Psychology and Life

Winter School @ Fudan SOE 2022

Course Code	SOCI2170006		
Course Title	Psychology and Life		
Credit	3	**Credit Hours**	48 credit hours (one credit hour is 45 minutes)

Course Objectives

As an introductory course, the main purpose is to provide an overview of psychology as a science through educational activities. It is expected that through lectures, readings, assignments and other active learning behaviors such participating in group discussions and online psychological experiments, students will be able to achieve five learning goals advocated by *APA guidelines for the undergraduate psychology major-version 2.0 (APA, 2013)* (see detailed description of five learning goals as well as the possible ways to achieve them in the following table. The contents are revised based on the APA guidelines)*:*

- **Knowledge base in psychology**: Students are expected to demonstrate fundamental knowledge and comprehension of the major concepts, theoretical perspectives, historical trends, and empirical findings to discuss how psychological principles can be applied to behavioral phenomena.

- **Scientific Inquiry and Critical Thinking**: Students are expected to learn some basic skills in interpreting behaviors, understanding relevant researches, and applying research design principles to draw conclusions about psychological phenomena.

- **Ethical and Social Responsibility in a Diverse World**: Students are expected to become familiar with core principles of professional ethics in psychology and to embrace values that will contribute to positive outcomes in work settings and in building a society responsive to multicultural and global concerns.

- **Communication**: Students are expected to be able to write a cogent scientific argument, present information using a scientific approach, engage in discussion of psychological concepts, explain ideas of others, and express their own ideas with clarity.

- **Professional Development**: Students are expected to apply psychology-specific contents and skills, effective self-reflection, project-management skills, teamwork skills, and career preparation to develop work habits and ethics to succeed in academic settings.

Learning goals	How to achieve these goals	How to assess the outcome
Knowledge base in psychology ✓ Explain why psychology is	✓ Attend lectures ✓ Read the textbook &	✓ Online quiz for each topic

	a science. Use basic terminology, concepts, and theories in psychology to explain behavior and mental processes while recognizing complex interplay of the intrapersonal, interpersonal and environmental factors that shape behaviors and mental processes ✓ Identify key characteristics, principle methods and research questions of major approaches in psychology (e.g. psychodynamic, behavioral, developmental, biological, and sociocultural) ✓ Describe examples of relevant and practical applications of psychological principles to everyday life, especially how psychological factors may influence one's pursuit of a healthy and fulfilling life	slides ✓ Read extracurricular materials ✓ Participate in learning activities	✓ Group discussion ✓ Personal homework assignment ✓ Teamwork project ✓ Q&A in class ✓ Feedbacks from the teacher & peers
	Scientific Inquiry and Critical Thinking ✓ Use scientific reasoning to interpret psychological phenomena and be aware of the common fallacies in thinking, such as confirmation bias, implying causation from correlation ✓ Read and summarize general ideas, simple graphs and statistical findings as well as conclusions from psychological sources accurately ✓ Identify and navigate psychology databases and	✓ Attend lectures ✓ Read the textbook & slides ✓ Read extracurricular materials ✓ Participate in all kinds of learning activities ✓ Actively participate in small & big group discussions ✓ Actively participate in the group project work	✓ Group discussion ✓ Personal homework assignment ✓ Teamwork project ✓ Q&A in class ✓ Feedbacks from the teacher & peers

	other legitimate sources of psychology information ✓ Interpret, design, and conduct basic psychological research		
	Ethical and Social Responsibility in a Diverse World ✓ Apply ethical standards to evaluate psychological science and practice ✓ Try to build and enhance interpersonal relationships by recognizing how individual differences, social identity, and worldview may influence beliefs, values, and interaction with others and vice versa ✓ Maintain high standards for academic integrity, including honor code requirements	✓ Attend lectures ✓ Read the textbook & slides ✓ Read extracurricular materials ✓ Participate in learning activities ✓ Apply psychological knowledge and skills to explain & interpret personal as well as social concerns	✓ Group discussion ✓ Teamwork project ✓ Q&A in class ✓ Feedbacks from the teacher & peers
	Communication ✓ Express ideas in written formats that reflect basic psychological concepts and principles ✓ Interact effectively ✓ with others, including teacher and classmates	✓ Actively participate in small & big group discussions ✓ Actively participate in the group project work ✓ Establish meaningful relationship with teachers and peers	✓ Personal homework assignment ✓ Group discussion ✓ Teamwork project ✓ Peer evaluation ✓ Q&A in class ✓ Feedbacks from the teacher & peers
	Professional Development ✓ Describe how psychology's content applies to business, health care, educational, and other workplace settings ✓ Exhibit self-efficacy and self-regulation ✓ Enhance teamwork capacity	✓ Actively participate in small & big group discussions ✓ Actively participate in the group project work ✓ Apply psychological knowledge and skills to analyze and/or solve personal concerns and/or problems	✓ Teamwork project ✓ Peer evaluation ✓ Feedbacks from the teacher & peers

| | | ✓ Establish meaningful relationship with teachers and peers
✓ Try to find a mentor
✓ Seek professional help if necessary | |

Course Description	Psychology and Life: A cross-cultural perspective, is a course offered to undergraduate students enrolled in the Global Program on Economics and Finance who are interested in the science of psychology. The course embraces the vision of American Psychological Association (APA), "to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives" (www.apa.org). Therefore, students are encouraged to apply what they have learned from the course to enhance the quality of their lives as well as lives of others' if possible. Moreover, as the name of the course suggests, it is hoped that by emphasizing a cross-cultural perspective in teaching, students may develop the sensitivity as well as the appreciation for diversity in human societies, and therefore embrace a more open and tolerant attitude towards themselves and others. The aim of the course is to provide a general introduction to major fields of psychological science, i.e. the methodology and the basis of psychological reasoning, classical concepts and theories as well as the latest research findings and new progresses made in psychology to promote the understanding and changes in individuals, families and societies. Particularly, the course highlights the cultural perspective among other major approaches in modern psychology. The curriculum strives to adhere to the five learning goals proposed by APA guidelines for the undergraduate psychology major-version 2.0 (APA, 2013) on the foundation level (for those students who only take lower level courses, such as this course, and who do not necessarily intend to complete a bachelor's degree in psychology, to have a general understanding as well as application of psychology). The five goals are: knowledge base in psychology, scientific inquiry and critical thinking, ethical and social responsibility in a diverse world, communication and professional development. The detailed descriptions of these goals relevant to this course will be listed in the section of Learning Objectives in this syllabus. As an introductory course with an emphasis on the cultural perspective, different topics will be given to cover the whole scope of psychology, including: the biological and evolutionary basis of human behaviors, human cognitions, human development, motivation and emotion, stress and health psychology, social psychology, abnormal psychology and psychological counseling & psychotherapy. Besides lecturing, the course uses other learning strategies such as group discussions, teamwork project, extracurricular readings to facilitate the learning process. To get full credits of the course, students are asked to complete the following learning

tasks: 1) ten online quiz (5 items for each quiz); 2) three individual homework assignment; 2) one teamwork project; (You can check the details for these requirements later in this file.)

Students who are open-minded, curious and confident in English are warmly welcomed to embark on this journey.

Course Requirements:

Online quiz: For each topic, students are required to complete five items of multiple-choice test online through the Wenjuanxing (问卷星) platform. Students are free to use any resource, including textbooks and slides to complete the quiz. The link of the quiz will be open after classes of the given topic and closed before classes for the next topic.

Personal Assignment – Throughout the course, six personal assignments will be presented to students and they are expected to select three out of six assignments. All six assignments as well as evaluation criteria will be announced to students at the beginning of the course so that students can optimize their own decisions and enhance their performance. Students are expected to complete three personal assignments before the end of the course.

Teamwork project: Students are expected to form a team with 5 or 6 members to complete a teamwork project. The project is to do a TED-like presentation based on a specific topic within the scope of psychology. The topic can be freely chosen by the team and the purpose of the presentation is to do peer education on the given topic (i.e. provide psychological education of a given topic to undergraduate students). The length of the presentation is around 5 to 10 minutes. More detailed instruction will be presented at the end of the first week of the course. Each team is expected to complete the project and submit the recorded presentation before the end of the course.

Participation –Be punctual at each class and ask for leave in advance by sending an email to T.A. if one cannot show up. Two points will be taken from the final score every time when students miss the class without giving the notice in advance.

Teaching Methods:
Lecture (online live)

Course Schedule

The course schedule is tentative and is subject to change.

Topic	Main Topics
1	*An Introduction to the Course*
2	*Research methods in Psychology*
3	*The Biological and Evolutionary Basis of Behaviors*
4	*Sensation & Perception*
5	*Consciousness*
6	*Memory*
7	*Learning*
8	*Topics in Developmental Psychology*
9	*Motivation & Emotion*
10	*Stress and Other Topics in Health Psychology*
11	*Topics in Social Psychology*
12	*Psychological Disorders & Psychotherapy*

Grading & Evaluation:

Components	Point %
Online Quiz	20%
Homework assignment	45%
Team work	25%
Participation	10%
Total	100%

Teaching Materials & References:

Richard J.Gerrig & Philip G.Zimbardo. **Psychology and Life (19ᵗʰ edition),** 人民邮电出版社，2016年第1版 (English Edition)

Notice: *I will provide the electronic version of 20ᵗʰ version of this textbook and students can download it from the e-learning platform. This e-book is only used for the non-profit educational purpose for this course. Please respect the copyright of the book.*

Reference Books & Learning Resources

- J. W. Berry et.al., Cross-Cultural Psychology (3rd edition). Cambridge University Press, 2015
- Roger R. Hock. **Forty Studies that Changed Psychology (5ᵗʰ edition).** Post & Telecom Press, 2010. (English edition) [中文名称：罗杰·霍克. 改变心理学的40项研究（第五版）. 人民邮电出版社，2010年1月第一版. 此书信息为英文版，也有相应中文翻译版]
- The website of American Psychological Association: www.apa.org

Reading Materials

- Students are recommended to read *one or two reading materials* for every topic and they will can be downloaded from online learning platform.