

PSYCHOLOGY 121

Introduction to Psychology: Personal Functioning

(PSYO 121 • Section 001)

May 13 – June 20, 2019

University of British Columbia, Okanagan Campus
Online/Distance-Ed

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COURSE OVERVIEW

- What is Psychology? Psychology is a uniquely broad and diverse field of study. Most psychologists are scientists, trying to understand why ordinary people think and act the way they do. Just as other sciences seek to uncover fundamental laws and principles about the natural world, psychology tries to discover the laws that describe and predict human thought and behavior. Our focus in this course, the second half of UBC's year-long sequence in Introductory Psychology, is "Personal Functioning," including: emotion & motivation, intelligence, developmental psychology, social psychology, personality psychology, stress and health, psychological disorders and therapies.
- Goals for this Online Class: This online/distance-education course is designed to encourage daily engagement with the course material, exactly as you would experience taking a face-to-face lecture course. In place of lectures, you will learn course material through reading, formative quizzes (where the goal is to learn material rather than to be evaluated), interactive self-paced online activities, and summative quizzes (where the goal is to review and test yourself). As a result, this online course emphasizes interactivity rather than lecturing, and replaces a set course time with the ability to work independently, largely according to your own schedule. At the end of this syllabus you will find a daily schedule containing reading assignments and due dates. Any summer course moves very quickly; however, an *online* summer course requires daily, self-paced commitment to keep up. In short, you will have a reading assignment and/or online assignment every weekday, just as you would have class every weekday if our course were taking place in a physical classroom.
- Required Technology: This online course requires a computer with a reliable internet connection and a webcam featuring audio and video, Google's Chrome browser, and electronic access to the textbook, in order to complete course assignments.

REQUIRED MATERIALS

- **Textbook:** Psychology, by Schacter, Gilbert, Nock, Johnsrude, & Wegner: 4th Canadian Edition with LaunchPad Access.

Note: a hard-copy textbook is not required for this course. LaunchPad, a learning management system integrated with Canvas, includes an e-book and course assignments. Options for acquiring access to LaunchPad and the e-book include:

- You already have access from a prior course (LaunchPad access is bundled with most new texts sold by the UBC bookstore)
- If you do not already have LaunchPad/ebook access, you may purchase it through the UBC bookstore, without a hard copy book.
- If you would like to have a hardcopy book in addition to the e-book, the UBC bookstore will have them for sale—just be sure you are getting a book that includes the LaunchPad/e-book access that is required for this course.

Course Points & UBC Grading Scale

A. Midterms (2) at 200 pts each	400 points total	90-100 = A+
B. Chapter Assignments	500 points total	85-89 = A
C. Final Exam	250 points	80-84 = A-
D. Research Requirement	50 points	76-79 = B+
		72-75 = B
		68-71 = B-
		64-67 = C+
		60-63 = C
TOTAL	1200 points	55-59 = C-
		50-54 = D
		00-49 = F

COURSE EXAMINATIONS

- You will have a total of **two midterm** exams (each covering 3 chapters) and a **final exam** (covering 2 chapters and a cumulative section). Exams may test you on any of the assigned textbook content or assignment content. The dates for exams are provided under the “Daily Schedule” section at the end of this syllabus. The final exam will include a cumulative section and is weighted greater than the midterms (see above). Both the midterm exams and the final exam can be completed online, any time within a 24-hour window that begins at 12:00am and ends at 11:59pm on the day of the exam.

Proctorio: To create a secure test-taking environment while preserving your ability to take this course and its required exams from any location, rather than in-person, we will utilize Proctorio – a technology integrated with Canvas. Proctorio requires a one-time set-up to operate through Canvas via your Chrome browser. When completing course exams, Proctorio will record your computer screen, audio and video of you completing the exam, and your student ID or other identification. The purpose of this is to verify your identity as the student enrolled in this course when completing exams and to ensure that no students are aided while taking the exam (similar

to in-person examinations). In the event that you would like to complete your midterms and final in-person on the Okanagan campus, an exam time and room will be scheduled for each exam.

CHAPTER ASSIGNMENTS

- In this online course, you will participate as an active learner of psychology and demonstrate your knowledge of psychology through a set of assignments for each chapter. Assignments are posted on Canvas and each carries a point value (usually 5 pts); there are approximately 50-65 points per chapter. These assignments are curated by your instructor and create a self-paced, interactive alternative to course lectures. The due dates for each set of chapter assignments are posted at the end of this syllabus in the daily schedule and also on Canvas. You may begin assignments early and work ahead if you choose. You will be allowed a 1-day grace period for all assignments. That means that you can complete your assignments up to 24 hours *after* the posted due date and still receive credit. For example, if the due date were on a Friday at 11:59pm, you are allowed to submit your assignments through Saturday at 11:59pm. This grace period is intended to cover the occurrence of unexpected events, such as an untimely internet outage or personal emergencies, that disrupt your ability to complete them. Assignments have been chosen to teach you important concepts and information from each of the required textbook chapters.

RESEARCH PARTICIPATION

- PSYO 111 and PSYO 121 include 4% of the final grade as credit from research activity. This requirement may be fulfilled either through (a) direct participation in research through the Sona online volunteer subject pool, (b) by completing two written summaries of primary research articles, or (c) by a combination of the two types of activities.

(a) Research Participation

As a participant in one of numerous Psychology Department Participant 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.

It is important to sign up for experiments early in the summer session 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, making it unlikely you will be able to earn all of your required credits.

Missed Appointments & Penalties: Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. Normally, 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.

SONA System for Research Participation (Instructions for Registration)

1. Go the website <http://ubco.sona-systems.com/>
2. UserID is your student number
3. Password is your surname

4. Click on the FAQ tab to read answers to some typical questions
5. Click on study sign up
6. View the studies with available time slots. Note that new studies may become available during the semester, so check in from time to time to see if there are new ones that you would like to sign up for.
7. Click on the study you would like to sign up for
8. Scroll down to the bottom of the page to view available time slots
9. Pick the slot you would like to sign up for

(b) Research Summary Assignment

As an alternative to participation 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.

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://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>

If you have any questions about how academic integrity applies to this course, please consult with your professor. A current version of the above integrity statement can be found as a .pdf in the following link: <http://web.ubc.ca/okanagan/ikbarberschool/facultystaff/forms.html>

DISABILITY SERVICES

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>

Changes to the Syllabus: If any changes are made to the syllabus or to course due dates, you will be notified of such a change via Canvas.

Please turn the page to view the daily schedule!

Daily Schedule

All chapter **readings** are from Schacter et al. (4th Canadian Edition). **Assignments** are posted on Canvas [canvas.ubc.ca]. All assignments are due at **11:59pm** on the due date. All times are **Pacific**.

Week 1	
Monday May 13	<p><u>Topic</u>: Welcome!</p> <p><u>Read</u>: Syllabus</p> <p><u>Getting Started</u>: Access LaunchPad; Activate Proctorio & Complete Introductory Survey (Due Friday)</p>
Tuesday May 14	<p><u>Topic</u>: Emotion and Motivation</p> <p><u>Read</u>: Chapter 8a – Emotional Experience: The Feeling Machine</p>
Wednesday May 15	<p><u>Topic</u>: Emotion and Motivation</p> <p><u>Read</u>: Chapter 8b – Emotional Communication: Msgs w/o Wrds</p>
Thursday May 16	<p><u>Topic</u>: Emotion and Motivation</p> <p><u>Read</u>: Chapter 8c –Motivation: Being Moved; Wanting: The Body's Desires; and Wanting: The Mind's Desires</p> <p><u>Assignments Due</u>: Chapter 8 (Due May 16, 11:59pm)</p>
Friday May 17	<p><u>Topic</u>: Intelligence</p> <p><u>Read</u>: Chapter 10a – How Can Intelligence Be Measured; What Is Intelligence?</p> <p><u>Assignments Due</u>: Introductory Survey with Proctorio (11:59pm)</p>

Week 2	
Monday May 20	No Class – Victoria Day
Tuesday May 21	<p><u>Topic</u>: Intelligence</p> <p><u>Read</u>: Chapter 10b – Where Does Intelligence Come From? Who Is Most Intelligent?</p> <p><u>Assignments Due</u>: Chapter 10 (Due May 21, 11:59pm)</p>
Wednesday May 22	<p><u>Topic</u>: Developmental Psychology</p> <p><u>Read</u>: Chapter 11a – Prenatality: A Womb With a View; Infancy and Childhood: Doing and Thinking</p>

Thursday May 23	<p><u>Topic:</u> Developmental Psychology</p> <p><u>Read:</u> Chapter 11b – Infancy and Childhood: Caring and Belonging</p> <p><u>Assignments Due:</u> Chapter 11 Assignments (Due May 24, 11:59pm)</p>
Friday May 24	<p><u>Topic:</u> Developmental Psychology</p> <p><u>Read:</u> Chapter 11c – Adolescence: Minding the Gap; Adulthood: Change We Can't Believe In</p> <p><u>Assignments Due:</u> Chapter 11 Assignments (Due May 24, 11:59pm)</p>

Week 3

Monday May 27	Review Day for Midterm 1
Tuesday May 28	Midterm Exam 1 (Chapters 8, 10, 11)
Wednesday May 29	<p><u>Topic:</u> Personality Psychology</p> <p><u>Read:</u> Chapter 12a – Personality and the Trait Approach</p>
Thursday May 30	<p><u>Topic:</u> Personality Psychology</p> <p><u>Read:</u> Chapter 12b – Three Approaches to Personality: Psychodynamic, Humanistic-Existential; and Social-Cognitive</p>
Friday May 31	<p><u>Topic:</u> Personality Psychology</p> <p><u>Read:</u> Chapter 12c – The Self: Personality in the Mirror</p> <p><u>Assignments Due:</u> Chapter 12 Assignments (Due May 31, 11:59pm)</p>

Week 4

Monday June 3	<p><u>Topic:</u> Social Psychology</p> <p><u>Read:</u> Chapter 13a & 13b – The Survival Game & The Mating Game</p>
Tuesday June 4	<p><u>Topic:</u> Social Psychology</p> <p><u>Read:</u> Chapter 13c – Controlling Others</p>
Wednesday June 5	<p><u>Topic:</u> Social Psychology</p> <p><u>Read:</u> Chapter 13d – Understanding Others</p> <p><u>Assignments Due:</u> Chapter 13 Assignments (Due June 5, 11:59pm)</p>

Thursday June 6	<u>Topic:</u> Stress & Health <u>Read:</u> Chapter 14a – Sources of Stress; Stress Reactions
Friday June 7	<u>Topic:</u> Stress & Health <u>Read:</u> Chapter 14b – Stress Management: Dealing With It

Week 5

Monday June 10	<u>Topic:</u> Stress & Health <u>Read:</u> Chapter 14c – The Psychology of Illness & The Psychology of Health <u>Assignments Due:</u> Chapter 14 Assignments (Due June 10, 11:59pm)
Tuesday June 11	Review for Midterm Exam 2
Wednesday June 12	Midterm Exam 2 (Chapters 12, 13, 14)
Thursday June 13	<u>Topic:</u> Psychological Disorders <u>Read:</u> Chapter 15a – Defining Mental Disorders: What Is Abnormal?
Friday June 14	<u>Topic:</u> Psychological Disorders <u>Read:</u> Chapter 15b – Anxiety, Obsessive-Compulsive, and Posttraumatic Stress Disorders

Week 6

Monday June 17	<u>Topic:</u> Psychological Disorders <u>Read:</u> Chapter 15c – Depressive and Bipolar Disorders; Schizophrenia and Other
Tuesday June 18	<u>Topic:</u> Psychological Disorders <u>Read:</u> Chapter 15d – Disorders of Childhood and Adolescence; Personality Disorders; Self-Harm Behaviours <u>Assignments Due:</u> Chapter 15 Assignments (Due June 18, 11:59pm)
Wednesday June 19	<u>Topic:</u> Treatment of Psychological Disorders <u>Read:</u> Chapter 16a – Getting Help to Those Who Need It & Psychological Treatments

Thursday June 20 Last Day of Class	<u>Topic:</u> Treatment of Psychological Disorders <u>Read:</u> Chapter 16b – Biological Treatments and Treatment Effectiveness <u>Assignments Due:</u> Chapter 16 Assignments (Due June 20, 11:59pm)
Friday June 21	No Class – Final Exams Begin on Monday, June 24 Final Exam Time To Be Determined (In-Person Not Required)