

WESTERN UNIVERSITY
LONDON CANADA

Department of Psychology

Fall 2026

Psychology 2035A Section 001

Understanding Yourself & Others

1 Calendar Description

This course examines ways in which recent research findings in psychology may be applied in the individual's life. Emphasis on psychology as an empirical science and on avenues of self- understanding and personal growth. Topics include: personality, stress and coping, person perception, interpersonal communication, friendship and love, sexuality, vocational development.

<https://www.registrar.uwo.ca/academics/timetables.html>

Antirequisites: Psychology 2050

Prerequisites: N/A

3 lecture hours; Course Weight: 0.5

Unless you have either the prerequisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

2 Course Information

Instructor: Dr. John Campbell
Office & Phone: SSC 6319
Office Hours: By Appointment
Email: jcampb7@uwo.ca

Teaching Assistant: TBA
Office: TBA
Office Hours: TBA
Email: TBA

Time and Location of Classes: Asynchronous Online Lectures; In-person Exams

For courses that include an online component, students must have a reliable internet connection and computer that are compatible with online learning system requirements.

3 Course Materials

Weiten, Dunn, & Hammer (2018) Psychology applied to modern life (12th ed.) Boston, MA: Cengage. Be sure to purchase the 12th edition. You are NOT responsible for purchasing MindTap software.

4 Course Objectives and Learning Outcomes

This course examines ways in which recent research findings in psychology may be applied in the individual's life. Emphasis on psychology as an empirical science and on avenues of self- understanding and personal growth. Topics include: personality, stress and coping, person perception, interpersonal communication, friendship and love, sexuality, vocational development.

Learning Outcome	Learning Activity	Assessment
Depth and Breadth of Knowledge Identify and recognize recent psychological findings related to a greater understanding the behaviours of yourself and individuals around you.	Lectures, Ted talks and other videos, online demonstrations	Midterm exams and final exams
Knowledge of Methodologies. Understanding the methods used to achieve the results that are related to our greater knowledge of why we and others behave as we do.	Lectures, Ted talks and other videos, online demonstrations and activities	Midterm exams and final exams
Application of Knowledge. Identifying how this knowledge can be utilized to change our behaviours and how we interact with others.	Online demonstrations and activities	Midterm exams and final exams
Communication Skills. Increasing our ability to communicate with others by having a great knowledge of topics such as interpersonal communications.	Lectures, videos, activities	Midterm exams and final exams
Awareness of Limits of Knowledge. Recognizing the limitations of research in the field of Psychology over the years and questions that remain on the topics	Lectures, videos, activities	Midterm exams and final exams

covered.		
Autonomy and Professional Capacity. Developing a greater self-awareness and using that to relate more closely and clearly with others in society and in their personal lives.	Lectures, videos, activities	Midterm exams and final exams

5 Evaluation

The evaluation and testing formats for this course were created to assess the learning objectives as listed in section 4.0 and are considered necessary for meeting these learning objectives.

Grades in this course will be based on three in person exams. The exams will consist of a combination of multiple-choice and fill in the blank questions. Students are responsible for material assigned in the textbook, as well as material covered in lectures. The First Exam (Week 5), worth 30% of the final grade, will cover material from Sept 4 through Sept 25. The Second Exam (Week 10), worth 30% of the final grade, will cover material from Oct 09 through Oct. 23. The Final Exam (December Exam Schedule), worth 40% of the final grade.

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Policy on Missing Coursework

As per policy, instructors may designate one assessment per half-course weight as requiring formal supporting documentation in their course outline. In other words, students cannot use an undocumented absence for this “designated assessment”.

Flexibility in assessment may take the form of:

1. flexible completion e.g., counting the 8 highest marks out of 10 quizzes toward the course grade; and
2. submission deadline followed by a short "no-late-penalty" period, during which a mark deduction will not be applied to late submissions.

When flexibility in assessment is incorporated, a request for consideration may be denied, or may not be necessary at all.

If you miss an exam and have an excuse documented and approved by the academic counselling office in your home faculty, you will be offered a make-up exam time. Please note that make-up exams may consist, in part or exclusively, of essay, short-answer, fill-in-the-blank, and/or multiple-choice items.

The Psychology Department follows Western’s grading guidelines:

https://www.uwo.ca/univsec/pdf/academic_policies/general/grades_undergrad.pdf

The expectation for course grades within the Psychology Department is that they will be distributed around the following averages:

70% 1000-level to 2099-level courses
72% 2100-2999-level courses
75% 3000-level courses
80% 4000-level courses

In the event that course grades are significantly higher or lower than these averages, instructors may be required to make adjustments to course grades. Such adjustment might include the normalization of one or more course components and/or the re-weighting of various course components.

Policy on Grade Rounding

Please note that although course grades within the Psychology Department are rounded to the nearest whole number, no further grade rounding will be done. No additional assignments will be offered to enhance a final grade; nor will requests to change a grade because it is needed for a future program be considered.

6 Assessment/Evaluation Schedule

	<u>Date</u>	<u>% of final grade</u>	<u>Material covered</u>
Exam 1	Week 5	30%	Sept 9 through Sept 28
Exam 2	Week 10	30%	Oct 19 through Nov 2
Exam 3	Dec Exams	40%	Nov 16 through Nov 30

7 Class Schedule

Week	Date	Topic(s) to be covered	Reading (s)
1	Sept. 9	<i>Introduction</i>	<i>Ch 1</i>
2	Sept. 14	<i>Theories Of Personality</i>	<i>Ch 2</i>
3	Sept. 21	<i>The Self</i>	<i>Ch 6</i>
4	Sept. 28	<i>Social Thinking and Social Influence</i>	<i>Ch 7</i>
5		<i>EXAM 1 (30%)</i>	<i>DATE TBA</i>
6	Oct. 13	<i>Reading Week</i>	<i>No lecture</i>
7	Oct. 19	<i>Interpersonal Communication</i>	<i>Ch 8</i>

8	Oct. 26	<i>Friendship and Love</i>	Ch 9
		<i>Marriage and Intimate Relationships</i>	Ch 10
9	Nov. 2	<i>Development and Expression of Sexuality</i>	Ch 12
10		Midterm Exam #2	Ch 8, 9, 10, 12
11	Nov. 16	<i>Stress & Its Effects</i>	Ch 3
12	Nov. 23	<i>Coping Processes</i>	Ch 4
13	Nov. 30	<i>Psychology and Physical Health; Psychological Disorders</i>	Ch 5 & 14

8 Academic Integrity

Scholastic offences are taken seriously, and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Possible penalties for a scholastic offence include failure of the assignment/exam, failure of the course, suspension from the University, and expulsion from the University.

Statement on Use of Electronic Devices

No electronic devices are allowed to be used during exams.

Plagiarism Detection Software

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western and Turnitin.com.

Use of AI

The use of generative AI tools such as ChatGPT to produce written work is not permitted unless permission is granted by the instructor for specific circumstances. Any work submitted must be the work of the student in its entirety unless otherwise disclosed. When

used, AI tools should be used ethically and responsibly, and students must cite or credit the tools used in line with the expectation to use AI as a tool to learn, not to produce content.

AI Policy for Psychology:

Responsible use of AI is allowed in Psychology. This includes using AI for brainstorming, improving grammar, or doing preliminary/background research on a topic.

AI is **not** to be used in place of critical thinking.

The misuse of AI undermines the academic values of this course. Relying on AI to create full drafts or fabricate sources is prohibited. You are ultimately responsible for any work submitted, so it is highly advised that you critically review your Generative AI output before incorporating this information into your assignments.

If you use AI, you must clearly explain its role in your work. All written assignments will require an AI Usage Statement, in which you will indicate what tools you have used, what you have used them for, and (broadly) how you have modified this information. Assignments without an AI Usage Statement will not be accepted.

Violations of this policy will be handled according to Western's scholastic offense policies.

Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams will be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Personal Response Systems ("Clickers")

In classes that involve the use of a personal response system, data collected will only be used in a manner consistent to that described in this outline. It is the instructor's responsibility to make every effort to ensure that data remain confidential. However, students should be aware that as with all forms of electronic communication, privacy is not guaranteed.

9 Academic Accommodations and Accessible Education

View Western's policy on academic accommodations for student with disabilities at this [link](#).

Accessible Education provides supports and services to students with disabilities at Western. If you think you may qualify for ongoing accommodation that will be recognized in all your courses, visit [Accessible Education](#) for more information. Email: aeuw@uwo.ca Phone: 519 661-2147

10 Absence & Academic Consideration

Academic Considerations:

https://registrar.uwo.ca/academics/academic_considerations/index.html

11 Other Information

- Office of the Registrar: <https://registrar.uwo.ca>
- Student Development Services: www.sdc.uwo.ca
- Psychology Undergraduate Program:
<https://www.psychology.uwo.ca/undergraduate/index.html>

Students who are in emotional/mental distress should refer to Health and Wellness@Western <https://www.uwo.ca/health/> for a complete list of options about how to obtain help.

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you.

If you wish to appeal a grade, please read the policy documentation at:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/appealsundergrad.pdf. Please first contact the course instructor. If your issue is not resolved, you may make your appeal in writing to the Undergraduate Chair in Psychology (psyugrd@uwo.ca).

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