

# PSY324H5F – The Science of Well-Being

Thursday 6:00pm – 9:00pm

Online Synchronous

## Course Delivery

### ONLINE VIA QUERCUS

This course will be taught using a combination of asynchronous and synchronous elements. Lectures will be given as a series of short videos, totaling 2-3 hours per lecture, posted to Quercus on or before the date for each lecture (see outline below). You will be able to access this content at your own pace.

Students will have the opportunity for synchronous online office hours weekly and synchronous online collaboration with peers via Bb Collaborate. Discussion boards will also be available for course-related questions and discussions.

Quizzes, the midterm test and the final exam will be time-limited and administered as Quercus quizzes. The assignment will be submitted via Quercus.

### Learn Anywhere Guide for Students

<https://library.utm.utoronto.ca/students/quercus/learn-anywhere>

University of Toronto tech [requirements for online learning](#)

## Contact Information

**Dr. Simone Walker**

Email: [simone.walker@utoronto.ca](mailto:simone.walker@utoronto.ca)

**Office Hours: Virtual via Bb Collaborate**

Wednesdays 3PM-4PM or by appointment

**Teaching Assistant:**

**Jason Payne**

[jason.payne@mail.utoronto.ca](mailto:jason.payne@mail.utoronto.ca)

TA virtual office hours: TBA on Quercus after term work is returned

The instructor is your first contact regarding all matters not directly pertaining to a TA-issued grade. Outside office hours, you can send a message to your instructor **using your Quercus inbox**.

If you send an email, please use an official utoronto.ca account and make sure to put “**PSY324**” in the subject line. We will try to respond to all inquiries within 48 hours. See Quercus for more information regarding the contact policy.

## Course Description

What makes people happy? Does money buy happiness or do unhappy people not know where to shop? Are people in California happier than people in Ontario? Does marriage make men happier and women unhappier? This course reviews the scientific evidence regarding these and other questions about the determinants of happiness from an interdisciplinary perspective (psychology, economics, sociology, philosophy, & biology) that ranges from molecular genetics to cross-national comparisons.

**Exclusion:** PSY336H1

**Prerequisite:** PSY201H5/equivalent, 220H5/230H5

## Learning Outcomes

By the end of this course, students should be able to:

- Describe historical and contemporary approaches to well-being
- Develop insights into the behaviour and mental processes of one's self and of others
- Describe psychological research techniques and their assumptions
- Access and interpret the scientific literature on well-being
- Use scientific sources to critically evaluate claims in popular culture
- Communicate clearly and concisely
- Connect foundational principles of social psychology to modern-day, real-world applications.

## Reading Material

Assigned readings will be posted on Quercus

## Course Evaluation

### Midterm Test (29%) – October 22<sup>nd</sup> on Quercus

The test be a time-limited (2 hours), synchronous test during regular class time.

The test will consist of multiple choice and short answer questions. The test will cover material associated with lectures 1, 2, 3, 4 & 5.

See Quercus for detailed instructions.

### “Does this really make us happy?” Final Paper (20%) – Due by 11:59pm on November 26<sup>th</sup>

Students will explore a popular belief about what makes us happy of their choice. Students will be required to critically evaluate the scientific literature pertaining to that topic.

See Quercus for detailed instructions.

### Weekly Activity [Best 8 out of 10 (2% x 8 = 16%)]

Each week (excluding week 1) there is an online activity based on the previous week's lecture. It will be a quiz, a discussion board post or a Team Up. There is no make-up for missing a weekly activity (see below for the schedule).

- Quiz: You will have 10 minutes to respond to 10 multiple choice/True-or-False questions based on the previous week's lecture. A quiz will be available from the end of the lecture it is based on until the due date and can be completed at any time during this period. This is an independent activity (i.e., no collaboration permitted).

- Discussion board post: You will be required to post a brief but substantive reply to either the discussion question or a peer's response to the question. A discussion board question will be available from the end of the lecture it is based on until the due date and can be completed at any time during this period.
- Team Ups: These are synchronous and will take place during the first 30 minutes of that class in *Bb Collaborate*. Your case study project group will be your pre-assigned team. After voting for your team leader, you will have the remainder of the time to collaborate and submit responses to questions.

See Quercus for detailed instructions.

### **Final Examination (35% of final grade) – TBA, during December 2020 examination period**

The exam will be a time-limited (2 hours), synchronous test held during the Registrar's office examination period.

The exam will consist of multiple choice and short answer questions and is not cumulative. The exam will cover material associated with lectures 6, 7, 8, 9, 10 & 11. See Quercus for detailed instructions.

## **Course Webpage**

The website associated with this course is accessible via <http://q.utoronto.ca>

**Note:** You don't need to create a new login for Quercus; it already knows who you are. You just need your UTORid and password. This is the same login that gets you onto the wireless network with your laptop, and the same one that you use to check your email. If you're confused about your UTORid or don't remember your password, go to: <https://www.utorid.utoronto.ca/>

In order to access course material, monitor course information, and view your grades you must log into Quercus. If you have any general questions regarding Quercus, please visit the following help site:

<https://q.utoronto.ca/courses/46670/pages/student-quercus-guide>

## **IMPORTANT COURSE POLICIES \*\*PLEASE READ\*\***

### **Missed Test Special Consideration Request Process**

Students who miss a test due to circumstances beyond their control (e.g. illness or an accident) can request that the Department grant them special consideration. Students must present their case to the Department (NOT the Instructor) by submitting a request via the online Special Consideration Request form at: <https://utmapp.utm.utoronto.ca/SpecialRequest>.

**Important note:** Once the test/exam is available online and you're unable to write or have an approved request to miss, **DO NOT** at any point attempt to access the test/exam. If at any time you access the test/exam, you will **NOT** be able to submit a special consideration and/or your request will be refused.

**If your request is approved by the department, the weight of the missed midterm test will be redistributed equally between the final paper and the final exam.**

### **Extension of Time Special Consideration Request Process**

Students who seek to be granted more time to complete their term work beyond the due date without penalty, owing to circumstances beyond their control (e.g., illness, or an accident), must do so by submitting a request **directly to the Instructor** for the period up to and including the last day of the term. The decision as to whether or not to apply a penalty for the specified period rests with the Instructor.

Students who seek to be granted more time to complete term work beyond the last day of the term must submit their request directly to the Department. This request covers the period following the last day of classes and ends the last day of the exam period. This is done by submitting a request via the online Special Consideration Request form at <https://utmapp.utm.utoronto.ca/SpecialRequest>. You are advised to seek advising by the departmental Undergraduate Counsellor prior to the deadline.

### **Supporting Documentation**

The University is temporarily suspending the need for a doctor's note or medical certificate for any absence from academic participation. However, you are required to use the Absence Declaration tool on ACORN found in the Profile and Settings menu to formally declare an absence from academic participation. The tool is to be used if you require consideration for missed academic work based on the procedures specific to our campus/department.

### **Missed Final Exam or Extension of Time beyond exam period**

Missed final exams or for extensions of time beyond the examination period you must submit a petition through the Office of the Registrar. <http://www.utm.utoronto.ca/registrar/current-students/petitions> and follow their procedures.

### **Penalties for Lateness**

A penalty of 10% per calendar day (i.e., including week-ends and holidays, during which students are not able to submit term work) up to and including the last day of classes, will be applied by the Instructor. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counsellor on behalf of the Department. No penalty will be assigned if request for special consideration, described above, was successful.

### **Academic Guidelines**

It is your responsibility to ensure that you have met all prerequisites listed in the UTM Calendar for this course. If you lack any prerequisites you WILL BE REMOVED from the course up until the last day to add a course. Further information about academic regulations, course withdrawal dates and credits can be found in the University of Toronto Mississauga Calendar at: <http://www.erin.utoronto.ca/regcal/>.

You are encouraged to read this material. If you run into trouble and need advice about studying, preparing for exams, note taking or time management, free workshops and advice are available from the Robert Gillespie Academic Skills Centre at 905-828-5406.

### **AccessAbility Services**

The University provides academic accommodations for students with disabilities in accordance with the terms of the Ontario Human Rights Code. This occurs through a collaborative process that acknowledges a collective obligation to develop an accessible learning environment that both meets the needs of students and preserves the essential academic requirements of the University's courses and programs. Students requiring academic accommodations for learning, physical, sensory, or mental health disabilities or medical conditions should contact the AccessAbility Office (2037B Davis Building), 905-828-3847.

<http://www.utm.utoronto.ca/accessability/>

### **Privacy and Copyright Disclaimer**

This course, including your participation, will be recorded on video and will be available to students in the course for viewing remotely and after each session. Course videos and materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation, and are protected by

copyright. Do not download, copy, or share any course or student materials or videos without the explicit permission of the instructor. For questions about recording and use of videos in which you appear please contact your instructor.

Lectures and course materials prepared by the instructor are considered by the University to be an instructor's intellectual property covered by the Copyright Act, RSC 1985, c C-42. Course materials such as PowerPoint slides and lecture recordings are made available to you for your own study purposes. These materials cannot be shared outside of the class or "published" in any way. Posting recordings or slides to other websites without the express permission of the instructor will constitute copyright infringement.

### **Academic Honesty and Plagiarism**

Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto Mississauga is a strong signal of each student's individual academic achievement. As a result, UTM treats cases of cheating and plagiarism very seriously.

The University of Toronto's Code of Behaviour on Academic Matters outlines behaviours that constitute academic dishonesty and the process for addressing academic offences. Potential offences include, but are not limited to:

#### In papers and assignments:

1. Using someone else's ideas or words without appropriate acknowledgement.
2. Submitting your own work in more than one course without the permission of the instructor.
3. Making up sources or facts.
4. Obtaining or providing unauthorized assistance on any assignment.

#### On tests and exams:

1. Using or possessing unauthorized aids.
2. Looking at someone else's answers during an exam or test.
3. Misrepresenting your identity.

#### In academic work:

1. Falsifying institutional documents or grades.
2. Falsifying or altering any documentation required, including (but not limited to) doctor's notes.

With regard to remote learning and online courses, UTM wishes to remind students that they are expected to adhere to **the Code of Behaviour on Academic Matters** regardless of the course delivery method. By offering students the opportunity to learn remotely, UTM expects that students will maintain the same academic honesty and integrity that they would in a classroom setting. Potential academic offences in a digital context include, but are not limited to:

#### Remote assessments:

1. Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.) for assessments.
2. Using technological aids (e.g. software) beyond what is listed as permitted in an assessment.
3. Posting test, essay, or exam questions to message boards or social media.
4. Creating, accessing, and sharing assessment questions and answers in virtual "course groups."
5. Working collaboratively, in-person or online, with others on assessments that are expected to be completed individually.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate

academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other institutional resources.

### **Academic Rights**

You, as a student at UTM, have the right to:

- Receive a syllabus by the first day of class.
- Rely upon a syllabus once a course is started. An instructor may only change marks' assignments by following the University Assessment and Grading Practices Policy provision 1.3.
- Refuse to use turnitin.com (you must be offered an alternative form of submission).
- Have access to your instructor for consultation during a course or follow up with the department chair if the instructor is unavailable.
- Ask the person who marked your term work for a re-evaluation if you feel it was not fairly graded. You have up to one month from the date of return of the item to inquire about the mark. If you are not satisfied with a re-evaluation, you may appeal to the instructor in charge of the course if the instructor did not mark the work. If your work is remarked, you must accept the resulting mark. You may only appeal a mark beyond the instructor if the term work was worth at least 20% of the course mark.
- Receive at least one significant mark (15% for H courses, 25% for Y courses) before the last day you can drop a course for H courses, and the last day of classes in the first week of January for Y courses taught in the Fall/Winter terms.
- Submit handwritten essays so long as they are neatly written.
- Have no assignment worth 100% of your final grade.
- Not have a term test worth more than 25% in the last two weeks of class.
- Retain intellectual property rights to your research.
- Receive all your assignments once graded.
- View your final exams. To see a final exam, you must submit an online Exam Reproduction Request within 6 months of the exam. There is a small non-refundable fee.
- Privacy of your final grades.
- Arrange for representation from Downtown Legal Services (DLS), a representative from the UTM Students' Union (UTMSU), and/or other forms of support if you are charged with an academic offence.

### **Equity Statement**

The University of Toronto is committed to equity and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect. As a course instructor, I will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual in this course and wish to be alerted to any attempt to create an intimidating or hostile environment. It is our collective responsibility to create a space that is inclusive and welcomes discussion. Discrimination, harassment and hate speech will not be tolerated. If you have any questions, comments, or concerns you may contact the UTM Equity and Diversity officer at [edo.utm@utoronto.ca](mailto:edo.utm@utoronto.ca) or the University of Toronto Mississauga Students' Union Vice President Equity at [vpequity@utmsu.ca](mailto:vpequity@utmsu.ca).

## Course Outline

*Please note that this outline is subject to change depending on the needs of the class (we may need additional time to cover a topic). Any changes to the syllabus will be announced in class one week before.*

| Date           | Topic   | Readings  | Work Due  |
|----------------|---|-----------|---|
| September 10   | Introduction to Course. Theoretical Perspectives                    | #1 & #2   |   |
| September 17   | Measurement & Research Methods                                      | #3        | Weekly Activity #1 – Lecture 1 Quiz due by 11:59pm  |
| September 24   | Personality & Biological Basis of Well-Being                        | #4 & #5   | Weekly Activity #2 – Lecture 2 Team Up (6:10pm – 6:40pm in Bb Collaborate)                        |
| October 1      | Cognitive Basis of Well-Being                                       | #6        | Weekly Activity #3 – Lecture 3 Quiz Due by 11:59pm  |
| October 8      | Culture & Well-Being  | #7        | Weekly Activity #4 – Lecture 4 Quiz Due by 11:59pm  |
| October 22     | <b>Mid-Term Test (Lectures 1-5 &amp; associated materials)</b>      |           |   |
| October 29     | Religion, Spirituality & Well-Being                                 | #8        | Weekly Activity #5 – Discussion Board Post Due by 11:59pm   |
| November 5     | Money, Economics & Well-Being                                       | #9 & 10   | Weekly Activity #6 – Lecture 6 Team Up (6:10pm – 6:40pm in Bb Collaborate)                        |
| November 12    | Work, Lifestyle & Well-Being  | #12 & #13 | Weekly Activity #7 – Lecture 7 Quiz Due by 11:59pm  |
| November 19    | Social Relationships & Well-Being                                   | #14       | Weekly Activity #8 – Lecture 8 Quiz Due by 11:59pm  |
| November 26    | Well-Being Interventions  | #15       | Case Study Group Project Due by 11:59pm<br><br>Weekly Activity #9 – Lecture 9 Quiz Due by 11:59pm |
| December 3     | Public Policy & Well-Being  |           | Weekly Activity #10 – Lecture 10 Team Up (6:10pm – 6:40pm in Bb Collaborate)                      |
| December 10-22 | <b>Final Examination (Lectures 6-11 &amp; associated materials)</b> |           |   |

**Final exam:** During exam period, it is the student's responsibility to be available for the entire exam period.