

WEBSITE TEMPLATE

Course	FYSM 1508 B Stress, Coping, and Well-being
Instructor	Ayca Guler-Edwards
Term	Fall 2020/Winter 2021
Email Address	Ayca.GulerEdwards@carleton.ca
Office Location	N/A for Fall Term, Winter term TBA
Office Hours	Online: Friday 13:00-14:00 or by appointment

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

This course will be offered in **both asynchronous** (readings, short videos, and assignments available on cuLearn) **and synchronized** (regular online meetings with small groups on course days and hours) format. There will be an alternative assignment for each synchronized element (online meeting) as well. This means that **students can take the course in fully asynchronous format, if needed.**

In this course, we will be exploring the adaptive nature of human beings in a changing environment. In every stage of our lives, we are faced with change. How we adapt to these different situations has a vital effect on our sense of well-being, satisfaction with life and happiness. We will review psychological theory and research on these issues with particular interest on the roles played by personality, stress, and environmental factors.

Extensive reading, thinking and class discussion/assignments are the requirements of this course. The evaluation will be based on regular online discussion participation or alternative assignments, presentation, and paper.

Since the goal of first year seminar is to prepare you for your university experience, our course objectives will be:

- Learning to read complex, scientific text
- Critically evaluating opinion and research, and developing questioning skills
- Acquiring advanced library search skills
- Learning to write academic prose

- Working in groups
- Communicating your ideas and presenting academic research

EVALUATION

Reading and discussion skills (40%)

- Critical Thinking Questions from weekly assigned readings and Online Discussion Participation (or completing alternative weekly activity) **40%**

Library Search and Writing Skills (45%)

- Searching and reading journal articles on a specific topic **10%**
- Making an outline **10%**
- Literature Review **25%**

Presentation Skills (15%)

- Presentation of the literature review **15%**

Text

Duffy, K. G., Kirsh, S. J., & Eastwood, A. (2010). *Psychology today: Adjustment, growth, and behavior today*. Prentice Hall (10th or 11th edition).