

PSY1030B Psychology of Personal Growth

Instructor: Dr. Kelly Y. L. Ku

Lectures: 1630-1815 (Wed) ELB 308

1. Course Description

The course provides a general orientation of personal growth from a psychological perspective. You will be introduced a variety of psychological theories and concepts that allow you to explore and understand your development, life challenges and adjustments. Emphasis will be put on application of theories in real-life contexts, as well as critical reflection of your life experience.

2. Learning Approach

Both lectures and tutorials adopt an interactive approach that allows you to further your understanding of textbook and lecture materials through various learning activities (discussion, reflection, report, demonstration, game, video viewing, experiment etc.).

3. Prerequisites

No prerequisite.

4. Teaching Members

Dr. Kelly Y. L. Ku

Office location : Rm 616, Sino Building

Phone : 26096210

Email : kylku@psy.cuhk.edu.hk

Lecture Time \ Venue : ELB 308 1630-1815 (Wed)

Office hours : Wed 1445 – 1545 or by appointment (with prior notice)

| Teaching Assistant | |
|----------------------------|--|
| | Ms. Bauhinia Yong |
| Office | RM 351, Sino Building |
| Phone | 26096521 |
| Email | bckyong@psy.cuhk.edu.hk |
| Tutorial Time\Venue | ELB 308 1130-1215 (Mon) |
| Office hours | Mon 1300 – 1400 or by appointment (with prior notice) |

5. Course Content

| Topics | Contents |
|-----------------|---|
| 1. Introduction | Provide an overview of the course content and general |

concepts in personal growth.

How Do I Identify Myself?

- | | |
|---|--|
| 2. Self Identity | Discuss concepts related to the development of self concept, self esteem and self-identity. |
| 3. Gender Roles | Cover concepts related to traditional gender roles and gender differences, as well as how gender influences your socialization and your position in society. |
| 4. Adult Development: Transitions & Challenges | Introduce the major developmental transitions and challenges during adulthood. |

How Do I Relate Myself with Others?

- | | |
|--|--|
| 5. Interpersonal Attraction: Friendship & Love | Theories on friendship and romantic relationship will be introduced to help you explore your relationship pattern and the different factors that shape your relationships. |
| 6. Challenges of Marriage and Intimate Relationship | Discuss research on marriage-related issues such as marital satisfaction, marital adjustment, and divorce. |
| 7. Career Development | Discuss work-related concepts such as career planning, work motivation and leadership. |
| 8. Social Influences | Examine how and why we act differently when we are in social settings, as well as how social perception shapes our everyday experience. |

How Do I Function?

- | | |
|-----------------------------|--|
| 9. Stress and Health | Understand the nature and major types of stress and how stress affects our health and well-beings. |
| 10. Coping | Discuss the various approaches to treating psychological disorders and their effectiveness. |

11. Student-directed Lecture I – Interpersonal Challenges of Adults

12. Student-directed Lecture II – Effective Coping and Adjustments of Teenagers

13. Student-directed Lecture III – Pathways to Meaningful Living

6. Expected Learning Goals

1. Understand the major psychological concepts and research findings that are related to personal growth;
2. Apply and relate psychological principles to personal and social issues;
3. Develop critical thinking skills in analyzing and discussing issues related to personal;
4. Reflect upon one's own personal development;
5. Gain insights into career planning and development;
6. Acquire effective communication and presentation skills.

7. Expected Learning Outcomes

Upon completion of this course, you will be expected to

- I. demonstrate a fundamental understanding in various areas of personal growth;

Matches with Learning Goals 1 & 2

- II. be able to relate and apply psychological concepts in analyzing issues in real-life contexts; **Matches with Learning Goals 1, 2 & 3**
- III. be able to conceptualize and express your own ideas, both in written & verbal formats, on various topics of personal development;
Matches with Learning Goals 3 & 6
- IV. gain insights about your own development and life experience.
Matches with Learning Goals 4 & 5

8. Learning Activities

| | Lecture | Tutorial |
|---|--------------------------|-------------------------|
| Time per week | 2 hours Wed 1630-1615 | 1 hour Mon 1130-1215 |
| Venue | ELB 308 | ELB 308 |
| No. of sessions | 13 | 12 |
| Attendance | Mandatory | Mandatory |
| Teaching Member(s) | Instructor | Teaching Assistant |
| Matching with learning goals (LG) | LG 1 - 6 | LG 2, 3, 5 & 6 |
| Matching with learning outcomes (LO) | LG I - IV | LG I, II & III |

Lectures

The lectures present an overview of theories, concepts, research and findings. You will discuss in class various controversial issues relating to life adjustments and engage in interactive activities to consolidate your understanding.

Tutorials

The tutorials reinforce, through guided-discussions, assignment preparation and consultations, the understanding of learned theories and their applications. You should use tutorial session as a platform to express your viewpoints and comment on others'.

Workshops

One workshop on self-analysis, one on career development and one on stress management 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.

9. Assessment Scheme

(formative assessment – measures what you have learned at different stages during the course):

| | | |
|---------|-------|---|
| Quiz I | (30%) | Matching of learning goals: LG 1 & 2 |
| Quiz II | (30%) | |

(authentic assessment – measures how well you are able to address related real-life problems):

| | | |
|------------------------------------|-------|---|
| Critical Thinking & Reflection Log | (15%) | Matching of learning goals: LG 1 - 5 |
| Personal Growth Case Album | (15%) | |
| Class Participation | (10%) | Matching of learning goal: LG 6 |
| ----- (100%) | | |

Note:

- Refer to Tutorial Outline and Guidelines on Critical Thinking & Reflection Log for details of tutorial arrangement, quizzes, assignment evaluations.
- Any quizzes missed without a valid medical certificate will be given a **zero**. Students with a valid certificate will be given a make-up quiz with essay questions. The instructor and the teaching assistants reserve the rights for the final decision to grant or not to grant a make-up quiz to a particular student.
- For all your written assignments, you must submit a soft copy to CUPIDE (refer to page 7) and a hard copy to your tutor. Any assignments send through email will not be graded. Late submission will be marked down by 20% per day.

10. Learning Resources

Textbook Required

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

Books, journal articles and films will be suggested for different topics at the end of each class.

Recommended Movies

- a. “*The Bucket List*” (“玩轉生前事”), 2007. Director: Rob Reiner
- b. “*Juno*” (“Juno 少女孕記”), 2007. Director: Jason Reitman.
- c. “*About Schmidt*” (“薯嚟先生”), 2002. Director: Alexander Payne.
CUHK Library call no. [PN1997.2 .A26 2002](#)
- d. “*The Breakfast Club*”, 1985. Director: John Hughes.
CUHK Library call no. [PN1997 .B732 1985](#)

11. Course Updates

CUForum (<https://cuforum.cuhk.edu.hk/>) will be adopted in this course for posting course notes, announcements, submitting on-line assignments, etc.

12. Feedback for Evaluation

We welcome your comments. Feel free to talk to, or write to, any of the teaching members for things you like (to help us keep the good features) and do not like (to help us improve). You may also post your comments on CUForum.

13. Course Schedule

| Date | Lecture | Reading | Tutorial |
|--------|--|---|---------------------------------------|
| 7 Jan | Introduction | Chapter 1 | 12 Jan Orientation |
| 14 Jan | Self Identity | Chapter 6 | 19 Jan Personality Workshop |
| 21 Jan | Gender Roles | Chapter 10 | 26 Jan Public Holiday |
| | 28 Jan Public Holiday | | 2 Feb Case Album Preparation I |
| 4 Feb | Adult Development | Chapter 14 | 9 Feb Case Album Preparation II |
| 11 Feb | Interpersonal Attraction | Chapter 11 | 16 Feb Case Album Preparation III |
| 18 Feb | Challenges of Marriage & Intimate Relationship | Chapter 12 | 23 Feb Career Workshop |
| 25 Feb | Challenges of the Workplace | Chapter 15 | 2 Mar Quiz I |
| 4 Mar | Social Influences | Chapter 7 | 9 Mar Case Album Consultation I |
| 11 Mar | Stress and Health | Chapter 3, 4 & 5 | 16 Mar Case Album Consultation II |
| 18 Mar | Coping | | 23 Mar Case Album Consultation III |
| 25 Mar | Student-directed Lecture I | Refer to tutorial guidelines for material preparation | 30 Mar Stress Management Workshop |
| 1 Apr | Student-directed Lecture II | | 6 Apr Quiz II |
| 8 Apr | Student-directed Lecture III | | 13 Apr Public Holiday |

14. Academic Honesty and Plagiarism

The University places very high importance on honesty in academic work, and has a policy of **zero** tolerance on plagiarism. Guidelines on academic honesty are on the website on "Honesty in Academic Work: A Guide for Students and Teachers" <http://www.cuhk.edu.hk/policy/academichonesty/>.

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/pamphlets/plagiarism.shtml>

<http://www.hamilton.edu/writing/style/plagiarism/plagiarism.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.

Detecting plagiarism

The Senate Committee on Teaching and Learning requires that all student assignments in undergraduate programmes should be submitted via CUPIDE (the Chinese University Plagiarism IDentification Engine System). Obviously, this policy will only apply to assignments in the form of a computer-generated document that is principally text-based (i.e., excluding calculations in science, brief laboratory reports, drawings in fine arts and architecture, etc.).

- **Each student must upload a soft copy of the completed assignment to the plagiarism detection engine CUPIDE, at the URL: <http://cupide.cse.cuhk.edu.hk/student>**
- **The system will issue a receipt which also contains a declaration of honesty, which is the same as that in <http://www.cuhk.edu.hk/policy/academichonesty/p09.htm>**
- **The declaration should be signed, and the receipt stapled to a hard copy of the assignment, which should be handed in before the assignment due date.**
- **Assignments without the receipt will not be graded by teachers.**

I promise that all assignments submitted to this course across the entire semester will be original except for source material explicitly acknowledged. 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

PSY1030B
Course code

Psychology of Personal Growth
Course Title

** Please hand in this form in the first tutorial.*

PSY 1030B PSYCHOLOGY OF PERSONAL GROWTH (SPRING 2008)

Tutorial Outline

Tutor: Ms. Bauhinia Yong
E-mail: bckyong@psy.cuhk.edu.hk
Office: SB 351
Office hours: Monday 1300 – 1400 or by appointment

Schedule:

| Week | Date | Topic | Time/ Venue |
|------|--------|--|---|
| 1 | Jan 12 | Orientation | 11:30 AM, ELB 308 |
| 2 | Jan 19 | Personality Workshop | 11:30 AM, ELB 308 |
| 3 | Jan 26 | <i>Public Holiday</i> | |
| 4 | Feb 2 | Case Album Preparation I – Deciding on a Topic hand in Assignment 1 | 11:30 AM, ELB 308 |
| 5 | Feb 9 | Case Album Preparation II – Case Sharing | 11:30 AM, ELB 308 |
| 6 | Feb 16 | Case Album Preparation III – Creating an Outline | 11:30 AM, ELB 308 |
| 7 | Feb 23 | Career Workshop - hand in Assignment 2 | 11:30 AM, ELB 308 |
| 8 | Mar 2 | Quiz 1 - hand in Assignment 3 | 11:30 AM, ELB 308 |
| 9 | Mar 9 | Case Album Consultation I - hand in Assignment 4 | 11:30 AM, ELB 308 (<i>only groups that are going to present on 25 Mar need to attend</i>) |
| 10 | Mar 16 | Case Album Consultation II | 11:30 AM, ELB 308 (<i>only groups that are going to present on 1 Apr need to attend</i>) |
| 11 | Mar 23 | Case Album Consultation III - hand in Assignment 5 | 11:30 AM, ELB 308 (<i>only groups that are going to present on 8 Apr need to attend</i>) |
| 12 | Mar 30 | Stress Management Workshop | 11:30 AM, ELB 308 |
| 13 | Apr 6 | Quiz 2 | 11:30 AM, ELB 308 |

- *Students are expected to discuss and prepare for the case album actively during the preparation sessions.*
- *Each group is required to attend ONE of the three consultation sessions. Please have adequate preparation work done before coming to the consultation session.*

Personality, Career and Stress Management Workshop

- a. Personality workshop: Personality tests will be introduced during this tutorial to demonstrate how psychology can facilitate self-understanding.

- b. Career workshop: Psychological assessments on career development will be introduced during this tutorial to provide some insight for students' future career development.
- c. Stress Management workshop: Various stress management and relaxation techniques will be introduced and demonstrated during this tutorial.

Assessment

Quizzes (2 quizzes, 30% each)

Two quizzes will be used to measure what you have learnt at the course. Quizzes will be in the form of multiple-choice questions and will cover materials presented in lectures and textbook. Quiz 1 will cover Weeks 1-6 materials, and quiz 2 will cover Weeks 7-11 materials.

Critical Thinking & Reflection Assignments (15% in total, 5% for each assignment)

These assignments are designed to provide you with an opportunity to express your view, attitude and query about topics covered in this course. 5 topics would be covered in total and you are expected to finish 3 of them. Each assignment should be around 2 – 3 pages, with 1.5 line spacing and 12 font size. Assignments can be written in either Chinese or English, but they must be typewritten or marks will be deducted. Please hand in the hard copy of the assignment during the assigned tutorial sessions. Late submission will be marked down by 20% each day.

Personal Growth Case Album Presentation (15%)

a. Aim

- Application of learned psychological knowledge to understanding life challenges.

b. Grouping

- Each group will be consisted of **4 - 6** students
- Students must finalize and e-mail the group list to Bauhinia (bckyong@psy.cuhk.edu.hk) on or before 12 PM, 3 Feb. Negotiation and random re-arrangement will be implemented to ensure the desired size.
- There are **3** sessions for the case album presentation. In each session, **3 - 4** groups will do the presentation.
- The presentation will be held during the last three lectures.

c. Topics

Three topics are available. Each group should choose one among, and if any of the topics are chosen by more than 3 groups, random rearrangement of topic will be implemented to ensure that all topics are being chosen.

1. Interpersonal Challenges for Adults

For this topic, students are expected to investigate some challenges on interpersonal relationship for adults, such as parent-child relationship, marriage and divorce, co-worker relationships etc.

2. Effective Coping and Adjustments for Teenagers

For this topic, students are encouraged to investigate stressors and challenges encountered by teenagers (e.g. sensation seeking, sexual relationship, peer group relationship, emotional turbulence, suicidal thoughts etc.) and different ways to cope with and overcome the challenges.

3. Pathways to Meaningful Living

For this topic, students are expected to find out the components of “meaningful living” and the ways to achieve a balanced and positive living style from some real-life examples.

d. *Content*

- For the presentation, each group has to prepare an assignment called “**Group Case Album**” that should include **TWO** parts:

Case Description (one page)

select **one - two** relevant real-life case from newspapers, magazines, movies, dramas, journal articles 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 or dramas, you should describe the case in words. The goal is to provide your audience with enough details relevant to your analysis.

Case Analysis (should not exceed 3 pages, with 1.5 spacing and font 12)

write on how the learned materials can be used to understand and explain the incident / experience described in your case. You can type in English or Chinese, typewritten. In case of assignment written in Chinese, you should enclose in parentheses the English names of technical terms.

**Group Case Album should be submitted immediately after the presentation. Late submission will be marked down by 20% per day.*

e. *Mode of Presentation*

You will present in the form of a mock lecture. You are free to include different elements in your presentation (e.g. drama, story-telling, video clips) as long as it serves these goals

- How should we understand this case from what we have learned in this course?
 - *E.g. how should we understand the experience of the character using the relevant psychological knowledge?*
 - What are the insights?
 - *E.g. can we learn anything new about adult’s interpersonal challenges that are not covered by lectures and textbook?*
 - What are the new perspectives?
 - *E.g. can we learn from this case a perspective different from psychology in understanding adult’s interpersonal challenges?*
- 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 leading the discussion and your performance will be evaluated.
 - 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!!
- 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 personal growth case album

| | |
|---------------------------------------|------|
| Group Case Album | 6 % |
| Group Presentation | 6 % |
| Peer evaluation of Group Presentation | 3 % |
| Total | 15 % |

Class Participation (10%)

Attendance would be taken for all tutorial sessions and active participation of students is expected.

CUPIDE System

For all assignments (including Critical Thinking & Reflection Assignments and Case Album), students are required to submit a soft copy to CUPIDE system. Marks would be deducted for late submission of soft copy to CUPIDE as well. Please ensure that while you upload your assignments you should fill in “assignment” for assignment type and assign a correct assignment number for each assignment. The assignment number is as follow.

| | No. | Due Date |
|--------------|-----|-----------------------|
| Assignment 1 | 1 | Feb 2 |
| Assignment 2 | 2 | Feb 23 |
| Assignment 3 | 3 | Mar 2 |
| Assignment 4 | 4 | Mar 9 |
| Assignment 5 | 5 | Mar 23 |
| Case album | 6 | Mar 25 / 1 Apr/ 8 Apr |

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 at this website. Hence, please visit the site regularly.