

# PSYCHOLOGY 121

## Introduction to Psychology: Personal Functioning (PSYO 121 • Section 001)

July 4 – Aug 11, 2023

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University of British Columbia, Okanagan Campus  
Online/Distance-Ed

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### COURSE OVERVIEW

1. What is Psychology? Psychology is a uniquely broad and diverse field of study. Most psychologists are scientists, trying to understand why ordinary people think and act the way they do. Just as other sciences seek to uncover fundamental laws and principles about the natural world, psychology tries to discover the laws that describe and predict human thought and behavior. Our focus in this course, the second half of UBC's two-term sequence in Introductory Psychology, is "Personal Functioning," including: emotion & motivation, intelligence, developmental psychology, social psychology, personality psychology, stress and health, psychological disorders and therapies.
2. Structure for this Online Class: This online/distance-education course is **asynchronous**. To maximize flexibility in individual learning, there is no set course time and you will have the ability to work independently, largely according to your own schedule. *Note:* This means you may disregard our designated course times of Tuesday, Wednesday, and Friday, 2:30pm-5:00pm. However, to help you plan and pace your coursework appropriately, there is a Daily Schedule at the end of this course outline which is structured as *if* we were having class on the scheduled days. You may choose to use this schedule if you like, though it is not required.
3. Daily Schedule: Check the Daily Schedule for reading assignments and dates. A summer course moves very quickly; however, an *online* summer course requires regular, self-paced commitment to keep up. In short, our schedule covers about 1-2 chapters each week, with corresponding online assignments. You should plan on spending an equal amount of time completing course requirements as if our course were taking place in a physical classroom.

## REQUIRED MATERIALS

- Required Technology: This online course requires a computer with a reliable internet connection to access course materials and complete exams.
- Textbook: Psychology, by Schacter, Gilbert, Nock, Johnsrude, & Wegner: 5<sup>th</sup> Canadian Edition. LaunchPad access is not required.

### Course Points & UBC Grading Scale

A. Midterms (2) at 250 pts each	500 points total	90-100 = A+
B. Final Exam	380 points	85-89 = A
C. Canvas Assignments	100 points	80-84 = A-
D. Research Requirement	20 points	76-79 = B+
<hr/>		72-75 = B
TOTAL	1000 points	68-71 = B-
		64-67 = C+
		60-63 = C
		55-59 = C-
		50-54 = D
		00-49 = F

## COURSE EXAMINATIONS

- You will have a total of **two midterm exams** (each covering 3 chapters) and a **final exam** (covering 2 chapters and a cumulative section). Exams may test you on any of the assigned textbook readings or assignment content. Recorded lectures reflect textbook readings and assignment content but there are typically no exam questions specifically based on lectures. The dates for exams are provided under the "Daily Schedule" section at the end of this syllabus. The final exam will include a cumulative section and is weighted greater than the midterms (see above). Both the midterm exams and the final exam can be completed online, anytime within a 24-hour window that begins at 12:00am and ends at 11:59pm (Pacific Time) on the day of the exam, using Respondus Lockdown.

## CANVAS ASSIGNMENTS

- Assignments will be posted on Canvas. A typical assignment consists of a short background description of the topic area (e.g., Developmental Psychology), with an emphasis on psychological methodology. Following the background description will be a brief assessment (i.e., quiz) to test your understanding. The amount of credit you receive for Canvas assignments corresponds to your score on the graded quiz section. The graded quiz is mastery-based; thus, you may repeat the quiz until you receive the score you want and credit is awarded based on your highest score on the graded quiz.

## RESEARCH PARTICIPATION

- PSYO 111 and PSYO 121 summer courses include **2%** of the final grade as credit from research activity (note: only **2 credits** [not 4] are required in this summer class; please disregard the Sona

website when it states that 4 credits are required). This requirement may be fulfilled either through (a) direct participation in research through the Sona online volunteer subject pool, (b) by completing two written summaries of primary research articles, or (c) by a combination of the two types of activities.

**(a) Research Participation**

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.

*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.

**(b) Research Summary Assignment**

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://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>

If you have any questions about how academic integrity applies to this course, please consult with your professor. A current version of the above integrity statement can be found as a .pdf in the following link: <http://web.ubc.ca/okanagan/ikbarberschool/facultystaff/forms.html>

**DISABILITY SERVICES**

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>

Changes to the Syllabus: If any changes are made to the syllabus or to course due dates, you will be notified of such a change via Canvas.

*Please turn the page to view the daily schedule!*

## PSYO 121 Daily Schedule

All chapter **readings** are from Schacter et al. (5<sup>th</sup> Canadian Edition). All times are **Pacific**. This syllabus includes readings and examinations – see Canvas for assignments.

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### Week 1

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**Tuesday**  
**July 4**      Today's Topic: Welcome!  
Textbook Reading: Syllabus / Course Outline

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**Wednesday**  
**July 5**      Today's Topic: Emotion  
Textbook Reading: Chapter 8.0 (Introduction), 8.1 (The Nature of Emotion) & 8.2 (Emotional Communication)

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**Friday**  
**July 7**      Today's Topic: Intelligence  
Textbook Reading: Chapter 10.0 (Introduction), 10.1 (How Can Intelligence Be Measured?) & 10.2 (What Is Intelligence?)

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### Week 2

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**Tuesday**  
**July 11**      Today's Topic: Intelligence  
Textbook Reading: Chapter 10.3 (Where Does Intelligence Come From?) & 10.4 (Who Is Most Intelligent?)

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**Wednesday**  
**July 12**      Today's Topic: Developmental Psychology  
Textbook Reading: Chapter 11.0 (Introduction), 11.1 (Prenatality: A Womb with a View), 11.2 (Infancy and Childhood: Perceiving, Doing and Thinking), 11.3 (Infancy and Childhood: Bonding and Helping)

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**Friday**  
**July 14**      Today's Topic: Developmental Psychology  
Textbook Reading: Chapter 11.4 (Adolescence: Minding the Gap) & 11.5 (Adulthood: Change We Can't Believe In)

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**Week 3**

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**Tuesday**  
**July 18**      **Midterm Exam 1 (Chapters 8, 10, 11)**  
*Exam due at 11:59pm using Respondus Lockdown Browser*

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**Wednesday**  
**July 19**      Today's Topic: Personality Psychology  
Textbook Reading: Chapter 12.0 (Introduction), 12.1 (Personality: What It Is and How It Is Measured), & 12.2 (The Trait Approach: Identifying Patterns of Behaviour)

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**Friday**  
**July 21**      Today's Topic: Personality Psychology  
Textbook Reading: Chapter 12.3 (The Psychodynamic Approach), 12.4 (The Humanistic-Existential Approach), 12.5 (The Social-Cognitive Approach), & 12.6 (The Self: Personality in the Mirror)

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**Week 4**

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**Tuesday**  
**July 25**      Today's Topic: Social Psychology  
Textbook Reading: Chapter 13.0 (Introduction), 13.1 (Interpersonal Behaviour), & 13.2 (Interpersonal Attraction)

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**Wednesday**  
**July 26**      Today's Topic: Social Psychology  
Textbook Reading: Chapter 13.3 (Interpersonal Perception) & 13.4 (Interpersonal Influence)

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**Friday**  
**July 28**      Today's Topic: Stress & Health  
Textbook Reading: Chapter 14.0 (Introduction), 14.1 (Sources of Stress), 14.2 (Stress Reactions), 14.3 (Stress Management), 14.4 (The Psychology of Illness) & 14.5 (The Psychology of Health)

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**Week 5**

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**Tuesday  
Aug 1**      **Midterm Exam 2 (Chapters 12, 13, 14)**  
*Exam due at 11:59pm using Respondus Lockdown Browser*

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**Wednesday  
Aug 2**      Today's Topic: Psychological Disorders  
Textbook Reading: Chapter 15.0 (Introduction), 15.1 (Defining Mental Disorders), 15.2 (Anxiety Disorders), 15.3 (Obsessive-Compulsive Disorder) & 15.4 (Posttraumatic Stress Disorder)

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**Friday  
Aug 4**      Today's Topic: Psychological Disorders  
Textbook Reading: Chapter 15.5 (Depressive and Bipolar Disorders), 15.6 (Schizophrenia and Other Psychotic Disorders), 15.7 (Disorders of Childhood and Adolescence), 15.8 (Personality Disorders) & 15.9 (Self-Harm Behaviours)

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**Week 6**

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**Tuesday  
Aug 8**      Today's Topic: Treatment of Psychological Disorders  
Textbook Reading: Chapter 16.1 (Treatment: Getting Help to Those Who Need It) & 16.2 (Psychological Treatments)

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**Wednesday  
Aug 9**      Today's Topic: Treatment of Psychological Disorders  
Textbook Reading: Chapter 16.3 (Biological Treatments) & 16.4 (Treatment Effectiveness)

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**Friday  
Aug 11**      Today's Topic: Conclusion  
Textbook Reading: None

*Last Day of  
Class*

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*Final Exam – Time and Date to Be Determined!*