

# INTRODUCTION TO PSYCHOLOGY

## PERSONAL FUNCTIONING

### PSYO 121 – SECTION 104



UBC OKANAGAN ~ 2020 WINTER TERM 2  
TUESDAYS 10-11:30am PST and FRIDAYS 8-9:30am PST

#### \*\*\*IMPORTANT\*\*\*

This is an **online** course. All lectures will be pre-recorded and posted on Canvas. All students have been assigned a **LIVE** 30-minute tutorial session that will be held during class time. Midterms **must** be written via Canvas during class time.\*\*\*

---

## CONTACT US

**COURSE INSTRUCTOR:** Dr. Susan Holtzman

**E-mail:** [susan.holtzman@ubc.ca](mailto:susan.holtzman@ubc.ca)

**Virtual Office Hours:** Thursdays 11am-1pm (or email me for an appointment)

<https://ubc.zoom.us/j/63407979987?pwd=UFFVSTIwU1pWMLdCS1ZkQ3lZdlQvdz09>

Meeting ID: 634 0797 9987

Passcode: 725262

## TEACHING ASSISTANTS

**TA:** Brookelyn Koersen

**Email:** [brookelyn.koersen@ubc.ca](mailto:brookelyn.koersen@ubc.ca)

**Virtual Office Hours:** Mondays 1-2pm

**TA:** Rebecca Anderson

**Email:** [rand5@student.ubc.ca](mailto:rand5@student.ubc.ca)

**Virtual Office Hours:** Mondays 2-3pm

**TA:** Mariza Micallef

**Email:** [mariza.micallef@ubc.ca](mailto:mariza.micallef@ubc.ca)

**Virtual Office Hours:** Wednesdays 3-4pm

## QUESTIONS ABOUT SONA?

Please contact Dr. Shirley Hutchinson ([psyc.ubco.research@ubc.ca](mailto:psyc.ubco.research@ubc.ca)).

---

## 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 DESCRIPTION AND OBJECTIVES

This course provides an overview of psychology as a science and a profession. It examines topics in psychology that relate to personal functioning, including motivation and emotion, intelligence, social processes, and the nature and treatment of mental disorders. Whether you are planning to continue your studies in psychology, or are interested in just a broad introduction to the field, this course will help you become a wise consumer of psychological information and understand how psychology is relevant to your own life.

## COURSE FORMAT

This course has been adapted for online delivery. There is no in-person component for this course. Lectures will be pre-recorded and posted prior to the scheduled lecture times. Lecture slides will be posted on Canvas but are not a replacement for watching the lectures (i.e., not all lecture content is captured on the slides). Students will have the opportunity to take part in 30-minute live, synchronous tutorial sessions on Zoom during class time. These sessions will be led by our teaching assistants and will be an opportunity to enhance your learning in a live, interactive fashion. Participation in these tutorial sessions is not mandatory, but is strongly recommended. All quizzes and exams will be completed on Canvas via Respondus Lockdown Browser.

## REQUIREMENTS FOR ONLINE COURSE

Students must have a laptop or desktop computer and a stable internet connection to view lectures and complete the graded components of this course. In order to take part in live activities (TA-led tutorial sessions and office hours), students must have a microphone (a webcam is recommended but not required). Students must download Respondus Lockdown to complete graded quizzes and exams.

## REQUIRED TEXTBOOK

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

**Launchpad** can be accessed directly through Canvas. This is a wonderful resource to assist students in learning the textbook material through interactive activities and practice quizzes. Launchpad activities are voluntary and **will not be graded**.

## COURSE WEBSITE

Pre-recorded lectures, lecture slides, video clips, course announcements, study resources, and grades are posted on Canvas. Quizzes and midterms will be administered on Canvas via Respondus Lockdown Browser.

# COURSE EVALUATION

Your final course grade will be determined by the following:

1. Midterm Exam #1 (20%)
2. Midterm Exam #2 (29%)
3. Final Exam (33%)
4. Chapter Quizzes (6%)
5. Assignment (8%)
6. Research Requirement (4%)

## MIDTERM AND FINAL EXAMS

Exams will be based on the textbook and lecture material, and any additional assigned materials. Note that you will be tested on textbook material that is not covered in lectures, and on lecture material that is not in the textbook. As per UBC policy, all exams **must** be completed during the scheduled times. Midterm and final exams will be multiple-choice and **closed-book**. This means that exams must be completed **independently** with no outside assistance. You are NOT permitted to communicate with anyone during the scheduled exam time. You are NOT permitted to use any outside materials during the exam time. This includes, but is not limited to, your textbook, study notes, smartphone, etc.. You are NOT permitted to use any search engines or any other online programs during the exam. All exams will be completed on Canvas using Respondus lockdown browser. Copying the exam questions (e.g., taking screenshots, copy/pasting, etc.) is **STRICTLY FORBIDDEN**. For missed exam policies, please see FAQs below.

MIDTERM EXAM #1 (Tuesday February 2 @10am PST): Covers chapters 8 and 10 of the textbook (including sidebars, boxes) plus all related material (lectures, videos, etc.).  
Worth 20%.

MIDTERM EXAM #2 (Tuesday March 16 @10am PST): Covers chapters 11, 12, and 13 of the textbook (including sidebars, boxes) plus all related material (lectures, videos, etc.).  
Worth 29%.

FINAL EXAM (Date TBA): Covers chapters 14, 15, and 16 of the textbook (including sidebars, boxes) plus all related material (lectures, videos, etc.). Final is NOT cumulative.  
Worth 33%.

## QUIZZES (6%)

There will be one syllabus quiz and eight chapter quizzes. The chapter quizzes are multiple choice and **open-book** and will be completed using Respondus Lockdown Browser on Canvas. Quizzes will be posted on Canvas at the end of class (Tuesday at 11:20am or Friday at 9:20am PST). **Quizzes must be completed within 24 hours** (i.e., by Wednesday at 11:20am PST for quizzes posted on Tuesday and by Saturday at 9:20am PST for quizzes posted on Friday). Late quizzes will **not** be accepted. The syllabus quiz will be worth 0.75% of your final grade and each chapter quiz will be worth 0.75% of your grade. We will use your best 7 chapter quizzes and drop the lowest chapter quiz. You cannot drop the syllabus quiz.

## **ASSIGNMENT (8%)**

**“TOP 8”:** You will be asked to submit a written assignment that describes the top 8 most important things you learned in this course (a “thing” could be a concept or a research finding). Ideally, you should pick one “thing” from each chapter. However, to ensure you cover the breadth of the material covered in the course, you can choose a maximum of two concepts from a single chapter. More details about this assignment and a grading rubric will be posted on Canvas. This is due Tuesday April 13<sup>th</sup> at 5pm PST. **Early assignments are encouraged. Late assignments will be heavily penalized (see FAQ’s below).**

## **RESEARCH REQUIREMENT (4%)**

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* (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.

## 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://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,959>. If you have any questions about how academic integrity applies to this course, please consult with the course instructor.

## GRADING PRACTICES

Out of fairness to all students enrolled in this course, the instructor will **not** consider requests for “bumping” grades (e.g., changing a 49% to 50%, 79% to 80%) or requests for extra credit assignments to increase grades. Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

## STUDENTS LIVING ABROAD

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/freedomexpression>

# UBC STUDENT RESOURCES

## 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)

## EQUITY, HUMAN RIGHTS, DISCRIMINATION, AND HARRASSMENT

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 human rights-based discrimination and harassment. Under UBC's Policy 3 on 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 Office, your administrative head of unit, and/or your unit's equity representative.

**IKBSAS Unit 4 Equity Representative:** Paul Gabias: [paul.gabias@ubc.ca](mailto:paul.gabias@ubc.ca), 250-807-9383

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

**Unit Equity Representatives:** <https://equity.ok.ubc.ca/programs/equityreps/>

## HEALTH AND 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.

LOCATION: UNC 337 (250-807-9270)

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)

## UBCO VIRTUAL WALK-IN WELL-BEING CLINIC

A barrier-free wellness clinic, accessible without an appointment to students, staff, faculty and community members. Complete a brief meeting with a graduate clinician supervised by a registered psychologist for 30 minutes to develop the right wellness plan for you. Services are free of charge. Must be in the Okanagan area to receive services.

Tuesdays & Thursdays 11:00 – 3:00 PM PST

Email: [ipc.ok@ubc.ca](mailto:ipc.ok@ubc.ca)

Voicemail: (250) 807-8241

Web: <https://psych.ok.ubc.ca/psychology-clinic/thrive-thursdays/>

## 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.

Phone: 250-807-9640

Web: [www.svpro.ok.ubc.ca](http://www.svpro.ok.ubc.ca)

## COPYRIGHT DISCLAIMER

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. Copying, recording, or taking photos of any quiz or exam material during is **not permitted under any circumstances** and is strictly forbidden.

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 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.



## FREQUENTLY ASKED QUESTIONS

### DO I NEED TO WATCH THE PRE-RECORDED LECTURES?

Yes ☺ Students are expected to view all pre-recorded lectures and any associated video clips. Lecture slides are posted on Canvas but there is content presented during lectures that is important and not written on the slides.

### WHAT IF I CANNOT ATTEND MY LIVE TUTORIAL SESSION?

Sessions are scheduled during class time to avoid scheduling conflicts. If there is an extenuating circumstance which prevents you from attending your assigned session please contact one of the TA's and they can switch you to a different session. Live tutorial sessions are strongly recommended but not mandatory.

### DO I NEED TO COMPLETE THE LAUNCHPAD ACTIVITIES AND QUIZZES?

No. These are strongly encouraged, but are not mandatory and are not for marks.

### WHAT IF I HAVE A LEARNING DISABILITY OR OTHER SPECIAL NEED?

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>

### WHAT HAPPENS IF I MISS AN EXAM?

If you miss a midterm exam, please contact Dr. Holtzman as soon as possible and provide written, verifiable evidence of health problems or other extreme circumstances. **No make-up midterms will be given.** Instead, the weighting of the missed exam will be distributed evenly across your other exams. The University accommodates students whose religious obligations conflict with scheduled exams. Please let the instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. **If you miss a midterm exam, but do not have a valid reason for missing the exam (e.g., you slept in, you forgot, you were on vacation), you will receive a mark of zero for that exam.**

A make-up exam will be held for students who miss the final exam for a valid reason. Valid reasons include: (1) an exam hardship\*\*\* or (2) serious illness or emergency. If you must miss the final exam because of an exam hardship, you must notify the instructor in writing no later than 1 month prior to the final exam. If you miss the final exam because of serious illness or an emergency, you must contact the instructor within 24 hours of the final exam and provide written, verifiable evidence explaining your absence. \*\*\*An exam hardship is defined as 3 or more exams 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. You must notify the instructor no later than 1 month prior to the final exam. (This is a UBCO Policy)

### WHAT HAPPENS IF I MISS A QUIZ?

Quizzes must be completed within 24 hours of being posted on Canvas. Your lowest chapter quiz will be dropped. Additional missed quizzes will receive a mark of zero – no make-ups.

### WHAT IF MY ASSIGNMENT IS LATE?

Late assignments will be penalized by 30% for every day they are late. For example, assignments submitted 1-24 hours late can receive a maximum grade of 70%. Assignments submitted 25-48 hours late can receive a maximum grade of 40%.

## COURSE SCHEDULE

DATE	TOPIC	CHAPTER	QUIZZES
Tues Jan 12	Welcome and Introduction	--	Syllabus Quiz
Fri Jan 15	Emotion and Motivation	8	
Tues Jan 19	Emotion and Motivation	8	
Fri Jan 22	Emotion and Motivation	8	Quiz #1 (Chapter 8)
Tues Jan 26	Intelligence	10	
Fri Jan 29	Intelligence	10	Quiz #2 (Chapter 10)
Tues Feb 2	<b>MIDTERM EXAM #1 (Chapters 8 + 10)</b>		
Fri Feb 5	Development	11	
Tues Feb 9	Development	11	
Fri Feb 12	Development	11	Quiz #3 (Chapter 11)
Feb 15-19	<b>READING BREAK – NO CLASS</b>		
Tues Feb 23	Personality	12	
Fri Feb 26	Personality	12	Quiz #4 (Chapter 12)
Tues Mar 2	Social Psychology	13	
Fri Mar 5	Social Psychology	13	
Tues Mar 9	Social Psychology	13	Quiz #5 (Chapter 13)
Fri Mar 12	Stress and Health	14	
Tues Mar 16	<b>MIDTERM EXAM #2 (Chapters 11,12,13)</b>		
Fri Mar 19	Stress and Health	14	
Tues Mar 23	Stress and Health	14	Quiz #6 (Chapter 14)
Fri Mar 26	Psych Disorders and Treatment	15 + 16	
Tues Mar 30	Psych Disorders and Treatment	15 + 16	
Fri Apr 2	Psych Disorders & Treatment	15 + 16	Quiz #7 (15,16)*
Tues April 6	Psych Disorders and Treatment	15 + 16	
Fri April 9	Psych Disorders and Treatment	15 + 16	
Tues April 13	Psych Disorders and Treatment	15 + 16	Quiz # 8 (15,16)* Top 8 Assignment Due

*\*For pedagogical reasons, we will cover psychological disorders (chp 15) and treatment for psychological disorders (chp 16) simultaneously. Details on specific content for quizzes 7 and 8 will be provided in class.*