

**UNIVERSITY of BRITISH COLUMBIA OKANAGAN**  
**PSYCHOLOGY 111 - SECTION 001- Art 214**  
**INTRODUCTION TO PSYCHOLOGY**  
**2019 SUMMER TERM 1**

**Professor:** Dr. Paul Gabias

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**Phone:** 807-9383

**Email:** paul.gabias@ubc.ca

**Office Hours:** Mondays 12:30 pm – 1:30 pm or by appointment.

**Required Text**

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

**Optional Video**

Zimbardo, P. (1990, 2001). *Discovering Psychology*. WGBH Boston with the American Psychological Association. 1. Past, Present, and Promise (Chapter 1); 2. Understanding Research (Chapter 2); 3. The Behaving Brain (Chapter 3); 7. Sensation and Perception (Chapter 4); 8. Learning (Chapter 7); 9. Remembering and Forgetting (Chapter 6).  
<http://www.learner.org/resources/series138.html?pop=yes&pid=1498#>

**Canvas**

To access Canvas go to [www.Canvas.ubc.ca](http://www.Canvas.ubc.ca). Click on the Login button and proceed with your login name and password. You will then be able to access the content of all of your courses that are available on Canvas. In order to ensure that you'll receive emails for the course from Canvas, you'll need to add your email address to Canvas. Also, I post supplementary material in the Readings and Videos Folder on the course content page. Please **do not** email me from Canvas, as I cannot respond and I do not receive them in my UBC mail, [paul.gabias@ubc.ca](mailto:paul.gabias@ubc.ca).

**Tentative Schedule 2019 Summer Term 1 Class 8:30-10:10 – break – 10:30-12:00**

**Week Date Chapters**

- 1 05/13 Introductory Remarks and Chapter 1 - Introduction to Psychology – **break** – Chapter 1 - Introduction to Psychology
- 1 05/16 Chapter 1 - Introduction to Psychology - **break** - Chapter 2 - Methods
- 2 **05/20 Victoria Day – no classes**
- 2 05/23 Chapter 2 - Methods & Chapter 3 - Neuroscience and Behavior – **break** – Chapter 3 - Neuroscience and Behavior
- 3 05/27 Chapter 3 - Neuroscience and Behavior – **break** – Chapter 3 - Neuroscience and Behavior
- 3 05/30 **Exam 1 – Chapters 1, 2 & 3**  
*You are examinable for all of this material regardless of what has not been covered in class. Depending on time available, some portions of chapters may not be covered in class except to answer questions about the material in the chapters. Your reading and learning schedule should match the schedule indicated in this syllabus.*
- 4 06/03 Chapter 4 - Sensation and Perception – **break** – Chapter 4 - Sensation and Perception
- 4 06/06 Chapter 4 - Sensation and Perception – **break** – Chapter 4 - Sensation and Perception
- 5 06/10 Chapter 4 - Sensation and Perception – **break** – Chapter 4 - Sensation and Perception
- 5 06/13 Chapter 7 - Learning – **break** – Chapter 7 - Learning
- 6 06/17 Chapter 7 - Learning – **break** – Chapter 7 - Learning
- 6 06/20 Chapter 7 - Learning – **break** – Chapter 6 - Memory
- 7 **06/24-28 Final Exam Period: Exam 2 – Chapters 1, 2, 3, 4, 6 & 7**

You are examinable for all of this material regardless of what has not been covered in class. Depending on time available, some portions of chapters may not be covered in class except to answer questions about the material in the chapters. Your reading and learning schedule should match the schedule indicated in this syllabus.

### **Evaluation**

Important note: the dates, material covered, and weightings for all examinations are subject to change without notice.

In this course, there will be two exams. The Final Exam is cumulative. There is 4% of the final grade as credit from SONA research activity.

In order to be fair to all students, Psychology courses adhere to the evaluation described on the course outline. Accordingly, requests for make-up tests, assignments, or other work to increase grades will not be supported unless specified on the course outline. In this course, the evaluation is as follows:

**Exam 1 40%**

**Exam 2 (Final exam period) 56%**

**SONA 4%**

### **Grading**

According to the University of British Columbia Grading Scale

#### **Mark-Grade Equivalents**

<b><u>Percent</u></b>	<b><u>Letter Grade</u></b>	<b><u>Definition</u></b>
90-100	<b>A+</b>	
85-89	<b>A</b>	First Class
80-84	<b>A-</b>	
76-79	<b>B+</b>	
72-75	<b>B</b>	Second Class
68-71	<b>B-</b>	
64-67	<b>C+</b>	
60-63	<b>C</b>	Third Class
55-59	<b>C-</b>	
50-54	<b>D</b>	Marginal Pass
0-49	<b>F</b>	Failure

### **SONA Research Activity**

PSYO 111 and PSYO 121 include 4% of the final grade as credit from research activity. 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 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.

### *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.

## Rules of the Classroom

As a Blind Tenured Associate Professor of Psychology, who has been teaching several Psychology courses for 30 years, I would like you to know about some conduct rules for my classroom that I have developed over the years. I like to know what is happening in my classroom. Therefore, I find anonymous comings and goings in the classroom disruptive. I would ask that you keep them at a minimum, if at all.

- **Washrooms:** From the exam invigilation information package for classroom examinations from Enrollment Services, the University states: "Before the exam, remind students to use the washroom. During the exam, only one student should leave the room at a time. If there are enough invigilators, have one accompany each student to the door of the washroom." So, using the washroom is regulated during exams. During my classes, I do not intend to regulate washroom use by students, as it is during examinations. However, I would ask that students use the washroom before coming to class, in so far as this is possible. This practice will minimize unnecessary comings and goings during the classroom and it will ensure that you do not miss important information during the lectures.
- **Early departure:** If you have a planned early departure during a lecture, please let me know in advance by email. If you must absent yourself from the class while it is in progress, please state who you are, and that you have to leave and please state your name when you come back. You can say, for example: "Dr. Gabias, my name is Warren Beady or Clarissa Jones, and I have to leave for a moment, but I'll be back, and I'll let you know when I come back."
- **Talking or whispering during lectures:** I encourage discussion during my lectures, provided that I know who is talking. This way I can direct the discussion appropriately. If I find that, during a lecture there is talking or whispering that is irrelevant to the class content, I will warn the class that this is inappropriate. If it continues, I reserve the right to stop lecturing until the talking or whispering ceases. If, after these measures have been taken, instances of talking or whispering persists during any given lecture, I will cancel the class until the next segment or the next class, depending on whether the designated break has occurred or not. Material that would have been covered during the cancelled class segment will only be available from your study material.

## Attendance

I may take attendance at the beginning or during each class segment. You are expected to attend every class and to arrive on time. If you arrive late, please let me know who you are so that I know why the door is being opened and closed. Do not be afraid to interrupt me while I am talking.

You are responsible for reading, ahead of time, the material that is to be presented in each class. Absences from class will be noted and taken into account at the end of the semester. Poor attendance will adversely affect your grade. Good attendance and class participation will help your grade.

UBC regulations are that **regular attendance is expected** of students in all their classes (including lectures, laboratories, tutorials, seminars, etc.). Because of this attendance requirement, I need to know who is in my classroom at all times. I need to know who is coming and who is going.

Because I am a blind professor, to fulfill this requirement, I must ask you to say your name when you are coming into the classroom, when you are leaving the classroom and when you have a question, once the class has begun and attendance has been taken. During the lecture, if you say your name when you have a question, instead of raising your hand, I will know two things: I will know who you are and that you have a question or a comment. Following these procedures will make your classroom experience more productive and more enjoyable.

Students who neglect their academic work and assignments may be excluded from final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes. For more information on the student declaration and responsibilities, see

<http://www.students.ubc.ca/calendar/index.cfm?tree=3,36,0,0>

## Student Declaration and Responsibility

Upon registering, a student has initiated a contract with the University and is bound by the following declaration: "**I hereby accept and submit myself to the statutes, rules and regulations, and ordinances (including bylaws, codes, and policies) of The University of British Columbia, and of the faculty or faculties in which I am registered, and to any amendments thereto which may be made while I am a student of the University, and I promise to observe the same.**"

The student declaration is important. It imposes obligations on students and affects rights and privileges including property rights. You must not enroll as a student at the University if you do not agree to become bound by the declaration above. By agreeing to become a student, you make the declaration above and agree to be bound by it. For more information on the student declaration and responsibilities, see

<http://www.students.ubc.ca/calendar/index.cfm?page=declaration>.

## Missed Exams

**There will be no make-up exams and no early exams. If you have to miss the midterm, and you work it out with me in advance, then I will reweight your final exam to be worth 96% of your grade. Otherwise, there will be no re-weighting of exams under any circumstances.** Check the schedule for the final exam and make your travel plans accordingly. Mis-scheduled flights for vacations are not considered to be valid reasons for rescheduling examinations.

If you think your exam has been graded incorrectly, submit a written explanation by email to me. I will double check the grading and get back to you. Beyond that, please don't argue about your grades. It isn't that I am so hard-nosed, it's rather that I have a very strong sense of fairness and that means not caving in to the pushiest people while the people who play by the rules suffer.

All students who miss or plan to miss a regularly scheduled **FINAL** examination must discuss the issue with personnel in the Office of the Associate Dean, Undergraduate Recruitment, Services, and Success in the Irving K. Barber School of Arts & Sciences, [bsasdeansoffice.ubco@ubc.ca](mailto:bsasdeansoffice.ubco@ubc.ca).

### **Senate Policies and Regulations on Examinations**

Senate policies and regulations on examinations can be found in the online calendar at <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,41,89,0>

In particular, some students will be interested in the issue of what UBC calls examination hardships. An examination hardship is defined as three or more examinations 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. The student must notify the instructor of the second examination no later than one month prior to the examination date. For more regulations, please go to the Calendar webpage.

### **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 **Connect**. All material uploaded to **Connect** 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 **Connect** 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.

### **Academic Integrity**

You are responsible for reading and understanding the appropriate policies contained in the calendar. This will provide you with a clear indication of the expectations regarding academic integrity. Incidentally, the section describing the nature and consequences of academic misconduct as described in the Table of Contents for Discipline for Academic Misconduct in the calendar: <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0> ...is far more extensive than the link <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,959>.

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 break down 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.

### **Learning Tools for the Classroom**

I would ask you to bring your textbook to each class. I will be using it as reference material to discuss chapter headings and subheadings, and chapter figures and tables. I will be referring to these items by page numbers. It will be important for you to be able to see these items as I discuss them. Recording of my classes is permitted.

### **Learning Support**

Learning Supports at UBC Okanagan provide students with a range of skills and strategies that encourage learning excellence and promote holistic development. Students are invited to access a wide variety of learning support resources that include free tutoring in writing, research, math and sciences, as well as help with study skills and learning strategies. For more information about the Learning Support go to <https://students.ok.ubc.ca/learning-supports.html>

### **Student Study Strategies**

For Student study Strategies go to <http://www.Studygs.net>

### **UBC Okanagan Disability Resource Centre:**

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

**UNC 214C** 250.807.9263

Email: [earlene.roberts@ubc.ca](mailto:earlene.roberts@ubc.ca)

Web: <http://students.ok.ubc.ca/drc/welcome.html>

### **Blindness Resources**

With the blind professor that you have, you also have the opportunity to learn about blindness. This blindness material is not required course material. However, it can be used for your own personal development. Below, are links relating to resources about blindness and blind people:

<https://nfb.org/kernel-books>

<http://www.cfb.ca/publications/the-blind-canadian-magazine>

<https://nfb.org/braille-monitor>

<https://www.youtube.com/watch?v=EJ2xf1q8Ovw&feature=youtu.be>

### **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 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 and Inclusion Office or your administrative head of unit.

**Psychology Equity Representative:** Paul Gabias, ph. 250-807-9383 email [paul.gabias@ubc.ca](mailto:paul.gabias@ubc.ca),

**UBC Okanagan Equity Advisor:** ph. 250-807-9291; email [equity.ubco@ubc.ca](mailto:equity.ubco@ubc.ca)

**Web:** [www.equity.ok.ubc.ca](http://www.equity.ok.ubc.ca) | @EquityUBCO | [www.facebook.com/ubcoequityoffice](https://www.facebook.com/ubcoequityoffice)

### **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**

Email: [healthwellness.okanagan@ubc.ca](mailto:healthwellness.okanagan@ubc.ca)

Web: [www.students.ok.ubc.ca/health-wellness](http://www.students.ok.ubc.ca/health-wellness)

**For Dates to Remember Go to** <http://okanagan.students.ubc.ca/calendar/academicyear.cfm>

### **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](http://www.security.ok.ubc.ca)*