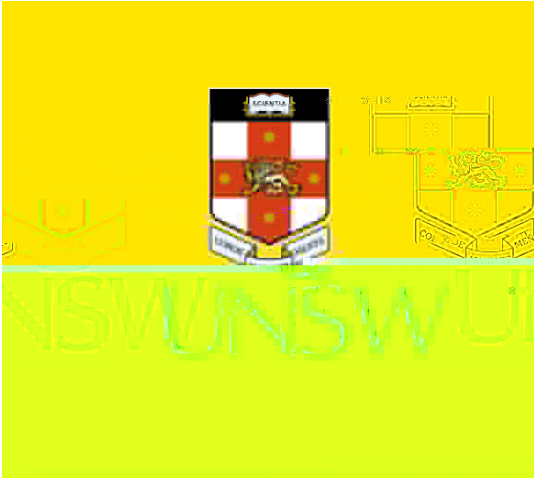


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USN Course outline o o

# PSYC106 Psychological Science of Human Being - 04 22

Published on the 01 Feb 2024

General Course Information o o

Course Code PSY61062 o

Year 2024

Term 1

Teaching Period T1 o

Associated Course No o

Faculty y

# Course details

## Course description

This course will introduce you to evidence-based strategies for self-management capacity. Self-management is the capacity to work effectively toward meaningful goals, and to be flexible in the face of setbacks. The rationale for this course is that self-management skills constitute a type of graduate capability that, in theory, should help you survive the stressors of university life, but also help you to thrive (i.e., do well) in many aspects of your personal and professional life at university and beyond. In this course we will introduce you to the theories and research relevant to topics such as stress, well-being, motivation, emotional regulation, common barriers to achieving, metacognitive strategies, study strategies, and working/living with others. The topic will emphasise real-life applications of psychology, such as the capacity to self-reflect (e.g., understand when new material has or has not been sufficiently learned) and strategies to minimise dysfunctional stress. You will be given many opportunities to acquire skills related to these topics, and this should help you to acquire the knowledge necessary for the assessments. Although the course draws on principles of psychological science, you do not need any formal knowledge of science or scientific terms.

## Course aims

This course aims to:

- 1) Provide you with evidence-based strategies for self-management capacity.
- 2) Introduce you to the theories and research relevant to topics such as stress, well-being, motivation, emotional regulation, common barriers to achieving, metacognitive strategies, study strategies, and working/living with others.
- 3) Emphasise real-life applications of psychology, such as the capacity to self-reflect (e.g., understand when new material has or has not been sufficiently learned) and strategies to minimise dysfunctional stress.

## Enrolment in the course

Students who have completed PSYC1031 are not eligible to enrol in this course.

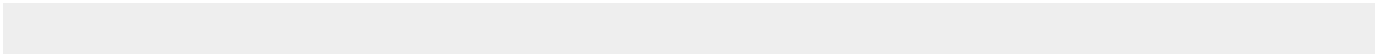
## Course Learning Outcomes

Course Learning Outcomes
CLO1 : Utilise skills relevant to maintaining wellbeing.
CLO2 : Demonstrate your knowledge comprehension and application regarding psychological health and wellbeing.
CLO3 : Apply knowledge and skills of psychology in a manner that is reflexive.
CLO4 : Analyse and critique theory and research in the discipline of psychology and communicate these in written format.
CLO5 : Demonstrate self-directed pursuit of scholarly inquiry in psychology.

Course Learning Outcomes	Assessment
CLO1 : Utilise skills relevant to maintaining wellbeing.	<ul style="list-style-type: none"> <li>• Individual Integrative Assignment</li> </ul>
CLO2 : Demonstrate your knowledge comprehension and application regarding psychological health and wellbeing.	<ul style="list-style-type: none"> <li>• Module Practical tasks</li> <li>• Final Exam</li> <li>• Individual Integrative Assignment</li> </ul>
CLO3 : Apply knowledge and skills of psychology in a manner that is reflexive.	<ul style="list-style-type: none"> <li>• Module Practical tasks</li> <li>• Final Exam</li> <li>• Individual</li> </ul>

NOTE: THIS COURSE REQUIRES SIGNIFICANT FORTNIGHTLY ASSESSABLE ENGAGEMENT THROUGH MOODLE. This course is currently conceived to require on **a average per week**: (a) 7-8 hours of engagement with the module and associated tasks; (b) 4-5 hours of engagement with assignment preparation and exam

5 & 6 (Module 3), and 7 & 8 (Module 4). Modules may include self-ref ection, resources, activities, and implementation tasks. The tasks will include reading materials, completing Moodle activities, writing forum posts, and a quiz. The deadline for each Module will be 8am on Monday



Monday of

time for a subsequent component to be done. These have the label "Do this now!" to indicate that prioritising these sections will assist you in managing your time

Feedback begins this week. Use the online tool for feedback for 10 minutes. General feedback is available in a 10-minute session.

*NOTE:* Although one goal of this course is to help you with your “surviving” and “thriving” here at university, we also expect the tools and strategies you learn to be useful in your personal and professional life. Thus, as you are moving through the modules you should think about how you may be able to use what you are learning in other situations. Relatedly, sometimes you may find a particular task or module is currently

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## Final integrative assignment

Assessment criteria 0

The assignment will involve making a short video to illustrate in depth one concept from The Rubber Brain that you find interesting or useful, including its evidence base, and how the viewer can use this strategy to enhance their own self-management. The deadline for submission will be 4pm, Friday of Week 10. Detailed assignment information will be provided on Moodle. Marks and feedback will be given within 10 days of the deadline.

Course learning outcomes 0

CLO1 : Utilise skills relevant to maintaining wellbeing.

Please note that UNSW late submission penalties and deadlines apply.

The absolute deadline for submission of this assessment is 11:59 PM on 14 October 2024. Consideration is not given to late submissions received after this time. Late submissions will be accepted until receipt of your final mark.

See Moodle for details of the assessment and marking rubric.

Assignment submission information

This assignment is submitted through Turnitin and students do not see Turnitin similarity reports.

Final assessment period

An online final examination (approximately 45 minutes in duration) will consist of MCQs covering content from the textbook and assigned course readings. Detailed information about exam content will be provided on Moodle. The exam will be held during the final examination period (please refer to your exam schedule). Feedback is available through inquiry with the Course Convenor.

Course learning outcomes

CL02: Demonstrate your knowledge comprehension and application regarding psychological

Not Applicable

## General Information

Like other courses, you will receive feedback on your performance. Specifically, the main types of feedback that you can expect in this course include:

- Discussion Feedback:** In most Modules you will be asked to post to the Moodle discussion forum. A key benefit of using discussion forums is that you can read what several of your classmates think about an issue/question/etc that you have been asked to consider. It is important to make sure you read the discussion forum because this is a great form of feedback that not only gives you some idea of whether you are on the right track, but also gives you multiple perspectives (i.e., from your fellow students). Sometimes you will also be asked to respond to posts from other students, so that is another way to receive some feedback for this type of task.
- LEP Practical Assessment Feedback:** Within 2 weeks of the end of each Module, course staff will enter the grade (out of 10%) for that Module. At that point, students will be able to contact course staff to discuss their grade, if required. Students will be able to track the cumulative score they currently have for the Module Practical Tasks component throughout the course.
- Announcement Feedback:** Course staff will communicate with students and give general Module feedback via announcements on Moodle. These announcements will provide updates, clarifications, reminders, and feedback about how students are progressing in the topic, including providing sample "good" responses. You are expected to read these announcements regularly as they will contain important course information.
- General Question Feedback:** The course convenor will also monitor the "Questions for Sue Morris" forum, where you should post any general questions you may have about the course. Please read previous posts by [Name] have

monitored, but not responded to by course staff.

5 t i n a n O a o l e o y e s s i o n s At 11am on Monday of



# Course schedule

Teaching period	Activity	Content
Week 1: 12 February - 18 February	Module	MODULE 1 - Curated material with integrated module 1 practical tasks; assessment work Introduction to key concepts, theories and research; Cognitive fallacies, self-knowledge - Rubber Brain Chap. 1,2, 3; Bernstein et al. Chap 2 reading
Week 2: 19 February - 25 February	Module	MODULE 1 - AS ABOVE
Week 3: 26 February - 3 March	Module	MODULE 1 DEADLINE - 8am MONDAY MODULE 2 - Curated material with integrated module 2 practical tasks; assessment work Motivation, academic skills, metacognition, scientific thinking - Rubber Brain Chap. 7; Morisano et al (2010) reading
Week 4: 4 March - 10 March	Module	MODULE 2 - AS ABOVE MODULE 1 FEEDBACK PROVIDED
Week 5: 11 March - 17 March	Module	MODULE 2 DEADLINE - 8am MONDAY MODULE 3 - Curated material with integrated module 3 practical tasks; assessment work Psychological flexibility, stress, positivity - Rubber Brain Chap. 4, 5, 6; Mrazek et al (2013) reading OPTIONAL Q&A 11AM MONDAY (via Virtual Classroom link on Moodle)
Week 6: 18 March - 24 March	Module	FLEX WEEK MODULE 3 - AS ABOVE MODULE 2 FEEDBACK PROVIDED
Week 7: 25 March - 31 March	Module	MODULE 3 DEADLINE - 8am MONDAY MODULE 4 - Curated material with integrated module 4 practical tasks; assessment work Connectedness and communication, moral decision-making, conclusion - Rubber Brain Chap. 8,9,10; Gable et al (2004) reading
Week 8: 1 April - 7 April	Module	MODULE 4 - AS ABOVE
Week 9: 8 April - 14 April	Assessment	MODULE 4 DEADLINE - 8am MONDAY OPTIONAL Q&A 11AM MONDAY (via Virtual Classroom link on Moodle) WORK ON ASSIGNMENT
Week 10: 15 April - 21 April	Assessment	Video assignment (Individual Integrated Assessment) due Friday 4pm via Turnitin (see Assignment Sheet on Moodle for details) MODULE 4 FEEDBACK PROVIDED

## Attendance requirements

Not Applicable - as no class attendance is required

## Course delivery format

This is a fully online, self-directed course, with no attendance requirements. You are expected to work independently through the Module activities, and submit them by the due dates, and to complete the Integrative Assignment and the Final exam. There are optional Q&A sessions at 11am on Monday of Weeks 5 & 9 which you are encouraged to attend.

Completion

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communication with course staff and fellow students.

## **C**ourse resources **o**

### **P**rescribed resources **o**

Morris, S., Cranney, J., Baldwin, P., Mellish, L., & Krochmalik, A. (2018). **he rubber rain t l t**  
**f r t i i s i n g u r s u y a n l i f e** Australian Academic Press (available as print or e-  
book).

Available

- 1) They wanted some face-to-face contact...but not too much!
- 2) The textbook took a while to get delivered.
- 3) They didn't like having a mid-term exam as they were swamped with all courses having mid-terms.
- 4) The assignment was a lot of work in the last week



# Staff details

Position	Name	Unit	Course	Phone	Availability	Outreach	Priority Contact
Convenor	Sue Morris		MAT 911	9385 3527	By appointment only	Yes	Yes

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## University of New South Wales

Upon your enrolment at UNSW, you share responsibility with us for maintaining a safe, harmonious and tolerant University environment.

You are required to:

- Comply with the University's conditions of enrolment.
- Act responsibly, ethically, safely and with integrity.
- Observe standards of equity and respect in dealing with every member of the UNSW community.
- Engage in lawful behaviour.
- Use and care for University resources in a responsible and appropriate manner.
- Maintain the University's reputation and good standing.

For more information, visit the [UNSW Student Code of Conduct Website](#).

### Academic Integrity

**Referencing** is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Further information about referencing styles can be located at <https://student.unsw.edu.au/referencing>

**Academic integrity** is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage. At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity, plagiarism and the use of AI in assessments can be located at:



to sit or submit an assessment.

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- [The Current Students Gateway](#)
- [Student Support](#)  
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