

PSYC*1500, Course Outline: Fall 2018

General Information

Course Title: Foundational Skills for Psychology

Course Description:

This course is designed to help Psychology majors optimize their learning in the Psychology program and beyond. The primary focus of this course is on individual skill development with respect to academic learning, critical thinking, written communication, career planning, among other key areas related to the discipline of psychology. This course adopts a lecture and a seminar-based format to augment learning and apply course content in an experiential manner. This also includes guest lectures with key experts to facilitate student learning.

Credit Weight: 0.5

Academic Department (or campus): Psychology (main campus)

Semester Offering: Fall 2018

Class Schedule and Location:

Lectures:	Mondays 5:30pm – 6:50pm (and Friday Nov. 30), Rozanski Hall (ROZH) Room 103
Seminar:	SEM 01: Mondays 10:00am – 11:20am, Rozanski Hall Room 109 SEM 02: Mondays 8:30am – 9:50am, Rozanski Hall Room 109 SEM 03: Mondays 10:00am – 11:20am, Rozanski Hall Room 108 SEM 04: Mondays 8:30am – 9:50am, Rozanski Hall Room 108 SEM 05: Wednesdays 11:30am – 12:50pm, Animal Science & Nutrition Room 306 SEM 06: Wednesdays 1:00pm – 2:20pm, Animal Science & Nutrition Room 306 SEM 07: Mondays 4:00pm – 5:20pm, Animal Science & Nutrition Room 306
Final Exam:	Thursday December 06, 2:30pm – 4:30pm, location TBA

Instructor Information

Instructor Name: Nicole Jeffrey

Instructor Email: njeffrey@uoguelph.ca

Office location and office hours: [MacKinnon Extension](#) (newer part of MacKinnon with 4-digit room numbers), Room 4022; Office hours Mondays 3:00pm – 5:00pm and by appointment

GTA Information

Coordinators:	Name (email) Name (email)
Seminar Leaders:	SEM 01: Name (email) SEM 02: Name (email) SEM 03: Name (email) SEM 04: Name (email) SEM 05: Name (email) SEM 06: Name (email) SEM 07: Name (email)

GTA office location and office hours: GTAs will not hold regular office hours. If you require a meeting, please email the GTA for the seminar you are registered in.

Course Content

Specific Learning Outcomes:

Upon successful completion of this course, students should be able to demonstrate the following learning outcomes at the introductory level (in relation to the undergraduate learning outcomes of the Department of Psychology at the University of Guelph):

1. Identify a multitude of career paths available for psychology majors.
2. Demonstrate the ability to find psychological literature in primary and secondary sources.
3. Demonstrate a basic ability to clearly and accurately write about psychological material from different sources (e.g., media, journal articles).
4. Assess and critically evaluate the accuracy and impact of media coverage of psychological research.
5. Understand how to read and critically evaluate psychological material that appears in primary sources.
6. Understand mental health and mental illness in relation to university students.
7. Understand how stress operates and how to manage it using psychological principles and approaches.
8. Apply psychological material to one's own life and the lives of others.
9. Identify key factors relevant to professionalism within the discipline of Psychology.
10. Identify key factors for effective group work within the discipline of Psychology.
11. Identify the skills necessary for success as a psychology major.

Lecture Content:

The table below provides an overview of lecture dates and content as well as required (and recommended) readings. Lecture slides will be available on Courselink before each class.

Date	Lecture Topic	Readings	Learning Outcomes
Sep 10	Course Overview and Career Options	Lecture slides	1,8,9,11
Sep 17	Mental Health and Mental Illness	Lecture slides Bruffaerts et al., 2018 (read in advance of SEMINAR 2)	6,8,11
Sep 24	Reading Comprehension in Psychology	Lecture slides Dunn: Chapter 3	5,11
Oct 01	Thinking Critically in Psychology	Lecture slides	4,5,11
Oct 08	NO LECTURE THIS WEEK		
Oct 15	Source Material, Plagiarism, & APA Formatting/Referencing	Lecture slides Dunn: Chapters 5,7	2,9,11
Oct 22	Narrowing Down a Research Topic	Lecture slides Dunn: Chapter 2	2,5,11
Oct 29	Effective Note-taking	Lecture slides	2,5,11
Nov 05	Stress & Coping	Lecture slides Recommended: Chapter 14 in the Intro Psych text by Krause et al. 2015 (available on reserve at the library)	7,8,11
Nov 12	Effective Writing in Psychology	Lecture slides Dunn: Chapter 4,6	3,11
Nov 19	Professionalism & Interviewing	Lecture slides	9,11
Nov 26	Effective Group Work	Lecture slides	8,9,10,11
Nov 30 (Friday)*	Looking Ahead as a Psychology Major	Lecture slides	1-11

*Our November 30th class falls on a Friday because it has been rescheduled from our missed class on October 8th (Thanksgiving long weekend). It will occur at our regular class time.

Seminars:

Each student has one seminar per week over the semester. Please consult your class schedule on WebAdvisor to determine your specific seminar day and time each week. The table below provides an overview of the dates for your seminars, along with their topic.

(Seminar Number) Date	Seminar Topic
Sep 10 or 12	NO SEMINARS THIS WEEK
(1) Sep 17 or 19	Working toward a career with a Psychology Degree
(2) Sep 24 or 26	Summarizing key points of a research article in psychology
(3) Oct 01 or 03	Identifying media articles covering psychological research (for media assignment)
Oct 08 or 10	NO SEMINARS THIS WEEK
(4) Oct 15 or 17	Identifying empirical articles in psychology journals (for media assignment)

(Seminar Number) Date	Seminar Topic
(5) Oct 22 or 24	Narrowing down a research topic in psychology (final exam preparation)
(6) Oct 29 or 31	Effective note-taking: Applied to psychology (final exam preparation)
(7) Nov 05 or 07	Identifying mental health resources and stress management techniques
Nov 12 or 14	NO SEMINARS THIS WEEK
(8) Nov 19 or 21	Feedback on your outline and notes for your final exam
(9) Nov 26 or 28	Group work and group-based problem-solving

Course Assignments and Tests:

Assignment or Test	Due Date	Contribution to Final Mark (%)	Learning Outcomes Assessed
1. Planning a Psychology Degree	Start of Seminar 1 (in-person)	1%	1,11
2. Career Planning in Psychology	48 hours after Seminar 1 (Dropbox)	5%	1,8,11
3. Summarizing an Article	48 hours after Seminar 2 (Dropbox)	1%	5,6,11
4. Mental Health Paper	Sep 30, 11:59pm (Dropbox)	10%	3,5,6,8,11
5. Media Project, Parts 1,2,3	96 hours after Seminar 4 (Dropbox)	20%	2,3,4,5,11
6. APA Quiz (via Courselink)	Open Oct 15 to Oct 24 at 11:59pm	5%	11
7. Mental Health & Stress Management, Parts 1,2	48 hours after Seminar 7 (Dropbox)	2%	6,7,8,11
8. Final Exam Preparation, Parts 1,2	Start of Would-be Seminar Nov 12 or 14 (Dropbox)	15%	2,3,5,8,11
9. Stress Management Reflection	Start of Seminar 9 (in-person)	2%	3,7,8,11
10. Group Work Reflection	48 hours after Seminar 9 (Dropbox)	2%	3,8,9,10,11
11. Research Participation or Alternate Assignment	Any time until SONA deadline of Nov 30, 5:00pm	2%	11
12. Final Exam	Dec 06, 2:30pm – 4:30pm	35%	2,3,5,8,11
		TOTAL: 100%	

Additional Notes:

Most assignments are to be submitted via Dropbox on Courselink by the stated deadline. Other assignments will be due in seminar on the stated deadlines. Submission requirements will be included on all assignment instructions.

Final examination date and time:

Thursday December 06, 2:30pm – 4:30pm, Location: TBA

Final exam weighting:

The final exam is worth 35%. However, there is a two-part assignment (Final Exam Preparation) worth a total of 15% that relates highly to your final exam and is intended to help you to prepare and ultimately succeed when writing the final exam.

Final Examination regulations are detailed at:

[Examination Regulations](#)

Course Resources**Required Texts:**

1. A Short Guide to Writing About Psychology, 3rd Edition (Author: Dunn; Publisher: Pearson, 2011)
2. Bruffaerts, R., Mortier, P., Kiekens, G., Auerbach, R. P., Guijpers, P., Demyttenaere, K.,... Kessler, R. C. (2018). Mental health problems in college freshmen: Prevalence and academic functioning. *Journal of Affective Disorders*, 225, 97-103.
<http://dx.doi.org/10.1016/j.jad.2017.07.044> – Required for Seminar 2 and available through course reserve via the library as a PDF (accessible off-campus)

Other Resources:

In addition to our required texts, content will be posted on Courselink. This will occur throughout the term and in advance of important dates (e.g., seminars, assignment deadlines). Please be sure to check Courselink regularly to ensure you do not miss this important material.

Though not required for this course, having access to an introductory psychology textbook will help with some of the course assignments. The following text is being used in PSYC*1000 and it is on reserve at the library for our class:

Krause, M., Corts, D., Smith, S. & Dolderman, D. (2018). An introduction to psychological science (Second Canadian Edition). Don Mills, ON: Pearson.

Course Policies

Grading Policies:

Instructions and grading rubrics for all coursework outlined above will be posted prior to each component being assigned. Please check the course outline for important dates and Courselink regularly for updates. Most assignments are to be submitted via Dropbox on Courselink by the stated deadline. Other assignments will be due in seminar on the stated deadlines. Submission requirements will be included on all assignment instructions.

Missed Assignments: Consistent with University Policy, students who miss an assignment must provide an original copy of appropriate documentation. Reasons for a missed midterm can be found through the link on the next page (under University Policies: Academic Consideration). With appropriate documentation, reasonable extensions will be permitted, commensurate with the nature of the missed assignment and the extenuating circumstances. If you know you will miss an assignment ahead of time, please contact me in advance. I am usually understanding of extenuating circumstances. However, in line with our course's learning outcomes regarding professionalism and stress management, it is important to maintain a balanced and organized approach to completing all coursework (both now and over the duration of your degree). Thus, having several assignments due (in this course or others) does not constitute a reason for being granted an extension.

Late Policy for Assignments: Late submissions for all assignments worth less than 5% results in a grade of 0% for that assignment (unless there are extenuating circumstances as noted above). Late submissions for assignments worth 5% or more will receive a reduction of 10% per calendar day. After 5 calendar days, the grade will be 0% for that assignment. This does not apply to the online APA Quiz, which must be completed within the time frame noted above. If it is not, it will receive a grade of 0%.

Keep paper and/or other reliable back-up copies of the assignments as you may be asked to resubmit work at any time or provide evidence of earlier drafts.

Missed Final Examinations: According to University policy, final exams are rescheduled via Academic Counselling. Hence, you should contact them directly should you not be able to write the final exam. Please be sure to review your exam schedule prior to making travel arrangements for the end of term; this does not constitute a reason for missing a final exam according to University Policy.

Lectures and Readings:

Classes follow a lecture/discussion format with discussion questions and in-class activities. They are designed to review, compliment, and augment text material. Some material presented in lectures will NOT be covered in the textbook and vice versa. **Students are responsible for text**

AND lecture material. Class attendance will facilitate an understanding of course material. To achieve the course learning outcomes, it is recommended that you keep pace with the assigned readings.

Course Updates and Announcements:

As noted above, updates and announcements will be posted on Courselink. Students are responsible for checking regularly.

Course Policy regarding use of electronic devices and recording of lectures:

Electronic recording of classes is expressly forbidden without consent of the instructor. When recordings are permitted they are solely for the use of the authorized student and may not be reproduced, or transmitted to others, without the express written consent of the instructor.

University Policies

Academic Consideration

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact. See the academic calendar for information on regulations and procedures for

Academic Consideration:

[Academic Consideration, Appeals and Petitions](#)

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community, faculty, staff, and students to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring.

University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar:
[Academic Misconduct Policy](#)

Accessibility

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact [Student Accessibility Services](#) as soon as possible.

For more information, contact SAS at 519-824-4120 ext. 54335 or email accessibility@uoguelph.ca or the [Student Accessibility Services Website](#)

Course Evaluation Information

Please refer to the [Course and Instructor Evaluation Website](#) .

Drop date

The last date to drop one-semester courses, without academic penalty, is **Friday November 2, 2018**. For regulations and procedures for Dropping Courses, see the [Schedule of Dates in the Academic Calendar](#).

[Current Undergraduate Calendar](#)

Additional Course Information

Course instructors are allowed to use software to help in detecting plagiarism or unauthorized copying of student assignments. Plagiarism is one of the most common types of academic misconduct on our campus. Plagiarism involves students using the work, ideas and/or the exact wording of other people or sources without giving proper credit to others for the work, ideas and/or words in their papers. Students can unintentionally commit misconduct because they do not know how to reference outside sources properly or because they don't check their work carefully enough before handing it in. Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.