

PSYC 203-0?	Psychology for Everyday Life	Summer2026
<b>Instructor:</b>	Dr. Mike Boyes ( <a href="mailto:boyes@ucalgary.ca">boyes@ucalgary.ca</a> )	<b>Class Location:</b> Online via D2L
<b>Office Hours:</b>	By appointment	<b>Class Days/Time:</b> M, T, W, Th, and F 9 to 12 July 2 to 30, 2026

### Course Description

This course will focus on general health and wellbeing, human development, interpersonal relationships, stress and coping, and mental health and wellness. It provides students with an understanding of the key theories, research methods, and discoveries of psychology, with an emphasis on developing the knowledge and skills necessary to be effective consumers of psychological theory and research. Through a focus upon issues that arise in everyday life, this course will demonstrate some of the ways in which psychology can be of use to students in their personal and professional lives.

Areas of focus in this course include:

- Psychology as a biological and social science
- The areas where psychology can be applied to an understanding of everyday life
- Current theories and approaches for understanding human behaviour and mental health
- The research methods used in psychology and the critical thinking skills they support

This course will be run as a dual credit course. Students will earn 5 CTS credits from their high school along with 3 University of Calgary credits in PSYC 203. This course will be offered in a lecture format with 2.5-hour lectures (followed by 30 minutes for questions and discussion) Monday through Thursdays at the University Calgary.

### Course Learning Outcomes

The Department of Psychology is committed to student knowledge and skill development. The table below lists the key learning outcomes for this course, the program-learning outcomes they facilitate (see [psyc.ucalgary.ca/undergraduate/program-learning-outcomes](https://psyc.ucalgary.ca/undergraduate/program-learning-outcomes)), and the expected level of achievement.

Course Learning Outcomes	PLO(s)	Level(s)
Understand the practical importance and uses of the concepts and methods of psychology	1, 2, 4, 5, 6, 7	I
Critically evaluate the validity of psychological knowledge claims	1, 2, 5, 7	I
Explain and evaluate the strengths and weaknesses of the research methodology used in psychology	1, 2, 7	I
Investigate the extent to which internal versus external factors interact to influence our behaviour	1, 2, 7, 8	I

Use psychological principles to generate solutions to personal, social, organizational, and societal problems	1, 2, 4, 5, 6, 7, 8	I
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Notes. PLOs = Program-Learning Outcomes: 1 = demonstrate knowledge of psychological sciences, 2 = think critically and solve problems, 3 = conduct research and analyze data, 4 = communicate effectively, 5 = demonstrate information literacy, 6 = understand and implement ethical principles, 7 = apply psychological knowledge and skills, 8 = Demonstrate multicultural competence and awareness of issues related to equity, diversity, \* and inclusion. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

**Note:** Psyc 203 does not count toward the minimum requirements for the Major or Honours in Psychology. Psyc 200 and Psyc 201 (Principles of Psychology I and II) are the prerequisite courses for all psychology courses except Psyc 305. Psyc 203 cannot be used in place of Psyc 200 or Psyc 201.

### Prerequisites

Normally, students must have taken at least one psychology course at the high school level (Personal Psych 20, General Psych 20, Experimental Psych 30, Abnormal Psych 35). There are no university prerequisites to take this course.

### Readings

See Suggested Readings List (links available on D2L).

### Course Delivery Format

This class has traditionally been offered in a hybrid online format with recorded Vodcasts (video lecture/podcasts with audio, video and power points) and a live Zoom session for each content area. This course will be offered entirely in an online, non-face-to-face format. This course will not, however, be run in a “work at your own pace” style. On “Lecture” days, Vodcast lectures will be available and assigned and **the expectation** is that students will watch/ listen to the Vodcasts by 11am on the day on which they are “assigned.” At 11am on “Lecture” days we will have a Zoom session in which you can ask the course instructor questions about the Vodcasted material and we can discuss implications and applications of the material. Students are expected to attend the Zoom sessions. No scores are associated with active participation in the Zoom sessions.

### Assessment Methods

**Exams (2 midterm exams x 27% each = 54% of final grade; final exam = 32%; total = 86% of final grade)**

There are two exams (July 10 and 21) and a final exam (to be written On July 29) scheduled for this course. Exams’ 1 and 2 are each worth 27% of your mark. These (40 question) multiple-choice exams are non-cumulative and will cover class and module material (including films and other demonstrations). For specific topics covered on Exam 1 and 2, please see the table below. The final exam is worth 32% of your mark. This exam is cumulative and will consist of 40 multiple-choice questions. Exams will be prepared, and scoring reviewed by the University course instructor. Exams will be written online through the course D2L shell. You will have a 12 hour “window” within which you can access the exam. Once you start the exam you will have 2 hours to complete and submit the exam (additional time will be provided if you have an accommodation regarding time). The

exams in this course are closed-book, you are expected to complete the exam on your own (not in groups or with consultation with your notes or lecture materials or with any other assistance).

Exam dates, weightings, and topics are as follows:

	Date	Weight	Topics
Exam 1	July 10, 2026 (Accessible 9 am to 9 pm)	27%	Introduction to Psychology, Research Methods, Personality, Self and Identity
Exam 2	July 21, 2026 (Accessible 9 am to 9 pm)	27%	Social Thinking and Social Influence, Stress, and Coping
Exam 3	July 29, 2026 (Accessible 9 am to 9 pm July 29.)	32%	Psychological Disorders, Psychotherapy, and material from previous sections of the course

#### **Assignments (2 assignments x 7% each = 14% of final grade)**

There will be two assignments, which in total will comprise 14% of your grade. These assignments are intended to help you apply the concepts that you have learned in the course. You will work on these assignments individually and will hand them in by 6 pm on the due date by submitting them to the proper drop box on D2L. Details of the assignments will be available on D2L and will also be discussed in class. *Without instructor approval, late assignments will be accepted with the loss of one mark (out of five) per day including weekends.*

The topics of each in-class assignment are as follows:

Assignment 1: Identity Styles and Strategies (Due July 15 <sup>th</sup> at 6 PM)	7%
Assignment 2: Planning Your Next Steps (Due July 30 at 6 PM)	7%
<b>Total</b>	<b>14%</b>

#### **Department of Psychology Criteria for Letter Grades**

Psychology professors use the following criteria when assigning letter grades:

A+ grade: *Exceptional Performance*. An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

A, A- Range: *Excellent Performance*. Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student's thorough knowledge of subject matter.

B Range: *Good Performance*. Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

C Range: *Satisfactory Performance*. Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

D range: *Marginally meets standards*. Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

F grade: *Course standards not met.* Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

#### Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor's discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

#### Tentative Class Schedule

Week	Date	Topic	Readings
1	July 2	Overview of the Course and Introduction to Psychology for Everyday Life	Course Outline See suggested readings list
1	July 3	Research Methods in Psychology	See suggested readings list
2	July 6	Personality	See suggested readings list
2	July 7	Self and Identity	See suggested readings list
2	July 8	Review and Life Design	
2	July 9	Tutorial	
2	July 10	<b>Exam 1</b>	Introduction, Research Methods, Personality, Self and Identity
3	July 13	Social Thinking and Social Influence	See suggested readings list
3	July 14	Stress	See suggested readings list
3	July 15	Coping -- <b>Identity Assignment Due 6 PM</b>	See suggested readings list
3	July 16	Tutorial	
	July 17	Optional Campus Tour Day	
4	July 20	Review and Life Design	See suggested readings list
4	July 21	<b>Exam 2</b>	Social Thinking and Social Influences, Stress, Coping
4	July 22	Psychological Disorders	See suggested readings list
4	July 23	Tutorial	
4	July 24	Psychotherapy	See suggested readings list
5	July 27	Positive Psychology	See suggested readings list
5	July 28	Review	
5	July 29	<b>Final Exam</b>	Psychological Disorders, Psychotherapy, Positive Psychology and Cumulative Component
	July 30	<b>Assignment #2 Planning Your Next Steps Due 6PM</b>	

### **Reappraisal of Grades**

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

### **Plagiarism and Other Academic Misconduct**

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

### **Academic Accommodation**

Students seeking accommodations based on disability or medical concerns should contact their high school teacher and, if possible, arrange for the necessary accommodations (for exams etc.) through their high school resources. If there are accommodations required (e.g., IPP etc.) in relation to a student's attendance at the University of Calgary classes in this course these should first be communicated to their high school teacher who can, if necessary, communicate them to the University instructor who will, if possible, provide the accommodations or, if necessary, enlist the assistance of Student Accessibility Services in making the require accommodations.

You are also required to discuss your needs with your teacher no later than 14 days after the start of this course.

### **Absence From A Test/Exam**

Students who miss a test/exam have up to 48 hours to contact their high school teacher of their university instructor in order to obtain approval to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances, a makeup test/exam must be written within 2 weeks of the missed test/exam.

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered. Students are advised to wait until the final examination schedule is posted before making any travel arrangements.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

### **Acknowledgments and Respect for Diversity**

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

### **Campus Mental Health Strategy**

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

### **Evacuation Assembly Point**

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

### **Student Organizations**

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 130 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

**Student Union Faculty Rep.:** [arts1@su.ucalgary.ca](mailto:arts1@su.ucalgary.ca)

### **Student Ombudsman's Office**

Dual Credit students are encouraged to discuss any issues with which they require assistance with their high school principal or with a high school guidance counselor. Alternatively, the Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.ucalgary.ca/provost/students/ombuds>).

**Safewalk**

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.

Call 403-220-5333.

**Important Dates: Withdrawal from the Course**

Students may withdraw from the course up to the day before the final exam and have their registration in the course deleted. Students considering withdrawing from the course should discuss this with their high school teacher, the course instructor or a high school guidance counselor.