



Land Acknowledgement

We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

PSYO 121: Introduction to Psychology: Personal Functioning

Irving K. Barber Faculty of Arts and Social Sciences: Psychology

Instructor(s): Tareq Yousef, PhD

Duration: Term 1 Winter 2022

Delivery Modality: In-Person

Course Materials and Grades: <https://canvas.ubc.ca>

Course Location: ART 366

Course Days: Mon/Wed

Class Hours: 12:30 PM - 2:00 PM

Office hours: Office hours in-person (ART 227) Tuesdays 10:00 AM - 12:00 PM or by email appointment.

Prior to sending emails to Dr. Yousef (tareq.yousef@ubc.ca), please check the course announcements on Canvas for relevant updates. **Please include '121' in the subject line.**

Teaching Assistants: see Canvas for details.

Course Description

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. Pre-reqs: [PSYO 111](#).

Frequently Asked Questions

I am struggling with understanding content in the course. What can I do?

Make sure that you are completing the readings. Check [Canvas](#) for up-to-date lecture materials and readings. Make use of the office hours and reach out to Dr. Yousef or our course TA. We are here to help you succeed! It is felt strongly that time put into this course will equal benefits received.

I missed a chapter quiz! What do I do?

The lowest two chapter quiz marks for each student will be dropped!

How do I study for the exam?

If you are familiar with the lecture slides and readings and you can integrate this knowledge with the experiments we discuss, you will be successful. In total, it is expected that it may take approximately **4 hours a week to study for this course outside of class time** (readings and review... this is like watching an episode of a TV show every day, just over 30 minutes a day per week!).

I am going to miss an exam! What can I do?

Get in touch to make alternate arrangements. 😊 See page 7.

I am having issues with SONA.

You can email Dr. Hutchinson at psyc.ubco.research@ubc.ca.

Course Overview, Content and Objectives

Required Textbook:

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 purchase only the digital product through this option and not a physical book).

Psychology is a broad-spanning field that in part, teaches us about ourselves by making rigorous use of the scientific method. Join **Dr. Yousef** to chat about our personal functioning as it pertains to feelings, motivations, urges, mental health, and the treatment of psychological disorders, and much more...



Do you know where the symbol for psychology comes from? It is borrowed from the Greek letter “psi” which happens to be the first letter in the word ψυχή [psychí] meaning soul. [Here](#) is a paper from 1999 surveying undergraduate students’ knowledge of to what the symbol might pertain. The answers are across the board! One person wrote “cat face”. Two people wrote “zebra”!

Assessment Methods

First exam (25%), October 5 (in class, 12:30-2:00 PM)

Second exam (25%), November 2 (in class, 12:30-2:00 PM)

Final exam (30%), Exam period (December 11-22)

Chapter quizzes (12%) Sep 16, Sep 23, Sep 30, Oct 21, Oct 28, Nov 18, Dec 2, Dec 8 (submitted via Canvas)

Open educational resources assignment (4%) to be completed by Dec 7 (submitted via Canvas)

Research activity (4%), to be completed by Dec 8 (completed via SONA or written assignment submitted via email)

Learning Outcomes

Demonstrate an understanding of the terminology used in the field of psychology as it pertains to the course topics covered (*assessed via exams and open educational resources assignments*)

Describe and evaluate the research methods used in psychological research, including the principles of ethical research (*assessed via exams*)

Apply the psychological principles discussed to a variety of scenarios and contexts encountered in everyday life (*assessed via exams*)

Examine how psychological science can be used to counter unsubstantiated statements, opinions, or beliefs (*assessed via exams*)

Psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society (*assessed via exams and open educational resources assignments*)

Demonstrate an understanding of what psychological research involves (*assessed via participation in research-related activities, see 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 “**Course Format**” section below.

Course Format

A note on equity, diversity, and inclusion: Black people, Indigenous people, people of colour and various marginalized communities continue to face obstacles in the scientific world in the form of denial of access to equitable opportunities. Psychology and neuroscience are no exception. Of note is that psychology and neuroscience also have a history of misogyny, ableism, and anti-LGBTQIA2S+ discrimination. This course will be developed with these systemic barriers in mind. I will strive to provide safe and welcoming opportunities to learn about the science behind these issues and discuss equitable ways forward when appropriate. Let us make the world a better place to live!

There will be **three exams in this course (non-cumulative) worth 25%, 25%, and 30%**. These exams will consist of multiple choice, fill in the blank, true or false, and matching. Some questions may ask you to interpret or label diagrams. Exams will cover all the material prior to the date of the exam but will not be cumulative. However, some fundamental understanding of the sections prior to later exams will be necessary for the sake of basic understanding.

Eight chapter quizzes, covering the required readings in the course schedule will be administered. The lowest two marks will be dropped and each of 6 quizzes will be worth 2% (total 12%). Chapter quizzes are meant to be thought-provoking (slightly challenging), not difficult, to prepare you for exams. Chapter quizzes will be due at the end of the week in which they are noted in the Course Schedule. Though the readings are chosen because of their accessibility to these topics, it is understandable that it may take time to digest some of the topics and, possibly, to get used to the readings. Therefore, you are not expected to have done the readings prior to each class, but rather, you should have them done prior to completing the scheduled chapter quizzes. Please note that sometimes the quiz will be due prior to the end of the unit. This is to prepare you for an upcoming exam!

4% of your final course grade will come from an Open Educational Resources fact-finding assignment. You will be tasked with finding sufficient open access educational resources covering any 4 topics discussed in our course (see the course schedule below) and will provide a reflection on the utility of this resource for use in the classroom. Information is available on Canvas.

A final 4% of your grade will come 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.

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 2 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].

- 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 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* (7th 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 via e-mail (tareq.yousef@ubc.ca):
 - 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 with any questions or concerns that you may have regarding the Sona system, including unassigned credits.

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 to maintain equity among sections and conformity to university, faculty, department, or the school norms.

Students should note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Learn more about this university policy [here](#).

Learning Activities

Class participation may include some clicker questions. When implemented, these will be accessible to you from your wireless devices, free of charge. This is not for marks but may greatly enhance your understanding of the course material.

Course Schedule

Date	Topic	Reading	Assignment due dates (Fridays at 11:59 PM PST) *except last day of classes
Wed Sep 7	Emotion and Motivation	Chapter 8	
Mon Sep 12	Emotion and Motivation	Chapter 8	
Wed Sep 14	Emotion and Motivation	Chapter 8	Chapter 8 quiz (Sep 16)
Mon Sep 19	Intelligence	Chapter 10	
Wed Sep 21	Intelligence	Chapter 10	Chapter 10 quiz (Sep 23)
Mon Sep 26	Development	Chapter 11	
Wed Sep 28	Development	Chapter 11	Chapter 11 quiz (Sep 30)
Mon Oct 3	Development	Chapter 11	
Wed Oct 5	EXAM #1	Chapters 8, 10, 11	
Mon Oct 10	NO CLASSES		
Wed Oct 12	Personality	Chapter 12	
Mon Oct 17	Personality	Chapter 12	
Wed Oct 19	Personality	Chapter 12	Chapter 12 quiz (Oct 21)
Mon Oct 24	Social Psychology	Chapter 13	
Wed Oct 26	Social Psychology	Chapter 13	Chapter 13 quiz (Oct 28)
Mon Oct 31	Social Psychology	Chapter 13	
Wed Nov 2	EXAM #2	Chapters 12, 13	
Nov 7-11	NO CLASSES		
Mon Nov 14	Stress and Health	Chapter 14	
Wed Nov 16	Stress and Health	Chapter 14	Chapter 14 quiz (Nov 18)
Mon Nov 21	Psychological Disorders	Chapter 15	
Wed Nov 23	Psychological Disorders	Chapter 15	
Mon Nov 28	Psychological Disorders	Chapter 15	
Wed Nov 30	Treatment of Psychological Disorders	Chapter 16	Chapter 15 quiz (Dec 2)
Mon Dec 5	Treatment of Psychological Disorders	Chapter 16	
Wed Dec 7	Optional Review		(Dec 8*) Chapter 16 quiz Open educational resource assignment Research participation
Dec 11-22	FINAL EXAM DURING EXAM PERIOD (Chapters 14, 15, 16)		

Please note that slight changes to the schedule may occur throughout the semester.

Chapter quizzes will be released at least 1-week prior to the deadline.

Late Policy

Chapter quizzes, research participation, and the bonus open educational resource assignment will receive a mark of 0 if they are not submitted prior to the due date. The lowest two chapter quiz marks will be dropped.

Missed Exam Policy

Students who miss an examination must provide written documentation (i.e., doctor's note) of the absence to their instructor and must arrange to make up the exam before the next scheduled class. Arrangements must be made at least 24 hours prior to 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.

If ill health is an issue, students are encouraged to seek attention from a health professional. Campus health and counselling will normally provide documentation only to students who have been seen previously at these offices for treatment or counselling specific to conditions associated with their academic difficulties. Students who feel that requests for consideration have not been dealt with fairly by their instructors may take their concerns first to the Head of the discipline, and if not resolved, to the Office of the Dean. Further information can be found [here](#).

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 and the instructor.

Missed Activity Policy

Completely missed quizzes and research participation activities will receive a "0" if not submitted by the due date.

Passing/Grading Criteria

Your final grade will be determined based on UBC grading practices. 90–100 A+, 85–89 A, 80–84 A-, 76–79 B+, 72–75 B, 68–71 B-, 64–67 C+, 60–63 C, 55–59 C-, 50–54 D. 0–49 Fail

Other Course Policies

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>

Final Examinations

You can find the [Senate-approved term and examination dates here](#). Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-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>

Student Service Resources: Below are common resources that are available to you

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 and Wellness

At UBC Okanagan health services to students are provided by Student 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 Student 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

Office of the Ombudperson

The Office of the Ombudperson 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

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/>

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 Safewalk at **250-807-8076.***

For more information, see: 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 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

The UBC Emergency First Response Team (EFRT)

The UBC 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. 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

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