



Course Outline

PSYC1031

Psychological Science of Resilience

School of Psychology

Faculty of Science

T2, 2019

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1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Co-convenor & Tutor	Dr Sue Morris	s.morris@unsw.edu.au	Email for availabilities	Phone: 9385-3527 Office: Mathews 911
Course Co-convenor	Prof Jacquelyn Cranney	j.cranney@unsw.edu.au	Email for availabilities	Phone: 9385-3527 Office: Mathews 911

2. Course information

Units of credit: 6

Pre-requisite(s):

Teaching times and locations: [PSYC1031 Timetable](#)

2.1 Course summary

This course has flipped classroom (FC) delivery, where instead of attending two lectures, you are expected to undertake a minimum of 2 hrs work prior to each practical, where very experienced lecturer/tutors will engage interactively with you and the material. This course offers an introduction to the scientific research, theory and application concerning “resilience” as a key factor in life and learning success and wellbeing.

2.2 Course aims

The content of this course is structured around the graduate attributes associated with the scientist-practitioner model, which is the basis for the training of psychologists in Australia and internationally. The rationale for this course is that resilience (self-management) skills constitute a type of graduate capability, which should not only help you survive the stressors of university life, but help you thrive in all aspects of your personal and professional lives at university and beyond. This course is designed to enhance your psychological literacy (www.psychliteracy.com), in particular, the capacity to utilise your psychological knowledge, skills and attitudes about resilience in a constructive manner. In this way, you should be able to use these skills not only to help yourselves but also to respond to others, thus creating a “resilience ripple effect”, and helping to “give psychology away” to society at large.

2.3 Course learning outcomes (CLO)

At the successful completion of this course you (the student) should be able to:

CLO	Specifics (and assessments)	Level (1=introductory; 2=moderate; 3=minimum program standard (pass))
1 Knowledge	Articulate diverse theoretical and experimental approaches to major psychological issues relating to wellbeing, resilience, and student success [Pre-practical Submissions, Self-Development assignment, Group assignment; Final exam].	1
	Demonstrate knowledge of literature in a chosen topic [Self-Development assignment, Group assignment]	1
2 Research Methodology	Apply the key features of undertaking research in psychology: that is, be able to design scientifically meaningful research [Pre-practical Submissions, Self-Development assignment, Group assignment; Final Exam]	1
3 Critical thinking skills	Individually and collaboratively apply skills of reflective, analytical, critical and creative thinking [Pre-practical Submissions, Self-Development assignment, Group assignment; Final exam]	1
4 Values & Ethics	Use information in an ethical manner, ensuring that acknowledgement is given to the ideas and intellectual property of others, through appropriate referencing. [Pre-practical Submissions, Self-Development assignment, Group assignment]	1
5 Communication, interpersonal & teamwork	Demonstrate the capacity for effective oral and written communication [Pre-practical Submissions, Self-Development assignment, Group assignment, Final Exam]	1
	Demonstrate the capacity for effective and diversity-sensitive teamwork [Group assignment]	1
6 Application	Apply psychological theories and principles to everyday life, particularly pertaining to wellbeing and resilience. [Pre-practical submissions, Self-Development assignment, Group assignment; Final Exam]	1

2.4 Relationship between course & program learning outcomes, activities and assessments

CLO Intro Level	Program Learning Outcomes						
	1. Knowledge	2. Research methodology	3. Critical thinking skills	4. Values & Ethics	5. Communication etc	6. Application	Assessment
1	Pre-prac activities, Practicals, Weekly collaboration						Pre-practical Submissions, Self-Development assignment, Group assignment; Final exam
2		Pre-prac activities, Practicals, Weekly collaboration					Pre-practical Submissions, Self-Development assignment, Group assignment; Final exam
3			Pre-prac activities, Practicals, Weekly collaboration				Pre-practical Submissions, Self-Development assignment, Group assignment; Final exam
4				Pre-prac activities, Practicals, Weekly collaboration			Pre-practical Submissions, Self-Development assignment, Group assignment
5					Pre-prac activities, Practicals, Weekly collaboration		Pre-practical Submissions, Self-Development assignment, Group assignment; Final exam
6						Pre-prac activities, Practicals, Weekly collaboration	Pre-practical Submissions, Self-Development assignment, Group assignment; Final exam

Knowledge - Aligns with UNSW Graduate Capability of Scholarship

Research Methodology – Aligns with UNSW Graduate Capability of Scholarship

Critical thinking skills - Aligns with UNSW Graduate Capability of Scholarship

Values and Ethics - Aligns with UNSW Graduate Capability of Professionalism

Communication, Interpersonal & Teamwork Skills - Aligns with UNSW Graduate Capabilities of Professionalism, Leadership, Global Citizenship

Application - Aligns with UNSW Graduate Capabilities of Self-management, Professionalism, and Scholarship

3. Strategies and approaches to learning

3.1 Learning and teaching activities

The integrated acquisition of the graduate attributes, as partly indicated through assessment of the learning outcomes, comprises “psychological literacy”. This is a beginning to that journey, with an emphasis on learning and applying psychological principles to “self-management” knowledge, skills and attitudes (KSAs) that should be useful in your university studies and beyond.

This course introduces you to the psychological science of resilience and related concepts such as student success and psychological well-being. This course involves flipped classroom (**FC**) delivery, where instead of attending two lectures, you are expected to undertake pre-practical tasks **prior to each practical**, where very experienced lecturer-tutors will engage interactively with you and that material.

Pre-Practical Activities and Practical Classes: Please see the Schedule below for more details. *In lieu of lectures, you are expected to undertake a minimum of 2 hours of preparatory work every week in advance of your scheduled practical.* You will find it difficult to engage successfully in the practical activities if you have not completed the preparatory work.

Practical Participation: Practicals are an essential and compulsory part of this course, and will involve interactive activities that build on the preparatory material, and assist in the development of learning outcomes. To benefit from and to contribute to practicals, preparation and completion of all preparatory work is required. Material relevant to the assignments will be presented and discussed in practicals.

3.2 Expectations of students

Your practical session time: You must attend the practical session to which you have been allocated. It will not be possible to switch or change practical classes once allocations are finalised.

Practical session attendance: Attendance will be recorded at the beginning of every practical. This course requires **100% practical attendance**.

Late-comers may be asked to leave, and all absences will be recorded. Attendance at face-to-face practicals and timely completion of online work is essential in accordance with UNSW Assessment Implementation Procedure.

IMPORTANT: Practical classes start in Week 1.

Missing practicals: Inadequate attendance (less than **100%** of all practicals) may result in failure to pass the course (whether or not you have medical certificates or other documentation). If you are unable to attend practicals because of sickness or other circumstances outside your control, this may be grounds for special consideration to drop the course without failure. Please contact Dr Sue Morris as soon as possible if this is the case.

For every 6-credit-unit course, you are expected to spend an average of **12 hrs per week on that course**—this includes class-time, pre- and post-practical activities, outside class-time group work, data-gathering exercises, and the normal study time necessary to adequately complete assignments and examination study.

There will also be a **1-hour compulsory collaboration component** each week (called “Other” on your timetable). At this time, you are expected to meet with your group members to work on your group assignment. While on some occasions your group may choose to meet at a time other than that scheduled, or to collaborate online, it will be expected that you meet for *at least one hour per week* to complete your group assignment.

Under no circumstances will employment be accepted as an excuse not to meet expectations for class participation, group work, or assessments. Remember, the terms are extremely short (final examinations will be upon you before you know it), so it is your responsibility to ensure that you do not fall behind with the ongoing assessment demands of the course.

It is expected that students are aware of UNSW Assessment policy and understand how to apply for special consideration if they miss a practical class or are unable to complete an assignment/exam due to illness and/or misadventure.

It is expected that students have read through the School of Psychology Student Guide.

Moodle contains lecture and practical materials, assessment materials, and any updated information. You are expected to check Moodle regularly. You are also expected to regularly check your UNSW email.

4. Course schedule and structure

Each week this course typically consists of 2 hours of practicals, 1 hour of face to face collaboration, and 8-9 hours of non-class (self-determined) contact hours to complete prep-practical activities, assessments, readings, and exam preparation.

Week	Practicals: Tuesday 9-11am, 11am-1pm, 1-3pm MAT227 Note Week 1 start	Assessment Tasks (including Pre-Practical Activities and other self-determined work – see Moodle)
1	4/6 Introduction to Wellbeing and SMR	Text: Ch 1 & related activities Pre-prac activities
2	11/6 Resilience, stressors and strategies	Release Group Assignment (due in Week 10 prac) Text: Ch 5 & related activities Pre-prac activities Weekly 1 hr face to face collaboration
3	18/6 Concepts, Measurement and Psychological Science	Release Self-Development Assignment (SDA) due end Week 7 Text: Ch 2 & related activities Pre-prac activities Weekly 1 hr face to face collaboration
4	25/6 Positive psychology	GROW model due; Start SDA implementation Text: Ch 6 & related activities Pre-prac activities Weekly 1 hr face to face collaboration
5	2/7 Self-knowledge, Strengths, Goals and Motivation	Pre-practical submission 1 Text: Ch 3 & related activities Pre-prac activities Weekly 1 hr face to face collaboration SDA Week 1 progress due
6	9/7 Academic Competencies	SDA Week 2 progress due Text: Ch 7 & related activities Pre-prac activities Weekly 1 hr face to face collaboration
7	16/7 Connectedness and interpersonal skills	Self-Development assignment due 11pm 21/7 Text: Ch 8 & related activities Pre-prac activities Weekly 1 hr face to face collaboration
8	23/7 Emotional Regulation (CBT, ACT, Mindfulness)	Text: Ch 4 & related activities Pre-prac activities Weekly 1 hr face to face collaboration
9	30/7 Self-Management and Psychological Literacy	Text: Ch 4 and 10 & related activities Pre-prac activities Weekly 1 hr face to face collaboration
10	6/8 Group Presentations	Group assignment due in practical class Pre-practical submission 2 Pre-prac activities Weekly 1 hr face to face collaboration
Exam period		Final exam

5. Assessment

5.1 Assessment tasks

All assessments in this course have been designed and implemented in accordance with the UNSW Assessment Policy.

There are FOUR categories of assessment in this course, as outlined below.

Assessment task	Length	Weight	Mark	Due date
Assessment 1: Practical Assessments	Varied	20%	TBC	Weekly, Totals Week 5 and 10
Assessment 2: Self-Development	Varied	20%	/20	End Week 7
Assessment 3: Group assignment	Varied	20%	/20	Week 10 Practical class
Assessment 4: Final exam	2 hours	40%	TBC	Exam period

Assessment 1- Pre-practical Activities (20%)

Instead of formal lectures, there are a number of tasks associated with the practical classes that you will need to complete in advance of practical classes. For most practicals, there will be a reading (eg article and/or book chapter) to be completed **prior to the practical class each week**. Your understanding of that reading will usually be assessed by a pre-practical Moodle submission or quiz, as well as by in-class discussions. Each week you will also be expected to complete a number of short activities, all of which will need to be submitted on Moodle **PRIOR to your practical class**. These might include completing tasks on a website (e.g., The Fridge), collecting data (e.g., from yourself), reflections focused on how your thinking and behaviour may have changed as a result of this course, or finding an online resource. While each week you will see a number of tasks to complete, which may look somewhat overwhelming, please keep in mind that often these tasks simply require you to watch a video or do a short activity. You should attempt to complete every task before your practical class each week.

For all pre-practical submissions your work will be marked according to a **'gave it a good go' (GGG) policy**. That is, you will not be graded on each submission (i.e., Pass, Credit etc), but you will only receive the allocated mark by demonstrating that you put reasonable effort into completing the task, and submitted it on time (i.e. **before** the start of your practical class). Examples of violating the GGG policy include: (a) not following the task instructions (e.g., you were asked to discuss "X" but you discussed something else), (b) not meeting the minimum requirements for the task (e.g., you were asked to give 3 points and you only give 1), and/or (c) not putting in suitable effort (e.g., you were asked to explain something and your answer is only a 4-word sentence). Thus, the **'gave it a good go'** policy is about having a positive approach to doing your work, and following instructions.

On-time completion of all Pre-practical tasks according to the GGG policy will be marked each week, with a total calculated in Weeks 5 and 10, each worth 10%. Failure to submit 80% or more of the required pre-practical tasks at the GGG standard, by each deadline (Week 5 and 10) will result in a **mark of 0 out of 10** for that component.

Unless otherwise specified, any GGG-standard task submitted before the start of the practical class receives full marks; those submitted within 24 hours of the start of the practical class receive 0.5 marks; submissions thereafter receive 0.

Assessment 2 - Self-Development Assignment (SDA) (20%)

You will be asked to plan goals and strategies, and to implement these, to develop one area of competence. You will need to track your progress in achieving these goals over 3 weeks, as well as to reflect on the impact that your approach is having. This task will require weekly online submissions,

as well as a final written submission **due at the end of Week 7**. The **absolute fail date for this assignment is the beginning of the Week 9 practical class**, after which students will receive a mark of 0.

Assessment 3 – Group Assignment (20%)

The group presentation in Week 10 will be based on the design of products to enhance the success of first-year students in their transition to UNSW. The emphasis of these products is on encouraging student wellbeing, both self-directed, and assisted by others.

Assessment 4 – Final exam (40%)

The final exam will be held in the final examination period, and will be two hours in duration. A more detailed guide to content will be provided towards the end of the session. All assigned practical readings are examinable in the final examination.

UNSW grading system: <https://student.unsw.edu.au/grades>

UNSW assessment policy: <https://student.unsw.edu.au/assessment>

5.2 Assessment criteria and standards

Further details and marking criteria for each assessment will be provided to students closer to the assessment release date (see 4.1: UNSW Assessment Design Procedure).

5.3 Submission of assessment tasks

In accordance with UNSW Assessment Policy the written pieces of assessment must be submitted online via Turnitin. No paper or emailed copies of written pieces will be accepted.

Late penalties: deduction of marks for late submissions will be in accordance with School policy (see: [Psychology Student Guide](#)), unless otherwise stated in this outline.

Special Consideration: Students who are unable to complete an assessment task by the assigned due date can apply for special consideration. Students should also note that UNSW has a Fit to Sit/Submit rule for all assessments. If a student wishes to submit an application for special consideration for an exam or assessment, the application must be submitted **prior** to the start of the exam or before an assessment deadline. If a student sits the exam/submits an assignment, they are declaring themselves well enough to do so and are unable to subsequently apply for special consideration. If a student becomes ill on the day of the exam, they must provide evidence dated within 24 hours of the exam, with their application.

Special consideration applications must be submitted to the online portal along with Third Party supporting documentation. Students who have experienced significant illness or misadventure during the assessment period may be eligible. Only circumstances deemed to be outside of the student's control are eligible for special consideration. Except in unusual circumstances, the duration of circumstances impacting academic work must be more than 3 consecutive days, or a total of 5 days within the teaching period. If the special consideration application is approved, students may be given an extended due date, or an alternative assessment/supplementary examination may be set. For more information see <https://student.unsw.edu.au/special-consideration> and the School of Psychology Student Guide.

Alternative assessments: will be subject to approval and implemented in accordance with UNSW Assessment Implementation Procedure.

Supplementary examinations: will be made available for students with an approved special consideration application and will be implemented in accordance with UNSW Assessment Policy.

5.4. Feedback on assessment

Feedback on all pieces of assessment in this course will be provided in accordance with UNSW Assessment Policy.

Assessment	When	Who	Where	How
Assessment 1: Practical Assessments	Weeks 7 & 12	SM	Moodle	Mark out of 10
Assessment 2: Self-Development	End Week 9	SM	Moodle	Mark out of 20
Assessment 3: Group assignment	End Week 10	SM	Moodle	Mark out of 20
Assessment 4: Final exam	N/A	N/A	N/A	N/A

6. Academic integrity, referencing and plagiarism

The APA (6th edition) referencing style is to be adopted in this course. Students should consult the publication manual itself (rather than third party interpretations of it) in order to properly adhere to APA style conventions. Students do not need to purchase a copy of the manual, it is available in the library or online. This resource is used by assessment markers and should be the only resource used by students to ensure they adopt this style appropriately:

[APA 6th edition.](#)

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Further information about referencing styles can be located at <https://student.unsw.edu.au/referencing>

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage.¹ At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

- The *Current Students* site <https://student.unsw.edu.au/plagiarism>, and
- The *ELISE* training site <http://subjectguides.library.unsw.edu.au/elise>

The *Conduct and Integrity Unit* provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>.

¹ International Center for Academic Integrity, 'The Fundamental Values of Academic Integrity', T. Fishman (ed), Clemson University, 2013.

7. Readings and resources

Compulsory Textbook	Morris, S. et al (2018). <i>The Rubber Brain</i> . Australian Academic Press.
Course information	Available on Moodle
Required readings	<p>School of Psychology Student Guide</p> <p>Required readings will be made available on Moodle. The readings will include classic and cutting-edge articles and chapters in the areas of positive psychology, resilience, and experimental clinical psychology.</p>
Recommended readings	<ul style="list-style-type: none"> ▪ Bernstein, D.A., Pooley, J.A, Cohen, L, Gouldthorp, B., Provost, S., & Cranney, J. (2018). <i>Psychology</i>. Cengage, Melbourne. ▪ Cranney, J., & Morris, S. (2011). Adaptive cognition and psychological literacy. In J. Cranney and D. S. Dunn (Eds.), <i>The psychologically literate citizen: Foundations and global perspectives</i> (pp. 251-268). New York: Oxford University Press. ▪ Dweck, C. S. (2012). <i>Mindset: How You Can Fulfil Your Potential</i>. Constable & Robinson Limited. ▪ Edelman, S. (2013). <i>Change your thinking</i>. 3rd ed. Harper Collins, Sydney ▪ Harris, R. (2007). <i>The Happiness Trap</i>. Exsile Publishing, Wollombi, NSW. ▪ Stanovich, K. (2010). <i>How to think straight about psychology</i>. 10th Edition. Pearson Education Inc.
Recommended internet sites	<p>https://student.unsw.edu.au/login (course website on Moodle)</p> <p>http://www.thefridge.org.au/</p> <p>http://www.psychliteracy.com/</p> <p>UNSW Library</p> <p>UNSW Learning centre</p> <p>ELISE</p> <p>Turnitin</p> <p>Student Code of Conduct</p> <p>Policy concerning academic honesty</p> <p>Email policy</p> <p>UNSW Anti-racism policy statement</p> <p>UNSW Equity and Diversity policy statement</p> <p>UNSW Equal opportunity in education policy statement</p>

8. Administrative matters

The [School of Psychology Student Guide](#) contains School policies and procedures relevant for all students enrolled in undergraduate or Masters psychology courses, such as:

- Attendance requirements
- Assignment submissions and returns
- Assessments
- Special consideration
- Student code of conduct
- Student complaints and grievances
- Disability Support Services
- Health and safety

It is expected that students familiarise themselves with the information contained in this guide.

9. Additional support for students

- The Current Students Gateway: <https://student.unsw.edu.au/>
- Academic Skills and Support: <https://student.unsw.edu.au/academic-skills>
- Student Wellbeing, Health and Safety: <https://student.unsw.edu.au/wellbeing>
- Disability Support Services: <https://student.unsw.edu.au/disability-services>
- UNSW IT Service Centre: <https://www.it.unsw.edu.au/students/index.html>