



## PSYCHOLOGY 230: Biopsychology of Behaviour

2020 Winter Term 2 (January 11, 2021 – April 13, 2021)

Day & Time: *Thursdays 12:00pm – 1:20pm & Fridays 12:30pm – 1:50pm PST*  
Web-Oriented Course

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**Instructor:** Carmela White, Ph.D. Registered Provisional Psychologist

**Email** ✉: [carmela.white@ubc.ca](mailto:carmela.white@ubc.ca)

🕒 **Office Hours via email:** Mondays 10:00 am -12:00 pm PST

It is also possible to meet via Zoom during the office hours, if the initial email exchanges do not provide the student with sufficient explanation. Zoom meeting information and details will be provided to the student at the time of requesting to meet via zoom.

**Teaching Assistants** will also be providing weekly office hours via zoom and can also be reached via email throughout the term:

Megan Udala

**Email** ✉: [megan.udala@ubc.ca](mailto:megan.udala@ubc.ca)

🕒 **Office Hours via zoom:** Tuesdays 6:00 pm – 7:00 pm. PST

<https://ubc.zoom.us/j/7225052520?pwd=K2xndEQ3ZWlRTjBlVdSNVIOeGtzQT09>

Meeting ID: 722 505 2520

Passcode: 084597

Lydia Wood

**Email** ✉: [lydia.wood@ubc.ca](mailto:lydia.wood@ubc.ca)

🕒 **Office Hours via zoom:** Tuesdays 10:30 am – 11:30 am. PST

<https://ubc.zoom.us/j/67212099025?pwd=WTJvZkduUll2a25TaXdySEFIUk5tQT09>

Meeting ID: 672 1209 9025

Passcode: 853014

Vanessa Bobbitt

**Email** ✉: [vbobbitt@student.ubc.ca](mailto:vbobbitt@student.ubc.ca)

🕒 **Office Hours via zoom:** Wednesdays 6:00 pm – 7:00 pm. PST

<https://zoom.us/j/94414042930?pwd=UjF4cXRlb1hla0VCbkxLNDZIRzI1UT09>

Meeting ID: 944 1404 2930

Passcode: VRLz35

Teaching Assistants will also be providing virtual review sessions prior to exams. Details of review sessions (dates and times) will be provided closer to exam dates via Canvas and/or email. ***Please ensure you are frequently checking Canvas for any updates/important information throughout the term.***



**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>*

### **COURSE DESCRIPTION:**

This course will provide an introduction to the function and structures of the brain, including basic neuroanatomy, communication within the nervous system, sensation and perception, and cognitive abilities. Further the course will focus on the application of these topics to a selection of areas including, brain damage and recovery, emotions, stress, sleep, and neurological and psychiatric disorders.

### **PREREQUISITES:**

PSYO 111 & PSYO 121

### **REQUIRED E-TEXT and ONLINE RESOURCE - REVEL:**

Pinel, J.P.J. & Barnes, S.J. (2018). Biopsychology. (10<sup>th</sup> Ed.). Toronto: Pearson.  
ISBN-13: 9780134567730

Note: REVEL is an interactive digital textbook. There is **no** physical text. You will need an Access Code available for purchase through the bookstore.

Course Invite Link: <https://console.pearson.com/enrollment/ecbiyt>

**\*\*\*IMPORTANT** – *When creating your account, PLEASE ENSURE your name is typed/entered EXACTLY as it is in Canvas (otherwise your grades will not transfer properly).*

### **LEARNING OUTCOMES:**

1. To acquire basic working knowledge of the anatomy of the central nervous system, the neuron, and communication within the central nervous system.
2. To acquire basic knowledge and an increased understanding of the biological basis for sensation and perception, emotions, and cognition.
3. To be able to describe the research methods and measurements used in biopsychology.
4. To acquire basic knowledge of brain development, plasticity, and lateralization.



5. To acquire basic knowledge and increased understanding of the biological basis of neurological and psychiatric disorders

### **COURSE FORMAT:**

The contents of the lectures will be determined by the course schedule (see below). Lectures and PowerPoint slides will review and emphasize the key points of selected material from the textbook chapters and will provide clarification and explanation of course concepts. Students should listen/watch/review all recorded lectures and read all relevant/required chapters/sections for quizzes and exams. Assigned quizzes available via the REVEL resource of the textbook will help to reinforce the key concepts and preparation for exams. All lectures will be pre-recorded and uploaded to 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. Students will have the opportunity to virtually meet with Teaching Assistants (TAs) to discuss course content and review more difficult concepts.

***As per UBC policy, all examinations must be completed during the scheduled course time (i.e., Thursdays from 12:00pm-1:30pm and/or Fridays from 12:30pm – 2:00pm 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/>



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.

## **COURSE EVALUATION (see ‘Tentative Schedule’ below for dates):**

- 1) Online Quizzes #1 (6% - Chapters 1 & 5):** Mini sections quizzes will cover material in Chapters 1 and 5. These chapters provide fundamental knowledge that will be built upon for the remainder of the course. The mini section quizzes will be provided through REVEL. Students may take each mini quiz twice, with the highest score counted towards their final grade. (Further instructions can be found on REVEL).
- 2) Online Quizzes #2 (3% - Chapters 3, 4, & 9):** As a way to help prepare and aide in your studying, mini quizzes (associated with Chapters 3, 4, & 9) will cover material that will be on your first midterm exam. The quizzes will be provided online through REVEL. Students may take each quiz twice, with the highest score counted towards their final grade. These quizzes must be completed by midnight PST the evening before Exam #1.
- 3) Exam 1 (25% - Chapters 3, 4, & 9):** The first exam will cover all material covered in the recorded lectures/PowerPoint slides and relevant readings from your textbook (i.e., Chapters 3, 4, & 9, slides/lecture, videos, etc.). The exam will consist only of multiple-choice questions. This closed-book examination will be completed via Canvas. Students will have 80 minutes (1 hour 20 mins) to complete the examination. The examination will take place during the scheduled class time.
- 4) Online Quizzes #3 (3% - Chapters 6, 7, 11, & 10):** As a way to help prepare and aide in your studying, mini quizzes (associated with Chapters 6, 7, 10, & 11) will cover material that will be on your second midterm exam. The quizzes will be provided online through REVEL. Students may take each quiz twice, with the highest score counted towards their final grade. These quizzes must be completed by midnight PST the evening before Exam #2.
- 5) Exam 2 (30% - Chapters 6, 7, 11, & 10):** The second exam will cover all material covered in the recorded lectures/PowerPoint slides and relevant readings from your textbook (i.e., Chapters 6, 7, 11, & 10, slides/lecture, videos, etc.). The exam will consist only of multiple-choice questions. This closed-book examination will be completed via Canvas. Students will have 80 minutes (1 hour 20 mins) to complete the examination. The examination will take place during the scheduled class time.
- 6) Online Quiz #4 (3% - Chapters 16, 14, 17, & 18):** As a way to help prepare and aide in your studying, mini quizzes (associated with Chapters 14, 16, 17, & 18) will cover material that will be on your final exam. The quizzes will be provided online through REVEL. Students may take each quiz twice, with the highest score counted towards their



final grade. These quizzes must be completed by midnight PST the evening before the last day of classes (i.e., midnight PST of April 8, 2021).

- 7) **Final Exam (30% - Chapters 16, 14, 17, & 18):** The final exam will cover all material covered in class and from your textbook (i.e., Chapters 16, 14, 17, & 18, slides/lecture, videos, etc.). The final exam will consist only of multiple-choice questions. This closed-book examination will be completed via Canvas. Students will have 120 minutes (2 hours) to complete the examination. The final exam is **not cumulative** and will be held during the final exam period (April 16<sup>th</sup> – 29<sup>th</sup>).

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### THERE IS POTENTIAL TO EARN 2% *BONUS* IN THIS COURSE FOR PARTICIPATING IN 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. 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. **IMPORTANT:** Please note, due to concerns related to COVID-19, only online studies will be hosted on Sona.

#### 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 (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.

**Note.** 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>.



## Tentative Course Schedule

(subject to change – any changes will be announced in class)

	<b>Date</b>	<b>Lecture Topic</b>	<b>Readings</b>	<b>Deadlines</b>
<b>1</b>	<b>January 14</b>	Course Outline/Syllabus – Introduction	<i>Chapter 1</i>	
<b>2</b>	<b>January 15</b>	Biopsychology as a Neuroscience & Research Methods of Biopsychology	<i>Chapter 1 &amp; 5</i>	
<b>3</b>	<b>January 21</b>	Anatomy of the Nervous System	<i>Chapter 3</i>	
<b>4</b>	<b>January 22</b>	Anatomy of the Nervous System	<i>Chapter 3</i>	<b><u>Quizzes #1</u></b> (Chapters 1 & 5) <i>Via REVEL</i> <b><u>Due:</u></b> BY midnight (PST)
<b>5</b>	<b>January 28</b>	Neural Conduction and Synaptic Transmission	<i>Chapter 4</i>	
<b>6</b>	<b>January 29</b>	Neural Conduction and Synaptic Transmission	<i>Chapter 4</i>	
<b>7</b>	<b>February 4</b>	Development of the Nervous System	<i>Chapter 9</i>	
<b>8</b>	<b>February 5</b>	Development of the Nervous System	<i>Chapter 9</i>	
				<b><u>Quizzes #2</u></b> (Chapters 3, 4, 9) <i>Via REVEL</i> <b><u>Due:</u></b> <b>February 10<sup>th</sup></b> BY midnight (PST)
<b>9</b>	<b>February 11</b>	<b><u>Exam #1</u></b> (Chapters 3, 4, & 9)		<b><u>Exam #1</u></b> <i>Via Canvas</i> during scheduled class time (PST)
<b>10</b>	<b>February 12</b>	The Visual System	<i>Chapter 6</i>	



11	February 25	Mechanisms of Perception: Hearing, Touch, Smell, Taste, and Attention	Chapter 7	
12	February 26	Learning, Memory, and Amnesia	Chapter 11	
13	March 4	Learning, Memory, and Amnesia	Chapter 11	
14	March 5	Brain Damage and Neuroplasticity	Chapter 10	
15	March 11	Brain Damage and Neuroplasticity	Chapter 10	<b>Quizzes #3</b> (Chapters 6, 7, 11, & 10) Via REVEL <u>Due:</u> BY midnight (PST)
16	March 12	<b>Exam #2</b> (Chapters 6, 7, 11, & 10)		<b>Exam #2</b> Via Canvas during scheduled class time (PST)
17	March 18	Lateralization, Language, and the Split Brain	Chapter 16	
18	March 19	Lateralization, Language, and the Split Brain	Chapter 16	
19	March 25	Sleep, Dreaming, and Circadian Rhythms	Chapter 14	
20	March 26	Biopsychology of Emotion, Stress, and Health	Chapter 17	
21	April 8	Biopsychology of Psychiatric Disorders	Chapter 18	<b>Quizzes #4</b> (Chapters 16, 14, 17, & 18) Via REVEL <u>Due:</u> BY midnight (PST)
22	April 9	Biopsychology of Psychiatric Disorders	Chapter 18	



	<b>April 16 - 29</b>	<p><b><u>Final Exam</u></b> (Chapters 16, 14, 17, &amp; 18)</p> <p>DURING FINAL EXAMINATION PERIOD</p>		<p><b><u>Final Exam:</u></b> <i>Via Canvas</i> <b><u>Due: TBA</u></b></p>
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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.

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.

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 2 of Winter 2020 is April 16<sup>th</sup> – April 29<sup>th</sup>. 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](https://students.ok.ubc.ca/hub) or contact [learning.hub@ubc.ca](mailto: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](https://students.ok.ubc.ca/hub) or contact [learning.hub@ubc.ca](mailto: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](mailto:earllene.roberts@ubc.ca)

Web: [www.students.ok.ubc.ca/drc](http://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](mailto:ombuds.office@ubc.ca)

Web: [www.ombudsoffice.ubc.ca](http://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](mailto:equity.ubco@ubc.ca)

Web: [www.equity.ok.ubc.ca](http://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](http://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](http://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](http://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](mailto:director.of.investigations@ubc.ca) or by calling 604.827.2060 or online by visiting [investigationsoffice.ubc.ca](http://investigationsoffice.ubc.ca)