



**PSYO 121 – 101 (3) Introduction to Psychology: Personal Functioning**  
2021W Term 2: Wednesdays 11:00 - 2:00 PM PST, Online via *Canvas*

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**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

**Instructor:**

Dr. Shirley Hutchinson

Contact Email: [shirley.hutchinson@ubc.ca](mailto:shirley.hutchinson@ubc.ca)



Hello! My name is Shirley and I will be your instructor for this course. My academic background is in Social Psychology with specific interests in stereotypes, prejudice, and discrimination research. I teach introductory psychology, personality psychology, and I lead the Honours seminar course. I am the Sona coordinator for the Department and I am involved with academic articulation and course scheduling. I completed both my undergraduate and graduate degrees with UBC Okanagan and I am always happy to meet with students – my (virtual) office door is always open! 😊

Office Hours via Zoom: Wednesdays 2:00-4:00 PM or by appointment (please email me)

<https://ubc.zoom.us/j/61056923118?pwd=cU82dVdDWmVFMWc5MGlXdjBNWk5qQT09>

Meeting ID: 610 5692 3118

Passcode: 733023

**Land Acknowledgment:**

The online learning environment means that members of our course community are connecting from all over the world. Wherever you may be connecting from, please take a moment to acknowledge the land or territory that you are working and studying from and be grateful for the opportunity. The Okanagan campus is situated on the traditional, ancestral, and unceded territory of the Syilx Okanagan Nation, so for me, I acknowledge and respect the privilege I have to work and live in this territory. If you are interested in learning more about the land or territory you are living and working from, I encourage you to do so at this link: <https://native-land.ca>

**Considerations for Online Learning:**

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 Overview and Objectives:**

This course will introduce students to concepts in psychology that relate to personal functioning. Specifically, we will focus on emotion and motivation, intelligence, development, personality, social psychology, stress, health, psychological disorders, and the treatment of psychological disorders. This course intends to provide students with a thorough and foundational understanding of key concepts in psychology and their applicability to the real-world.

As members of this course community, it is important that we treat one another with respect and kindness. Topics covered in this course will generate discussion and individuals may present opinions or ideas that differ from your own. And that's ok — differences in opinion are what helps to foster discussion and develop critical thinking skills. Together, through respect for others, we can help maintain positive learning and working environments for all.

### **Learning Outcomes:**

As we explore the content of this course together, you will see that psychology is a very large discipline with much knowledge and research to discuss. Unfortunately, this means there is just too much content to cover deeply in the context of this single course, so the focus will instead be on providing an overview of the important concepts in each of the topic areas. By using a breadth approach for this course, you will gain foundational knowledge that can be applied in higher-level courses where topics are explored in greater detail.

PSYO 111 involves 4% of the final course grade coming 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. Information about this component of the course can be found in the “**Assessments of Learning**” section below.

By the end of this course students should be able to:

- Demonstrate an understanding of the terminology used in the field of psychology as it pertains to the course topics covered (*assessed via chapter-related examinations and question creation*)
- Apply the psychological principles discussed to a variety of scenarios and contexts encountered in everyday life (*assessed via chapter-related examinations*)
- Demonstrate an understanding of what psychological research involves (*assessed via participation in Sona-related activities*)



### **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. All lectures will be pre-recorded and uploaded to *Canvas*. The lectures will be available on *Canvas* for student viewing up until the content-relevant examination. Class participation in this course is not mandatory but is highly encouraged. 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, the Teaching Assistants (TAs), and myself as the instructor.

**IMPORTANT:** Given the size of the class, the technological constraints in terms of bandwidth with online learning, 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 fully with this online course, 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 discuss course content and review more difficult concepts with their Teaching Assistants (TAs). After the add/drop date has passed, the class will be divided into groups and students will be assigned to a one-hour timeslot for these sessions. This will be their assigned timeslot for the term. Students will access the discussion group via Zoom, and while attendance is not mandatory for these sessions, attending these sessions is highly encouraged. These sessions will begin on **Wednesday, January 26th, 2022.**

As per UBC policy, all examinations must be completed during the scheduled course time (i.e., **Wednesdays from 11:00-2:00 PM PST**). Out of fairness to all students, there are no exceptions to this policy. I 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 **immediately**. If you cannot connect with me 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 software program required to complete the exam. You are also **NOT** to communicate with anyone about the exam – you are to work independently. Communication with other students (written, text, verbal, etc.) is not permitted. If you violate any these conditions, you have engaged in Academic Misconduct and will be subject to the consequences articulated in the Academic Integrity section of this syllabus. Students will be asked to acknowledge an academic integrity pledge prior to completing the examinations and submitting an examination for evaluation constitutes acceptance of this pledge and its policies.

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/>



All quizzes and examinations will utilize **Respondus LockDown Browser** 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. Instructions for how to download this software program can be found on *Canvas* in the “**Modules**” section of the course, in the “**Student Guide Resources**” section of the “**Course Orientation**” module.

**IMPORTANT:** Students who miss a quiz, examination, or assignment, must provide documentation (i.e., doctor’s note) of the absence and must arrange to make up the missed work 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. Students must contact the instructor **BEFORE** the scheduled examination to indicate they are unable to write.

### **Required Materials:**

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.

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).

### **Assessments of Learning:**

The following describes the evaluative components of this course:

- 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 two 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 90 minutes (1.5 hours) to complete the examination. The examination will take place during the scheduled class time (i.e., Wednesday, February 2<sup>nd</sup>, 11:00-12:30 PM PST).**
- 2) **Exam #2 (30% of grade).** The exam will cover Chapters 11, 12, & 13 of the course, including all lecture and textbook material. This exam will cover three chapters and will be out of 90 marks. This exam will be entirely multiple choice (30 questions per chapter) and is not cumulative. Not cumulative means that the previous chapters that have already been tested, will not be tested again. 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 (i.e., Wednesday, March 16<sup>th</sup>, 11:00-1:00 PM PST).**



- 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 three 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 (Final Exam date/time to be announced by UBC at a later date).**
- 4) **Chapter-Specific Multiple Choice Questions (8%).** To help support the learning of course concepts, students will be asked to generate one multiple choice question for each of the assigned chapters. Each chapter's submitted question will be worth 1% (i.e., 8 chapters each worth 1% = 8% of the final course grade). These questions will be submitted via *Canvas* and will be marked for both relevance to the chapter and quality of the submission (i.e., 0.5 points for relevance + 0.5 points for quality). Please refer to the "**Course Schedule**" section below for the assigned due dates for these submissions.
- 5) **Canvas Quizzes (8%).** A total of 4 quizzes will administered on Canvas, worth 2% each. There will be one quiz given as prep for each exam (including the final exam), as well as a quiz at the start of the course based on the course syllabus. The lowest scored quiz will be automatically dropped from the final course grade. **The Syllabus Quiz and Quiz I are due on Wednesday, February 2<sup>nd</sup>, Quiz II is due on Wednesday, March 16<sup>th</sup>, and Quiz III is due on Thursday, April 14<sup>th</sup>.**
- 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.

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. 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 Sona credit by completing two 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*
  - 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.
  - 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*.
  - 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* (7<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.

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 credits.

**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
Wed. Jan. 12 <sup>th</sup>	Course Overview Chapter 8: Emotion and Motivation	8
Wed. Jan. 19 <sup>th</sup>	Chapter 10: Intelligence <b>[Chapter 8 Multiple Choice Question Due]</b>	10
Wed. Jan 26 <sup>th</sup>	Chapter 11: Development (Part I) <b>[Chapter 10 Multiple Choice Question Due]</b> TA REVIEW SESSIONS START	11
Wed. Feb. 2 <sup>nd</sup>	<b>EXAM #1 (CHAPTERS 8 &amp; 10)</b> <b><u>[SYLLABUS QUIZ &amp; QUIZ I DUE]</u></b>	-----
Wed. Feb. 9 <sup>th</sup>	Chapter 11: Development (Part II)	11
Wed. Feb. 16 <sup>th</sup>	Chapter 12: Personality <b>[Chapter 11 Multiple Choice Question Due]</b>	12
Wed. Feb. 23 <sup>rd</sup>	<b>READING BREAK – NO SCHEDULED CLASSES</b>	-----
Wed. Mar. 2 <sup>nd</sup>	Chapter 13: Social Psychology (Part I) <b>[Chapter 12 Multiple Choice Question Due]</b>	13



Wed. Mar. 9 <sup>th</sup>	Chapter 13: Social Psychology (Part II)	13
Wed. Mar. 16 <sup>th</sup>	<b>EXAM #2 (CHAPTERS 11, 12, &amp; 13)</b> <b><u>[QUIZ II DUE]</u></b>	-----
Wed. Mar. 23 <sup>rd</sup>	Chapter 14: Stress and Health <b>[Chapter 13 Multiple Choice Question Due]</b>	14
Wed. Mar. 30 <sup>th</sup>	Chapter 15: Psychological Disorders <b>[Chapter 14 Multiple Choice Question Due]</b>	15
Wed. Apr. 6 <sup>th</sup>	Chapter 16: Treatment of Psychological Disorders <b>[Chapter 15 Multiple Choice Question Due]</b>	16
Thurs. Apr. 14 <sup>th</sup>	Start of Final Exam Period <b>[Chapter 16 Multiple Choice Question Due]</b> <b><u>[QUIZ III DUE]</u></b> Exam Period April 14 <sup>th</sup> – 29 <sup>th</sup> 2022	-----

**Final Examination:**

The examination period for Term 2 of 2021W is April 14<sup>th</sup> – 29<sup>th</sup> 2022. 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 Concession can be found under Policies and Regulation in the *Okanagan Academic Calendar* <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>

**Grading Practices:**

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>



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 or to round up grades will not be considered.

### **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 usually result in a failing grade or mark of zero on the assignment or in the course.** Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar

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

### **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.

### **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, Manager 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)

### **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: <https://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 337 250.807.9270

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)

### **Student Learning Hub:**

The Student Learning Hub (LIB 237) is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies. For more information, please visit the Hub's website (<https://students.ok.ubc.ca/student-learning-hub/>) or call 250-807-9185.

### **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)

### **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)