### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

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, class discussions, academic writing and presentation** are the requirements of this course. The evaluation will be based on regular reading, discussion participation or alternative activity, and preparing a presentation and a final paper on a topic of personal interest.

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

### EVALUATION

**Reading and discussion skills (40%)**
• Critical Thinking Questions from weekly assigned readings and Discussion Participation (or completing alternative weekly activity) 40%

Library Search and Writing Skills (40%)
• Searching and reading journal articles on a selected topic 10%
• Making an outline 10%
• Writing a literature review 20%

Paraphrasing and Presentation Skills (20%)
• Paraphrasing and presenting research findings 20%

Text