

**PSK 293**

**Supplementary Psychology Studies I**

**2017 Fall**

**Course Syllabus**



## PSK 293 Supplementary Psychology Studies I

Section 01 - Tuesday; 13:00 - 14:50

Section 02 - Friday; 14:00 - 15:50

Asist. Prof. Dr. Dilay Eldoğan

<http://baskent.edu.tr/~dilay>

[dilay@baskent.edu.tr](mailto:dilay@baskent.edu.tr)

### Description of the Course:

The purpose of this course is to enhance students' self-awareness and understanding and to promote practical skills for effective personal and interpersonal functioning. The course will require students to critically evaluate the information that was presented within the classroom, consider the meaning across contexts and cultures, and assess the real world implications.

### Recommended Text:

Weiten, W., Dunn, D. & Hammer, E. (2015). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (12<sup>th</sup> Ed.). Belmont, CA: Wadsworth/Cengage Learning.

### Recommended Reading:

Young, J.E., & Klokso, J.S. (2015). *Reinventing your life: The breakthrough program to end negative behaviour ... Feel great again* (5th Edition). USA: Penguin.

### Content of the Course:

<b>Week 1</b>	Adjusting to Modern Life
<b>Week 2</b>	Theories of Personality
<b>Week 3</b>	Stress and Its Effects
<b>Week 4</b>	Coping Processes
<b>Week 5</b>	Psychology and Physical Health
<b>Week 6</b>	The Self
<b>Week 7</b>	Social Thinking and Social Influence
<b>Week 8</b>	<b>Midterm</b>
<b>Week 9</b>	Friendship and Love
<b>Week 10</b>	Marriage and Intimate Relationships
<b>Week 11</b>	Gender and Behaviour
<b>Week 12</b>	Development and Expression of Sexuality
<b>Week 13</b>	Positive Psychology
<b>Week 14</b>	Careers and Work

## **Evaluation of the Course:**

### **Experiential Projects (EPs):**

Students are required to select 2 topics from the following list and prepare **2 experiential projects**. EPs are out-of-class, group assignments designed to allow students to apply classroom concepts to the real world, to study the meaning and applications to their own lives and the lives of others, and to help students develop skills for effective personal and interpersonal functioning. Each group can be consisted of (max) 5 students. Upon completion of an EP, groups will present their project in class and each student in the group will complete a 1 page written report. The reports must be about the personal gains of the project for the student.

Reports must be typed in Times New Roman 12-point font, single-spaced, have 1 inch margins on all sides, be written in complete sentences, use proper spelling and grammar, committed to APA rules and be responsive to the topic. No hand written reports will be accepted.

#### *The Topics of the EPs:*

- Week 4: Dealing with Procrastination
- Week 5: Understanding Effects of Drugs
- Week 6: Modifying Negative Self Talk
- Week 7: Forming a Positive Impression on Others
- Week 9: Toward More Effective Communication
- Week 9: Overcoming Loneliness
- Week 10: Deciding to Marry
- Week 11: Gender Similarities and Differences
- Week 12: Review Your Sexual Values
- Week 13: Positive Individual Traits

**EPs: 20%; Midterm: 30%; Final: 50%**