



PSYO 121 – 101 (3) Introduction to Psychology: Personal Functioning
2022W Term 2: Wednesdays 8:00 AM - 11:00 AM PST, Online via *Canvas*

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



Hello! My name is Shirley and I will be your instructor for this course. My academic background is in Social Psychology with a specific interest in stereotypes, prejudice, and discrimination research. I teach introductory psychology, personality psychology, the psychological theories of teaching and learning, and I lead the Honours seminar course. I am also the Sona Coordinator for the Department and 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 1:00 PM – 3:00 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>

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 help to foster discussion and the development of 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 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.

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 participation in online learning resource*)
- 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 [see note below]*)

Note: PSYO 121 involves 4% of the final 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.

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 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 **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 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 25th, 2023**.

As per UBC policy, all examinations must be completed during the scheduled course time (i.e., **Wednesdays from 8:00 AM – 11:00 AM 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, and 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 of 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/>

IMPORTANT: Students who miss any examinations or assignment deadlines must provide documentation (i.e., doctor’s note) of the absence and must arrange to make up the missed activity before the next scheduled class. Students who do not complete the missed activity by the next scheduled class will receive a “0” for the activity unless other arrangements have been made with the instructor.

Required Materials:

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

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

- 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.
- Log onto 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:

- 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 contain a mix of multiple-choice, true/false, and fill-in-the-blank questions. This closed-book examination will be completed via *Canvas*. 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 1st, 8:00 AM – 9:30 AM 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 contain a mix of multiple-choice, true/false, and fill-in-the-blank questions 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*. 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 29th, 8:00 AM – 10:00 AM 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 contain a mix of multiple-choice, true/false, and fill-in-the-blank questions 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*. 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, with the date and time to be announced by UBC at a later date.**

- 4) **Engagement with Online Learning Resource: CogBooks (10%).** To help support the learning of the course concepts, students will be asked to complete activities from a free, online learning resource [i.e., CogBooks] for **FIVE** of the assigned course chapters. Each chapter's set of online learning resources will be worth 2% of the final grade (i.e., 5 chapters each worth 2% = 10%). Students are not expected to complete every single activity for a given chapter, but rather to show a level of engagement with at least 50% of the content activities in each chapter.

Grades will be allocated on a tiered-completion basis:

- Completion of **50% or more** of the assigned chapter activities = 2/2
- Completion of **25% - 49%** of the assigned chapter activities = 1/2
- Completion of **10% - 24%** of the assigned chapter activities = 0.5/2
- Completion of **less than 10%** of the assigned chapter activities = 0/2

Students must complete their chosen chapter activities by the first day of final exams, **Monday, April 17th, 2023.**



- 5) **Guest Lecture Feedback Submissions (6%).** Students will be asked to provide feedback on **ONE** of the provided guest lectures from the PSYO 480B students. The guest lectures will be posted to *Canvas*, and students will be expected to provide one strength of the guest lecture and one area of improvement of the guest lecture. This feedback will be due on the first day of final exams, **Monday, April 17th, 2023.**
- 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.

Students earn Sona credit points for their eligible courses from participating in research activity. This can be either through direct participation in research through the Sona online research system (Option 1), by completing summaries of primary research articles (Option 2), or by a combination of the two types of activities. First year courses (i.e., PSYO 111 and PSYO 121) include 4% as part of the final course grade for participating in Sona research activity, while second year and higher courses allow for a 2% bonus to be added to the final course grade for participating.

Research Participation In Online Research System (Option 1)

As a participant in one of the numerous research studies posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation. Hence, studies 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 study in order to earn credits. It is important to sign up for studies early in the semester in order to increase the odds that a timeslot is available. If you wait until later in the semester, timeslots may no longer be available.

Logging On To The System

Sona is only open for those students who are registered in a psychology course offering Sona credit points. 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 study and you will be assigned an unexcused no-show. The unexcused no-show designation will cause you to lose the credit value of the study from the total possible credit points you can earn for your course. For example, if you are in PSYO 111 (or 121), you can earn up to 4.0 credits. If you miss an hour-long session that you signed up for (i.e., 1.0 credit) and don't cancel it in advance, the maximum credits that you can now earn for your course is 3.0, regardless of how many studies you complete.

If, after consenting to participate and starting a session (or survey), you decide to withdraw your consent, to avoid receiving an unexcused no-show on Sona, you must do one of the following:

- if it is an online study, you must cancel your Sona sign-up and/or contact Shirley (psyc.ubco.research@ubc.ca) if you are unable to cancel your sign-up;
- if it is an in-person study, you must let the researcher know directly. Their email can be found on the main description page for the study (little envelope icon). Depending upon the study, they will either cancel your session or assign you an excused no-show (meaning that you will not be penalized).

Your ability to withdraw your data will depend upon the study. Instructions for withdrawing your data (including limitations) will be described in the study's consent form.

Research Summary Assignment (Option 2)

As an alternative to participating in research studies, you may obtain Sona credit points 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 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*. 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.



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. 11 th	Course Overview Chapter 8: Emotion and Motivation	8
Wed. Jan. 18 th	Chapter 10: Intelligence	10
Wed. Jan 25 th	Chapter 11: Development (Part I) TA-Led Review Sessions (Chapters 8 & 10)	11
Wed. Feb. 1 st	<u>EXAM #1 (CHAPTERS 8 & 10)</u>	-----
Wed. Feb. 8 th	Chapter 11: Development (Part II) TA-Led Review Sessions (Chapter 11 Part I)	11
Wed. Feb. 15 th	Chapter 12: Personality (Part I) TA-Led Review Sessions (Chapter 11 Part II)	12
Wed. Feb. 22 nd	MIDTERM BREAK (NO SCHEDULED CLASSES)	-----
Wed. Mar. 1 st	Chapter 12: Personality (Part II) TA-Led Review Sessions (Chapter 12 Part I)	12
Wed. Mar. 8 th	Chapter 13: Social Psychology (Part I) TA-Led Review Sessions (Chapter 12 Part II)	13
Wed. Mar. 15 th	Chapter 13: Social Psychology (Part II) TA-Led Review Sessions (Chapter 13 Part I)	13



Wed. Mar. 22 nd	Chapter 14: Stress and Health TA-Led Review Sessions (Chapter 13 Part II)	14
Wed. Mar. 29 th	<u>EXAM #2 (CHAPTERS 11, 12, & 13)</u>	-----
Wed. Apr. 5 th	Chapter 15: Psychological Disorders TA-Led Review Sessions (Chapter 14)	15
Wed. Apr. 12 th	Chapter 16: Treatment of Psychological Disorders TA-Led Review Sessions (Chapters 15 & 16)	16
Mon. Apr. 17 th	Start of Final Exam Period Exam Period April 17th – 28th 2023 CogBooks Activities Due Guest Lecture Feedback Submissions Due	-----

Final Examination:

The examination period for Term 2 of 2022W is April 17th – April 28th. 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>



Note: 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. **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 Manager for the Disability Resource Centre located in the University Centre building (UNC 215).

UNC 215 250.807.8053

email: drc.questions@ubc.ca

Web: <http://www.students.ok.ubc.ca/academic-success/disability-resources/>

UBC Okanagan Equity and Inclusion Office:

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3



prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

UNC 325H 250.807.9291

email: equity.ubco@ubc.ca

Web: www.equity.ok.ubc.ca

Health & Wellness:

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

UNC 337 250.807.9270

Email: healthwellness.okanagan@ubc.ca

Web: www.students.ok.ubc.ca/health-wellness

Student Learning Hub:

The Student Learning Hub 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.**

LIB 237 250.807.8491

email: learning.hub@ubc.ca

Web: <http://www.students.ok.ubc.ca/academic-success/learning-hub/>

Office of the Ombudsperson for Students:

The Office of the Ombudsperson for Students is an independent, confidential and impartial resource to ensure students are treated fairly. The Ombuds Office helps students navigate campus-related fairness concerns. They work with UBC community members individually and at the systemic level to ensure students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. Ombuds helps students gain clarity on UBC policies and procedures, explore options, identify next steps, recommend resources, plan strategies and receive objective feedback to promote constructive problem solving. If you require assistance, please feel free to reach out for more information or to arrange an appointment.

UNC 328 250.807.9818

email: ombuds.office.ok@ubc.ca

Web: www.ombudsoffice.ubc.ca

The Global Engagement Office:

The Global Engagement Office provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters, as well as opportunities for intercultural learning, and resources for Go Global experiences available to all UBC Okanagan students, and more. Come and see us – we are here to help! You may also contact geo.ubco@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

UBC EFRT: The UBC Emergency First Response Team (EFRT) is a group of volunteer student responders who shift 24/7 to provide emergency medical first-aid services at the UBC Okanagan campus. The organization is run alongside security and supports the campus community on a day-to-day basis as well as at various campus activities and events. Our responders can be on scene within minutes and can be called through Campus Security's emergency line at [250-807-8111](tel:250-807-8111) in case of any emergency. To learn more about who we are, how we recruit new responders, and stay up to date, follow us on Instagram or Facebook [@ubcefrt](https://www.facebook.com/ubcefrt). Need medical support at your event? Check out our website at <https://efrt.ok.ubc.ca/>, or email us any further questions at ubcefrt@gmail.com

Sexual Violence Prevention and Response Office (SVPRO):

A safe and confidential place for UBC students, staff, and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide.

Visit svpro.ok.ubc.ca or call 250.807.9640.

Independent Investigations Office (IIO):

If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential, and respectful manner in accordance with the principles of procedural fairness.

You can report your experience directly to the IIO via email: director.of.investigations@ubc.ca or by calling 604.827.2060 or online by visiting investigationsoffice.ubc.ca