

FYSM 1508 B : STRESS, COPING AND WELL-BEING

Instructor	Ayca Guler-Edwards
Term	Fall 2026/Winter 2027
Course delivery	In-Person
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Office Location	TBA
Office Hours	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 and challenges can significantly impact our well-being, life satisfaction, and happiness. We will examine these issues through psychological theories and research, focusing on the roles of personality, developmental stages, and 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
- Complete written assignments and a final paper in class
- 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 (SUBJECT TO CHANGE)

Reading and discussion skills (40%)

- Discussion leadership **5%**
- Critical thinking questions from the 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 (10th or 11th edition).