



<p><b><u>Instructor:</u></b> Dr. Megan Udala (she/her/hers) Contact Email: <a href="mailto:megan.udala@ubc.ca">megan.udala@ubc.ca</a> Office hours: By appointment (please email)</p>	<p><b><u>Land Acknowledgment:</u></b> I acknowledge and respect the privilege I have to work and live on the Musqueam, Tsleil-Waututh, and Coast Salish lands. Please <a href="https://native-land.ca">https://native-land.ca</a> to see the territories you are living on.</p>
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**Academic Calendar Entry:**

**PSYO 121 Introduction to Psychology: Basic Processes**

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.

**Required Readings:**

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.

**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 course consists of lectures, PowerPoint slides, and readings. PowerPoint slides will emphasize the key points of the chapters and will provide clarification and explanation of course concepts. All lectures will be recorded live and uploaded to *Canvas* by 9 pm PST on Wednesday evenings. The lectures will be available on *Canvas* for student viewing until the content-relevant examination. 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.

**Class Zoom Link:**

<https://ubc.zoom.us/j/62156816342?pwd=Z1Zocy9HbURhK3AyeDBFMElEYINvUT09>

Meeting ID: 621 5681 6342

Passcode: 445457



**Grading:**

Most of the class preferred to be evaluated by two midterms and a final. Many of you also voted to have a small assignment to lessen the weight of exams. As such, you can **choose** to do an optional assignment to lessen the percentage of your exam grades. You **do not need to tell me what option you are choosing**. If you do not hand in anything by the due date, you will be evaluated by Option #1 criteria. If you hand in a written assignment by the due date, I will evaluate your final grading using the Option #2 criteria. If you hand a written assignment in, **you cannot switch back to Option #1** grading if you are dissatisfied with your mark.

<b>Option #1</b>	<b>Option #2</b>
<p><b>Exam #1 (32% of grade) February 10<sup>th</sup>, 2022</b></p> <ul style="list-style-type: none"> <li>• Chapters <b><u>8, 10, &amp; 11</u></b></li> <li>• <b><u>75 questions</u></b></li> <li>• Multiple choice (25 questions per chapter)</li> <li>• <b><u>Open book</u></b> completed via Canvas.</li> <li>• <b><u>120 minutes (2 hours)</u></b></li> <li>• <b><u>Scheduled during class time.</u></b></li> </ul>	<p><b>Exam #1 (24% of grade) February 10<sup>th</sup>, 2022</b></p> <ul style="list-style-type: none"> <li>• Chapters <b><u>8, 10, &amp; 11</u></b></li> <li>• <b><u>75 questions</u></b></li> <li>• Multiple choice (25 questions per chapter)</li> <li>• <b><u>Open book</u></b> completed via Canvas.</li> <li>• <b><u>120 minutes (2 hours)</u></b></li> <li>• <b><u>Scheduled during class time.</u></b></li> </ul>
<p><b>Exam #2 (32% of grade) March 17<sup>th</sup>, 2022</b></p> <ul style="list-style-type: none"> <li>• Chapters <b><u>12 &amp; 13</u></b></li> <li>• <b><u>70 questions</u></b></li> <li>• Multiple choice (35 questions per chapter)</li> <li>• <b><u>Open book</u></b> completed via Canvas.</li> <li>• <b><u>120 minutes (2 hours)</u></b></li> <li>• <b><u>Scheduled during class time.</u></b></li> </ul>	<p><b>Exam #2 (24% of grade) March 17<sup>th</sup>, 2022</b></p> <ul style="list-style-type: none"> <li>• Chapters <b><u>12 &amp; 13</u></b></li> <li>• <b><u>70 questions</u></b></li> <li>• Multiple choice (35 questions per chapter)</li> <li>• <b><u>Open book</u></b> completed via Canvas.</li> <li>• <b><u>120 minutes (2 hours)</u></b></li> <li>• <b><u>Scheduled during class time.</u></b></li> </ul>
<p><b>Final Exam (32% of grade) Date TBD.</b></p> <ul style="list-style-type: none"> <li>• Chapters <b><u>14, 15, &amp; 16</u></b></li> <li>• <b><u>75 questions</u></b></li> <li>• Multiple choice (25 questions per chapter)</li> <li>• <b><u>Open book</u></b> completed via Canvas.</li> <li>• <b><u>120 minutes (2 hours)</u></b></li> <li>• The examination will take place during the <b><u>scheduled exam time TBD by Dean.</u></b></li> </ul>	<p><b>Final Exam (24% of grade) Date TBD.</b></p> <ul style="list-style-type: none"> <li>• Chapters <b><u>14, 15, &amp; 16</u></b></li> <li>• <b><u>75 questions</u></b></li> <li>• Multiple choice (25 questions per chapter)</li> <li>• <b><u>Open book</u></b> completed via Canvas.</li> <li>• <b><u>120 minutes (2 hours)</u></b></li> <li>• The examination will take place during the <b><u>scheduled exam time TBD by Dean.</u></b></li> </ul>
	<p><b>Optional Written Assignment (24% of grade)</b></p> <ul style="list-style-type: none"> <li>• Due April 1<sup>st</sup>, 2022</li> <li>• More Information on Canvas</li> </ul>
<p><b>Sona (4%) March 28<sup>th</sup> or April 11<sup>th</sup>, 2022</b></p> <ul style="list-style-type: none"> <li>• Research Participation</li> <li>• 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</li> <li>• A detailed explanation found in this syllabus under “Required Research Activity”</li> </ul>	<p><b>Sona (4%) March 28<sup>th</sup> or April 11<sup>th</sup>, 2022</b></p> <ul style="list-style-type: none"> <li>• Research Participation</li> <li>• 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</li> <li>• A detailed explanation found in this syllabus under “Required Research Activity”</li> </ul>



As per UBC policy, all examinations must be completed during the scheduled course time (i.e., **Thursdays from 5:00-8:00 PM PST**). Exceptions to this policy include documented illness and hardship due to time zones. 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.

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/>

**IMPORTANT:** Students who miss an examination must provide documentation (i.e., doctor's note) of the absence 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.

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>.

### SONA 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:** Due to concerns related to COVID-19, only online studies will be hosted on Sona, with the exception of some in-person studies that have received special permission to be conducted.

#### *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.**

### 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.

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. **Your professor does not have access to the SONA system.**



**Course Schedule:**

DATE	LECTURE TOPIC	TEXTBOOK CHAPTER
Thurs Jan 13 <sup>th</sup>	Course Overview and Introductions	-----
Thurs Jan 20 <sup>th</sup>	Emotion and Motivation	8
Thurs Jan 27 <sup>th</sup>	Intelligence (Neuropsychology)	10
Thurs Feb 3 <sup>rd</sup>	Development	11
Thurs Feb 10 <sup>th</sup>	<b>EXAM #1 (CHAPTERS 8, 10, &amp; 11)</b>	-----
Thurs Feb 17 <sup>th</sup>	Personality	12
Thurs Feb 24 <sup>th</sup>	<b>READING BREAK – CLASSES CANCELLED</b>	-----
Thurs Mar 3 <sup>rd</sup>	Social Psychology	13
Thurs Mar 10 <sup>th</sup>	Social Psychology (Forensic Psychology and Law)	13
Thurs Mar 17 <sup>th</sup>	<b>EXAM #2 (CHAPTERS 12 &amp; 13)</b>	-----
Thurs Mar 24 <sup>th</sup>	Stress and Health (Medicine)	14
Thurs Mar 31 <sup>st</sup>	Psychological Disorders	15
Thurs April 7 <sup>th</sup>	Treatment of Psychological Disorders	16

**\*\*EXAM PERIOD APRIL 14<sup>TH</sup> – 29<sup>TH</sup> 2022\*\***

**Final Examination:**

The examination period for Term 2 of Winter 2022 is April 14<sup>th</sup> – 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 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 Earlene Roberts, the Diversity Advisor for the Disability Resource Centre located in the University Centre building (UNC 214).

UNC 214 250.807.9263

Email: [earlene.roberts@ubc.ca](mailto:earlene.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: [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 337 250.807.9270

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: Learning Support**

The Student Learning Hub is your go-to resource for **free** learning support. The Hub welcomes students from all disciplines and years to access a range of supports that include **tutoring in math, sciences, writing, and languages**, 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](http://students.ok.ubc.ca/hub) or contact [learning.hub@ubc.ca](mailto:learning.hub@ubc.ca).

### **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)