

PSYCHOLOGY 121

Introduction to Psychology: Personal Functioning
(PSYO 121 • Section 101)
January-April, 2019

University of British Columbia, Okanagan Campus
Tuesday/Thursday, 11:00-12:30pm
ART 376

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Teaching Assistants (TAs)

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FREQUENTLY ASKED QUESTIONS & ANSWERS

Question	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 chapters/readings were covered. It is recommended that you complete the readings and review the lecture slides posted on Canvas to get caught up from a missed day.
<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.
<i>I want extra help with terminology and course concepts</i>	Dr. Wirtz and the course TAs will have office hours each week - please email ahead and 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 the course TAs. Keep track of your progress and calling errors to our attention promptly.
<i>I missed (or think I will miss) an exam</i>	There are 3 midterm exams. Your course grade will be determined by your 2 highest midterm exams and your final exam. Your lowest midterm will be dropped; if you miss a midterm, it will automatically count as your dropped midterm.
<i>I am having issues with SONA</i>	Email psyc.ubco.research@ubc.ca

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.
- Topics Covered in PSYO 121: This course focuses on the topics of developmental psychology, social psychology, personality psychology, psychological disorders, stress and health, therapies, and positive psychology.
- 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 them. In other words, if you want to get a good mark, your best bet is to do the readings *and* attend class.

REQUIRED MATERIALS

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

OPTIONAL MATERIALS

- Class Notes: Before each lecture, I will make a set of class notes available for download from Connect. The notes present an incomplete outline of the day's topics, in an effort to assist you in your note taking during class. Many students find it helpful to use these during class.

Course Points & UBC Grading Scale

A. Exams		90-100 = A+
▶ Midterms:	250 points	85-89 = A
▶ Final Exam:	165 points	80-84 = A-
B. Assignments	65 points	76-79 = B+
C. Research Participation	20 points	72-75 = B
<hr/>		68-71 = B-
TOTAL	500 points	64-67 = C+
		60-63 = C
		55-59 = C-
		50-54 = D
		00-49 = F

EXAMS

- You will have a total of **three midterm** exams and a **final exam** covering assigned readings, lectures, and 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. Your **lowest midterm exam will be dropped** and the higher two will count for 125 pts each; the final exam is 165 points. A missed midterm automatically counts as your lowest and will be dropped.

ASSIGNMENTS

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

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 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
- 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>

CLASS POLICIES

- Early Departures: Leaving class early is disruptive to your instructor and fellow students. It is expected that if you come to class you will attend the entire class. If you have a specific need to leave class early, obtain permission from the instructor prior to class beginning.
- Laptops, smart phones, i-Pads, 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.
- Classroom Conduct: 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.
- 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.
- Missed Exams: As described earlier in the syllabus, your lowest midterm exam will be dropped. In the event of a missed midterm, this will count as your lowest and will be dropped. As a result, makeup exams are generally not permitted. If you believe you will miss more than one midterm, please contact your instructor.

Please turn the page to view the daily schedule!

Daily Schedule

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

Week 1	
Tuesday Jan. 1	Happy New Year!
Thursday Jan. 3	<u>Topic:</u> Intro to Course / Making Sense of Psychological Science <u>Read:</u> Syllabus; Why Science? (Noba)

Week 2	
Tuesday Jan. 8	<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)
Thursday Jan. 10	<u>Topic:</u> Developmental Psychology <u>Today's Question:</u> Food or Comfort: Why Do We Bond to Our Caregivers? <u>Read:</u> Chapter 11: Development Attachment Through the Life Course (Noba)

Week 3	
Tuesday Jan. 15	<u>Topic:</u> Developmental Psychology <u>Today's Question:</u> How Do We Learn Right and Wrong? <u>Read:</u> Chapter 11: Development
Thursday Jan. 17	<u>Topic:</u> The Psychology of Emotion & 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 4	
Tuesday Jan. 22	In-Class Review for Exam
Thursday Jan. 24	Midterm 1

Week 5	
Tuesday Jan. 29	<p><u>Topic:</u> Overview of Psychological Disorders <u>Today's Question:</u> What is Psychopathology?</p> <p><u>Read:</u> Chapter 15: Psychological Disorders History of Mental Illness (Noba)</p>
Thursday Jan. 31	<p><u>Topic:</u> Psychological Disorders - Anxiety Disorders, Mood Disorders, and Schizophrenia Spectrum Disorders <u>Today's Question:</u> What are the Most Common (and Least Common) Forms of Psychopathology?</p> <p><u>Read:</u> Chapter 15: Psychological Disorders</p>

Week 6	
Tuesday Feb. 5	<p><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</p> <p><u>Read:</u> Therapeutic Orientations (Noba)</p>
Thursday Feb. 7	<p><u>Topic:</u> Psychotherapies and Psychopharmacology <u>Today's Questions:</u> Psychotherapies Versus Biomedical Therapies: Which Works—and Why?</p> <p><u>Read:</u> Psychopharmacology (Noba)</p>

Week 7	
Tuesday Feb. 12	In-Class Review for Exam
Thursday Feb. 14	Midterm 2

Week 8	
Tuesday Feb. 19 & Thursday, Feb. 21	Midterm Break – No Class

Week 9	
Tuesday Feb. 26	<p><u>Topic:</u> Social Psychology</p> <p><u>Today's Question:</u> Why Do Good People Do Bad Things?</p> <p><u>Read:</u> Chapter 13: Social Psychology</p>
Thursday Feb. 28	<p><u>Topic:</u> Social Psychology</p> <p><u>Today's Question:</u> How Do Others Influence Us? (And How Do We Influence Them?)</p> <p><u>Read:</u> Chapter 13: Social Psychology</p>

Week 10	
Tuesday Mar. 5	<p><u>Topic:</u> Social Psychology</p> <p><u>Today's Question:</u> How Do We Find Our Perfect Match?</p> <p><u>Read:</u> Chapter 13: Social Psychology</p>
Thursday Mar. 7	<p><u>Topic:</u> Positive Psychology</p> <p><u>Today's Question:</u> What <i>Really</i> Makes People Happy?</p> <p><u>Read:</u> Happiness: The Science of Subjective Well-Being (Noba)</p>

Week 11	
Tuesday March 12	In-Class Review for Exam
Thursday March 14	Midterm 3

Week 12	
Tuesday March 19	<p><u>Topic:</u> Stress & Health</p> <p><u>Today's Question:</u> Are You Stressed Out? What Can You Do About It?</p> <p><u>Read:</u> The Healthy Life (Noba)</p>
Thursday March 21	<p><u>Topic:</u> Personality Psychology</p> <p><u>Today's Question:</u> Where Do We Get Our Personalities From?</p> <p><u>Read:</u> Chapter 12: Personality</p>

Week 13	
Tuesday March 26	<u>Topic:</u> Personality Psychology <u>Today's Question:</u> How Can Personality Be Measured? <u>Read:</u> Chapter 12: Personality
Thursday March 28	<u>Topic:</u> Personality Psychology <u>Today's Question:</u> What Are Your Personality Traits? <u>Read:</u> Chapter 12: Personality

Week 14	
Tuesday April 2	<u>Topic:</u> Catch-up / Integration and Closing Thoughts
Thursday April 4	Final Exam Review Session

Final Exam
Time/Date/Location Will Be Announced

Thanks for a great semester of psychology!