

# PSYC\*1500 - Foundational Skills for Psychology

## Course Outline: Fall 2022

### General Information

Due to the ongoing COVID-19 pandemic some courses are being offered virtually and some face to face. This course is offered using the Face-to-Face format. The course has set day, time, and location of class.

**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

**Semester Offering:** Fall 2022

#### **Class Schedule and Location:**

**Lectures:** Wednesdays 4:00pm – 5:20pm  
Thornborough (THRN) 1200

#### **Seminars:**

Section 0101: Fridays	8:30am – 9:50am	Mackinnon (MCKN) 306
Section 0102: Wednesdays	2:30pm- 3:50pm	Mackinnon (MCKN) 317
Section 0103: Wednesdays	10:00am – 11:20am	Mackinnon (MCKN) 309
Section 0104: Wednesdays	8:30am – 9:50am	Mackinnon (MCKN) 307
Section 0105: Mondays	4:00pm – 5:20pm	Mackinnon (MCKN) 306
Section 0106: Mondays	2:30pm – 3:50pm	Mackinnon (MCKN) 305
Section 0107: Mondays	10:00am – 11:20am	Mackinnon (MCKN) 309
Section 0108: Mondays	8:30am – 9:50am	Mackinnon (MCKN) 307

**Final Exam:** Thursday December 15, 2022, 2:30pm – 4:30pm  
(Location TBD)

## **Instructor Information**

Instructor Name: Dr. Julia McArthur, C. Psych.  
Instructor Email: juliam@uoguelph.ca  
Office location and office hours: By Appointment

## **GTA Information**

### **Coordinators:**

Erica Johnston: ejohns35@uoguelph.ca  
Rima Hanna: hannar@uoguelph.ca

### **Seminar Leaders:**

Seminar Section	Day & Time	Room	Teaching Assistant	E-mail
SEC #1:	Friday 8:30-9:50am	MCKN 306	Poojan Joshi	joship@uoguelph.ca
SEC #2:	Wednesday 2:30-3:50pm	MCKN 317	Hannah Lauzon	hlauzo01@uoguelph.ca
SEC #3:	Wednesday 10:00-11:20am	MCKN 309	Oliver Twardus	otwardus@uoguelph.ca
SEC #4:	Wednesday 8:30-9:50am	MCKN 307	Emily Minard	eminard@uoguelph.ca
SEC #5:	Monday 4:00-5:20pm	MCKN 306	Cailean Harris	cailean@uoguelph.ca
SEC #6:	Monday 2:30-3:50pm	MCKN 305	Emily Thornton	ethorn04@uoguelph.ca
SEC #7:	Monday 10:00-11:20am	MCKN 309	Lisa Stora	lstorea@uoguelph.ca
SEC #8:	Monday 8:30-9:50am	MCKN 307	Catherine Hall	chall12@uoguelph.ca

GTA office location and office hours: By appointment

## **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., textbook, media, journal articles, reviews).
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 and secondary sources.
6. Understand mental health, mental illness, and stigma 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:**

LECTURE	DATE	LECTURE TOPIC	READINGS	LEARNING OUTCOMES
1	September 14	Course Overview and Careers Options	Lecture Slides	1,8,9,11
2	September 21	Thinking Critically in Psychology	Lecture Slides	4,5,11
3	September 28	Source Material, Plagiarism & APA Formatting (Guest – Writing Services)	Dunn: Chps. 1, 5 & 7 Lecture Slides	2,5,11
4	October 5	Narrowing Down a Research Topic (Guest – Learning and Curriculum Support) Effective note-taking (Guest – learning specialist)	Lecture Slides Dunn: Chp. 2	2,9,11
	October 12	No Class – Bonus Fall Break 😊	N/A	
5	October 19	Careers in Psychology (Guest Panel)	Lecture Slides	1,8,9,11
6	October 26	Mental Health and Mental Illness (Guest – CMHA)	Lecture Slides	6,8,11
7	November 2	Reading Comprehension in Psychology	Dunn: Chp. 3 Krause: 7.1 & 7.2 Lecture Slides	5,11
8	November 9	Stress & Coping	Krause: 14.2 & 14.3 Lecture Slides	7,8,11
9	November 16	Professionalism & Interviewing	Krause: 13.2 Lecture Slides	9,11
10	November 23	Effective Group Work	Krause: 13.1, P.535-537 Lecture Slides	8,9,10,11
11	November 30	Emotion, Motivation and Goal Setting Effective Writing (exam prep) and Looking Ahead	Krause: 11.3 & 11.4 Dunn: Chps. 4 & 9 Lecture Slides	1-11

\*Slight shifts in the schedule may occur due to the pace of the course content, availability of guest speakers, and/or unforeseeable and unavoidable circumstances (e.g., school closures due to weather).

**Seminars:**

DATE	SEMINAR	SEMINAR FOCUS
Sep 12-16		No seminars during the first (full) week of classes!
Sep 19-23	First	Working toward a career with a Psychology Degree
Sep 26-30	Second	Summarizing primary and secondary sources
Oct 3-7	Third	Critically thinking about the media (Media assignment preparation)
Oct 10-14	N/A	No seminars – Bonus Fall Break 😊
Oct 17-21	Fourth	Narrowing down a research topic in psychology (Final exam preparation)
Oct 24-28	Fifth	Effective note-taking (Final exam preparation)
Oct 31- Nov 4	Sixth	Learning how to create an infographic for social media ( Youth Engagement Social Media Project; <u>Bring a laptop</u> )
Nov 7-11	Seventh	Group work on Youth Engagement Social Media Project (working in groups during seminar)
Nov 14-18	Eight	Identifying mental health resources & stress management techniques
Nov 21-25	Ninth	Group work and group-based problem-solving
Nov 28-Dec 2	N/A	Cancelled (TAs are grading)

**Course Assignments:**

ASSIGNMENT	DUE DATE	HOW TO SUBMIT	% of Overall Grade	LEARNING OUTCOMES
1. Planning a Degree in Psychology	<u>Start</u> of 1 <sup>st</sup> seminar Date:	In person (in seminar)	1%	1,11
2. Career Planning in Psychology	48 hours after 1 <sup>st</sup> seminar Date:	Dropbox (CourseLink)	3%	1,8,11
3. Summarizing Academic Articles	<u>Start</u> of 2 <sup>nd</sup> seminar Date:	In person (in seminar)	3%	5,6,11
4. Media Assignment Plan	<u>End</u> of 3 <sup>rd</sup> seminar Date:	In person (in seminar)	1%	2,4
5. Media Assignment	October 21 By 11:59pm	Dropbox (CourseLink)	10%	2,3,4,5,11
6. Narrowing down a Research Topic	<u>Start</u> of 5 <sup>th</sup> Seminar Date:	In person (in seminar)	1%	2,3,5,11

7. Planning for the Youth Engagement Social Media Project	<u>Start</u> of 7 <sup>th</sup> Seminar Date:	Dropbox (CourseLink)	5%	2,3,5,11
8. Mental Health Resources	48 hours after 8 <sup>th</sup> Seminar Date:	Dropbox (CourseLink)	3%	6,7,11
9. Outline/Notes for Final Exam	November 20 By 11:59pm	Dropbox (CourseLink)	15%	2,3,5,8,11
10. Stress Management Plan	<u>Start</u> of 9 <sup>th</sup> Seminar Date:	In person (in seminar)	1%	7,8,11
11. Youth Engagement Social Media Project	November 28 By 11:59pm	Dropbox (CourseLink)	15%	2,3,5,6,11
12. Group Work Reflection	December 2 By 11:59pm	Dropbox (CourseLink)	1%	3,8,9,10,11
13. Stress Management Reflection	December 2 By 11:59pm	Dropbox (CourseLink)	1%	3,7,8,11

**Important information about assignments:**

- If it states “Start” of a particular seminar that means you work on it before the seminar and bring it to that seminar (in either paper or electronic format). If it states “End” of seminar (or after), that means you work on it during seminar (and/or after) and either show it to your TA or upload it to corresponding “Dropbox” folder.
- Detailed information about each assignment is provided during lecture and/or seminar and in the content area of CourseLink.

**Course Tests:**

QUIZZES/EXAM	DATE	WHERE TO WRITE	% of Overall Grade	LEARNING OUTCOMES
1. Quiz #1: APA Style	Available: October 5-7, 11:59pm	CourseLink Quiz function	5%	11
2. Quiz #2: Lectures/readings from Oct 5, Oct 26, Nov 2	Available: November 3-6, 11:59pm	CourseLink Quiz function	5%	11
3. Quiz #3: Lectures/readings from Nov 9, 16, 23, 30	Available: November 30 - December 2, 11:59pm	CourseLink Quiz function	5%	11
4. Final Exam	December 15, 2022 2:30pm – 4:30pm	In Person (Location TBD)	25%	2,3,5,8,11

**Final examination date and time:** Thursday December 15, 2022, 2:30pm – 4:30pm  
Location (TBD)

**Final exam weighting:**

The final exam is worth 25%. However, the assignment Outline/Notes (15%), is highly related 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:**

Dunn, D. S. (2011). A short guide to writing about psychology, 3rd Edition. Boston: Pearson.

Krause, M., Corts, D., Smith, S. & Dolderman, D. (2015). An introduction to psychological science, Canadian Edition. Toronto: Pearson. (This is the text used in Psychology 1000). We will only be reading a few chapters, so if you do not already have this textbook, I recommend photocopying the few modules that you will need. This book is on reserve at our library.

**Required Reading for Seminar 2 (available on reserve via the library as a PDF):**

Karatekin C. (2017). Adverse Childhood Experiences (ACEs), Stress and Mental Health in College Students. *Stress and Health*. [doi.org/10.1002/smi.2761](https://doi.org/10.1002/smi.2761)

**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.

**Course Policies****Course Updates and Announcements**

As noted above, updates and announcements will be posted on CourseLink; please check regularly.

**Lectures, Midterms, & Final Exams**

Classes follow a lecture format with discussion questions. They are designed to review, complement, 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.**

To achieve the course learning outcomes, it is recommended that you keep pace with the assigned readings.

### **Grading Policies**

Instructions and grading rubrics for all coursework outlined above will be posted prior to each component being assigned. Please check the syllabus for important dates and CourseLink regularly for updates.

### **Late Policy for Assignments**

Late submissions for all assignments worth 3% or less results in a grade of 0% for that assignment (unless there are documented extenuating circumstances). Late submissions for assignments worth 5% or more will receive a reduction of 5% per calendar day (note 1 minute late = 1 calendar day). After 10 calendar days, the grade will be 0% for that assignment. This does not apply to the online quizzes, which must be completed within the time frame noted above. If it is not, it will receive a zero.

### **Missed Assignments**

Students who miss an assignment must provide an original copy of appropriate documentation. Reasons for a missed work can be found through the link on the next page (under Academic Consideration, Appeals, and Petitions). 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) and/or having other commitments does not constitute a reason for being granted an extension.

### **Re-Grading of Assignments Policy**

Where a student is of the belief that an assignment has not been accurately graded, they are to pursue a 2-step course policy: 1) as soon as possible, meet with the original TA that graded the assignment, and if a student remains dissatisfied, 2) they can request from the instructor that another TA re-grade the assignment. Note that the student will be required to accept the re-grade, whether it be higher or lower.

### **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.

## **Course Policy regarding use of electronic devices and recording of lectures**

Recordings 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.

## **Course Policy on Group Work:**

All exams are closed-book and are to be completed independently. All assignments (with the exception of assignment # 11 – see below) are also to be completed independently.

Assignment #11 (The Youth Engagement Social Media Project) is completed in small groups (of approximately four students each). Although only one member of the group must submit the 'post' and accessible Word document through CourseLink, every member of the group is responsible for ensuring that the assignment is submitted on time, and everyone will be penalized if it is not. If more than one assignment is submitted, the most recent version that was submitted on time will be graded.

## **University Policies**

### **Disclaimer:**

Please note that the ongoing COVID-19 pandemic may necessitate a revision of the format of course offerings, changes in classroom protocols, and academic schedules. Any such changes will be announced via CourseLink and/or class email. This includes on-campus scheduling during the semester, mid-terms and final examination schedules. All University-wide decisions will be posted on the COVID-19 website (<https://news.uoguelph.ca/2019-novel-coronavirus-information/>) and circulated by email.

### **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](#)

### **Illness**

Medical notes will not normally be required for singular instances of academic consideration, although students may be required to provide supporting documentation for multiple missed assessments or when involving a large part of a course (e.g., final exam or major assignment).

### **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](mailto:accessibility@uoguelph.ca) or the [Student Accessibility Services Website](#)

### **Student Feedback Questionnaire**

These questionnaires (formerly course evaluations) will be available to students during the last 2 weeks of the semester: November 21<sup>st</sup> - December 2<sup>nd</sup> 2022. Students will receive an email directly from the Student Feedback Administration system which will include a direct link to the questionnaire for this course. During this time, when a student goes to login to Courselink, a reminder will pop-up when a task is available to complete.

[Student Feedback Questionnaire](#)

### **Drop date**

The last date to drop one-semester courses, without academic penalty, is December 2, 2022. For regulations and procedures for Dropping Courses, see the [Schedule of Dates in the Academic Calendar](#)

Instructors must provide [meaningful and constructive feedback, at minimum 20% of the final course grade, prior to the 40th class day.](#) For courses which are of shorter duration, 20% of the final grade must be provided two-thirds of the way through the course.

## **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.

In this course, your instructor will be using Turnitin.com to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to prevent plagiarism in the College of Social and Applied Human Sciences.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.