



# Course Outline

PSYC1062

Psychological Science of Wellbeing

School of Psychology

Faculty of Science

T1, 2019

## 1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor	Prof. Jacquelyn Cranney	<a href="mailto:j.cranney@unsw.edu.au">j.cranney@unsw.edu.au</a>	By appointment Mathews 911	9385 3527

2. To introduce students to strategies and tools that promote self-management and achievement.
3. To give students opportunities to practice applying these strategies and tools in a range of contexts.
4. To enable students to become aware of some of the links between self-management, achievement, and wellbeing.
5. To provide students with opportunities to enhance their understanding of their own styles of thinking related to coping and success.

This course is particularly relevant to the following 2019 APAC (Australian Psychology Accreditation Council) Standards (introductory level), which are expressed as learning outcomes in APAC 2.3:

4.5 Student Experience:

## **2.4 Relationship between course & program learning outcomes, activities,**

## 3. Strategies and approaches to learning

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### 3.1 Learning and teaching activities

**Four Modules** are to be delivered through Moodle for weeks: 1 & 2 (Module 1), 3 & 4 (Module 2), 6 & 7 (Module 3), and 8 & 9 (Module 4). Modules may include self-reflection, resources, activities, and implementation t

## 4. Course schedule and structure

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Each week this course typically consists (a) 7 hours of engagement with the module and associated tasks; (b) 4 hours of engagement with assignment preparation and exam revision; (c) 1 hour of communication with course staff and fellow students.

Week	Module (+ primary readings)	Online modules	Self-determined activities	Assessment Task
Week 1	MODULE 1 Introduction to key concepts, theories and research; Cognitive fallacies, self-knowledge (Rubber Brain Chap 1,2, 3; Bernstein et al. Chap 2 reading)	Curated material with integrated module practical tasks	Online module; assessment work	

Week 10		Resources available on Moodle	Work on Assignment.	Assignment due.
Study period	NA		Study for final examination	
Exam period	NA		Study for final examination	

## 5. Assessment

### 5.1 Assessment tasks

All assessments in this course have been designed and implemented in accordance with UNSW Assessment Policy.

Assessment task	Length	Weight	Mark	Due date
<b>Assessment 1:</b> Module Practical Tasks	TBD	40%	TBA*	Sunday, Weeks 2, 4, 7, 9
<b>Assessment 2:</b> Mid-semester exam	TBD	10%	TBA*	Week 5
<b>Assessment 3:</b> Assignment	TBD	20%	TBA*	Week 10
<b>Assessment 4:</b> Final exam	TBD	30%	TBA*	Exam period

\*Within 10 working days of due date.

#### MODULE PRACTICAL TASKS

You will be asked to complete several practical tasks in each Module. The tasks may include (but are not limited to) reading chapters of the text and other materials, watching videos, completing worksheets, writing forum posts, writing reflections, completing a knowledge quiz. **There are 3 possible scores for each of the four Modules (Weeks 1&2, 3&4, 6&7, 8&9):**

- 10%:** You must satisfactorily complete 100% of tasks by the deadline to receive this score.
- 5%:** You will receive this score if you satisfactorily complete 70-99% of tasks by the deadline.
- 0%:** You will receive this score if you complete less than 70% of the tasks by the deadline.

For each module, the number of tasks will vary, and so vary.

Therefore, if you complete *all* 100%

by the deadline, then you are guaranteed a score of 40% for the Module Practical Tasks. The deadline for each consecutive Module will be **11:59pm on Sunday of the second week** of the module. Note that (apart from approved Special Consideration Applications) there are **no extensions for these deadlines, and technical difficulties will not be accepted as an excuse**; thus we **advise that you complete the tasks at least 3 days ahead of the deadline.**

**IMPORTANT:** Please note the following three important points.

1. When you go into a Module you will see there are several tasks you need to complete, which we know can look a bit overwhelming. However, please keep in mind that several of these tasks simply require you to click on a link to read some text or to watch a video. Thus, these tasks will be marked as complete just by you interacting with the material (e.g., when you click on a link to watch a video that task will be marked as complete).
2. For all Module tasks, other than the Quiz, rather than providing individual grades, we will be using a **fair-go' policy**. According to this fair-go policy, you must put reasonable effort into completing these tasks. If you do not put reasonable effort into a task then we will mark that task as incomplete. Examples of violating the fair-go policy include: (a) not following the task instructions (e.g., you were asked to write in sentences but you used dot points, etc.), (b) not meeting the minimum required for the task (e.g., you were asked to write a minimum of 75 words but you only write 60), and (c) not putting in suitable effort (e.g., you were asked how you would explain a certain strategy to a friend so that s/he could use it and your explanation is only a 4-word sentence). Thus, the fair-go policy is not about always being right and perfect, but rather about following instructions and demonstrating reasonable effort when completing these tasks.



3. For the **Module Quiz**

can attempt it as many times as you want before the Module deadline.

4. **There are no extensions for Module Practical Tasks** (unless with approved Special Consideration)...The Modules open well in advance of the deadlines so please plan accordingly and do not leave completing the tasks until the last minute. Indeed, some Module Tasks require work over several days so get started early.

***Moving through the Modules***

As mentioned previously, each module has several tasks that need to be completed, and are closely tied to the readings from the text book. Although one goal of this course is to help you with your

useful in your personal and professional life. Thus, as you are moving through the modules it is also important to 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 not highly relevant to your life; for example, you may not feel you are currently experiencing much stress and so you may be unsure how to complete a task that asks you about stress. In these cases, it is important to put

about past situations that are relevant to what you are being asked to do (e.g., we have all likely been stressed at some point; how did you feel/cope/etc when that happened?).

In general, the Modules are designed for students to work through the sections in the order they appear. As the tasks are based on the text book, the order of the tasks reflects the chronology of the book. We encourage you, therefore, to do the tasks in order; however, task completion is usually not contingent on completion of earlier tasks.

### 5.3 Submission of assessment tasks

**Written assessments:** In accordance with UNSW Assessment Policy written pieces of assessment must be submitted online via Turnitin. No paper or emailed copies will be accepted.

**Late penalties:** deduction of marks for late submissions will be in accordance with School policy (see: [Psychology Student Guide](#)).

**Special Consideration:** Students who are unable to complete an assessment task by the assigned due date can apply for special consideration. Students should also note that UNSW has a Fit to Sit/Submit rule for all assessments. If a student wishes to submit an application for special consideration for an exam or assessment, the application must be submitted prior to the start of the exam or before an assessment is submitted. If a student sits the exam/submits an assignment, they are declaring themselves well enough to do so and are unable to subsequently apply for special consideration. If a student becomes ill on the day of the exam, they must provide evidence dated within 24 hours of the exam or the assessment deadline, with their application.

Special consideration applications must be submitted to the online portal along with Third Party supporting documentation. Students who have experienced significant illness or misadventure during the assessment

control are eligible for special consideration. Except in unusual circumstances, the duration of circumstances impacting academic work must be more than 3 consecutive days, or a total of 5 days



