



PSYCHOLOGY 2035A (570)
Understanding Yourself and Others
Fall/Winter 2025-2026

Instructor: Prof. Adam Koenig, M.A., RP, CCC, CT
Email: akoenig@uwo.ca

Course Information

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.

Prerequisite(s):

Antirequisite(s): [Psychology 2050](#).

Extra Information: 3 lecture hours.

Course Weight: 0.50

Breadth: Category A

Subject Code: PSYCHOL

Notice: Unless you have either the requisites for this course (fulfilment of pre-requisites, no anti-requisite conflicts), or 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.

King's University College
Western University

PSYCHOLOGY 2035A 570
Understanding Yourself and Others ~ COURSE OUTLINE
Fall 2025

Instructor: Adam Koenig, M.A., R.P., C.C.C., CT
e-mail: akoenig@uwo.ca, office: TBD
Office hours: Online (Zoom)

HOW TO CONTACT ME

Contact me by email akoenig@uwo.ca and please include the **class course number in the subject line**. I will try and return a response within at least 48 business hours Monday – Friday 9am-5pm. Questions related to exams will not be answered 24 hrs before exam day.

OFFICE HOURS

To be determined but virtual or in-person options available. Email akoenig@uwo.ca to determine time and meeting location.

COURSE 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.

Antirequisite: Psychology 2050

Note: Unless you have either the requisite 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.

COURSE LEARNING OUTCOMES

Through readings, lectures, and examinations, students will explore how psychological theories, concepts, and findings can be used to better understand oneself and others. By the end of the course, student will be able to

- Understand the importance of self-awareness development and its benefit in various areas of life
- Identify how psychological research can be used to gain a better understanding of oneself and others
- Recall and recognize how psychological theories and research can be used to help facilitate change in oneself or others

There may be opportunities to present personal experiences and feelings to the class. We must respect each person's contribution and agree to hold each other's contributions **strictly confidential**. This is an academic course and all participants are required to complete the course requirements to a high standard in order to receive credit. One's strong feelings or experiences will not substitute for effort and academic achievement.

MODE OF INSTRUCTION

In-person.

This course begins on Sept 5th 2025 and continues until Dec 5th, 2025, honouring all important dates derived from University approved guidelines and academic policies

<https://www.kings.uwo.ca/current-students/academic-resources/academic-dates-and-events/>

COURSE MATERIALS

Required

Weiten, W., Dunn, D. S., & Hammer, E. Y. (2023). *Psychology applied to modern life (13th ed.)*. Cengage. **Be sure to purchase the 13th edition.** MindTap version **IS NOT REQUIRED.**

E-Textbook (\$77.95+HST) or physical text (\$226.95) available at

<https://www.cengage.ca/c/psychology-applied-to-modern-life-adjustment-in-the-21st-century-13e-weiten-dunn-hammer/9780357798010/>

A copy will be available at library as a course reserve (2 hour loan)

Optional

For an extra \$22, students can purchase the E-Textbook version with MindTap (available for purchase through [this link](#) for \$99.95+HST) which offers students extra study aids such as additional quiz questions, flash cards, videos further expanding on textbook concepts, etc.

<https://video.cengage.com/watch/nD6aY9nmDJT6bcErwKXXC4> It is not required but students who like additional study support or who struggle with multiple choice exams could benefit from purchasing this option. Further information about this will be provided via OWL once courses begin.

METHODS OF EVALUATION

Midterm Exam 1	30%
Midterm Exam 2	35%
Final Exam	35%

Midterm Exams

Two Midterm exams will occur during class time and test student knowledge of textbook, lecture, and video content from the course. Exams will consist of multiple choice and true and false questions.

Midterm Exam 1 The first midterm will occur **Oct 3** and test knowledge of course content from Week 1 to Week 4.

Midterm Exam 2 The second will occur **Oct 31** and test knowledge of course content from Week 6 to Week 8. Academic consideration for this midterm requires submission of formal supporting documentation.

Final Exam (Date: TBD) Final Exam will occur during the final exam period. The final exam will be multiple choice and true and false questions and test student knowledge of textbook, lecture, and video content from Week 11 to Week 13.

All students are expected to engage in a professional and respectful manner which includes all interactions with peers, as well as communication between TAs or your Professor. Failure to do so will result in academic discipline.

- Recording of lectures or tutorials without the explicit consent of the Professor or TA is grounds for academic discipline.
- Course content created by a faculty member is considered the faculty member's intellectual property; it should not be distributed, shared in any public domain, or sold by a student or other third party without prior written consent of the faculty member

DROP DATE

The final date to drop a first-term half course without academic penalty is **Dec 1, 2025**

A student seeking academic considerations for any work worth less than 10% must contact the instructor. *Any absence for legitimate reasons will be dealt with by re-weighting the term work grade accordingly or setting a timeframe to submit work at a later date.* If documentation is required for either medical or non-medical academic accommodation, then such documentation must be submitted by the student directly to the appropriate Faculty Dean's Office or Academic Advising Office and **not to the instructor**. Once the petition and supporting documents have been received and assessed, appropriate academic consideration shall be determined by the Advising Office in consultation with the student's instructor. Whenever possible, students who require academic considerations should provide notification and documentation in advance of due dates, examinations, etc. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. Once the petition and supporting documents have been received and assessed, appropriate academic accommodation shall be determined by the Academic Advising Office in consultation with the student's instructor(s)

Attendance Policy

Any student, who, in the opinion of the instructor, is absent too frequently from class will be reported to the Dean (after due warning has been given).

Debarment of Students from Writing the Final Examination

1. A student may be debarred from writing the final examination for failure to maintain satisfactory academic standing throughout the academic year.
2. Any student who, in the opinion of the instructor, is absent too frequently from class or laboratory periods in any course will be reported to the Dean of the Faculty offering the course (after due warning has been given). On the recommendation of the department concerned, and with the permission of the Dean of the Faculty, the student will be debarred from taking the regular examination (meaning they will be ineligible to write the final exam) Students who miss more than 3 classes will be recommended to be debarred from the final exam.

In addition, we must all contribute to the integrity of our learning environment and therefore it is important to arrive on time. Although it is understandable that during inclement weather, or having to

commute among the various campuses can result in a few minutes delay, it is unacceptable to habitually arrive late for class. There will be a grace period of 15 minutes after which time no students will be permitted in class until the break

Make ups

A make-up exam will be offered to students if a student misses an exam and attains support from the [academic advising office](#) (when required) or uses an academic consideration (when appropriate/permitted)

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

LECTURE SCHEDULE & COURSE READINGS

Week 1: Sept 5 Course Orientation and Adjusting to Modern Life

Reading: Ch 1

Week 2: Sept 12: Theories of Personality

Reading: Ch 2

Week 3: Sept 19: The Self

Readings: Ch 6

Week 4: Sept 26: Stress and Its Effects/Psychological and Physical Health

Readings: Ch 3, Ch 5

Week 5: Oct 3: MIDTERM EXAM #1

On course content from weeks 1-4

Week 6: Oct 10: Coping Process

Reading: Ch 4

Week 7: Oct 17: Gender and Behaviour/ Development and Expression of Sexuality

Readings: Ch 11, Ch 12

Week 8: Oct 24: Friendship and Love/Marriage and Intimate Relationships

Readings: Ch 9, Ch 10

Week 9: Oct 31: MIDTERM EXAM #2

On course content from weeks 6-8

Week 10: Nov 7: READING WEEK

Week 11: Nov 14: Interpersonal Communication/Social Thinking and Social Influence

Readings: Ch 7, Ch 8

Week 12: Nov 21: Psychotherapy/Psychological Disorders

Readings: Ch 15, Ch 14

Week 13: Nov 28: Careers and Work

Reading: Ch 13

Week 14: Dec 5: NO CLASS (SLEEP IN AND THEN STUDY FOR FINAL)

Department of Psychology Policies Related to AI Tools

1. Policy on the Use of Generative AI Tools

The Department of Psychology expects that students will submit work that is truly their own, completed without external assistance (human or artificial).

The use of generative AI tools (such as ChatGPT) is not permitted for any submitted coursework unless express permission has been granted by your instructor.

Students **should not have AI tools write any part of their assignments or papers, either by copying and pasting or by paraphrasing the output.** Unauthorized use of AI constitutes an academic offence and will be subject to academic discipline.

Additional information: Students can use AI tools to clarify questions they have about course content (e.g., you can ask ChatGPT about a course concept to help with your understanding), but students should be aware that the response may be inaccurate or inconsistent with the course content. Asking your instructor is a more effective strategy. Students should note that information provided by AI tools such as ChatGPT can include mistakes, inaccuracies, biases, and outdated information. Whenever these tools are used, students should cross-verify the information provided to them. This means verifying that the sources used by AI exist and have been accurately summarized, consulting multiple original and reputable up-to-date sources to verify information, and being cautious of bias that could be present in the information provided.

2. Policy on Use of Translation Tools*

The Department of Psychology views the unapproved use of translation or language applications as an academic offence.

Any usage of translation applications or language generation by students to complete specific assigned work for this course **must be approved** by the instructor **prior** to submitting the work **and noted by the student in the submitted work** itself.

Writing text and then feeding it into a computer application to improve or translate your own words, changing a few words, and then submitting this text as if it was your own **constitutes plagiarism**. You must compose text, choose words, construct logic flow, structure sentences and paragraphs to organize, synthesize, interpret information with your own mind. When you borrow language or ideas from another person or from a machine this must be acknowledged with quotation marks and/or citations.

Why do we have this policy?

- Translation is intellectual work and produces intellectual property, thus any text which is translated must cite the translator.
- Psychology endeavors to advance students' linguistic, analytic, and reasoning competencies – this can not happen outside of specific language competencies.
- Earning a university degree signals that an individual has advanced literacy and communicative skill in the language of instruction at the university; this is English at King's University College at Western University. If translation machines are used by students without regulation, we will have no way of certifying whether these competencies exist and fewer mechanism for encouraging students to do the hard work to develop them.

** Based on the policy developed by the Department of Child and Youth Studies*

KING'S UNIVERSITY COLLEGE
GENERAL COURSE POLICIES
2025-2026

1. Academic Accommodations, Consideration for Absences

Academic Accommodation (Accessibility)

Accessibility Services works to ensure that academic programs are accessible to all students, and supports students who may have a condition related to, but not limited to, vision, hearing, mobility, different ways of learning, mental health, chronic illnesses, chronic pain, autism spectrum disorder, ADD/ADHD, and temporary conditions (beyond short-term academic consideration). Accessibility Services provides recommendations for accommodation based on medical documentation or psychological and cognitive assessment. The accommodation policy can be found here [Academic Accommodation for Students with Disabilities](#). Information on Accessibility Services at King's can be found [here](#).

Academic Consideration for Student Absence

If a student is unable to meet a course requirement due to substantial but temporary extenuating circumstances (medical or compassionate), they should follow the procedures below.

In some cases, where instructors have built flexibility into their assessments, this flexibility will already address consideration needs.

Requests for academic consideration should be directed to the Academic Advising Office of your faculty/college of registration. Requests must be made as soon as possible and no later than 48 hours after the missed assessment.

As a rule, documentation is required for academic consideration. For academic consideration requests on medical grounds, the Student Medical Certificate is available at https://www.kings.uwo.ca/kings/assets/File/currentStudents/courses_enrollment/exams_and_tests/S_MC-Feb-2025.pdf.

Students are permitted one academic consideration request without supporting documentation per term per course.

Instructors may designate one assessment per half-course weight as requiring formal supporting documentation. Please refer to the course outline for each course.

For further information, please see:

https://uwo.ca/univsec/pdf/academic_policies/appeals/academic_consideration_Sep24.pdf

Absences from Final Examinations

If you miss the Final Exam, contact the Academic Advising Office of your faculty/college of registration as soon as you are able to do so. They will assess your eligibility to write the Special Examination (the name given by the University to a makeup Final Exam).

You may also be eligible to write the Special Exam if you are in a "Multiple Exam Situation" (e.g., more than 2 exams in 23-hour period, or more than 3 exams in a 47-hour period).

If a student fails to write a scheduled Special Examination, the date of the next Special Examination (if granted) normally will be the scheduled date for the final exam the next time this course is offered. The maximum course load for that term will be reduced by the credit of the course(s) for which the final examination has been deferred. See the Academic Calendar for details (under [Special Examinations](#)).

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give notice in writing to the instructor and Academic Advising Office if a course requirement will be affected by a religious holiday/observance. Notice must be given as early as possible, and no later than two weeks prior to an examination, and one week prior to a midterm test date. It is the responsibility of such students to inform themselves concerning the work done in classes from which they are absent and to take appropriate action.

2. Support Services

Accessibility, Counselling and Student Development at King's University College:

<https://www.kings.uwo.ca/current-students/student-services/>

Students experiencing emotional or mental health distress can access services at King's University College:

<http://www.kings.uwo.ca/current-students/campus-services/student-support-services/personal-counselling/>

Good2talk is a good online and phone 24/7 resource for students and is available in English, Mandarin, and French: <https://good2talk.ca>, 1-866-925-5454

MentalHealth@Western provides a complete list of options about how to obtain help:

https://www.uwo.ca/health/mental_wellbeing/

Academic Support Services at King's University College:

<https://www.kings.uwo.ca/current-students/academic-resources/>

GBSV Support:

King's is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at: <https://www.kings.uwo.ca/about-kings/safe-campus/gender-and-sexual-violence/>

You can reach someone supports at Kings by emailing Care@kings.uwo.ca or calling 519-930-4640 to reach a social worker who can offer help.

You can also reach Western's Gender-Based Violence & Survivor Support Case Manager by [email](#) or by calling 519-661-3568.

Further supports can be found on this website: <https://www.kings.uwo.ca/about-kings/safe-campus/gender-and-sexual-violence/>

See also https://www.uwo.ca/health/student_support/survivor_support/get-help.html

University Students' Council offers many valuable support services for students, including the health insurance plan: <http://westernusc.ca/services/>

3. Statement on Use of Electronic Devices

Use of Electronic Devices: Unless explicitly stated otherwise, you are not allowed to have a cell phone, or any other electronic device, with you during tests or examinations. Unauthorized possession of such a device during a test or examination constitutes an academic offence.

Use of Laptops, Tablets, and Smartphones in the Classroom: King's University College at Western University acknowledges the integration of new technologies and learning methods into the curriculum. The use of electronic devices such as laptop computers, tablets, or smartphones can contribute to student engagement and effective learning. At the same time, King's recognizes that instructors and students share jointly the responsibility to establish and maintain a respectful classroom environment conducive to learning.

The use of electronic devices by students during lectures, seminars, labs, etc., shall be for matters related to the course at hand only. Students found to be using electronic devices for purposes not directly related to the class may be subject to sanctions under the Student Code of Conduct; see <https://www.kings.uwo.ca/current-students/student-affairs/code-of-student-conduct1/>

Inappropriate use of electronics (e.g., laptops, tablets, smartphones) during lectures, seminars, labs, etc., creates a significant disruption. As a consequence, instructors may choose to limit the use of electronic devices in these settings. In addition, in order to provide a safe classroom environment, students attending in-person class sessions are strongly advised to operate laptops with batteries rather than power cords.

4. Statement on Academic Offences

King's is committed to 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, is posted at http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

It is expected that students will submit work that is truly their own, completed without external assistance (human or artificial) except as explicitly permitted by the course instructor. Check with your instructor on what tools, including generative AI (ChatGPT, translation tools, grammar-checking tools) are permitted in the course. Because a tool is permitted in one course, that does not mean it is permitted in other courses.

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; see [https://elearningtoolkit.uwo.ca/tools/Originality Reports - TurnItIn.html](https://elearningtoolkit.uwo.ca/tools/Originality_Reports - TurnItIn.html).

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

5. Copyright of Course Material

Lectures and course materials, including PowerPoint presentations, tests, outlines, and similar materials are protected by copyright. Faculty members are the exclusive owner of copyright in those materials they create. Students may take notes and make copies for their own use. Students may not allow others to reproduce or distribute lecture notes and course materials publicly (whether or not a fee is charged) without the express written consent of a faculty member. Unauthorized sharing of class content is subject to academic discipline.

Similarly, students own copyright in their own original papers and exam essays. If a faculty member wishes to post a student's answers or papers on the course website, they should ask for the student's written permission.

6. Use of Recordings

Participants in this course are not permitted to record the sessions, except where recording is an approved accommodation and/or the participant has the prior written permission of the instructor. Unauthorized recording and/or sharing of class content is subject to academic discipline.

7. Policy on Attendance

Any student who, in the opinion of the instructor, is absent too frequently from class or laboratory periods in any course, will be reported to the Dean of the Faculty offering the course, after due warning has been given. On the recommendation of the department concerned, and with the permission of the Dean of that Faculty, the student will be debarred from taking the regular examination in the course.