The Hong Kong University of Science and Technology
Division of Social Science
SOSC1980 Discovering Mind and Behavior
Course Syllabus
Summer Semester 2020

Lecture Time:
23 June 2020 – 11 August 2020
Tuesday and Thursday 09:00AM - 11:50AM

Venue: Zoom

Teaching Team:
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Course Description
The course covers various issues that students will encounter during their transition to adulthood. Students who have taken this course can apply the principles and concepts in meeting the many challenges in everyday life to achieve a more adaptive personal growth and better psychological adjustment. Some topics include understanding of the self, interpersonal attraction and love, sexuality, interpersonal communication, stress and coping, and work-related issues.

Intended Learning Outcomes
On completion of this course, you will be able to:
1. Demonstrate a fundamental knowledge of key topics and theories relevant to adjustment and personal growth.
2. Apply the relevant theories in understanding and tackling everyday challenges.
3. Develop an appreciation for the scientific basis of psychology.
4. Explain how psychologists observe human behavior scientifically.

Communication Platform
All lecture notes, readings, as well as assignment guidelines and materials will be uploaded in Canvas (http://canvas.ust.hk).

Learning Activities
1. Readings (ILO1, 2, 3, 4)
   For every topic, you are strongly advised to read the required readings to maximize your learning experience. The textbook complements the lectures by providing a broader and deeper coverage. The required readings will be listed at the end of each lecture note. You may also read other recommended resources such as: American Psychological Association website (http://www.apa.org), Association for Psychological Science website (http://www.psychologicalscience.org), Psychology Today magazine
(http://psychologytoday.com), and Scientific American Mind magazine (http://www.sciam.com).

2. **Research experience** (5% + 5%; ILO 3, 4). The science of psychology advances through empirical research. In this course, you can experience such research up close! You will complete two tasks:
   - **Research study**: You will complete a real research study online as a participant and learn firsthand how it is conducted. You will receive a report about your performance from the study; submit this report as proof of your participation.
   - **Research exercise**: You will watch a video about a classic research study and write a few words about your thoughts on it. Your thought piece will be graded as pass/ fail. It must show your effort and thinking. If you fail, you will receive feedback on your work and be given one chance to revise and resubmit.

3. **After-class exercises** (20% + 15%) (ILO 1, 2, 3) You are to complete exercises after lectures for selected topics. They serve as an extension to the materials that are taught in class. This will involve completing a psychology task (e.g., a questionnaire) and answering several short-answer questions (100 to 200 words each).

4. **Essay assignment** (40%) (ILO 1, 2, 3) You are to write an argumentative essay on a specific topic from lecture 5 – 7 using research-based evidence. The word limit for the essay is 500 to 800 words.

5. **Video assignment** (15%) (ILO 1, 2) You are to record and upload a 5-minute video of yourself talking about how to apply the theories you learned in lectures 8 – 12 to a case study about adjustment and personal growth. No PowerPoint slides allowed.

**Schedule (subject to minor changes)**

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<thead>
<tr>
<th>Date</th>
<th>No.</th>
<th>Topic</th>
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<tbody>
<tr>
<td>23 Jun</td>
<td>1</td>
<td>Introduction</td>
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<tr>
<td>25 Jun</td>
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<td>Holiday</td>
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<td>30 Jun</td>
<td>2</td>
<td>Research method</td>
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<td>02 Jul</td>
<td>3</td>
<td>Understanding yourself</td>
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<td>07 Jul</td>
<td>4</td>
<td>Writing and video workshop</td>
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<td>09 Jul</td>
<td>5</td>
<td>Everyday stress and coping</td>
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<td>14 Jul</td>
<td>6</td>
<td>Everyday stress and coping</td>
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<td>16 Jul</td>
<td>7</td>
<td>Health behaviors</td>
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<td>21 Jul</td>
<td>8</td>
<td>Sex, gender, and sexual behavior + essay consultation</td>
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<tr>
<td>23 Jul</td>
<td>9</td>
<td>Sex, gender, and sexual behavior</td>
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<tr>
<td>28 Jul</td>
<td>10</td>
<td>Sex, gender, and sexual behavior</td>
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<td>30 Jul</td>
<td>11</td>
<td>Interpersonal attraction and love</td>
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<tr>
<td>04 Aug</td>
<td>12</td>
<td>Interpersonal attraction and love + video consultation</td>
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<td>06 Aug</td>
<td>13</td>
<td>The challenges of the workplace</td>
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<tr>
<td>11 Aug</td>
<td>14</td>
<td>Interpersonal communication</td>
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**Important Deadlines:**
Friday, 03 Jul (5 PM): Research study and research exercise (5% + 5%)
Friday, 10 Jul (5 PM): After-class exercise 1 – Understanding yourself (20%)
Wednesday, 29 Jul (5 PM): Essay assignment (40%)
Monday, 10 Aug (5 PM): Video assignment (15%)
Friday, 14 Aug (5 PM): After-class exercise 2 – The challenges of the workplace (15%)

**Textbook**

**Points to Note**
1. **Learning attitude.** Be active in class, ask questions, give answers. Your participation not only helps you learn more but also enables us to teach better! Think about what you want to learn and how you are going to learn them. Use grades, scores, and comments from us to understand how much and how well you have learned and how you can improve.
2. **Academic integrity.** We will thoroughly investigate every suspect case of cheating or plagiarism. We will heavily penalize confirmed cases and report them to the Head of the Division of Social Science for further review or action. Read [http://ugadmin.ust.hk/integrity/index.html](http://ugadmin.ust.hk/integrity/index.html). Make sure you understand what constitute academic honesty.
3. **Penalties.** Penalties apply to assignments that are submitted late or over the word limit. Find the details in each assignment’s respective guidelines.
4. **Student feedback.** You encouraged to speak with the teaching team directly about any concerns or questions you may have about the course. The standard university student feedback exercise will be conducted at the end of the course.