



PSYO 121 – 001 (3)

Introduction to Psychology: Personal Functioning

2020 Term 1

Tuesdays 1:00 - 4:00 PM PST, Web-Oriented Course

Instructor:

Dr. Shirley Hutchinson

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🕒 Office Hours via Zoom: Tuesdays 10:00-12:00 PM or by appointment (please email me).

<https://ubc.zoom.us/j/66390938325?pwd=emhGYW9qT3RpV0pWS2x1bVlmbFRHZz09>

Meeting ID: 663 9093 8325

Passcode: 342157

IMPORTANT: *During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>*

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 required:* PSYO 111

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:

In accordance with learning outcomes as outlined by the *APA Introductory Psychology Initiative (IPI)*, by the end of this course, students should be able to:

- Identify basic concepts and research findings and give examples of psychology's integrative themes
- Apply psychological principles to everyday life
- Draw appropriate, logical, and objective conclusions about behaviour and mental processes from empirical evidence
- Evaluate misconceptions or erroneous behavioural claims based on evidence from psychological science
- Design, conduct, or evaluate basic psychological research
- Describe ethical principles that guide psychologists in research and therapy

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. Assigned quizzes available via the LaunchPad resource of the textbook will help to reinforce the key concepts and allow for class discussion. All lectures will be pre-recorded and uploaded to Canvas. The lectures will be available on Canvas for student viewing until the content-relevant scheduled midterm or final exam. It is the student's responsibility to view the lectures prior to their removal from Canvas.

IMPORTANT: Given the size of the class, the technological constraints in terms of bandwidth, and the various time zones students may be connecting from, lectures will be **NOT** be delivered during the scheduled lecture time. Instead, lectures will be pre-recorded and available for student viewing via Canvas. In order to engage with this course online, students are required to have a laptop or desktop computer and a stable Internet connection. A quiet space to view the recorded lectures and to write examinations from is also highly recommended. During the scheduled class lecture time, students will have the opportunity to meet and discuss course content and review more difficult concepts with their Teaching Assistants (TAs). After the add/drop date, students will be divided into groups and assigned to a one-hour timeslot. This will be their assigned timeslot for the term. Students will access the discussion group via Zoom. Attendance is not mandatory for these sessions but attending these sessions is highly encouraged.

As per UBC policy, all examinations must be completed during the scheduled course time (i.e., Tuesdays from 1:00-4:00 PM PST). Out of fairness to all students, there are no exceptions to this policy. The instructor will be available during all examinations via Zoom should students encounter technical difficulties. It is the responsibility of the student to ensure that any technical issues are reported to the instructor **immediately**. If you cannot connect with the instructor via Zoom, please document the issue or technical concern via a screenshot. This is the only circumstance in which it is appropriate to document (i.e., screenshot) exam material. Failing to report technical issues in a timely manner, may result in the issue not being resolved and may negatively impact your grade.

The examinations in this course are all **closed-book**, so you are **NOT** permitted to access any of the course materials, including your notes, during the exam. You are **NOT** to use any search engines or other programs except for the program required to complete the exam. You are also **NOT** to communicate with



anyone about the exam during the schedule write time or after the examination – you are to work independently. If you violate these conditions you have engaged in Academic Misconduct and will be subject to the consequences articulated in the Academic Integrity section. Communication with other students (written, text, verbal, etc.) is not permitted and will constitute Academic Misconduct. Students will be asked to acknowledge the academic integrity pledge prior to completing the examination.

Students are asked to familiarize themselves with the academic integrity pledge found at this link:

<https://ctl.ok.ubc.ca/teaching-remotely/final-exams/integrity-pledge/>

Examinations will utilize **Respondus LockDown Browser** (integrated in Canvas) which is a special web browser application that prevents students from navigating away from Canvas and accessing other applications while taking online quizzes or exams.

It is the policy in this course that final grades cannot be adjusted (through extra assignments or otherwise) in order to achieve a passing mark, higher letter grade etc. In order to maintain fairness within this course, requests for additional assignments as well as requests to round or “bump up” final grades will be denied.

Evaluation Criteria and Grading:

- 1) Exam #1 (20% of grade).** The exam will cover Chapters 8 & 10 of the course, including all lecture and textbook material. This exam will cover 2 chapters and will be out of 60 marks. This exam will be entirely multiple choice (30 questions per chapter). This closed-book examination will be completed via Canvas and will be proctored with Respondus Lockdown Browser software activated. Questions will be presented one at a time with the ability to skip questions and come back to previous questions. **Students will have 80 minutes (1 hour 20 mins) to complete the examination. The examination will take place during the scheduled class time.**
- 2) Exam #2 (25% of grade).** The exam will cover Chapters 11, 12, & 13 of the course, including all lecture and textbook material. This exam will cover 3 chapters and will be out of 90 marks. This exam will be entirely multiple choice (30 questions per chapter) and is not cumulative. This closed-book examination will be completed via Canvas and will be proctored with Respondus Lockdown Browser software activated. Questions will be presented one at a time with the ability to skip questions and come back to previous questions. **Students will have 120 minutes (2 hours) to complete the examination. The examination will take place during the scheduled class time.**
- 3) Final Exam [Exam #3] (30% of grade).** The exam will cover Chapters 14, 15, & 16 of the course, including all lecture and textbook material. This exam will cover 3 chapters and will be out of 90 marks. This exam will be entirely multiple choice (30 questions per chapter) and is not cumulative. This closed-book examination will be completed via Canvas and will be proctored with Respondus Lockdown Browser software activated. Questions will be presented one at a time with the ability to skip questions and come back to previous questions. **Students will have 120 minutes (2 hours) to complete the examination. The examination will take place during the scheduled final exam period, date and time to be announced.**



- 4) **LaunchPad Activities and Assigned Modules (16%).** A series of chapter-specific LaunchPad activities will be assigned on Canvas for students to complete. The LaunchPad activities will be integrated within Canvas for students to access. Each chapter's activities and modules are worth 2% for a cumulative total of 16% of the final grade (8 chapters x 2% = 16%). Please refer to the Course Schedule below for the deadlines for these LaunchPad activities.
- 5) **Canvas Quizzes (5%).** A total of 11 quizzes will administered on Canvas, worth 0.45% each. There will be one quiz for each chapter, as well as a quiz at the start of the course. Please refer to the Course Schedule below for dates of these quizzes.
- 6) **Sona (4%).** A portion of the final grade in this course comes from participating in research activities. 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. A detailed explanation of the required research activities can be found in this syllabus under "Required Research Activity".

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:

Schacter, D. L., Gilbert, D. T., Nock, M. K., Johnsrude, I., & Wegner, D. M. (2020). *Psychology* (5th Canadian Ed.). New York, NY: Worth Publishers.

LaunchPad access, as pre-packaged with the textbook by the publisher, is required for this course. This resource creates an immersive learning experience for students via a collection of activities and modules. Students will be evaluated on the assigned content and will find it a helpful study tool for practicing and self-testing what is discussed both in lecture and in the textbook.

Accessing LaunchPad:

This course will be using a product that is integrated into Canvas. In order to utilize this material, **you MUST purchase** your course materials for this course at the **UBC Bookstore**. Purchases from any other retailer (i.e., Amazon, Discount Textbooks, etc.) are not able to be verified through the course site and you will not be able to access the content needed.

You have two options of purchasing your course materials for this course:

1) Purchase either the physical or digital product in-store or online at the UBC Bookstore – for these purchases you **MUST** keep your receipt in order to verify the purchase on the course site.



2) Log into the course site (i.e., Canvas) and follow the link to purchase the required materials (Please note: you can only purchase the digital product through this option).

REQUIRED RESEARCH ACTIVITY (4% OF YOUR GRADE) (SONA)

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. 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 earn credits. 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 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 timeslot is available. If you wait until late in the semester, all timeslots 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 prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the experiment and the credit value of the study will deduct from the amount of credits you are eligible to earn for your course, regardless of how many studies you complete.

Research Summary Assignment (Option 2): As an alternative to participating in a Psychology Subject Pool experiment, you may obtain 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* (7th 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.

Please email psyc.ubco.research@ubc.ca with any questions or concerns that you may have regarding the Sona system, including unassigned credits. Your professor does NOT have access to this information.

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 discuss with their instructor 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 examination 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 unless other arrangements have been made with the instructor.

Class attendance is not mandatory but is highly encouraged. All lectures will be recorded with the content available for viewing on *Canvas*. It is the responsibility of the student to stay up to date with the course content and to monitor *Canvas* for important announcements. A discussion board will be enabled on *Canvas* to allow students to communicate with fellow classmates and the instructor.

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 dates will NOT change, however, from what is posted in this course schedule.

DATE	LECTURE TOPIC	TEXTBOOK CHAPTER
Tues. Sept. 15 th	Course Overview & Syllabus Quiz Emotion and Motivation Chapter 8 Quiz	8
Tues. Sept. 22 nd	Intelligence & Chapter 10 Quiz	10
Tues. Sept. 29 th	Development & Chapter 11 Quiz	11
Tues. Oct. 6 th	EXAM #1 (CHAPTERS 8 & 10) LAUNCHPAD ACTIVITIES FOR CHAPTERS 8 & 10 DUE	-----
Tues. Oct. 13 th	Personality & Chapter 12 Part I Quiz	12
Tues. Oct. 20 th	Personality & Chapter 12 Part II Quiz	12
Tues. Oct. 27 th	Social Psychology & Chapter 13 Part I Quiz	13
Tues. Nov. 3 rd	Social Psychology & Chapter 13 Part II Quiz	13
Tues. Nov. 10 th	EXAM #2 (CHAPTERS 11, 12, & 13) LAUNCHPAD ACTIVITIES FOR CHAPTERS 11, 12 & 13 DUE	-----
Tues. Nov. 17 th	Stress and Health & Chapter 14 Quiz	14
Tues. Nov. 24 th	Psychological Disorders & Chapter 15 Quiz	15
Tues. Dec. 1 st	Treatment of Psychological Disorders & Chapter 16 Quiz	16

EXAM PERIOD DECEMBER 7TH – 22ND 2020



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* 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 1 of Winter 2020 is Dec. 7th – Dec. 22nd. 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 (<https://ikbsas.ok.ubc.ca/student-resources/undergrad/student-forms/>) 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 the following link:

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



Student Learning Hub:

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support—now **online and flexible** to meet your remote learning needs! The Hub welcomes undergraduate students from all disciplines and years to access a range of supports that include **tutoring in math, sciences, languages, and writing**, as well as **dedicated learning support** to help you develop skills and strategies for **academic success**. Don't wait—successful learners access support **early and often**. For more information, visit students.ok.ubc.ca/hub or contact learning.hub@ubc.ca

Improve your writing with support from the Student Learning Hub—now **online and flexible** to meet your remote learning needs! Undergraduate students from every discipline, working on any type of written course assignment (or presentation), are welcome. We support writers at **all stages of the writing process**, from planning and drafting to revising. Peer writing consultants focus on your needs as a writer—they don't "edit" or "proofread." Instead, they listen, read, ask questions, and share strategies for doing it yourself, allowing you to explore your innate writing talents and discover a path to **academic success** that is uniquely yours. Don't wait—successful learners access support **early and often**. Visit students.ok.ubc.ca/hub or contact learning.hub@ubc.ca

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

Office of the Ombudsperson for Students:

The Office of the Ombudsperson for Students 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.

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 **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