

## UNSW Course Outline

# PSYC1062 Psychological Science of Wellbeing - 2023

**Course Code :** PSYC1062

**Year :** 2023

**Term :** Term 2

**Teaching Period :** T2

**Delivery Mode :** Online

**Delivery Format :** Standard

**Delivery Location :** Kensington

## General Course Information

**Course Code :** PSYC1062

**Year :** 2023

**Term :** Term 2

**Teaching Period :** T2

**Is a multi-term course? :** No

**Faculty :** Faculty of Science

**Academic Unit :** School of Psychologf

Kensington

**Campus :** Sydney

**Study Level :** Undergraduate

**Units of Credit :** 6

### Useful Links

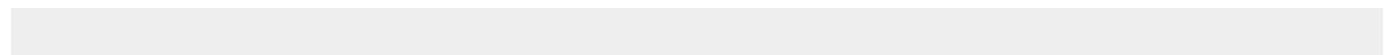
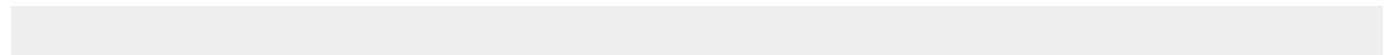
[Handbook Class Timetable](#)

## Course Details & Outcomes

### 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, and



application regarding psychological health and wellbeing.	<ul style="list-style-type: none"> <li>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 Integrative Assignment</li> </ul>
CLO4 : Analyse and critique theory and research in the discipline of psychology and communicate these in written format.	<ul style="list-style-type: none"> <li>• Module Practical tasks</li> </ul>

CLO5 : Demonstrate self-directed pursuit of scholarly inquiry in psychology.

- Module Practical tasks
- Individual Integrative

*Students registered with Equitable Learning Services must contact the course co-ordinator immediately if they intend to request any special arrangements for later in the course, or if any special arrangements need to be made regarding access to*

- Health and safety

It is expected that students familiarise themselves with the information contained in this guide

# Assessments

## Assessment Structure

Assessment Item	Weight	Relevant Dates
Module Practical tasks Assessment Format Individual	40%	Start Date Not Applicable Due Date Mod 1: Sunday 11.59pm Week 2, Mod 2: Sunday 11.59pm Week 4; Mod 3: MONDAY 11.59pm Week 7; Mod 4: Sunday 11.59pm Week 8 Post Date 25/06/2023 12:00 PM
Individual Integrative Assignment Assessment Format Individual	30%	Start Date Not Applicable Due Date 04/08/2023 04:00 PM Post Date 19/08/2023 04:00 PM
Final Exam Assessment Format Individual	30%	Start Date Not Applicable Due Date Not Applicable

## Assessment Details

### Module Practical tasks

**Module 1 is due 11.59pm Sunday of Week 2. Module 2 is due 11.59pm Sunday of Week 4.**

**Module 3 is due 11.59pm MONDAY of Week 7. Module 4 is due 11.59pm Sunday of Week 8.**

*Submissions received after the due date will not be accepted (other than with approved ELP or Special Consideration).*

You will be asked to complete approximately 15 practical tasks in each Module. The tasks may include (but are not limited to) reading chapters of the text and other materials, completing activities, writing forum posts, designing research, writing reflections, and completing a knowledge quiz. Each module will be worth 10 marks (see below). For all Module tasks, other than the Quiz, rather than providing individual grades, we will be using a **'gave it a good go (GGG)' policy** to denote satisfactory completion. According to this GGG policy, you must put reasonable effort into completing these tasks, and follow task instructions. Examples of violating the GGG policy include: (a) not following the task instructions (e.g., you were asked to discuss "X" but you discussed something else, etc.), (b) not meeting the minimum required for the task or omitting a component of the task (e.g., you were asked to write a minimum of 75 words but you only write 60, you were asked to provide the correct answer to your MCQ and did not; you were asked to provide 2 examples and only provided 1, you did not attach a journal article to a relevant forum post); 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 "gave it a good go" policy is not about always being right and perfect, but rather about following instructions and demonstrating reasonable effort when completing these tasks. Please note that upper word limits for each task are indicative of the time you should spend, but you

may exceed the maximum word limit without penalty. For each module Quiz, you will need to gain a score of 6/10 to meet the standard, but can attempt it as many times as necessary to do so. Where Module activities require documents to be submitted, only PDFs, Word documents, or JPEGs will be accepted.

In general, the Modules are designed

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

reports.

## Final Exam

An online final examination (approximately 45 minutes in duration) consisting of MCQs covering content from the textbook and assigned course readings. This will be held during the official UNSW final examination period (date and time TBA).

### Assessment Length

Approximately 1 hour

### Assessment information

See Exam timetable and Inspira website.

### Assignment submission Turnitin type

Not Applicable

## General Assessment 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:

1. **Module 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 also be asked to respond to posts from other students, so that is another way to receive some feedback for this type of task.

2. **Moodle Practical Task feedback:** Within 2 weeks of the end of each

Unit

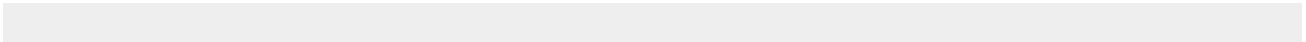


community! For questions requiring an urgent response, or specific to your circumstances, please email the course convenor directly ([s.morris@unsw.edu.au](mailto:s.morris@unsw.edu.au)).

There is also a "Peer-to-Peer" forum where you can ask other students questions, which will be monitored, but not responded to by course staff.

**5. Optional Monday Moodle Q&A sessions:** At 11am on Monday of

adhere to APA style conventions. Students do not need to purchase a copy of the manual, it is available in the library or online. This resource is used by assessment markers and should be the only resource used by students to ensure they adopt this style



		MODULE 2 FEEDBACK PROVIDED
--	--	----------------------------

Week 6: 3 July - 7 July

Module

**MODULE 3 - AS**

This course is currently conceived to require on **average per week** (in the 10-week 3-course term) a minimum of 12 hrs: (a) 7-8 hours of engagement with the module and associated tasks; (b) 4-5 hours of engagement with assignment preparation and exam revision (c) up to 1 hour of communication with course staff and fellow students.

## Course Resources

### Prescribed Resources

Morris et al. (2018). The Rubber Brain. Australian Academic Press (available as print or e-book).

Available through the [UNIVERSITY BOOKSHOP](#), [AAPBOOKS.COM.AU](#), or [AMAZON.COM.AU](#)

### Recommended Resources

[UNSW Library](#)

[UNSW Learning centre](#)

[ELISE](#)

[Turnitin](#)

[Student Code of Conduct](#)

[Academic integrity](#)

[Email policy](#)

[UNSW Anti-racism policy](#)

[UNSW Equity Diversity and Inclusion policy](#)

## Course Evaluation and Development

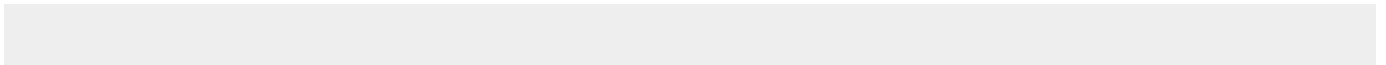
**Previous students told us:**

- 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 of term.
- 5) Including more of a focus on inclusion and diversity in the assignment.

**We have responded to this feedback by:**

- 1) Adding an optional time that students could ask a live human any questions. Based on student feedback I am holding only 2 sessions this term. We also included forums so that you could get to know each other and feel part of a learning community.
- 2) Creating an e-book.
- 3) Removing the mid-term exam.
- 4) Changing final module due dates to allow more time for completion of video task.
- 5) Adding a new initiative to the course.





**Important note:** UNSW has a “fit to sit/submit” rule, which means that if you sit an exam or submit a piece of assessment, you are declaring yourself fit to do so and cannot later apply for Special Consideration. This is to ensure that if you feel unwell or are faced with significant circumstances beyond your control that affect your ability to study, you do not sit an examination or submit an assessment that does not reflect your best performance. Instead, you should apply for Special Consideration as soon as you realise you are not well enough or are otherwise unable to sit or submit an assessment.

## Faculty-specific Information

### Additional support for students

- The Current Students Gateway: <https://student.unsw.edu.au>
- Student support: <https://www.student.unsw.edu.au/support>
- Academic Skills and Support: <https://student.unsw.edu.au/academic-skills>

Student Wellbeing, Health and Safety

n

n

best