



HPS121 Assessment Task 1: Lab Report Part A Guide

Contents

Assessment task basics	2
Assessment task overview	2
Why am I writing a lab report?	3
Learning outcomes	4
Lab report topic.....	4
Participation in the study	4
Background information.....	5
Study aim	5
Hypotheses	5
Lab report structure	6
Title page	6
Introduction.....	7
Method	7
Participants:	8
Measures:	8
Procedure:.....	8
References	8
Important policy requirements.....	10
Academic integrity.....	10
How the work will be assessed and expected standard.....	10
Submitting your assignment.....	10
Word count penalties	11
Additional support	11
Access Plans.....	11
Technical support	11
Frequently asked questions.....	12
Extra Help! Writing, statistics, and research skills.....	12
Discussion boards	12

Assessment task basics

Assignment	Assessment task 1: Lab Report Part A
Due date	8pm AEST Wednesday 9th August 2023 (Week 5) TimeZone converter
% of final grade	35%
Word limit	1000 words with a +10% leeway
Submission location	via HPS121 CloudDeakin dropbox. Instructions can be found here: Submitting your electronic assessment
Assignment format	.doc, .docx, or .pdf. (.pages will not be accepted) Free PDF conversion software
Referencing	APA 7 th edition

Assessment task overview

Welcome to your guide to your first assessment task!

DO: Set aside some time to read this mindfully and enthusiastically, and you will be well on your way to writing a good assignment. If questions arise, write down a list of your questions, and post them on the discussion board!

DON'T: Take one look at the length of the document, panic, and read it in a hurry or hide from it for a few weeks. Trust us, this document is your friend, and the unit team is here to help you if anything is new or confusing!

In addition to engaging with this document, you will need to engage with the following:

1. Lab report videos
 - We have created a series of videos that introduce you to the core aspects of a lab report and how to write each section. You will need to watch particular videos **before attending** certain seminars. See the table at the bottom of the [AT1 information page](#) for more information.
2. Weekly 1.5-hour seminar

- Within the seminars, we will practice the skills that the corresponding lab report videos introduce you to. They are also an opportunity for you to ask your tutor questions in order to do well on this assignment task.

In the videos and seminars, you will learn that a lab report is a scientific write up of a study you have conducted. In this case, you are not designing your own study and conducting it from scratch, we are going to provide you with an aim and research question for your study, but you will need come up with your own hypotheses and write a rationale for why the study is important. We have also designed the method of the study and will conduct the research for you (you can be a participant!), but you will be writing up the method section as if you designed it yourself.

In **Assessment Task 1 (AT1): Lab Report Part A**, described in this document, you will be writing the introduction (rationale for your study) and method section of your lab report. The later sections of the lab report (the Results, Discussion, and Abstract) will form **Assessment Task 2 (AT2): Lab Report Part B** (and there will be a separate guide to cover AT2).

The key takeaway here is, even though we are providing you with a topic and helping you run the study, we want you to write it up as if it were your very own research. And it will indeed be a completely new study, run in your trimester, with your fellow students (and maybe even yourself!) as the participants.

Why am I writing a lab report?

You might be asking yourself, why am I writing a lab report in psychology? There are two key reasons why writing a lab report is an essential skill for psychological science.

1. To learn how to engage with scientific evidence, and understand what information is trustworthy

This is achieved by reading and evaluating prior studies and by simulating the experience of conducting your own study, so that you can gain insight into how studies are actually conducted and discover their potential limitations and strengths.

Understanding this will help you not just if you choose to become a researcher in the future, but also if you choose to become a psychologist of any kind, because all psychological practice needs to be evidence based, i.e., psychologists help people by using what has been demonstrated to be effective by science. Even if you choose to not be a psychologist, you will gain a better understanding of how to know what information in the world is trustworthy, which is useful for day-to-day life and in many fields.

2. To learn how to communicate effectively

Written communication is one of the most important skills you will develop at university. This lab report will teach you how to synthesise and evaluate information in order to draw your own conclusions and communicate them to the reader. This is a skill that is challenging and takes time to develop, which is why we want to start teaching you this as early as possible.

Learning outcomes

Undertaking AT1 will grow, evidence, and assess your development of the following unit learning objectives:

ULO2	Develop research literacy, by sourcing and understanding appropriate journal articles relevant to a research topic.
ULO3	Construct and effectively communicate a rationale for an empirical study in the form of a written report.
ULO4	Accurately describe the research process for an empirical study in the form of a written report such that a technically qualified person could follow.

Lab report topic

Hopefully we've convinced you that writing a lab report is a worthwhile endeavour. Let's take a deeper look at what exactly you will be writing your lab report about.

Participation in the study

We will be collecting the data for your very own research study via an online questionnaire in Weeks 0-2 of the trimester. This means that you and your HPS121/HPY713 student peers from this trimester will be the participants for the study you will write about in your lab report.

Participation in the study is completely voluntary. It provides you with the option to experience what it is like to be a participant of the research and should help you gain a better understanding of the methods needed to write your method section.

If you have not yet taken the questionnaire but would like to participate, please do not read further until you have completed the questionnaire.

Click here to take part in the survey: [Lab report survey](#)

Background information

Self-compassion has been identified to be an important contributor to a person's resilience. It involves being warm and kind to ourselves (self-kindness), understanding that mistakes and suffering are common amongst all humans (common humanity) and observing thoughts and feelings as they are, without exaggeration or suppression (mindfulness). Interestingly, there is some evidence to show that individuals high in self-compassion may also have better wellbeing. Specifically, we will investigate two different types of wellbeing – hedonic wellbeing (i.e., happiness and contentment) and eudaimonic wellbeing (i.e., meaning and purpose in life) - and whether self-compassion relates differently to each type.

You will be reviewing this research to develop a rationale for your own study on this topic. You will need to make an argument that this topic is valuable and worth studying, and you will need to provide a clear rationale for your hypotheses (i.e., explain what informed your educated guess about what the results of your own study will be).

Study aim

To investigate the relationship between self-compassion and both hedonic and eudaimonic wellbeing in a sample of Australian university students.

Hypotheses

You will read the evidence in the provided journal articles and do your own literature search to find more evidence to help you determine whether you think that self-compassion will be

positively correlated, negatively correlated, or unrelated with the two types of wellbeing; hedonic and eudaimonic in our sample.

You will then make **two** hypotheses:

1. You will hypothesise whether, based on the literature you have read, you think self-compassion will be positively associated, negatively associated, or unassociated with hedonic wellbeing in your study.
2. You will hypothesise whether, based on the literature you have read, you think self-compassion will be positively associated, negatively associated, or unassociated with eudaimonic wellbeing in your study.

We will provide you the results of the study for AT2: Lab Report Part B. For now, you will not know what the outcome of the study will be; you are just making an educated guess, based on the past research, to predict what will happen in your new study.

Lab report structure

Part A of your lab report includes the following sections, in this exact order: Title page, Introduction, Method, and References. See below for more details of what is required in each.

Title page

- Must follow guidelines for an APA style cover page.
- This must be the first page of your assessment and be one page in length.
- Must include a unique title that you come up with to represent the study.
- It must include your unique title, your name, your student number, the unit code and the assessment (AT1: Lab Report Part A), your unit chair, the date you submitted, and the final word count.
- You should also include a page number on each page of the assessment.

Introduction

The introduction has two key purposes:

1. To make an argument that this topic is valuable and worth studying
2. To build a rationale for your hypotheses (provide enough background information to make an educated guess about what will happen in your study)

In writing the introduction, you should effectively answer the following questions:

- Why is it important to investigate the topic?
- What do we know about the topic? (This is where you will evaluate the literature to determine what the relation between the variables seems to be based on past research)
- What is relatively unknown about this topic/relation? (This is the gap your study will address – if there is already past research on the topic, why is your new study needed?)
- What information can we use to help make a prediction about this gap? (If your study is going to be a bit different from prior studies, how can we make an educated guess about what will happen? Will the findings be the same or different? Is there a logical inference that can be made?)
- What is the aim of your study and what are your hypotheses? (Note: the aim has been provided to you above, and you will come up with your own hypotheses!)

**Important note:* Make sure that you define all your key terms clearly in your own words as they come up in your Introduction (i.e., avoid direct quotes).

Method

The purpose of the Method section is to let the reader know:

1. Who the participants in the study were
2. How you measured the key variables
3. How the study was conducted and what the participants did

The Method section has three subsections corresponding to these three areas: Participants, Measures, and Procedure. What you write in each section should effectively address the following questions:

Participants:

- How were participants selected (i.e., sampled)?
- Who were they?
- How many participants were there?
- What was the average age of the participants?
- What was the gender breakdown of the participants?

Measures:

- How did you measure each of the key variables? For each variable:
 - What was the name of the scale and what does it measure?
 - How many items does the scale have?
 - How many points were on the scale and what were the end points? (E.g., a 7-point Likert scale ranging from Not at all to Very frequently).
 - What is an example item?
 - What was the scale reliability in our sample?

Procedure:

- Was the study ethically approved? When was the study promoted and by what means? Were participants informed about the nature of the study? Did participants give their explicit consent before participating?
- What did participants do and in what order? How long did it take them to do this?

**Important note:* To learn more about how to structure and write your lab report, you will need to watch the lab report videos and attend your seminars.

References

When writing a lab report you are using evidence from prior studies to help support the need for your study and build a rationale for your hypotheses. The researchers who conducted these studies need to be given credit for their ideas, so you will need to cite them in your work. In psychology, we use APA 7th edition style referencing to give credit to these researchers both by using in-text citations, and by listing all the articles you included

in your Introduction and Method at the end of the document. It is your responsibility to learn how to use APA formatting, and you will need to guide your own learning in this process. The Deakin guide to APA7, including plenty of handy examples, can be found here: [APA 7 referencing guide](#)

We have selected **three** key references that you **must** cite in your lab report. In addition, you will need to search the scientific literature via the Deakin library to find and cite **at least 1** additional reference to support your arguments. Only one additional reference is required, but you can use as many articles as you need to make a strong argument for your study and hypotheses. More articles are not necessarily better. You will not be evaluated on the quantity of articles, but rather, on how well you use them to make your arguments.

The full text of your key references can be accessed via CloudDeakin. When you've completed reading this document, the next thing you should do for your lab report is access your readings and get started on reading through them! Then, in your seminars, we will guide you through how to search the literature for your own additional reference.

Reference 1: *On happiness and human potentials: A review of research on hedonic and eudaimonic well-being.*

- This article explains the concepts of hedonic and eudaimonic wellbeing

Reference 2: *Positive psychology of Malaysian university students: Impacts of engagement, motivation, self-compassion, and well-being on mental health.*

- This article discusses the relationship between self-compassion and wellbeing in a sample of Malaysian University students.

Reference 3: *Positive, not negative, self-compassion mediates the relationship between self-esteem and well-being.*

- This article investigates the relationship between self-compassion and the two different aspects of wellbeing.
 - Note: Given this article has a slightly different focus to your study, the only crucial results to focus on are the correlations in Table 1.
 - Note: The written expression in this article is a little stilted at times but it

represents an important study in the area, hence it was included as a required reading for your assignment.

Important policy requirements

Academic integrity

Breaching academic integrity in your assessments, whether through plagiarism, collusion, or contract cheating, is cheating, and is not accepted at Deakin. For example, you should not take someone else's work or ideas and pass them off as your own. If your work contains material copied from a classmate or an external source, your work will be referred to the Faculty Academic Integrity Committee. If you are found guilty of an academic integrity breach, possible penalties include a zero mark for the assessment task, zero marks for the unit, or expulsion from your course.

Please read more information on academic integrity by clicking on this link:

[Academic integrity](#)

If you have any questions about academic integrity, please do not hesitate to contact the unit team at hps121@deakin.edu.au or contact [Study Support](#).

How the work will be assessed and expected standard

The marking rubric contains the criteria and performance levels (i.e., grade standards) that you will be assessed on in AT1. Your marker will use the same rubric and award marks based on the stipulated criteria. When you finish AT1, compare it against the marking rubric to ensure you have covered each criterion sufficiently before submitting your work. The marking rubric can be accessed from the CloudDeakin unit site once available.

Submitting your assignment

It is your responsibility to ensure that you are submitting the correct document, i.e., it is your HPS121 assignment, and it is the final version you wish to submit for marking, and that it is of an acceptable format (see table at top of document). Faculty of Health policy

stipulates that we can only mark what has been uploaded to the assignment dropbox, so it is very important that you do not upload the wrong file or version by mistake. If you submit multiple versions, we will always mark the most recent submission.

If you submit the incorrect file (e.g., a .pages document, the assignment from a different unit, or an empty template), you have until 7 days after the due date to resubmit the correct document. Late penalties will be applied to this resubmitted assignment in accordance with policy (i.e., 5% deducted for each calendar day late, up to a maximum of 7 days). If you do not resubmit the correct document within this 7-day period, we are unable to accept your assignment and you will receive a 0 for the assessment task.

Word count penalties

If you exceed the maximum word count of 1100 (1000 + 10%), your marker will stop reading your assignment at 1100 words and will not mark any work beyond that point.

Additional support

Access Plans

If you are a student experiencing a disability, health condition, or mental health condition that affects your study, or your participation in university life, contact the [Disability Resource Centre](#) for assistance and to arrange an Access Plan. An Access Plan is a study support plan prepared to minimise the educational disadvantage you may experience as a result of your disability or condition.

Technical support

If you encounter technical issues while completing your assessment, please lodge a support ticket through the [IT Service Desk](#) online or contact the Service Desk via phone:

Internal phones: 888

Off-campus: 1800 463 888

International: +61 3 5227 8888

Frequently asked questions

Please refer to the [FAQs](#) on the unit site for answers to common questions. There is a page dedicated to commonly asked questions for each section of the lab report.

Extra Help! Writing, statistics, and research skills

Please refer to the [Extra Help](#) page on the unit site for extra help with writing, statistics, and research skills (like how to find supporting evidence).

Discussion boards

If you have additional questions to those answered in the FAQ, feel free to ask on the relevant discussion board on the unit site:

[Introduction section discussion board](#)

[Method section discussion board](#)

[APA and referencing discussion board](#)