

## FYSM 1508 A : STRESS, COPING AND WELL-BEING

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<b>Term</b>	Fall 2023/Winter 2024
<b>Course delivery</b>	In Person
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<b>Office Location</b>	TBA
<b>Office Hours</b>	By appointment

### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

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

Extensive reading, thinking and class discussion are the requirements of this course. The evaluation will be based on participation, assignments, presentations, and a final paper.

Since the goal of the 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%)**

- Discussion leadership **5%**
- Critical thinking questions from weekly assigned readings and discussion participation **35%**

#### **Library Search and Writing Skills (40%)**

- Library search, article reading skills **10%**
- Making an outline **10%**
- Literature review **20%**

#### **Presentation Skills (20%)**

- Paraphrasing and review presentation **20%**

### **TEXT**

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