

ABS353 Social Media and Well-being

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

As social media becomes an integral part of our daily lives, it is important to take stock of the effects of social media on our well-being. Social media provides us with much information about the world around us and helps us to maintain connections and relationships with the people around us. Not only that, social media influences how we perceive ourselves and others, and this can impact our wellbeing considerably. Yet, there are societal pressures to maintain and be active on social media accounts. ABS353 Social Media and Well-being provides students with various perspectives on the influence of social media as they learn to identify and reflect on the positive and negative impact of social media.

Topics:

- The rise of social media
- Physiological effects of using social media
- Social media use and well-being
- New norms resulting from social media
- Social networks and social interaction
- Social media and youth
- The social media self
- Social comparison
- Going viral
- Social media revolutions
- Cyberbullying and trolling
- Social media use and society

Learning Outcome:

- Identify the role of social media in today's society.
- Assess the effects of social media on well-being across the lifespan.
- Analyse how social media influences perceptions of self and others.
- Evaluate the personal and societal impact of social media.
- Appraise the ethical use of social media.
- Develop a media use plan.

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	QUIZ 1	10
	GROUP BASED ASSIGNMENT 1	30

Overall Continuous Assessment	REFLECTION JOURNAL 1	30
	TUTOR-MARKED ASSIGNMENT 1	25
	PARTICIPATION 1	5
Total		100

*The information listed is subject to review and change.