



PSYCHOLOGY 121

Introduction to Psychology: Personal Functioning
(PSYO 121 • Section 001)
Winter Term 1, 2018

University of British Columbia, Okanagan Campus
Monday/Wednesday, 3:30-5:00pm
Library L-312

Instructor:	Derrick Wirtz, Ph.D.
Office Hours:	Wednesdays, 1:30-2:30pm, Or by Appointment
Office:	ART 336
Office Phone:	250.807.8276
Canvas:	https://canvas.ubc.ca
E-mail:	derrick.wirtz@ubc.ca
TAs:	Lydia Wood (lydia.wood@ubc.ca)
Office Hours:	Tuesdays 2-3pm, ART 338 Taylor McCreary (taylormccreary0@gmail.com)
Office Hours:	Mondays 10-11am, ART 338

COURSE OVERVIEW

- What is Psychology? Psychology is a uniquely broad and diverse field of study. While the most common notion of a psychologist is that of a therapist, to think of all psychologists as clinical practitioners presents an incomplete picture of psychology. A major goal of this course is to complete the picture and show you the whole field of modern-day psychology. 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.
- Goals for the Class: Your goal in this course is to be an active learner. I welcome your questions and input before, during, and after class. Psychology is not only about learning what we already know about human thought and behavior, but about exploring new ideas! Thinking critically about what you read in the book and hear in class, about where and how psychology applies in everyday life, and about what we still don't know are all important parts of this class.



- Things to Keep in Mind: We will cover a lot of ground in PSYO 121 – approximately one chapter or major area in psychology each week. It is generally advisable not to put off reading the chapter(s) and modules until just before the next exam! Class lectures will ordinarily parallel textbook chapters and readings, but are not a substitute for reading the book. In other words, if you want to get a good grade, you need to both read the book and attend class.

REQUIRED MATERIALS

- Textbook: *Psychology*, by Schacter, Gilbert, Wegner, & Nock: 4th Canadian Edition.
- Noba Modules: Noba is a free, open-source collection of modules written by experts in the field of psychology. It can be accessed and/or downloaded by logging on to our Canvas site [<https://canvas.ubc.ca>].

SUPPLEMENTARY (OPTIONAL) CLASS OUTLINES

- Before each lecture, I will make an outline available for download from Canvas. The outline is intended to assist you in your note-taking during class.

Course Points & Grading Scale

A. Exams		90-100 = A+
		85-89 = A
▶ Midterm 1:	100 points	80-84 = A-
▶ Midterm 2:	100 points	76-79 = B+
▶ Midterm 3:	100 points	72-75 = B
▶ Final Exam:	115 points	68-71 = B-
B. Research Participation	20 points	64-67 = C+
		60-63 = C
C. Assignments	65 points	55-59 = C-
		50-54 = D
		00-49 = F
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TOTAL	500 points	

EXAMS (415 POINTS)

- You will have a total of three midterm exams and a final exam covering assigned reading, class topics and chapter assignments. 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.

ASSIGNMENTS (65 PTS)

- Class assignments will generally take one of several forms. *In-Class Assignments* are activities and interactive demonstrations that are completed during actual class meetings. *Out-of-Class Assignments* are ordinarily posted on [Canvas](#) and will usually take the form of online quizzes, exam reviews, and/or interactive modules on course



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topics. Due dates for out-of-class assignments will be posted on Canvas and/or announced in class.

RESEARCH PARTICIPATION (20 POINTS)

- 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, by completing two written summaries of primary research articles, or by a combination of the two types of activities.

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.

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 four [4] mandatory credit hours must be earned by participating in online questionnaires and at least one [1] of the remaining credit hours must be fulfilled by participating in the university's on-site studies. 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.

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

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



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- 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>

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

HELP!! WHO DO I CONTACT IF...?

- Please have a look at the table below for some suggestions regarding frequently asked questions:

Question	Where to Find the Answer
<i>I missed class and want to know what was covered</i>	Check out the Daily Schedule in this syllabus - it will indicate which chapter of the textbook was covered, along with any supplementary readings. It is recommended that you read the textbook to get caught up, along with the Powerpoint from the lecture (which will be posted to Canvas after class has ended).
<i>I want to know my grade</i>	Canvas has current grades. I try to get your exams and assignment grades online as quickly as possible, but this can take up to one week. If you have a question about calculating your mark, please contact one of the course TAs.
<i>I want extra help with terminology and course concepts</i>	Dr. Wirtz and the course TAs will have office hours each week - please bring any questions you have about the class and we'll try to help!
<i>Something is wrong with my grade</i>	If it looks like there is something incorrect, please email one of the course TAs.
<i>I missed (or think I will miss) an exam</i>	See the syllabus policy on "making up exams" first. Then contact Dr. Wirtz if you have a question or think you will miss an exam.
<i>I have a special problem or concern</i>	Please contact Dr. Wirtz regarding extenuating circumstances or other issues not covered by the preceding.

CLASS POLICIES

- **Classroom Conduct:** Please bear in mind a few simple rules of conduct. (1) Once you enter the classroom, you are expected to remain until class is over; (2) Give your instructor your full attention – no talking except when permitted; (3) To create and preserve a classroom atmosphere that optimizes teaching and learning, all participants share a responsibility in creating a civil and non-disruptive forum. Students are expected to conduct themselves at all times in this classroom in a manner that does not disrupt teaching or learning. Behavior which disrupts the learning process may lead to disciplinary action and/or removal from class.



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- Laptops, phones, etc.: You may use your laptop or notebook computer for note-taking purposes only. Please do not use your smartphone (iPhone, Android, etc.) during class. Class may not be audio or video recorded, except with permission, which will only be granted for special circumstances.
- Making up Exams
Because of the large size of this class, it is necessary for me to adhere to the following make-up policies:
 - I am unlikely to give a make-up test unless you contact me BEFORE THE EXAM with a LEGITIMATE EXCUSE (see below).
 - Except for institutional and religious observance excuses, there is NO GUARANTEE of being able to take a make-up test, and the decision of whether you may take a make-up is entirely up to me.
 - Make-up tests are covered by the UBC academic honesty policy, which means that you must not discuss the upcoming test with anyone who has already taken the test, or discuss a test you have taken early with classmates.
 - I may ask for written proof of your excuse, where possible.

Examples of legitimate excuses:

- Extreme personal emergencies that would prevent you from carrying out most normal daily activities.
- Severe illness, either of yourself or of someone you take care of, such as a child.
- An activity for which you have an institutional excuse (please provide me with a copy of this excuse).
- Religious observation or holiday.
- Court date.
- Death of close relative.

You may usually NOT take a make-up test for excuses such as:

- Work conflicts or personal business.
- Oversleeping.
- Vacations & recreational travel.
- School activities for which you do not have an institutional excuse.
- Needed more time to study (unless due to a legitimate excuse).

Missed exams cause added work, anxiety and stress for everyone involved. Plan ahead to avoid this problem. If you think that you might be “at risk” for missing an exam, or for being unprepared to take an exam, see me ahead of time – I can probably help.

Changes to the Syllabus

I may make changes to the course plan, topics, or other aspects of the course, including the dates and times of exams. These changes will be announced in class and/or on Canvas.

Please turn the page to view the daily schedule!



Daily Schedule (Winter 1, 2018)

All chapter readings are from Schacter et al. (4th Ed). All other readings are from Noba Psychology (see <https://canvas.ubc.ca>).

Week 1	
Monday Sep. 3	No Class – Labour Day
Wednesday Sep. 5	<u>Topic:</u> Introduction to PSYO 121 Making Sense of Psychological Science <u>Read:</u> Syllabus Why Science? (Noba) Research Designs (Noba)

Week 2	
Monday Sep. 10	<u>Topic:</u> Developmental Psychology <u>Today's Question:</u> How Does Our Thinking Change As We Age? <u>Read:</u> Chapter 11: Development Cognitive Development in Childhood (Noba)
Wednesday Sep. 12	<u>Topic:</u> Developmental Psychology <u>Today's Question:</u> Food or Comfort: Why Do We Bond to Our Caregivers? & How Do We Learn Right and Wrong? <u>Read:</u> Chapter 11: Development Attachment Through the Life Course (Noba)

Week 3	
Monday Sep. 17	<u>Topic:</u> Intelligence and the Concept of the IQ <u>Today's Question:</u> What Do IQ Tests Really Mean? <u>Read:</u> Chapter 10: Intelligence Intelligence (Noba)
Wednesday Sep. 19	<u>Topic:</u> Intelligence, continued <u>Today's Question:</u> Where Does Intelligence Come From? <u>Read:</u> Chapter 10: Intelligence



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Week 4	
Monday Sep. 24	Study Day for Midterm 1 – No Class/Open Office Hours
Wednesday Sep. 26	Midterm Exam 1

Week 5	
Monday Oct. 1	<u>Topic:</u> The Psychology of Emotion <u>Today's Question:</u> Mr. Spock Revisited: Do We Control Our Emotions or Do Our Emotions Control Us? <u>Read:</u> Chapter 8: Emotion & Motivation
Wednesday Oct. 3	<u>Topic:</u> The Psychology of Motivation <u>Today's Question:</u> If You Were Stranded On a Desert Island, What's the First Thing You Would Do? Why Psychologists Think They Know <u>Read:</u> Chapter 8: Emotion & Motivation

Week 6	
Monday Oct. 8	No Class – Thanksgiving Day
Wednesday Oct. 10	<u>Topic:</u> Personality Psychology <u>Today's Question:</u> Where Do We Get Our Personalities From? <u>Read:</u> The Psychodynamic Perspective (Noba)



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Week 7	
Monday Oct. 15	<u>Topic:</u> Personality Psychology <u>Today's Question:</u> What Are <i>Your</i> Personality Traits? <u>Read:</u> Personality Traits (Noba)
Wednesday Oct. 17	Midterm Exam 2

Week 8	
Monday Oct. 22	<u>Topic:</u> Social Psychology <u>Today's Question:</u> Is Beauty in the Eye of the Beholder? <u>Read:</u> Chapter 13: Social Psychology Attraction and Beauty (Noba)
Wednesday Oct. 24	<u>Topic:</u> Social Psychology <u>Today's Question:</u> Why Do Good People Do Bad Things? <u>Read:</u> Chapter 13: Social Psychology Conformity and Obedience (Noba)

Week 9	
Monday Oct. 29	<u>Topic:</u> Social Psychology <u>Today's Question:</u> Do I See the World As it Really Is? Identifying Your Blind Spot(s) <u>Read:</u> Chapter 13: Social Psychology
Wednesday Oct. 31	<u>Topic:</u> Stress & Health <u>Today's Question:</u> Are You Stressed Out? What Can You Do About It? <u>Read:</u> Chapter 14: Stress and Health

Week 10	
Monday Nov. 5	<u>Topic:</u> Stress & Health Continuation/Wrap-Up <u>Read:</u> Chapter 14: Stress and Health



Wednesday Nov. 7	Midterm Exam 3
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Week 11	
Monday Nov. 12	No Class – Remembrance Day
Wednesday Nov. 14	<u>Topic:</u> Overview of Psychological Disorders <u>Today's Question:</u> What is Psychopathology? <u>Read:</u> Chapter 15: Psychological Disorders History of Mental Illness (Noba)

Week 12	
Monday Nov. 19	<u>Topic:</u> Psychological Disorders - Anxiety Disorders, Mood Disorders, and Schizophrenia Spectrum Disorders <u>Today's Question:</u> What Does it Feel Like to Experience Schizophrenia? <u>Read:</u> Chapter 15: Psychological Disorders
Wednesday Nov. 21	<u>Topic:</u> An Introduction to Therapy <u>Today's Question:</u> Don't Only "Crazy" People Need a Therapist? — Debunking Stereotypes and Stigmas About Therapy <u>Read:</u> Chapter 16: Treatment of Psychological Disorders Therapeutic Orientations (Noba)

Week 13	
Monday Nov. 26	<u>Topic:</u> Psychotherapies and Psychopharmacology <u>Today's Questions:</u> Psychotherapies Versus Biomedical Therapies: Which Works—and Why? <u>Read:</u> Chapter 16: Treatment of Psychological Disorders Psychopharmacology (Noba)



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Wednesday Nov. 28	<p><u>Topic:</u> The Science of Happiness & Psychological Well-Being</p> <p><u>Today's Question:</u> What <i>Really</i> Makes People Happy? (Hint, You Will Be Very Surprised at the Answer)!</p> <p>Read: Positive Psychology (Noba) Happiness: The Science of Subjective Well-Being (Noba)</p>
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Final Exam
Time/Date/Location Will Be Announced!

Thanks for a great semester of psychology!