



PSYO 121 – 103 (3)

Introduction to Psychology: Personal Functioning

2019 Term 2

Tuesdays and Thursdays: 11:00-12:30 PM, ADM 026

Instructor:

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ART 319

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🕒 Office Hours: Tuesdays, 1:00-3:00 PM or by appointment (please email me).

Academic Calendar Entry:

PSYO 121 (3) Introduction to Psychology: Personal Functioning

Survey of topics in psychology which relate to personal functioning. Methods and statistics, motivation and emotion, life span development, social processes, personality, abnormal behaviour, and psychotherapy.

Prerequisite: [PSYO 111](#).

Course Format:

The contents of the lectures will be determined by the course schedule (see below). PowerPoint slides will emphasize the key points of the chapters and will provide clarification and explanation of course concepts. Lecture slides will not be posted on *Canvas* but will be available for students to view in their entirety in office hours or by appointment.

Course Overview and Objectives:

This course will introduce students to concepts in psychology that relate to personal functioning. The course will focus on emotion and motivation, intelligence, lifespan development, personality, social psychology, stress and health, psychological disorders, and treatment of psychological disorders. This course intends to provide students with a thorough understanding of these key concepts in psychology.

Learning Outcomes:

By the end of this course, students should be able to:

- Identify the main theories/themes pertaining to emotion and motivation
- Understand intelligence and how it is measured
- Understand and describe the various components of human development
- Understand and describe human personality
- Understand the role of social psychology in human behaviour
- Understand the influence of stress on health and well-being
- Identify and describe a variety of psychological disorders
- Understand and describe treatment options for psychological disorders

Evaluation Criteria and Grading:

- 1) **Exam #1 (25% of grade).** The exam will cover Chapters 8, 10, & 11 of the course, including all lecture and textbook material. This exam will cover 3 chapters and will be out of 60 marks. This exam will be entirely multiple choice (20 questions per chapter).
- 2) **Exam #2 (25% of grade).** The exam will cover Chapters 12, 13, & 14 of the course, including all lecture and textbook material. This exam will cover 3 chapters and will be out of 60 marks. This exam will be entirely multiple choice (20 questions per chapter).



- 3) **Final Exam (40% of grade).** Half of the final exam will focus on chapters 15 & 16 of the text and the related material from the corresponding lectures. The remaining half of the test will be spread evenly among chapters 8-16 (excluding Chapter 9) and their corresponding lectures. The final exam will be written during the final exam period (date TBA). This exam will cover 8 chapters and will be out of 150 marks. This exam will be entirely multiple choice: 20 questions each for chapters 15 and 16 = 40 marks; and 13 questions each for chapters 8-16 [excluding chapter 9] = 104 marks; 6 questions from any of the eight chapters, selected at random.
- 4) **LaunchPad (3 sets of assignments worth 2% each = 6% total).**
Performance of the assigned LaunchPad resource material broken down as follows:
Score of 2/2 for 91-100% performance on the materials
Score of 1.5/2 for 75-90% performance on the materials
Score of 1/2 for 50-74% performance on the materials
Score of 0.5/2 for 25-49% performance on the materials
Score of 0/2 for less than 25% performance on the materials
- Please note:** Your LaunchPad grade is based on your performance (NOT just completion) of the assignments. The LaunchPad assignments will be due at 3 different time points throughout the semester. Please refer to the course schedule for deadlines.
- 5) **Sona (4%).** See below for explanation of how to participate in Sona.

Final grades will be based on the evaluations listed above and the final grade will be assigned according to the standardized grading system outlined in the UBC Okanagan Calendar. The Barber School reserves the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or the school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school (<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>).

Required Materials:

Available in the bookstore; packaged by the publisher with LaunchPad.

Schacter, D. L., Gilbert, D. T., Nock, M. K., Johnsrude, I., & Wegner, D. M. (2017). *Psychology* (4th Canadian Ed.). New York, NY: Worth Publishers.

Recommended Materials:

Available in the bookstore; LaunchPad: pre-packaged with the textbook by the publisher.

LaunchPad: This resource creates an immersive learning experience for students. LaunchPad brings course content to life using a collection of activities. You will receive a grade for using this resource and you will find it a helpful study tool for practicing and self-testing what is discussed both in lecture and in the textbook.



Course Schedule:

The below course schedule is considered tentative as the content covered each class may need to be adjusted to accommodate the pace of the course. The examination and due dates will NOT change from what is posted in this course schedule, however.

DATE	LECTURE TOPIC	TEXTBOOK CHAPTER
Tues. Jan 7	Course Overview Emotion and Motivation	8
Thurs. Jan 9	Emotion and Motivation	8
Tues. Jan 14	Emotion and Motivation	8
Thurs. Jan 16	Intelligence	10
Tues. Jan 21	Intelligence Development	10 & 11
Thurs. Jan 23	Development	11
Tues. Jan 28	Development	11
Thurs. Jan 30	Development Personality	11 & 12
Tues. Feb 4	EXAM #1 (CHAPTERS 8, 10, & 11) LAUNCHPAD ITEMS DUE (CHAPTERS 8, 10, 11)	_____
Thurs. Feb 6	Personality	12
Tues. Feb 11	Personality	12
Thurs. Feb 13	Social Psychology	13
Tues. Feb 18	READING BREAK, NO SCHEDULED CLASSES	_____
Thurs. Feb 20	READING BREAK, NO SCHEDULED CLASSES	_____
Tues. Feb 25	Social Psychology	13
Thurs. Feb 27	Social Psychology	13
Tues. Mar 3	Stress and Health	14
Thurs. Mar 5	Stress and Health	14
Tues. Mar 10	Stress and Health	14
Thurs. Mar 12	EXAM #2 (CHAPTERS 12, 13, & 14) LAUNCHPAD ITEMS DUE (CHAPTERS 12, 13, & 14)	_____
Tues. Mar 17	Psychological Disorders	15
Thurs. Mar 19	Psychological Disorders	15
Tues. Mar 24	Psychological Disorders	15
Thurs. Mar 26	Psychological Disorders Treatment of Psychological Disorders	15 & 16
Tues. Mar 31	Treatment of Psychological Disorders	16
Thurs. Apr 2	Treatment of Psychological Disorders	16
Tues. Apr 7	Review Class LAUNCHPAD ITEMS DUE (CHAPTERS 15 & 16)	_____

EXAM PERIOD APRIL 14TH – 29TH 2020



Missed Graded Work:

Students who, because of unforeseen events, are absent during the term and are unable to complete tests or other graded work, should normally discuss with their instructors how they can make up for missed work, according to written guidelines given to them at the start of the course. Instructors are not required to make allowance for any missed test or incomplete work that is not satisfactorily accounted for. If ill health is an issue, students are encouraged to seek attention from a health professional. [Campus Health](#) and [Counselling](#) will normally provide documentation only to students who have been seen previously at these offices for treatment or counselling specific to conditions associated with their academic difficulties. Students who feel that requests for consideration have not been dealt with fairly by their instructors may take their concerns first to the Head of the discipline, and if not resolved, to the Office of the Dean. Further information can be found at: <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>.

IMPORTANT: Students who miss an exam must provide written documentation (i.e., doctor's note) of the absence to the instructor and must arrange to make up the exam before the next scheduled class. Students who do not write the exam by the next scheduled class will receive a "0" for the exam. **Please note:** The instructor does not make any adjustments to final course grades except in the case of errors in calculations.

Class attendance is not mandatory, but lecture slides will not be posted on *Canvas*. Therefore, it is the responsibility of the student to obtain notes for any missed lectures. A discussion board will be enabled on *Canvas* to allow students to communicate with fellow classmates to obtain missing notes.

Copyright Disclaimer:

Diagrams and figures included in lecture presentations adhere to Copyright Guidelines for UBC Faculty, Staff and Students <http://copyright.ubc.ca/requirements/copyright-guidelines/> and UBC Fair Dealing Requirements for Faculty and Staff <http://copyright.ubc.ca/requirements/fair-dealing/>. Some of these figures and images are subject to copyright and will not be posted to *Canvas*. All material uploaded to *Canvas* that contain diagrams and figures are used with permission of the publisher; are in the public domain; are licensed by Creative Commons; meet the permitted terms of use of UBC's library license agreements for electronic items; and/or adhere to the UBC Fair Dealing Requirements for Faculty and Staff.

Access to the *Canvas* course site is limited to students currently registered in this course. Under no circumstance are students permitted to provide any other person with means to access this material. Anyone violating these restrictions may be subject to legal action. Permission to electronically record any course materials must be granted by the instructor. Distribution of this material to a third party is forbidden.

Final Examination:

The examination period for Term 2 of Winter 2019 is Apr. 14th – Apr. 29th. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information on Academic Concessions can be found under Policies and Regulations in the *Okanagan Academic Calendar* <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>. Out-of-time examination forms can be found at (<http://ikbsas.ok.ubc.ca/students/undergrad/forms.html>) and must be sent to the Dean's office.

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 University's policies and procedures, may be found in the Academic Calendar at <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

UBC Okanagan Disability Resource Centre:

The Disability Resource Centre ensures educational equity for students with disabilities and chronic medical conditions. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre located in the University Centre building (UNC 214).

UNC 214 250.807.9263

email earllene.roberts@ubc.ca

Web: www.students.ok.ubc.ca/drc

Ombuds Office:

The Ombuds Office offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

UBC Vancouver Ombuds Office:

email: ombuds.office@ubc.ca

Web: www.ombudsoffice.ubc.ca

UBC Okanagan Equity and Inclusion Office:

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 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, or to get involved in human rights work on campus, please contact the Equity and Inclusion Office.

UNC 216 250.807.9291

email: equity.ubco@ubc.ca

Web: www.equity.ok.ubc.ca

Health & Wellness:

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

UNC 337

Web: www.students.ok.ubc.ca/health-wellness



SAFEWALK

*Don't want to walk alone at night? Not too sure how to get somewhere on campus?
Call Safewalk at 250-807-8076.*

For more information, see: www.security.ok.ubc.ca

Sexual Violence Prevention and Response Office (SVPRO):

A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide.

Visit svpro.ok.ubc.ca or call us at 250.807.9640

Independent Investigations Office (IIO):

If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential and respectful manner in accordance with the principles of procedural fairness.

You can report your experience directly to the IIO via email: director.of.investigations@ubc.ca or by calling 604.827.2060 or online by visiting investigationsoffice.ubc.ca

REQUIRED RESEARCH ACTIVITY (4% OF YOUR GRADE)

PSYO 111 and PSYO 121 include 4% of the final grade as credit from research activity. This requirement may be fulfilled either through direct participation in research through the Sona online volunteer subject pool (Option 1), by completing two written 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, 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 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 2 library-writing projects to a satisfactory level. Each library-writing project is worth a total of two credits [i.e., 2% toward the final grade].

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 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* (6th 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.