

Psychology and Life

Global Program on Economics and Finance (2021 Fall)

Course Title	Psychology and Life		
Credit	3	Credit Hours	48 credit hours (one credit hour is 45 minutes)
Course Objectives	<p>As an introductory course, the main purpose is to provide an overview of the modern psychology as a science and to disseminate psychological knowledge through educational activities. It is expected that through lectures, readings, assignments and other active learning behaviors such participating in course discussions and psychological experiments, students will be able to achieve five learning goals advocated by <i>APA guidelines for the undergraduate psychology major-version 2.0 (APA, 2013)</i> at the end of this course (see detailed description of the learning goals as well as the potential ways to achieve & access them in the following table. The contents are revised based on the APA guidelines):</p> <ul style="list-style-type: none"> ● Knowledge base in psychology: Students are expected demonstrate fundamental knowledge and comprehension of the major concepts, theoretical perspectives, historical trends, and empirical findings to discuss how psychological principles apply to behavioral phenomena. ● Scientific Inquiry and Critical Thinking: Students are expected to learn some basic skills and concepts in interpreting behavior, studying research, and applying research design principles to drawing conclusions about psychological phenomena ● Ethical and Social Responsibility in a Diverse World: Students are expected to become familiar with the formal regulations that govern professional ethics in psychology and begin to embrace the 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 the ideas of others, and express their own ideas with clarity ● Professional Development: Students are expected to apply psychology-specific content 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
<p>Knowledge base in psychology</p> <ul style="list-style-type: none"> ✓ Explain why psychology is a science. Use basic psychological 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 	<ul style="list-style-type: none"> ✓ Attend lectures ✓ Read the textbook & slides ✓ Read extracurricular materials ✓ Participate in all kinds of learning activities 	<ul style="list-style-type: none"> ✓ Quiz (weekly online quiz & those items listed on the textbook) ✓ Homework assignment ✓ Teamwork project ✓ Q&A in class ✓ Feedbacks provided by the teacher & peers
<p>Scientific Inquiry and Critical Thinking</p> <ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ Homework assignment ✓ Teamwork project ✓ Final exam ✓ Q&A in class ✓ Feedbacks provided by the teacher & peers

	<p>well as conclusions from psychological sources accurately</p> <ul style="list-style-type: none"> ✓ Identify and navigate psychology databases and other legitimate sources of psychology information ✓ Interpret, design, and conduct basic psychological research 	<p>in the group project work</p>	
	<p>Ethical and Social Responsibility in a Diverse World</p> <ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ Attend lectures ✓ Read the textbook & slides ✓ Read extracurricular materials ✓ Participate in all kinds of learning activities ✓ Apply psychological knowledge and skills to explain & interpret personal as well as social concerns 	<ul style="list-style-type: none"> ✓ Teamwork project ✓ Final exam ✓ Q&A in class
	<p>Communication</p> <ul style="list-style-type: none"> ✓ Express ideas in written formats that reflect basic psychological concepts and principles ✓ Interact effectively ✓ with others, including teacher and classmates 	<ul style="list-style-type: none"> ✓ Actively participate in small & big group discussions ✓ Actively participate in the group project work ✓ Establish meaningful relationship with teachers and peers 	<ul style="list-style-type: none"> ✓ Homework assignment ✓ Teamwork project ✓ Peer evaluation ✓ Q&A in class ✓ Feedbacks from the teacher
	<p>Professional Development</p> <ul style="list-style-type: none"> ✓ Describe how psychology's content applies to business, health care, educational, and other workplace settings ✓ Exhibit self-efficacy and 	<ul style="list-style-type: none"> ✓ Actively participate in small & big group discussions ✓ Actively participate in the group project work ✓ Apply psychological 	<ul style="list-style-type: none"> ✓ Teamwork project ✓ Peer evaluation ✓ Feedbacks from the teacher

	<p>self-regulation</p> <ul style="list-style-type: none"> ✓ Enhance teamwork capacity 	<p>knowledge and skills to analyze and/or solve personal concerns and/or problems</p> <ul style="list-style-type: none"> ✓ Establish meaningful relationship with teachers and peers ✓ Try to find a mentor ✓ Seek professional help if necessary 	
<p>Course Description</p>	<p>Psychology and Life: A cross-cultural perspective, is a course offered to any 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 the lives of others if possible. Moreover, as the name of the course suggests, it is hoped that by the emphasis of a cross-cultural perspective in teaching, students may develop the sensitivity as well as the appreciation for diversity in human lives, and therefore embrace a more open and tolerant attitude towards themselves and others.</p> <p>The aim of the course is to provide a general introduction to major fields of psychology, 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.</p> <p>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).</p> <p>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.</p> <p>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 cognition, learning and decision making, human development, motivation and emotion, stress and health psychology, social</p>		

psychology, abnormal psychology and psychological counseling & psychotherapy. Besides lecturing, the course uses other learning strategies such as small learning group discussions, teamwork project, extracurricular readings to facilitate the learning process. Extracurricular reading materials for each topic can be downloaded from the e-learning platform and it is expected that students will choose at least one paper to read per week.

In order to get full credits of the course, students are asked to complete the following learning tasks: 1) one individual homework assignment; 2) one teamwork project proposal (mid-term); (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:

Personal Assignment –This task can be either an essay or any other format (such as a drawing) that illustrates students’ learning from the course, esp. how they apply the knowledge from the classroom to their daily lives. The deadline will be the second last course week of the course.

Teamwork project (final): The final is based on a team work and the size of the team is 6-8 students. The team is asked to choose to work at one of the two options: a) a research review on a given psychological topic OR b) a psychological educational program for the general public on a topic relevant to psychology and the topic can be freely chosen by students as long as it is within the scope of psychology. More detailed instruction will be delivered at class around the 5th or 6th week. The deadline will be final week of this course

Class Behavior – It will be appreciated if students can abide by three basic rules of this course. They are: 1. Please to be punctual at each class and to ask for leave in advance if one cannot show up (you can either send email to me and this rule still applies to the period of online teaching). Students are required to register online for each lecture (using link provided by Wen-Juan-Xing platform). If a student misses classes for more than three weeks, 5 points will be taken from the final score. 2. Try to be proactive in learning this course, i.e. try to be alert and stay focused through the course. An open attitude and a sense of curiosity are welcomed. 3. Please show the basic respect to the lecturer, and all fellow students.

Teaching Methods:

Lecture (online live)

Course Schedule

The course schedule is tentative and is subject to change.

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

The design of class discussion or exercise, practice, experience and so on:

Grading & Evaluation:

Components	Point %
Homework assignment	30%
Team work project	60%
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

- You are required to read *one or two reading materials* every week and they will can be downloaded from e-learning platform. They may have different levels of difficulty.
- Reading materials of more advanced level are research papers of classical studies or new development related to the topic of the week in psychology. Students can choose reading materials that fit their needs.