



# Course Outline

PSYC1062

Psychological Science of Wellbeing

School of Psychology

Faculty of Science

T1, 2020



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 &

## 3. Strategies and approaches to learning

---

### 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 tasks. The tasks will include reading materials, watching videos, completing worksheets, and writing forum posts. Students will need to complete these tasks by **11:59**

## 4. Course schedule and structure

---

Each week this course typically consists of (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.

<b>Week 1</b> 17/02/20	Introduction to key concepts, theories and research; Cognitive fallacies, self-knowledge ( )	Curated material with integrated module practical tasks	Online module; assessment work	
<b>Week 2</b> 24/02/20				



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** you must gain 60% in order to 'satisfactorily' complete the task; however, you 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.

5. Where Module activities require documents to be submitted, only PDFs, Word documents, or JPEGs will be accepted.

### ***Moving through the Modules***

As mentioned previously, each module has



## **5.2 Assessment criteria and standards**

1. **Forum 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

