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. Course delivery will follow a blended approach. There will be readings, short videos, and assignments available on Brightspace and weekly online meetings with small groups on course days and hours. There will be an alternative activity for each synchronous element (online meeting) as well.

**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