



Course Outline

Last modified /0 /2023

1. Staff

Position	Name	Email	Consultation times
Course Convenor	Dr Sue Morris	s.morris@unsw.edu.au	By appointment

2. Course information

Units of credit:	6
Pre-requisite(s):	None
Exclusions:	Students who have taken PSYC1031
Teaching times and locations:	PSYC1062 Timetable

2.1 Course summary

This course will introduce you to evidence-based strategies for self management capacity. **Self-management** is the capacity to work effectively toward meaningful goals, and to be flexible in the face of setbacks. The rationale for this course is that self-management skills constitute a type of graduate capability that, in theory, should help you survive the stressors of university life, but also help you to thrive (i.e., do well) in many aspects of your personal and professional life at university and beyond. In this course we will introduce you to the theories and research relevant to topics such as stress, well-being, motivation, emotional regulation, common barriers to achievement, metacognitive strategies, study strategies, and working/living with others. The topic will emphasise real-life applications of psychology, such as the capacity to self-reflect (e.g., understand when new material has or has not been sufficiently learned) and strategies to minimise dysfunctional stress. You will be given many opportunities to acquire skills related to these topics, and this should help you to acquire the knowledge necessary for the assessments. Although the course draws on principles of psychological science, you do not need any formal knowledge of science or scientific terms.

2.2 Course aims

This course aims to:

- 1) provide you with evidence-based strategies for self-management capacity.
- 2) introduce you to the theories and research relevant to topics such as stress, well-being, motivation, emotional regulation, common barriers to achievement, metacognitive strategies, study strategies, and working/living with others.
- 3) emphasise real-life applications of psychology, such as the capacity to self-reflect (e.g., understand when new material has or has not been sufficiently learned) and strategies to minimise dysfunctional stress.

The general **aims** of this course include:

1. To demonstrate how psychology can inform our understanding of self-management, wellbeing, resilience,

4. To

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

Program Learning Outcomes							
CLO							Assessment

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

5. Assessment

5.1 Assessment tasks

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

Assessment task	Weight	Marks	Due date
Assessment 1: Module Practical Tasks	40%	Each module out of 10	11.59pm Sunday, Weeks 2, 4, 11.59pm Monday Week 7, 11.59pm Sunday Week 8
Assessment 2: Individual Integrative Assignment	30%	Out of 100	

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required for the task or omitting a component of the task (e.g., you were asked to write a minimum of 75 words but you only write 60, you were asked to provide the correct answer to your MCQ and did not; you were asked to provide 2 examples and only provided 1, you did not attach a journal article to a relevant forum post); and (c) not putting in suitable effort (e.g., you were asked how you would explain a cert

1. **Module Forum feedback:** In most Modules you will be asked to post to the Moodle discussion forum. A key benefit of using discussion forums is that you can read what several of your classmates think about an issue/question/etc that you have been asked to consider. It is important to make sure you read the discussion forum because this is a great form of feedback that not only gives you some idea of whether you are on the right track, but also gives you multiple perspectives (i.e., from your fellow students). Sometimes you will also be asked to respond to posts from other students, so that is another way to receive some feedback for this type of task.
2. **Assignment feedback:** As with typical in-class courses, you will also receive feedback from the course staff in the marking of the assignment. This will be delivered through Turnitin after the final deadline for submission has passed.
3. **Moodle Practical Task feedback:** Within 2 weeks of the end of each Module, course staff will enter the grade (out of 10%) for that Module. At that point, students will be able to contact course staff to discuss their grade, if required. Students will be able to track the cumulative score they currently have for the Module Practical Tasks component throughout the course.
4. **Announcement and General Forum feedback:** Course staff will communicate with students and give general feedback via announcements on Moodle. These announcements will

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>.

7. Readings and resources

Textbook	Morris et al. (2018). <i>The Rubber Brain</i> . Australian Academic Press (available as print or e-book).
Course information	Available on Moodle
Required readings	School of Psychology Student Guide
Recommended internet sites	UNSW Library UNSW Learning centre ELISE Turnitin Student Code of Conduct Policy concerning academic honesty Email policy UNSW Anti-racism policy UNSW Equity and Diversity policy statement

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
- < Equitable Learning Services