



CULTURE AND PSYCHOLOGY

PSYO 380L

University of British Columbia – Okanagan

Wednesday & Friday

8.30am – 11.30am (EME 2111)

Faculty Instructor: Anne Tseu, M.A.

Location: EME 2111

Office hours: By appointment

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COURSE DESCRIPTION

This course is divided into two segments. The first portion of the course will provide an overview of the frameworks and theories behind culture and its relation to various topics within psychology. In the second portion of the class, students will critically examine what cultural identity is through an exploration of research and discussion underlying the psychological processes behind real-world implications of culture and psychology.

COURSE FORMAT

Our classes will include lectures, individual activities, and group discussions. Lectures will focus on the theoretical and empirical content related to culture and psychology. Individual activities and group discussions require self-reflection and thoughtful conversations. They will focus on the application of culture and psychology to your own life and the lives of others.

COURSE OBJECTIVES:

After completing this course and its units, students will be able to:

1. Demonstrate a strong knowledge base in fundamental theories, findings, and methodology in cultural psychology
2. Apply theories within culture and psychology to explain and understand real-world implications
3. Exhibit ability to recognize differences between one's own cultural identity and the cultural identity of others, and its everyday impacts
4. Facilitate respectful and open discussion around culture and psychology with others

TEXTBOOK & READINGS:

Heine, S.J. (2020). *Cultural Psychology (4th Edition)*. W.W. Norton & Company.

[This textbook can be rented for the duration of this course (<https://www.vitalsource.com/>) or be purchased online].



Other readings or materials are described in the **course schedule** below. You can locate these readings through Canvas, [UBC library](#) or [Google Scholar](#).

COURSE REQUIREMENTS:

Attendance & Participation (25%): Students are expected to attend class to receive participation marks. Participating in discussion regarding topics in this course is important as it allows us to listen to the experiences and perspectives of others. It is expected that students maintain an appropriate learning environment out of respect for their peers. This includes but is not limited to supporting a non-judgmental and respectful environment while facilitating discussion around culture and related topics. Comments that are viewed as not aligned with respectful communication will not be tolerated and may result in no assigned participation mark for that day (see Respectful Communication in Classroom).

For each class, students will be asked to complete an in-class group activity. You will receive participation marks for that class if you complete the activity/discussion with your peers in a well-responded manner (details will be given by the instructor each class). Assignments will vary depending on the topic discussed in class. If you are unable to attend class for legitimate reasons governed by [UBC's Academic Concession Policy](#), please contact the instructor for reassignment of participation marks.

Midterm Exam (25%): The midterm exam will consist of multiple-choice questions. Questions will be drawn from lecture content, assigned textbook readings, and group discussions.

Reflective Narratives (25%): You will be asked to complete 5 reflective narratives throughout the semester, each worth 5%. The due date for the first reflective narrative is provided in the Course Schedule. You may choose which topics to write the remaining 4 reflective narratives on. Each reflective narrative is due a week after the topic is discussed and must be uploaded as either a Word document or mp4 video to Canvas.

Word document: reflective narratives should follow APA format i.e., double-spaced, and appropriate font (title page and citations are allowed but not required). Each narrative should be a minimum of one page and maximum two pages.

mp4 video: reflective narratives should be structured and flow coherently. Each narrative should be a minimum of 1 minute (60 seconds) and a maximum of 2 minutes (120 seconds) long.

Final Assignment (25%): You will be asked to examine and analyze how a media of your choice (i.e., tv show, movie, short film, book, song) integrates elements of topics that have been discussed over the course of the semester. A short description of the media of your choice should be provided. The due date to submit your media title is listed in the Course Schedule. The final assignment will be due a week after the final class. More information on the final assignment can be found on Canvas.



APA format resource: [Purdue Online Writing Lab \(APA General Format\)](#)

LATE/MISSED ASSIGNMENTS & EXAMS:

Reflective narratives are due one week after the topic is discussed in class. You will be given an in-class reminder when there are 4 topics left to be discussed. This will allow for you to have enough time to complete all 5 reflective narratives before the end of term.

Midterm must be written in-class during the designated time. Students who miss the midterm exam for legitimate reasons governed by [UBC's Academic Concession Policy](#) will be allowed to either write their exam at most a week after the date of the midterm, or have their marks from the Midterm Exam be shifted to the cumulative Final Assignment. Please contact me if you miss the Midterm Exam.

RESPECTFUL COMMUNICATION IN CLASSROOM:

Link to: [Tips on Respectful and Effective Communication](#). Includes but not limited to:

- Be aware of barriers to listening including getting distracted by emotional noise
- Strategies for active listening such as focusing on the other person's thoughts and feelings instead of our own internal commentary, listening to the essence of the speaker's thoughts; being empathetic
- Check in with our own perceptions and how it may impact our observations and thoughts of others
- Be flexible towards others and allow for other points of view. Diversity brings creativity and innovation!



COURSE SCHEDULE

Indicated chapter readings are from the Cultural Psychology textbook (see **Textbook & Readings**) unless otherwise indicated. Schedule may be subject to change. Students will be informed in advance.

Date	Topics	Readings
PART 1		
May 18	Introduction to Cultural Psychology	Review of Syllabus Chapter 1: A Psychology for a Cultural Species
May 20	Research Methods	Chapter 4: Research Methods
May 25	Culture & Cognition	Chapter 6: Self and Personality DUE: Reflective Narrative #1
May 27	Culture & Personality	Chapter 9: Cognition and Perception
June 1	Culture & Emotion	Chapter 10: Emotions (pg. 382 – 404)
June 3	Culture & Interpersonal Relationships	Chapter 11: Attraction and Relationships
June 8	Culture & Health	Chapter 13 & Chapter 14: Physical Health & Mental Health *CHECK IN: Reflective Narratives (see Course Requirements)
June 10	Multiculturalism	DUE: MIDTERM
PART 2		
June 15	Immigration & Biculturalism	Chapter 7: Living in Multicultural Worlds (pg. 272 – 288) Chapter: Smokowski, P., & Bacallao, M. (2011). Balancing between two worlds: the integration stage of bicultural development. <i>Becoming Bicultural: Risk,</i>



		<p><i>Resilience, and Latino Youth</i> (pp. 100-129). NYU Press.</p> <p>DUE: Final assignment – Media Description</p>
June 17	Acculturation & Enculturation	<p>Chapter 7: Living in Multicultural Worlds (pg. 252 – 265)</p> <p>Article: Ferguson, G.M., Costigan, C.L., Clarke, C.V., & Ge, J.S. (2016). Introducing remote enculturation: learning your heritage culture from afar. <i>Child Development Perspectives, 10</i>, 166-171. DOI: 10.1111/cdep.12181.</p>
June 22	Stereotypes, Prejudice, & Discrimination	<p>Chapter 7: Living in Multicultural Worlds (pg. 266 – 271)</p> <p>Article: Moeke-Pickering, T., Cote-Meek, S., & Pegoraro, A. (2018). Understanding the ways missing and murdered Indigenous women are framed and handled by social media users. <i>Media International Australia, 169</i>(1), 54-64. DOI: 10.1177/1329878X18803730.</p> <p>Article: Sue, D.W., Alsadi, S., Awad, M.N., Glaeser, E., Calle, C.Z., & Mendez, N. (2019). Disarming racial microaggressions: microintervention strategies for targets, white allies, and bystanders. <i>American Psychological Association, 74</i>(1), 128-142. https://doi.org/10.1037/amp0000296.</p>
June 29		<p>DUE: Final Assignment</p>



UBC OKANAGAN 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 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 University's policies and procedures, may be found in the Academic Calendar at

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

UBC OKANAGAN DISABILITY RESOURCE CENTRE

The Disability Resource Centre ensures educational equity for students with disabilities, injuries or illness. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre. Location: **UNC 227**; Telephone: 250.807.9263; Email:

earllene.roberts@ubc.ca; Web: www.ubc.ca/okanagan/students/drc

UBC OKANAGAN OMBUDS OFFICE

The Ombuds Office 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. Location: **UNC 227B**; Telephone: 250.807.9818; Email:

ombuds.office.ok@ubc.ca; Web: <http://ombudsoffice.ubc.ca/ubc-okanagan-2/>

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, please contact the Equity and Inclusion Office. Location: **UNC 227C**; Telephone: 250.807.9291; Email: equity.ubco@ubc.ca; Web: www.ubc.ca/okanagan/equity

HEALTH AND WELLNESS

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counselors 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.

- UBCO Health and Wellness: Telephone: 250-807-9270; Website: www.students.ok.ubc.ca/health-wellness; Mon-Fri, 9am-4pm
- UBCO Counselling Services: please call 250-807-9270 to book an appointment
- UBCO Psychology Walk-In Well-Being Clinic: Location: **ASC167**; Telephone: 250-807-8241; Email: ipc.ok@ubc.ca; Tue & Thur
- Security 250-807-8111 (emergency)
- Security 250-807-9236 (non-emergency)
- 24 Hour Crisis line 1-800-784-2433 (1-800-SUICIDE)
- 24 Hour Nurses Help Line 811

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:*

<http://www.ubc.ca/okanagan/students/campuslife/safewalk.html>