

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

<b>Instructor</b>	Ayca Guler-Edwards
<b>Term</b>	Fall 2025/Winter 2026
<b>Course delivery</b>	Face-to-face
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<b>Office Location</b>	TBA
<b>Office Hours</b>	By appointment

### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

This course explores how human beings adapt to change and challenges throughout their lives. Change is a constant in our personal, social, and environmental experiences. How we respond to these changes can have a significant impact on our well-being, life satisfaction, and happiness. We will examine these issues through psychological theories and research, with a focus on the roles of personality, developmental stages, social and environmental influences.

**To succeed in this course, students are expected to:**

- Complete assigned readings thoroughly
- Engage actively in class discussions
- Participate in group work
- Submit written assignments and a final paper
- Deliver a presentation

As part of the first-year seminar program, this course is also **designed to support your transition to university-level work**. By the end of the course, students will be able to:

- Read and comprehend complex scientific texts
- Critically evaluate research findings
- Develop thoughtful, research-informed questions
- Conduct advanced academic searches using library resources
- Write clear, well-organized academic prose
- Collaborate effectively in group settings
- Present and communicate research-based ideas clearly

### 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%**

**Paraphrasing and presentation skills (20%)**

- Presentation of selected/outlined studies **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).