



PSYC11011 *Psychology for Everyday Life*

Term 2 - 2021

Profile information current as at 14/12/2025 12:27 pm

All details in this unit profile for PSYC11011 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

This unit will introduce you to the various ways in which psychological theory, practice, and research can be applied to work, life, and study. It aims to help you build a set of evidence-based strategies to assist with your personal and professional development. You will hear from guest speakers who have expertise in specific areas of the psychology discipline such as health psychology, positive psychology, coaching, counselling, and social innovation. You will receive practical instruction on how to effectively study at university, how to develop your written communication skills (including essay writing), and how to use APA referencing style. You will be introduced to psychology-related professional practice requirements at CQUniversity, as well as the various career pathways related to the discipline of psychology.

Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 2 - 2021

- Adelaide
- Bundaberg
- Cairns
- Online
- Rockhampton
- Townsville

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Online Quiz(zes)**

Weighting: 30%

2. **Annotated bibliography**

Weighting: 20%

3. **Written Assessment**

Weighting: 50%

4. **Portfolio**

Weighting: Pass/Fail

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Have your say student feedback

Feedback

The textbook was not well utilised in the unit.

Recommendation

A textbook will no longer be required for this unit. All resources and required readings will be provided within Moodle.

Feedback from Have your say student feedback

Feedback

Students indicated that they wanted more focus during the lectures about the specific essay topics.

Recommendation

In addition to being covered in the lecture, a short video will be created for each essay topic that will provide specific detail and advice in relation to the theory or approach.

Feedback from Have your say student feedback

Feedback

More clarity needed around the requirements for the annotated bibliography

Recommendation

A marking rubric for the annotated bibliography will be created and given to students, as will resources developed to provide further instruction and advice for completing the assessment (such as exemplars and frequently asked questions).

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. Apply psychological theory and research to a range of research and/or everyday problems
2. Communicate ideas effectively in writing and in adherence with APA style
3. Create a professional ePortfolio that synthesises knowledge of self, careers and psychology disciplines to map academic, career and learning paths.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online Quiz(zes) - 30%	•		
2 - Annotated bibliography - 20%		•	
3 - Written Assessment - 50%	•	•	

Assessment Tasks	Learning Outcomes		
	1	2	3
4 - Portfolio - 0%			•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Communication		•	•
2 - Problem Solving			
3 - Critical Thinking		•	
4 - Information Literacy	•	•	•
5 - Team Work			
6 - Information Technology Competence		•	•
7 - Cross Cultural Competence			
8 - Ethical practice	•		
9 - Social Innovation	•		
10 - Aboriginal and Torres Strait Islander Cultures			

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Quiz(zes) - 30%				•				•	•	
2 - Annotated bibliography - 20%	•		•	•						
3 - Written Assessment - 50%	•		•	•		•		•		
4 - Portfolio - 0%	•			•		•				

Textbooks and Resources

Textbooks

PSYC11011

Supplementary

The publication manual of the American Psychological Association

Edition: 7th (2019)

Authors: American Psychological Association

American Psychological Association

Washington , USA

ISBN: 978-1-4338-3217-8

Binding: Paperback

Additional Textbook Information

There is no prescribed textbook for this unit.

Resources relating to APA formatting will be provided on the unit's Moodle site. However, we strongly encourage you to obtain a copy of the APA publication manual at some point during your first year as it will be a valuable aid for the study of all undergraduate psychology units (including this one). In addition to being a comprehensive and definitive guide to referencing and formatting in APA, the book covers scholarly writing, grammar, and writing style.

Both paper and eBook versions can be purchased at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code).

[View textbooks at the CQUniversity Bookshop](#)

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Bradley Smith Unit Coordinator

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Schedule

Week 1 - 12 Jul 2021

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to university The psychology of effective studying	Refer to Moodle website for required reading material and activities.	

Week 2 - 19 Jul 2021

Module/Topic	Chapter	Events and Submissions/Topic
Navigating the scientific literature: How to find and read journal articles	Refer to Moodle website for required reading material and activities.	

Week 3 - 26 Jul 2021

Module/Topic	Chapter	Events and Submissions/Topic
Mechanisms of mindfulness	Refer to Moodle website for required reading material and activities.	

Week 4 - 02 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Mindfulness based therapies	Refer to Moodle website for required reading material and activities.	

Week 5 - 09 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Health psychology	Refer to Moodle website for required reading material and activities.	Annotated Bibliography Due: Week 5 Friday (13 Aug 2021) 11:59 pm AEST

Vacation Week - 16 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 23 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Positive psychology	Refer to Moodle website for required reading material and activities.	

Week 7 - 30 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Effective writing skills for psychology	Refer to Moodle website for required reading material and activities.	

Week 8 - 06 Sep 2021

Module/Topic	Chapter	Events and Submissions/Topic
Coaching skills	Refer to Moodle website for required reading material and activities.	

Week 9 - 13 Sep 2021

Module/Topic	Chapter	Events and Submissions/Topic
Ethics for everyday life	Refer to Moodle website for required reading material and activities.	

Week 10 - 20 Sep 2021

Module/Topic	Chapter	Events and Submissions/Topic
Professional practice: Applying your psychological skills and developing an ePortfolio Pathways in psychology	Refer to Moodle website for required reading material and activities.	

Week 11 - 27 Sep 2021

Module/Topic	Chapter	Events and Submissions/Topic
Social innovation	Refer to Moodle website for required reading material and activities.	

Week 12 - 04 Oct 2021

Module/Topic	Chapter	Events and Submissions/Topic
Communication skills: Presentations and working in groups	Refer to Moodle website for required reading material and activities.	Essay Due: Week 12 Monday (4 Oct 2021) 11:59 pm AEST

Review/Exam Week - 11 Oct 2021

Module/Topic	Chapter	Events and Submissions/Topic
		ePortfolio Due: Review/Exam Week Friday (15 Oct 2021) 11:59 pm AEST

Assessment Tasks

1 Online Quizzes

Assessment Type

Online Quiz(zes)

Task Description

You will complete ten (10) online quizzes assessing the content covered throughout the unit. The online quizzes will be completed via the Moodle website. Each quiz will consist of six (6) multiple-choice questions. Each question is worth 0.5 marks.

Each quiz is worth 3 marks. The total of all quizzes is 30 marks (which represents 30% of your overall unit grade). You must obtain at least 15/30 for this assessment to pass the unit.

The ten (10) quizzes will be available from Week 1 until 11:59pm Monday, Week 14 (exam week). You may complete these quizzes at any time within this period. You will only be given one opportunity to complete each quiz. The quizzes will not be timed.

The weekly topics that will be assessed through an online quiz are:

1. The psychology of effective studying
2. Mindfulness
3. Health psychology
4. Positive psychology
5. Effective writing skills for psychology
6. Coaching skills
7. Ethics for everyday life
8. Professional practice
9. Social innovation
10. Communication skills

Number of Quizzes

10

Frequency of Quizzes

Other

Assessment Due Date

Exam Week Monday (18 Oct 2021) 11:59 pm AEST

All quizzes to be completed via Moodle by the end date.

Return Date to Students

Exam Week Monday (18 Oct 2021)

Results will be available immediately after the completion of each quiz. The answers to the items will not be released.

Weighting

30%

Minimum mark or grade

50%

Assessment Criteria

Half a mark (0.5) will be given for each correct response. Across the 10 quizzes, there are a total of 60 questions, with a maximum score for this assessment task of 30. Each quiz is not timed, but you will only be given one opportunity to complete each quiz.

There is a minimum mark of 50% for this assessment task. That is, to successfully pass this unit you must obtain at least 15/30 for this assessment.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Learning Outcomes Assessed

- Apply psychological theory and research to a range of research and/or everyday problems

Graduate Attributes

- Information Literacy
- Ethical practice
- Social Innovation

2 Annotated Bibliography

Assessment Type

Annotated bibliography

Task Description

A list of applied psychological theories/skills/approaches/interventions discussed during lectures in this unit will be provided to you on Moodle. You will select one (1) of these approaches and apply it to a context in everyday life. That is, apply the theory/approach to a real-world problem or issue (e.g. How might approach x be used in the treatment of problem y). The focus (title) of your topic for the annotated bibliography and essay will reflect the nature of these two aspects (the theory/approach and how it relates to an applied issue/problem).

You must use the topic chosen for both Assessment 2 - Annotated Bibliography, and Assessment 3 - Essay.

For this assessment, you will be required to complete an annotated bibliography. An annotated bibliography presents an overview of research papers that are relevant to your topic and will be helpful for preparing Assessment 3 - Essay. This task provides you with an opportunity to demonstrate your research skills in locating current and relevant peer-reviewed journal articles to the chosen topic, as well as your APA referencing skills.

You will need to identify five (5) relevant journal articles to your chosen topic, provide a full correct reference (in APA 7th style) for each journal article, and then write a brief summary, in your own words, outlining the key points from the article, and the relevance of each journal article to your essay.

Each summary should be between 100-200 words (total word count of 1000 words for the whole assessment). The annotated bibliography will be submitted through the Moodle website.

Assessment Due Date

Week 5 Friday (13 Aug 2021) 11:59 pm AEST

To be submitted as a Word document through the Moodle website

Return Date to Students

Week 7 Friday (3 Sept 2021)

Assessments will be returned as soon as possible after submission (but no later than two weeks)

Weighting

20%

Assessment Criteria

This assessment will be graded out of 20 marks. Marks will be allocated according to each of the following criteria:

- Topic selection and proposed title (1 mark)
- Selection of 5 relevant peer-reviewed journal articles (5 marks)
- Summary of each journal article (6 marks)
- Quality of written communication (3 marks)
- APA formatting (3 marks)
- Within word limit (2 marks)

A detailed marking rubric will be provided on Moodle.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Learning Outcomes Assessed

- Communicate ideas effectively in writing and in adherence with APA style

Graduate Attributes

- Communication
- Critical Thinking
- Information Literacy

3 Essay

Assessment Type

Written Assessment

Task Description

For this assessment, you will be required to write an essay on the topic you selected for Assessment 1- the Annotated Bibliography. The essay provides you with an opportunity to demonstrate your critical reading and thinking skills, and your ability to formulate a clear written assessment.

With your selected psychological theory or approach, write up a critical summary of how it is applied in everyday life. You must not simply discuss the theory or approach, but put it in some form of context. The focus of your essay will reflect the nature of these two aspects (the theory/approach and how it relates to an applied issue/problem).

Your essay does not require subheadings, but should be structured according to the following:

- What is it? (e.g., describe what it [theory or approach] is, and how it works)
- Context/scope (e.g., what population/people is it used with, and in what setting is it used)
- Evaluation (e.g., what are the pros/cons of the intervention or approach, is it effective, and in what contexts is it effective. Be critical of the literature)
- Conclusion

The essay should be between 1000-1500 words and include a minimum of ten (10) peer-reviewed journal articles (5 that were covered in your annotated bibliography, and at least 5 additional journal articles).

Assessment Due Date

Week 12 Monday (4 Oct 2021) 11:59 pm AEST

To be submitted as a Word document through the Moodle website.

Return Date to Students

Exam Week Friday (22 Oct 2021)

Weighting

50%

Assessment Criteria

This assessment will be graded out of 50 marks. Marks will be allocated according to each of the following criteria:

- Selection, title and introduction of the theory or approach (6 marks)
- Discussion of the context and scope in which the theory or approach is applied (10 marks)
- Evaluation of the theory or approach (14 marks)
- Conclusion (5 marks)
- Quality of written communication (6 marks)
- APA formatting (5 marks)
- Inclusion of a minimum of 10 peer-reviewed journal articles (2 marks)
- Within word limit (2 marks)

A detailed marking rubric will be provided to you via Moodle.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Learning Outcomes Assessed

- Apply psychological theory and research to a range of research and/or everyday problems
- Communicate ideas effectively in writing and in adherence with APA style

Graduate Attributes

- Communication
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Ethical practice

4 ePortfolio

Assessment Type

Portfolio

Task Description

For this assessment task, you will be required to set up and begin compiling an ePortfolio via the Portfolium website. Portfolium is an academic portfolio network allowing you to showcase your education and work accomplishments and connect with other professionals. Your Portfolium profile allows you to organize and display previous educational and professional content through a variety of media (videos, documents, images). Portfolium allows you to connect with people and companies you already know, as well as follow companies you are interested in. You can discover and apply for jobs and add specific pieces of content to showcase your qualifications. You can also view content posted by other users to discover how they accomplished their work, you can like their content, and comment or message them for advice.

You will need to set up and continually update your portfolio throughout your undergraduate degree. Your final portfolio will be assessed in a third-year unit before graduation.

Assessment Due Date

Review/Exam Week Friday (15 Oct 2021) 11:59 pm AEST

You are to provide a link to your portfolio via Moodle by the deadline

Return Date to Students

Exam Week Friday (22 Oct 2021)

Weighting

Pass/Fail

Assessment Criteria

This assessment is a non-graded pass. To achieve a pass, you are required to do the following:

- Set up an account
- Set up your profile (name, contact details, qualifications)
- Upload your resume
- Showcase one piece of academic work or personal project
- Highlight at least one achievement, award or experience
- Connect to at least one other user or group
- Link your ePortfolio to at least one social media platform (e.g. LinkedIn and Facebook)
- Provide the unit coordinator with the public link to your portfolio.

It is important that you set up your portfolio now as it will be formally assessed in a unit in a third year.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

Provide the unit coordinator with the public link to your portfolio via Moodle.

Learning Outcomes Assessed

- Create a professional ePortfolio that synthesises knowledge of self, careers and psychology disciplines to map

academic, career and learning paths.

Graduate Attributes

- Communication
- Information Literacy
- Information Technology Competence

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?

**Be Honest**

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own

**Seek Help**

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)

**Produce Original Work**

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem