

# INTRODUCTION TO PSYCHOLOGY

## PERSONAL FUNCTIONING

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UBC - OKANAGAN  
PSYO 121 – SECTION 104  
TUESDAYS AND THURSDAYS  
9:30am - 11:00am in FIP 204

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**Instructor:** Dr. Susan Holtzman

**E-mail:** susan.holtzman@ubc.ca

**Office Hours:** Tuesdays and Thursdays 11:00am-12:00pm (or email to book appointment)

**Office Location:** ASC 283

**Office Phone:** (250) 807-8730

**Teaching Assistants: OFFICE HOURS TBA**

Morgyn Ahfeld (morgynah@mail.ubc.ca)

Carley Paterson (cepaters@mail.ubc.ca)

**SONA Coordinator:** Shirley Hutchinson (psyc.ubco.research@ubc.ca)

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## REQUIRED TEXTBOOK

Schacter, D. L., Gilbert, D. T., Nock, M. K., Johnsrude, I., & Wegner, D. M. (2017).  
Psychology, 4<sup>th</sup> edition. New York, NY: MacMillan Publishers.

Students are expected to read chapters listed in the course schedule before coming to class.

*Launchpad is NOT required for this course, but Launchpad study tools will be activated for those students who have purchased it.*

## COURSE WEBSITE

Lecture outlines, course announcements, study resources, and grades are posted on Canvas.

## COURSE DESCRIPTION AND OBJECTIVES

This course provides an overview of psychology as a science and a profession. It examines topics in psychology that relate to personal functioning, including motivation and emotion, intelligence, social processes, and the nature and treatment of mental disorders. Whether you are planning to continue your studies in psychology, or are interested in just a broad introduction to the field, this course will help you become a wise consumer of psychological information and understand how psychology is relevant to your own life.

# COURSE EVALUATION

Your final grade will be determined by **three in-class exams** (worth 16%, 20%, 20%), **one final exam** (worth 40%) and a **research requirement** (4%). The final exam will take place during the final exam period. There will be no make-up exams for the 3 in-class exams (see page 5 for missed exam policy). In-class and final exams will consist of multiple choice questions.

## EXAMS

IN-CLASS EXAM #1 (January 28): Covers chapters 8 and 10 of the text (including sidebars, boxes) plus all lecture material (including videos, demonstrations, etc). Worth 16%.

IN-CLASS EXAM #2 (February 25): Covers chapters 11 and 12 of the text (including sidebars, boxes) plus all lecture material (including videos, demonstrations, etc). Worth 20%.

IN-CLASS EXAM #3 (March 17): Covers chapters 13 and 14 of the text (including sidebars, boxes) plus all lecture material (including videos, demonstrations, etc). Worth 20%.

FINAL EXAM (Date TBA): Cumulative. Covers chapters 8 and 10-16 (including sidebars, boxes) plus all lecture material (including videos, demonstrations, etc). Worth 40%.

## RESEARCH REQUIREMENT

Students earn Sona credit from participating in research activity. This can be either through direct participation in research through the Sona online volunteer subject pool (Option 1), by completing summaries of primary research articles (Option 2), or by a combination of the two types of activities.

### Research Participation (Option 1)

As a participant in one of numerous Psychology Department Subject Pool experiments posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation at UBCO. Hence, participation requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc.

#### *Important Requirements*

You may participate in more than one experiment in order to accrue credits. In order to ensure that a variety of research methodologies are experienced, **at least one [1] of the credit hours must be earned by participating in online questionnaires and at least half [0.5] of a credit hour must be earned by participating in an on-site study**. In the event that you participate in a single listed study offering *more* than three credits for participation (for PSYO 111/121) or a single listed study offering *more* than 1.5 credits for participation (for 2<sup>nd</sup> year and higher courses), this regulation will be waived. A substantial number of both types of studies are typically hosted on Sona; therefore, you will have many different choices.

It is important to sign up for experiments early in the semester in order to increase the odds that a time slot is available. If you wait until late in the semester, all time slots may be taken.

### *Logging On To The System*

Sona is only open for those students who are registered in a psychology course offering Sona credit. Please only use the request account option if you have never used the Sona system before. If you have used the Sona system before, please use the most recent login information you remember to log in.

### *Missed Appointments & Penalties*

Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the experiment and will lose the credit value of the study from possible marks associated with participation in research.

Please email [psyc.ubco.research@ubc.ca](mailto:psyc.ubco.research@ubc.ca) with any questions or concerns that you may have regarding the Sona system, including unassigned bonus credits. Your professor does NOT have access to this information.

## **Research Summary Assignment (Option 2)**

As an alternative to participating in a Psychology Subject Pool experiment, you may obtain subject pool credit by completing library-writing projects to a satisfactory level. Each library-writing project is worth a total of two credits.

### *Important Requirements*

1. This project consists of reading and summarizing (in written form) a recent, peer-reviewed, primary research article.
  - A “recent” article has been published within the past 12 months.
  - A “peer reviewed” article is one that has been reviewed by other scholars before it is accepted – for example, it **cannot** be a news item, an article from a popular magazine, a notice, or a letter to the editor.
  - A “primary” research article describes an experiment or study where data are collected by the authors. In other words, the article you choose to review **cannot** be a book review, literature review, or summary article.
2. You must choose an article published by one of the following agencies:
  - The American Psychological Society - *Psychological Science*, *Current Directions in Psychological Science*, *Psychological Science in the Public Interest*, or *Perspectives on Psychological Science*.
  - The American Psychological Association - [www.apa.org/journals/by\\_title.html](http://www.apa.org/journals/by_title.html) has a full listing.
  - The Canadian Psychological Association - *Canadian Psychology*, *Canadian Journal of Behavioural Science*, or *Canadian Journal of Experimental Psychology*.
  - The Psychonomic Society - *Behavior Research Methods, Cognitive, Affective, & Behavioral Neuroscience*, *Learning & Behavior*, *Memory & Cognition*, *Perception & Psychophysics*, or *Psychonomic Bulletin & Review*.

### 3. Other Assignment Guidelines

The summary should be about 300-500 words in length. The source must be cited and referenced in accordance with the *Publication Manual of the American Psychological*

*Association* (6<sup>th</sup> ed.). The review will be graded on a pass – fail basis (2% or 0%). At least **14 days before the end of classes** each term, submit the following to the course instructor:

- the article summary
- a copy of the article
- a cover page that specifies your name, student number, email address, and word count of the summary.
- the course title and number

Submitting the assignment 14 days in advance is necessary to ensure that you have an opportunity to make corrections, if required. If you do not check your email frequently, provide a phone number on the cover page.

## **ACADEMIC INTEGRITY**

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the policies and procedures, may be found at <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,959>. If you have any questions about how academic integrity applies to this course, please consult with the course instructor.

## **Equity, Human Rights, Discrimination and Harassment**

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from human rights-based discrimination and harassment. Under UBC's Policy 3 on Discrimination and Harassment, UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction.

If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity Office, your administrative head of unit, and/or your unit's equity representative.

**IKBSAS Unit 4 Equity Representative:** Paul Gabias: paul.gabias@ubc.ca, 807-9383  
**UBC Okanagan Equity Advisor:** ph. 250-807-9291; email equity.ubco@ubc.ca

**Web:** <https://equity.ok.ubc.ca/>

**Unit Equity Representatives:** <https://equity.ok.ubc.ca/programs/equityreps/>

## FREQUENTLY ASKED QUESTIONS

### **DO I NEED TO COME TO CLASS?**

Students are expected to attend all lectures. Lectures will cover material from the textbook plus related material that is not in your textbook. Exams will cover information from the textbook and lectures. If you miss a class, please contact one of your fellow students for the notes. Basic lecture outlines will be posted on Canvas. This is only to help you take notes in class – much more will be covered in class than is on these powerpoint slides.

### **WHAT IF I HAVE A LEARNING DISABILITY OR OTHER SPECIAL NEED?**

If you require disability-related accommodations to meet the course objectives, please contact the Coordinator of Disability Resources located in the Student Development and Advising area of the student services building. For more information about Disability Resources or academic accommodations, please visit the website at: <http://web.ubc.ca/okanagan/students/disres/welcome.html>

### **WHAT HAPPENS IF I MISS AN EXAM?**

If you miss an in-class exam, please contact Dr. Holtzman as soon as possible and provide written, verifiable evidence of health problems or other extreme circumstances. No make-up exams will be given. Instead, the weighting of the missed exam will be distributed evenly across your other 3 exams. The University accommodates students whose religious obligations conflict with scheduled exams. Please let the instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds.

If you miss an in-class exam, but do not have a valid reason for missing the exam (e.g., you slept in, you forgot, you were on vacation), you will receive a mark of zero for that exam.

**FINAL EXAM.** A make-up exam will be held for students who miss the final exam for a valid reason. Valid reasons include: (1) an exam hardship\*\*\* or (2) serious illness or emergency. If you must miss the final exam because of an exam hardship, you must notify the instructor in writing no later than 1 month prior to the final exam. If you miss the final exam because of serious illness or an emergency, you must contact the instructor within 24 hours of the final exam and provide written, verifiable evidence explaining your absence. Only one make-up exam date will be scheduled.

\*\*\*An exam hardship is defined as 3 or more exams scheduled within a 24-hour period. A student facing an examination hardship shall be given an examination date for the second examination causing hardship by the respective instructor or department. You must notify the instructor no later than 1 month prior to the final exam. (*This is a UBCO Policy*)

# Course Schedule

| <b>DATE</b>          | <b>TOPIC</b>                              | <b>CHAPTER</b>          |
|----------------------|---|-------------------------|
| Tues Jan 7           | Welcome and Introduction                  |                         |
| Thurs Jan 9          | Emotion and Motivation                    | 8                       |
| Tues Jan 14          | Emotion and Motivation                    | 8                       |
| Thurs Jan 16         | Emotion and Motivation                    | 8                       |
| Tues Jan 21          | Intelligence                              | 10                      |
| Thurs Jan 23         | Intelligence                              | 10                      |
| Tues Jan 28          | <b>EXAM #1</b>                            | <b>Chapters 8 + 10</b>  |
| Thurs Jan 30         | Development                               | 11                      |
| Tues Feb 4           | Development                               | 11                      |
| Thurs Feb 6          | Development                               | 11                      |
| Tues Feb 11          | Personality                               | 12                      |
| Thurs Feb 13         | Personality                               | 12                      |
| Tues Feb 18          | READING BREAK                             | no class                |
| Thurs Feb 20         | READING BREAK                             | no class                |
| Tues Feb 25          | <b>EXAM #2</b>                            | <b>Chapters 11 + 12</b> |
| Thurs Feb 27         | Social Psychology                         | 13                      |
| Tues March 3         | Social Psychology                         | 13                      |
| Thurs March 5        | Social Psychology/Stress and Health       | 13 + 14                 |
| Tues March 10        | Stress and Health                         | 14                      |
| Thurs March 12       | Stress and Health/Psychological Disorders | 14 + 15                 |
| <b>Tues March 17</b> | <b>EXAM #3</b>                            | <b>Chapters 13 + 14</b> |
| Thurs March 19       | Psychological Disorders and Treatment     | 15 + 16                 |
| Tues March 24        | Psychological Disorders and Treatment     | 15 + 16                 |
| Thurs March 26       | Psychological Disorders and Treatment     | 15 + 16                 |
| Tues March 31        | Psychological Disorders and Treatment     | 15 + 16                 |
| Thurs April 2        | Psychological Disorders and Treatment     | 15 + 16                 |
| Tues April 7         | Psychological Disorders and Treatment     | 15 + 16                 |