self control, social perception	6
3.	Sep 19	Interpersonal Attraction & Love: Friendship, romantic relationship	11
4.	Sep 26	<i>Holiday -- Mid-Autumn Festival</i>	
5.	Oct 3	Marriage & Intimate Relationship: Living together, marital adjustment	12
6.	Oct 10	Gender Roles: Traditional gender roles, gender differences, sexual harassment	10
7.	Oct 17	Effective Communication: Verbal & non-verbal communication, conflict resolution	R**
8.	Oct 24	<i>Mid-term Examination</i>	
9.	Oct 31	Psychology of Work: Vocational development, career planning, work motivation, job satisfaction	15
10.	Nov 7	Stress & Health: Nature & major types of stress, stress tolerance, stress & illness	3 & 4
11.	Nov 14	Health Behaviour & Primary Intervention: Maladaptive behaviours, health promotion, modification of health behaviour	5
12.	Nov 21	Coping: Constructive coping style, stress management	3 & 9
13.	Nov 28	Human Sexuality: Sexual identity, interactions in sexual relationships, premarital sexual behaviour	13

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

Learning Activities:

1. **Interactive Lectures:**
Major concepts and research findings will be presented in the lectures. Students will also be prompted with various questions and encouraged to discuss them in class;
2. **Preparation Meetings for Group Projects (i.e., the Case-album presentations):**
Students are expected to meet and discuss in small groups on ideas to prepare for the case-album presentations. Students are expected to choose a case, either daily life issues or fictional scenarios, analyze it using the acquired concepts from class, and prepare for a tutorial presentation;
3. **Problem-based Discussion Tutorials:**
Small group presentations will be scheduled during which each group will present what they have prepared and then lead a discussion on the materials covered. It serves as a platform for students to articulate their own viewpoints and comment on others' opinions;
4. **Workshops:**
One workshop on self-analysis and one on career development will be provided so that students can have a better understanding of the relevant concepts and how these concepts can be applied for understanding themselves.

For #2 to #4, please refer to the Tutorial Instructions for details.

Course Requirements:

1. **Mid-term Examination (25%):**
A formative assessment to measure what you have learnt at the first half of the course. The test syllabus will cover Weeks 1-7 materials, in the format of multiple-choice.
2. **Final Examination (45%):**
A summative assessment to test your understanding of the subject knowledge at the end of the course. The test syllabus will cover the entire course (including materials presented in lectures, lecture notes and textbook), in the format of multiple-choice and essay questions. Materials not covered in the mid-term examination will be emphasized.
3. **Tutorial Assignments (20%):**
An authentic assessment to measure various abilities that you can apply to address real-life problems or fictional scenarios. [See Tutorial Instructions for details].
4. **Class Performance (10%):**
Your participation in class discussion and tutorials will be encouraged.

Feedback for evaluation:

Students are welcome to give comments and feedback at any time during the class. Students can also stop by to talk to the instructor or teaching assistant, or sending us emails or posting comments on the CUForum website (<https://cuforum.cuhk.edu.hk/>) for this class.

Academic honesty and plagiarism

Information regarding the academic honesty and plagiarism policy in the University is located at <http://www.cuhk.edu.hk/policy/academic honesty/>. Some further advice is below.

**[PSY 1030A]
[Psychology of Personal Growth]
2007-2008 Term 1**

Guideline about plagiarism

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 websites for discussions of how to recognize and avoid plagiarism.

<http://ec.hku.hk/plagiarism/introduction.htm>

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

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

If you commit plagiarism in an assignment, and it is your first offence in the course, the penalty will range from a minimum of a single letter grade reduction in score on the assignment to a maximum of failure on the assignment. A second offence within the same course will result in a minimum penalty of a single letter grade reduction in the course grade to a maximum penalty of course failure. The specific penalty applied is up to the discretion of the professor. In all cases of plagiarism, the student's name will be recorded in a central database maintained by the general office. If a student is referred for plagiarism in more than one course, or more than one instance in the same course, the student's case will be forwarded to the university administration for follow-up action.

PSY 1030A Psychology of Personal Growth (Fall 2007)

Tutorial Outline

Tutor: Vivian Zhang
 E-mail: hzhang@psy.cuhk.edu.hk
 Office: Room 348, Sino Building
 Office hour: Mon 2:30 - 4:30 PM

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.

Schedule:

Week	Date	Topic	Time/ Venue
	Sept 3	No Class	
2	Sep 10	Orientation	1:30 PM (ELB307)
3	Sep 17	Workshop 1: Self-analysis	1:30 PM (ELB307)
4	To be arranged	Case Album consultation* ^{be}	<i>By group appointment (1 period)</i>
5	To be arranged	Case Album consultation*	<i>By group appointment (1 period)</i>
6	To be arranged	Case Album consultation*	<i>By group appointment (1 period)</i>
7	To be arranged (Oct 15 – 19)	Case Album Presentation 1: Interpersonal Relationship	<i>To be arranged (2 periods)</i>
8	Oct 22	Mid-term consultation	1:30 PM (ELB307)
9	Oct 29	Mid-term results discussion	1:30 PM (ELB307)
10	Nov 5	Workshop 2: Career Development	1:30 PM (ELB307)
11	To be arranged	Case Album consultation*	<i>By group appointment (1 period)</i>
12	To be arranged	Case Album consultation*	<i>By group appointment (1 period)</i>
13	To be arranged (Nov 26 – 30)	Case Album Presentation 2: Stress and Coping	<i>To be arranged (2 periods)</i>

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

Case Album Presentation

a. Aim

- Application of learned psychological knowledge to daily life.

b. Grouping

- Each group will be consisted of **4 - 5** students
- Students must e-mail the group list to the TA (hzhang@psy.cuhk.edu.hk) on or before 17th Sept. Negotiation and random re-arrangement will be implemented to ensure the desired class size.
- There are **4** sessions for each case album presentation. In each session, **3** groups will do the presentation.
- Note that each session lasts for **2 periods**.

c. Topics

Week 7	Tutorial #4	Interpersonal Relationship
Week 13	Tutorial #6	Stress and coping

d. Content

- For each presentation, each group has to prepare an assignment called “**Group Case Album**” that should included **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, 12 font). 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 lift lobby outside LT1 of the Sino Building, 3/F. Late comment sheet will not be scored.
- Please e-mail the TA **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 in this website. Hence, please visit the site regularly.