

THE SOCIAL SELF

**Grado en Comportamiento y Ciencias Sociales BBSS SEP-
2023 TSS-BS.1C.4.M.A**

Area Human Resources and Organisational Behaviour

Number of sessions: 15

Academic year: 23-24

Degree course: FOURTH

Number of credits: 3.0

Semester: 2º

Category: COMPULSORY

Language: English

Professor: **ANA ALTEA DE EUSEBIO CASTILLO**

E-mail: adeeusebio@faculty.ie.edu

Clinical Psychologist

Professional background

Altea de Eusebio holds a degree in Psychology from Universidad CEU San Pablo (Spain) and a Masters in Systemic Therapy for Families and Couples from Universidad de Comillas (Spain). She is also specialised in Psychodrama, a therapeutic technique which she finds very helpful while working with emotional issues.

Currently in private practice for clinical psychology, she sees children, adults and couples in psychotherapy in Madrid; she has experience in leading group therapies, among children with specific disorders and adults who are looking for a psychotherapy process to look at their inner selves.

She has a special interest in the bonds and relations between an individual and their support system and how these are developed, which is why she continued her studies in the field of Systemic Therapy. She is also amazed by the development of personality and psychological features, connecting these to the family and social environment.

She has been teaching at universities for over 6 years, paying special attention to the personal experience of learning about oneself and others; learning through connecting with our emotions and those of others.

Communication

There are several means of communication at your disposal:

* *Office Hours*

* *IE email* (adeeusebio@faculty.ie.edu): If you have a question or simple doubt and need to resolve it quickly and not necessarily in person, you are welcome to write an email with your doubts and clear questions. The professor will try to respond to you within 48 hours. Realise it is not likely that the professor will be online when you send your email and some time will be needed to access and thoughtfully respond to your questions.

The professor is available to meet with you by appointment, generally before or after class. Please write an email where you should outline the objectives of the meeting, and the points/questions/doubts, which you would like to discuss during the meeting. It is very important to write the email with all your doubts in order to have a more effective and efficient meeting.

PREREQUISITES

There are no recommended prerequisites.

SUBJECT DESCRIPTION

Humans are social creatures. We are the mammals who need others the longest to provide care and fulfil the basic needs in order to survive. And this is an undeniable fact.

But, why when we get to choose our group of friends, do we look for different personalities? Why does someone need to be deeply affiliated to a sports team while others do not? What does the group I am involved with say about me? Does being a millennial really mean having actual commonalities with the group?

Our family, our culture, our roots. They are all the context and containers of the self.

In this course students will sign up for an adventure of theory and self-knowledge about group theory and social psychology, where they will be expected to explore their own need of belonging as well as others'. With the idea that getting to the deep core of our self, we will follow a journey of remembering our past, getting in contact with our present and defining our future.

LEARNING OBJECTIVES

By the end of this course, the student will have a good knowledge of the concept of self and Social Psychology.

Specifically, the student will:

- Know different social psychology theories and bonding theories that aim to explain why we need others.
- Know the basic concepts of systemic theory and attachment theory.
- Develop an understanding and open mind towards others' needs.
- Have developed some practical skills to understand social processes.
- Be able to critically evaluate texts and papers, as well as approaches and new trends in the field of social psychology.
- Get in contact with their own feelings and emotions.

TEACHING METHODOLOGY

All units will have two parts: one theoretical part where the professor will explain the different concepts and one practical part (group activities, discussion of papers and audiovisual material and workshops) where the students have to apply the knowledge to the technique explained. It is essential to be able to apply the theories in order to pass the subject.

There will be a number of synchronous sessions where learning will happen live, in real-time. There will also be asynchronous interaction, with learning experiences that happen interactively and asynchronously using collaboration tools and digital platforms.

The course is divided in three modules, which are as follows:

- 1. Development of the self (Me)**
- 2. Social Psychology (Ourselves)**
- 3. Living a social life (Us)**

Each module will be followed by a topic related workshop, in which we will engage in intensive discussion, debate and practical activities on the subject. Some of the workshops that will be held are: the genogram, the altruistic person in me, my perspective of myself.

IE University teaching method is defined by its collaborative, active, and applied nature. Students actively participate in the whole process to build their knowledge and sharpen their skills. Professor's main role is to lead and guide students to achieve the learning objectives of the course. This is done by engaging in a diverse range of teaching techniques and different types of learning activities such as the following:

Learning Activity	Weighting	Estimated time a student should dedicate to prepare for and participate in
Lectures	20.0 %	15.0 hours
Discussions	20.0 %	15.0 hours
Exercises in class, Asynchronous sessions, Field Work	20.0 %	15.0 hours
Group work	20.0 %	15.0 hours
Individual studying	20.0 %	15.0 hours
TOTAL	100.0 %	75.0 hours

PROGRAM

SESSION 1 (LIVE IN-PERSON)

Introduction to subject – review syllabus and class norms

MODULE I: Development of the self

- Introduction to subject
- Lecture: What is the self? What is the group?
- Lecture: The sense of belonging and the need for positive regard

Activity: Group dynamic: who am I drawn to?

Book Chapters: The Origins of Self: An Anthropological Perspective. Chapter Title: What Is a Self?

SESSION 2 (LIVE IN-PERSON)

MODULE I: Development of the self

- Discussion from previous class' material What is a self?
- Lecture: Systemic theory: basic notions and history of the family approach
- Material: Therapeutic tools and dynamics for families.

Activity: dramatization and role-playing of those dynamics

SESSION 3 (LIVE IN-PERSON)

MODULE I: Development of the self

- Lecture: Attachment theory (Bowlby and following theorists)
- Circle of Security

SESSION 4 (ASYNCHRONOUS)

MODULE I: Development of the self

- Lecture: Personality theories: how and why are we like we are?
- Activities: discussion on campus' forum and reflective paper.

SESSION 5 (LIVE IN-PERSON)

Quiz: development of the self (Module I)

Workshop: Create my genogram and share experiences. The Family project.

SESSION 6 (LIVE IN-PERSON)

MODULE II: **Social Psychology**

- Lecture: Attribution theory. What do we do to try and understand the world around us?
- Activity:** live fill in the blanks. Given different texts and situations, what do we think is happening?

SESSION 7 (ASYNCHRONOUS)

MODULE II: Social Psychology

- Interactive lecture: Schemes and biases.
- Interactive lecture: Social and personality development throughout our lifespan

SESSION 8 (LIVE IN-PERSON)

MODULE II: Social Psychology

- Lecture: Social phenomena and constructs
- Debate: Mental health stigma (after watching documentary in class)

Activity: Write a critical comment about Mental health stigma: the role of dualism, uncertainty, causation and treatability (open access paper)

Article: Mental health stigma: the role of dualism, uncertainty, causation and treatability (General Psychiatry 2021 (CED))

Multimedia Material: Multiple Personality Disorder - Documentary (YouTube) (Youtube)

SESSION 9 (LIVE IN-PERSON)

Quiz: Social Psychology (Module II)

Workshop: Me in a group. What does the group need from me? What do I have to give? Understanding the possible effects of the group on my behaviour.

SESSION 10 (LIVE IN-PERSON)

MODULE III: Living a social life

- Lecture: The social identity: age, social class, gender...

- Activity: Being a millennial/babyboomer/GenZ/etc...: Do I consider myself influenced by it?

Book Chapters: The qualified self : social media and the accounting of everyday life. Chapter: Performing Identity work

SESSION 11 (LIVE IN-PERSON)

MODULE III: Living a social life

- Lecture: Violence, prejudice, sexism and racism: why is it so hard to eliminate?

Activity: Change starts within oneself: am I the change I want to see in the world?

SESSION 12 (ASYNCHRONOUS)

MODULE III: Living a social life

- Lecture: Prosocial behaviour: empathy and altruism or why do we help others?

Activity: The altruistic person in me: what drives me to be involved in something bigger than myself?

SESSION 13 (LIVE IN-PERSON)

MODULE III: Living a social life

- Lecture: Interpersonal attraction. Friendships and love relationships.

- Activity: The perfect companion.

- Debate: What is love? Is there such thing as soulmates and perfect other half?

SESSION 14 (LIVE IN-PERSON)

Quiz: Living a social life

Workshop: Me in the group: how can I change to be a version of myself that I want? (Sculptures)

SESSION 15 (LIVE IN-PERSON)

Final presentations: *The story of our lives.* What group is impacting us?

EVALUATION CRITERIA

Class participation (10%): Discussions and debates will count towards this grade. Participation will be evaluated according to attention paid, participation in discussions and debates and general involvement within the course.

Since this is a very practical course, disruptive behaviours in the classroom, as well as lack of participation will have an impact on this part of the evaluation.

Individual work (25%): Written assignments and essays, videos and forum discussions. There will be a practical part with activities and workshops that will in some cases include a written assignment/presentation/video which will have to be handed in or sent via e-mail to the professor at the end of the class or by the following week. The professor will notify students as this depends on the class and the content of the assignment.

Assignment deadlines must be respected. In cases of emergency or illness can alternate arrangements be made for altering dates of exams and assignments. Such arrangements are the full responsibility of the student and must be made PRIOR to the due date.

Late assignments will be penalised 5% off per day beginning with the day they are due (immediately after class time).

Individual Quizzes after each Module (30%): Students will have an opportunity to prove their learnt knowledge after every module.

Individual Course logbook diary (15%): Students will have to complete daily a "diary" of conclusions about each class (i.e. Are social concepts available in day to day life? Have I ever been taught to bond with others? Do I feel like racism can have an ending?). Some questions will be asked during the sessions that will serve as possible inspiration for this logbook diary.

This will be sent at the end of the semester.

Group presentation (20%): Each student will be part of a group project that will have to be presented on the day of session 15. This project consists of making a presentation for the importance of a given group. All details will be explained in the first session (synchronous) and all throughout the course office hours and online help will be provided for this project.

criteria	percentage	Learning Objectives	Comments
Intermediate tests	30 %		Individual quizzes after each module
Essays, and written assignments	25 %		Written assignments, essays, forums, individual research...
Course logbook	15 %		Diary of everything learnt in class
Group Presentation	20 %		Group presentation about the impact of a certain group in common
Class participation	10 %		Participation and engaging

RE-SIT / RE-TAKE POLICY

Each student has four (4) chances to pass any given course distributed over two (2) consecutive academic years. Each academic year consists of two calls: one (1) ordinary call (during the semester when the course is taking place); and one (1) extraordinary call (or "re-sit") in June/July.

Students who do not comply with the 70% attendance requirement in each subject during the semester will automatically fail both calls (ordinary and extraordinary) for that Academic Year and have to re-take the course (i.e., re-enroll) during the next Academic Year.

The **Extraordinary Call Evaluation** criteria will be subject to the following rules:

Students failing the course in the ordinary call (during the semester) will have to re-sit evaluation for the course in June / July (except those students who do not comply with the attendance rule, and therefore will not have that opportunity, since they will fail both calls and must directly re-enroll in the course during the next Academic Year).

It is not permitted to change the format nor the date of the extraordinary call exams or deadlines under any circumstance. All extraordinary call evaluation dates will be announced in advance and must be taken into consideration before planning the summer (e.g. internships, trips, holidays, etc.) The June/July re-sit will consist of a comprehensive evaluation of the course. Your final grade for the course will depend on the performance in this exam or evaluation only. I.e., continuous evaluation over the semester (e.g. participation, quizzes, projects and/or other grade components over the semester) will not be taken into consideration on the extraordinary call. Students will have to achieve the minimum passing grade of 5 and the maximum grade will be capped at 8.0 (out of 10.0) – i.e., “notable” in the extraordinary call.

Re-takers: Students who failed the subject on a previous Academic Year and are now re-enrolled as re-takers in a course will need to check the syllabus of the assigned professor, as well as contact the professor individually, regarding the specific evaluation criteria for them as re-takers in the course during that semester (ordinary call of that Academic Year). The maximum grade that may be obtained as a retaker during the ordinary call (i.e., the 3rd call) is 10.0 (out of 10.0).

After exams and other assessments are graded by the professor (on either the ordinary or extraordinary call), students will have a possibility to attend a review session (whether it be a final exam, a final project, or the final overall grade in a given course). Please be available to attend the session in order to clarify any concerns you might have regarding your grade. Your professor will inform you about the time and place of the review session.

Students failing more than 18 ECTS credits after the June/July re-sits will be asked to leave the Program. Please, make sure to prepare yourself well for the exams in order to pass your failed subjects.

In case you decide to skip the opportunity to re-sit for an exam or evaluation during the June/July extraordinary call, you will need to enroll in that course again for the next Academic Year as a re-taker, and pay the corresponding tuition fees. As you know, students have a total of four (4) allowed calls to pass a given subject or course, in order to remain in the program.

Each student has 4 chances to pass any given course distributed in two consecutive academic years (regular period and July period). It is mandatory to attend 100% of the classes. Students who do not comply at least with 70% attendance will lose their 1st and 2nd chance, and go directly to the 3rd one (they will need to enroll again in this course next academic year).

Grading for retakes will be subject to the following rules:

- Students failing the course in the first regular period will have to do a retake in July (except those not complying with the attendance rules, which are banned from this possibility).
- The maximum grade that a student may obtain in the retake will be 8 out of 10.
- Dates and location of the July retakes will be posted in advance and will not be changed. Please take this into consideration when planning your summer.

Those students in the 3rd call will be required to attend 50% of the classes. If due to schedule overlap, a different option will be discussed with the professor in order to pass the subject.

BIBLIOGRAPHY

Recommended

- J. Cameron. *The Artist's way: a spiritual path to higher creativity*. Souvenir press. ISBN 1788164296 (Digital)

BEHAVIOR RULES

Please, check the University's Code of Conduct [here](#). The Program Director may provide further indications.

- 1. Be on time:** Students arriving more than 5 minutes late will be marked as “Absent”. Only students that notify in advance in writing that they will be late for a specific session may be granted an exception (at the discretion of the professor).
- 2. If applicable, bring your name card and strictly follow the seating chart.** It helps faculty members and fellow students learn your names.
- 3. Do not leave the room during the lecture:** Students are not allowed to leave the room during lectures. If a student leaves the room during lectures, he/she will not be allowed to re-enter and, therefore, will be marked as “Absent”. Only students that notify that they have a special reason to leave the session early will be granted an exception (at the discretion of the professor).
- 4. Do not engage in side conversation.** As a sign of respect toward the person presenting the lecture (the teacher as well as fellow students), side conversations are not allowed. If you have a question, raise your hand and ask it. If you do not want to ask it during the lecture, feel free to approach your teacher after class. If a student is disrupting the flow of the lecture, he/she will be asked to leave the classroom and, consequently, will be marked as “Absent”.
- 5. Use your laptop for course-related purposes only.** The use of laptops during lectures must be authorized by the professor. The use of Social Media or accessing any type of content not related to the lecture is penalized. The student will be asked to leave the room and, consequently, will be marked as “Absent”.
- 6. No cellular phones:** IE University implements a “Phone-free Classroom” policy and, therefore, the use of phones, tablets, etc. is forbidden inside the classroom. Failing to abide by this rule entails expulsion from the room and will be counted as one absence.
- 7. Escalation policy:** Items 4, 5, and 6 above entail expulsion from the classroom and the consequent marking of the student as “Absent.” IE University implements an “escalation policy 1/3/5”: The first time a student is asked to leave the room for disciplinary reasons (as per items 4, 5, and 6 above), the student will incur one absence, the second time it will count as three absences, and from the third time onward, any expulsion from the classroom due to disciplinary issues will entail 5 absences.

ATTENDANCE POLICY

Please, check the University's Attendance Policy [here](#). The Program Director may provide further indications.

For In-Person programs, students should attend their live in-person sessions on campus.

As per the IE University policy, bachelor and master degree students must attend at least 70% of sessions. This policy applies to any type of session: live in-person sessions on campus, asynchronous sessions, or remotely online as planned in the syllabus. Students attending less than 70% of sessions will be graded with a FAIL for the course. For Bachelor-degree programs, this fail will apply to the ordinary and extraordinary calls of the current academic year. For Master-degree programs, students must obtain a Low Pass in the subject’s retake or otherwise they will face program expulsion.

Attendance to asynchronous sessions will be monitored by the professor and will count in the same way as synchronous sessions. As asynchronous sessions involve students’ activities, the professor will monitor these activities to record their attendance.

Under exceptional circumstances (such as serious health problems, visa delays, and travel restrictions), a student could ask for a temporary attendance waiver. A written and documented request must be made in advance to the Program Management Team. Last minute changes in attendance or verbal requests will not be considered. If the request is approved, an attendance waiver will be granted over one or more sessions and the allowed 30% will be applied to the remaining sessions.

Personal trips, appointments, minor illnesses, family celebrations, or other personal matters will not be treated as an exceptional case and should be considered part of the 30% of allowed absences.

Professors will be informed by Program Management of all exceptional cases. Under no circumstances will faculty members have the responsibility/power to justify a student's absence. As a general rule, Professors and Program Management shouldn't contemplate the design of make-up activities for any type of absence.

Although students without attendance waiver can attend the session remotely online, they will be considered as absent. This absence will negatively affect their attendance % as well as their participation grade.

Some Programs might decide to allow online access only to the students that have been granted an attendance waiver. Programs may also detail the specific conditions that will regulate the attendance waivers.

INSTRUCTIONS FOR STUDENTS WHO ATTEND CLASS ON CAMPUS OR CONNECT REMOTELY

Student behavior during sessions must comply with IE University standards on education, respect for peers and professors, and commitment to joint learning. Any infraction to these standards could be eventually considered as an ethics violation.

Students who connect remotely:

- a. must keep their cameras on and are expected to follow the courtesy rules that are also necessary in the digital environment (that will be very useful in their future professional activities). If the courtesy rules are not respected, it could even result in a sanction if it goes against the academic ethics code.
- b. should use the correct equipment.
- c. should download the latest version of Zoom Pro if their program is taught through this platform.

In addition to this, punctuality is expected from all students, as being late to class interferes with the learning environment.

PARTICIPATION

Besides attendance, participation in sessions is encouraged and will be an important assessment component. Participation from students attending remotely without an attendance waiver will not be considered for their grades.

Regarding asynchronous sessions, as they entail a specific academic activity (e.g., discussion, test, exercise, workgroup), they can also count towards class participation grade.

RECORDINGS

Recordings for the in-person sessions -so that they can be watched at a more convenient time by students-, shall be available in the following specific instances: severe illness, very challenging time zones for a particular session's timing or in the case of special needs previously approved by IE's program management team. If some students meet either of these criteria that make their presence in the live-in-person sessions a challenge, they should inform the program manager. Each case will be determined on an individual basis based on justified and documented reasons. Recordings in any case will only be available for a limited period of 80 days.

ETHICAL POLICY

Please, check the University's Ethics Code [here](#). The Program Director may provide further indications.

Academic Integrity:

Cheating and plagiarism will not be tolerated. Anyone found cheating or plagiarism will at a minimum receive a "0" on the affected assignment and an automatic lowering of your final course grade and will be referred to the University Judicial System for further action. Further penalties could include a note on your transcript, failing the class, or expulsion from the university.

Disabled Students:

To request academic accommodations due to a disability contact your Program Director. If you have a letter from DSS indicating that you have a disability that requires accommodation, please present the letter to your instructors promptly.

Student Privacy Statement:

At times, students may disclose personal information through class discussions. It is expected that the class will respect the privacy of their classmates. The information disclosed in the class will not be repeated or discussed with other students outside of the course.