



# Psychology 101: V01

Introduction to Biological and Cognitive Psychology  
Vantage College Arts Fall 2016

## WHO?

### **INSTRUCTOR:**

Lillian (**Lily**) May  
lamay@psych.ubc.ca  
Office: Orchard Commons 3005  
Office Hours: Mondays & Wednesdays,  
3:30-4:30pm, & by  
appointment

### **VANT140 INSTRUCTOR:**

Brett Todd  
brett.todd@ubc.ca  
Office: Orchard Commons 3007  
Office Hours: Book online through  
<https://ubc.mywconline.net/>  
Wednesdays 1:30-2:15pm  
Thursdays 2:15- 2:45, 4:15-  
6:00pm

### **TEACHING ASSISTANTS:**

Amna Hyder  
amna.hyder@alumni.ubc.ca  
Office Hours: Wednesdays 3:45-  
4:45pm

Daniel Leibovitz  
danleibovitz@alumni.ubc.ca  
Office Hours: Fridays 10-11am

Dorianna Dickson  
dorianna.dickson@alumni.ubc.ca  
Office Hours: Fridays 1:30-2:30pm

Wansu Qiu  
wqiu@alumni.ubc.ca  
Office Hours: Thursdays 12-1pm

*All TA office hours will be held in  
Orchard Commons 3061. You can also  
email TAs to schedule meetings by  
appointment.*

## WHEN?

### **LECTURE:**

Mondays & Wednesdays, 5-6:30pm  
Buchanan A102

### **DISCUSSION SECTIONS:**

V1A: Thursday 1-2pm, Orchard  
Commons 3052

V1B: Thursday 1-2pm, Orchard  
Commons 3058

V1C: Thursday 2-3pm, Orchard  
Commons, 3052

V1D: Thursday 2-3pm, Orchard  
Commons, 3058

V1E: Friday 11-12pm, Orchard  
Commons, 3052

V1F: Friday 11-12pm, Orchard  
Commons, 3058

V1G: Friday 12:30-1:30pm, Orchard  
Commons, 3052

V1H: Friday 12:30-1:30pm, Orchard  
Commons, 3058

## WHAT?

Psychology 101 is intended to introduce you to psychology, the scientific study of behaviour. The course begins with an overview of the field of psychology and its research methods, and then covers some of the most fundamental topics in biological and cognitive psychology, including the brain, learning, memory, and language.

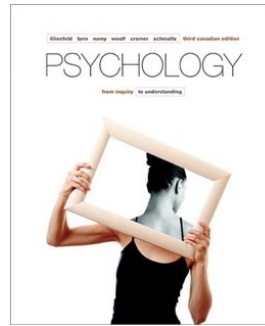
## LEARNING GOALS

By the end of this course, you should be able to:

1. Define psychology, and identify its major subfields.
2. Describe and critique the basic research methods employed by psychologists.
3. Explain the concepts of 'case study,' 'correlation,' and 'experiment;' identify their strengths and weaknesses.
4. Use basic descriptive statistics.
5. Identify the major structures of the human brain and describe their functions.
6. Apply psychological concepts to real-life experiences.
7. Critically read and interpret psychology research articles.

## COURSE MATERIALS

### **REQUIRED: TEXTBOOK**



Lilienfeld, S.O., Lynn, S.J., Namy, L.L., & Woolf, N.J. (2016). *Psychology: From Inquiry to Understanding*. Third Canadian Version.

You can purchase the textbook at the UBC library, or at other outlets. This textbook is a new (3<sup>rd</sup>) edition: it is highly recommended that you purchase the new version, as it is this version that lecture and exams will be based upon.

It is also possible to purchase just the textbook ebook for a reduced price (\$90 Cdn). This can be done through MyPsychLab.

On occasion, the textbook may be supplemented by other readings or videos to facilitate your understanding. Please keep up to date on the course website regarding any such materials.

Note that this textbook will also be used in your term 2 class (Psyc 102), so make sure to keep it after you are done with this course!

### **REQUIRED: i>CLICKER**

This tool will be used for questions and polls during lectures. The i>Clicker can be purchased at the UBC bookstore—used or new.



You must register your i>Clicker on Connect in order to get course credit for your use of the i>Clicker.

## **REQUIRED: MYPYCHLAB**

This online learning component will come bundled with your textbook if you buy it at the UBC bookstore. It allows you to view the textbook eBook, access video and simulation materials, and more. You will also complete review quizzes on MyPsychLab for course credit.

If you purchased a used version of the textbook, you will need to purchase access to MyPsychLab separately.

MyPsychLab can be accessed/purchased through the Connect website.

## **REQUIRED: COURSE WEBSITE**

<http://www.connect.ubc.ca>

You are responsible for checking the course website regularly throughout the term. You use your CWL to log in. This is where you can download the lecture slides and posted readings and see important announcements. Lecture slides will be posted as PDFs. Grades will also be posted to the website in a timely manner.

## **EVALUATION**

### **EXAMS: 65%**

There will be three midterm exams (written during class time) and one final exam (to be written during the exam period at a time designated by the Registrar's Office—you

must be available at any time during the December exam period).

### **Midterm Exams (35%)**

- **First Midterm: Sept. 28 (up to 17.5%)**
- **Second Midterm: Oct. 26 (up to 17.5%)**
- **Third Midterm: Nov. 16 (up to 17.5%)**

*Only the best two of the three midterm exams will count towards your final grade.*

### **Final Exam (30%): Dec. 6-21**

#### **Notes on Exams:**

- Midterms are not cumulative; the final exam is cumulative.
- There will be topics covered in class that are not in the text/readings and topics in the text/readings that are not covered in class. You will be responsible for both. That is, anything from class lecture and the text/readings can be tested on the exams.
- Exams will contain multiple-choice and short-answer questions.
- There will be no makeup exams.
- You are strongly encouraged to review your exam(s) with your TA. Most requests for grade adjustments can be settled directly with your TA. In cases of a dispute that cannot be satisfactorily resolved, the instructor will render a decision after reviewing the exam and if needed, talking to both parties.

### **ASSIGNMENTS: 18%**

There will be two small solo assignments for this course. The goal of these assignments is to get you comfortable with thinking and reading about psychological research.

### **Assignment 1: Design an Experiment (8%).**

In this assignment, you will be asked to come up with a research design related to a psychology question. You will be permitted one re-write after being provided with feedback from your peers and TA.

- **First Attempt (2%): Due Oct. 5**
- **Final Version (6%): Due Oct. 24**

**Assignment 2: Article Summary (10%).** In this assignment, you will be asked to read and summarize a psychology article, and think about applying the concepts to your life.

- **First Attempt (2.5%): Due Nov. 9**
- **Final Version (7.5%): Due Nov. 28**

Assignments must be submitted on Connect by class time (5:00pm) on the due date. For first attempts, you must also bring 2 copies of the completed assignment to your small group meetings for peer-review (see schedule for peer-review days).

All assignments must be typed, double-spaced, in 12pt font. Late assignments will be marked 10% off for each day late.

More information on assignments will be provided in lecture and small-group sessions.

### **ENGAGEMENT (15%)**

You will be assessed on your engagement and participation through the following:

#### **Lecture: Attendance and In-Class Participation via i>Clicker (5%)**

Each lecture will have content that requires you to vote or answer questions using your i>Clicker.

If you answer >80% of i>Clicker questions throughout the term, you will receive 5%. >70% will receive 4%, >60% will receive 3%, >40% will receive 2%, >20% will receive 1%.

### **MyPsychLab Review Quizzes (6%)**

Throughout the term you will complete quick review quizzes on MyPsychLab (accessed through Connect). These quizzes will cover material from assigned textbook readings and lecture. You should use your textbook and class notes to assist on the quizzes.

Review quizzes have approximately 4-6 questions each, and are due in sets of 2 quizzes. There are 14 review quizzes in total: only your best 12 review quizzes will count towards your final course mark.

Each review quiz you score 70% or higher will be awarded .5%, for a total quiz score of up to 6%.

All review quizzes must be completed by 11:59pm on Sunday evening. The due dates for review quizzes are:

- **Sunday, Sept. 18 (2 quizzes)**
- **Sunday, Sept. 25 (2 quizzes)**
- **Sunday, Oct. 16 (2 quizzes)**
- **Sunday, Oct.23 (2 quizzes)**
- **Sunday, Nov. 6 (2 quizzes)**
- **Sunday, Nov. 13 (2 quizzes)**
- **Sunday, Nov. 28 (2 quizzes)**

#### **Small-Group Meetings: Attendance and In-Class Participation (4%)**

You are expected to attend small-group meetings, participate in activities, and act respectfully towards your TA and fellow

classmates. If you miss more than 2 small-group sessions, this will be reflected in your grade.

## **RESEARCH EXPERIENCE (2%; up to 3% bonus)**

Psychology is an active and exciting scientific discipline. Many of the studies you will learn about in this course were carried out in universities just like UBC!

As part of this course, you will be asked to complete a research experience component (REC) as a way of introducing you to cutting-edge research in psychology. This REC will be worth 2% of your grade and you are free to choose one of two options:

### **1. Participate in the Psychology Department Human Subjects Pool**

Most students will choose to earn their REC by spending two hours participating in psychology studies (worth 1% for each hour) through the Department of Psychology's Human Subjects Pool (HSP) system.

You can create an HSP account, locate and sign up for studies by going to <https://ubc-psych.sona-systems.com>. Please register by the end of the first month of classes to earn your first ½ hour credit by completing a brief online survey to determine your eligibility for studies.

Once you are registered in the HSP system, you will be able to browse through and select which studies you wish to participate in, sign up for available time slots, and confirm your credits afterward.

At the end of the last day of class for the term, HSP closes and you will no longer be able to receive credits. Therefore, you should try and participate in studies and earn credits as early in the term as possible!

### **2. The Library Option**

As an alternative to participation in HSP experiments, you may complete a library writing project. Such projects consist of reading and summarizing a research article from the peer-reviewed journal *Psychological Science*. You must summarize 1) the research question, 2) the methods, and 3) the results (in written form).

You will receive 1% for each article summary that meets the following requirements:

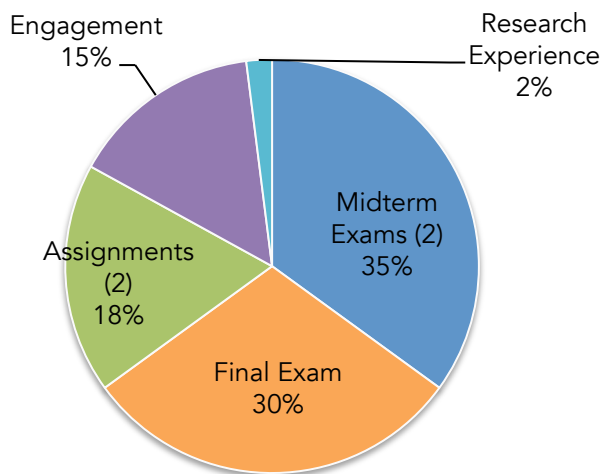
- The article must have been published in the journal titled *Psychological Science*.
- The article must have a publication date between the years 2000-2016.
- The article must be a research article. It cannot be a review article, a news item, a notice, or a letter to the editor.
- The summary should be approximately 500 words in length
- You must include your name, student number, course, section, instructor, and email address on each summary.
- You must log on to the HSP website (<https://ubc-psych.sona-systems.com>) and create an account before submitting your article summaries. Your course credit is assigned only if you use the online system.
- Summaries must be submitted by the last day of class
- You must submit your article and summary to [turnitin.com](https://turnitin.com). If you don't already have a turnitin account, you will

need to create one. For the library assignment, the class ID is 9183443, class name is *Psychology HSP* (Winter 2016), and password is *research*. See [turnitin.com](http://turnitin.com) for more information. Any evidence of plagiarism may result in lack of credit, and instructors will be notified. Further action may be taken by the department or university.

More information on HSP and the Library Option is available at: <http://psych.ubc.ca/internal/human-subject-pool/>

**Bonus Credit (optional)**

You may earn up to 3% extra credit that will be added to your final grade. These extra credit points can be earned by doing up to three additional hours of study participation in the HSP (or summarizing another three articles through the library option), in the same manner as described above.



**GRADING**

Your grade for each exam and assignment will be posted on Connect in a timely manner.

The Department of Psychology has adopted the following grad distributions for 100-level courses, and reserves the right to adjust final grades in this course if the distribution deviates substantially from the target.

Class Performance	Mean	SD
Strong class	67%	14%
Average class	65%	14%
Weak class	63%	14%

**ATTENDANCE**

In this course, material that is taught in class may be different from or supplement the course readings. It is, therefore, essential for you to attend class as well as read the text. If you do have to miss a class, you are responsible for getting notes from another student.

Attendance in lectures will be monitored via your use of the i>Clicker. Attendance in small-group meetings will be monitored by your TAs.

There will be no makeup midterm exams. If you miss the December final exam, you must apply through the registrar’s office for a makeup exam (‘academic concession’). It is likely they will require significant

documentation to grant a makeup-exam (doctor's notes, etc.)

During your time in this course, if you encounter medical, emotional, or other personal problems that affect your attendance or academic performance, please notify us, as well as your Academic Advisor.

We participate in the Early Alert program, which helps us support students who are facing difficulties that are interfering with school. For answers to frequently asked questions regarding the Early Alert program, please visit:

[blog.students/ubc.ca/earlyalert/information-for-students/students-frequently-asked-questions/](http://blog.students/ubc.ca/earlyalert/information-for-students/students-frequently-asked-questions/)

## **ACADEMIC MISCONDUCT**

UBC Vantage College's disciplinary procedures for suspected cases of academic misconduct will adhere to the University's procedures and parallel individual instructor's departmental procedures.

Definitions of cheating and plagiarism are offered at

<http://www.calendar.ubc.ca/Vancouver/index.cfm?tree=3,54,111,959>.

As per University procedures, if an instructor suspects that a student has cheated or plagiarized, the instructor will investigate the incident and meet with students to discuss the matter (see <http://www.calendar.ubc.ca/Vancouver/index.cfm?tree=3,54,111,961>). If the instructor would like another person present during the

initial meeting with the student, the instructor may invite the relevant Vantage College Program Chair, the Academic English Program Director, or the Academic Director.

Depending on the results of the investigation and the meeting with the student, the instructor may decide to do one of the following:

1. Require the student to re-do work at issue or to do supplementary work;
2. Assign a grade of zero or a failing grade for the work;
3. Assign a mark less harsh than failing for the work

Where a report of the investigation and outcome of the meeting with the student would normally be submitted to a department head, the instructor will submit a report to the Chair of the relevant Vantage College program. The Chair will forward all reports to the Academic Director of Vantage College.

If further investigation and disciplinary action are required and the suspected case of academic misconduct would normally be reported to the Dean's office, the Academic Director will meet with the student.

## **HELPFUL HINTS**

- There are 26 classes and 8 chapters will be covered this term. This means that there will usually only be 2-3 lectures per text chapter—plan your reading and studying accordingly!



- Remember to use the linguistic features of psychological discourse that you explore in VANT140 for psychology in your coursework and group activities
- Productive classroom discussion and debate are encouraged.
- Lecture slides will be posted on Connect by 12am the night before each lecture. This is done as a courtesy. Please be aware, however, that it is likely changes will be made to the slides between that time and lecture the next day or items may be missing. Final versions of the slides will be posted following a lecture, and will be marked as 'Final Version.' Also note that lecture slides will not include everything discussed in lecture. If you miss a class, try to get notes from a classmate!
- Laptops and similar devices can be effective learning tools and are thus welcome in class. However, if you are using them for non-class related activities, it can be distracting for others. Please be considerate.
- Information on UBC regulations, including academic concession and accommodation.
- **Academic English Support Program**
  - <https://cstudies.ubc.ca/student-information/services/academic-english-support>
  - Provides free one-on-one coaching for improving Academic English. Open to all UBC students.
- **UBC Learning Commons:**
  - <http://learningcommons.ubc.ca/>
  - Offers a variety of learning and research sources for students. The website includes tutoring, workshops, study groups, and many other online tools and links to academic resources offered at UBC.

## ACADEMIC RESOURCES

- **Vantage College Regulations:**
  - <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=12,307,0,0>
  - Information on Vantage requirements and regulations.
- **UBC Academic Regulations:**
  - <http://www.calendar.ubc.ca/Vancouver/index.cfm?tree=3,0,0,0>

## WELLNESS RESOURCES

Below you will find a list of resources you may want to utilize if you are struggling in any way to manage your responsibilities while in school or the stresses of life in general.

- **The Kaleidoscope**
  - <http://the-kaleidoscope.com/>
  - A confidential peer-run mental health support group that takes place on campus 2-3 times a week. You may attend the group if you are experiencing any kind of mental health related challenges, or if you're just feeling stressed about school in general. Registration is not required to attend. See the website for



meeting times and locations. Food and drink is provided.

- **UBC Counselling Services**

- <http://students.ubc.ca/livewell/services/counselling-services>
- Phone: 604-822-3811
- Counselling services offers a variety of resources to help you maintain your mental health while in school. You may see a counselor on an individual basis, attend group counseling, or to document an illness if you should require academic concession.

- **SpeakEasy**

- <http://www.ams.ubc.ca/services/speakeasy/>
- A student run service that offers confidential support for students experiencing crisis. Also a good resource for additional information and referrals within the UBC community.

- **UBC Wellness Centre**

- <http://students.ubc.ca/livewell/services/wellness-centre>
- Phone: 604-822-8450
- Speak with other students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex, and more.

- **Access and Diversity**

- <http://students.ubc.ca/about/access>
- Phone: 604-822-5844
- Provides accommodations for students living with physical, mental, and/or learning disabilities.

- **Student Health Services**

- <http://students.ubc.ca/livewell/services/student-health-service>
- Phone: 604-822-7011
- Provides students with a variety of healthcare related services to help you maintain your health. Access to doctors and registered nurses.

- **Live Well, Learn Well**

- <http://students.ubc.ca/livewell>
- The Live Well, Learn Well Initiative is a resource hub that provides students with information to help improve physical and mental wellbeing.

- **Mental Health Awareness Club**

- <http://blogs.ubc.ca/ubcmhac/>
- A club that offers opportunities to speak about mental health with others and strives to promote mental health awareness throughout the UBC community.

- **AMS Food Bank**

- <http://www.ams.ubc.ca/services/food-bank/>
- If you are in a financial emergency, the AMS food bank can provide you with a food hamper. You are able to use the service for up to 6 times per term.

- **BC Crisis Center**

- [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)
- Phone: 604-872-3311
- Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors

in crisis in BC. Crisis line available  
24/7.

- **Pacific Spirit Addiction Services**
  - 3<sup>rd</sup> floor, 2110 West 43<sup>rd</sup> Ave,  
Vancouver BC, V6M 2E1
  - Phone: 604-267-3970
  - A free and confidential service for  
youth and young adults up to the age  
of 24. Services include counseling,  
access to an Addiction Physician-  
including usage of a methadone  
maintenance program, and s drug  
education series.
  
- **Distress Line**
  - Phone number: 1-800-Suicide (784-  
2433)
  - If you are in distress or are worried  
about someone in distress who may  
hurt themselves, call 1-800-SUICIDE  
24 hours a day.

# COURSE SCHEDULE

Subject to Change

September 2016

Sunday	Monday	Wednesday	Small Groups	140
		7 <b>Course Overview &amp; Expectations</b>	No Small Groups	Introduction to Academic Discourse
11	12 <b>Psychology and Scientific Thinking</b> Chapter 1: pgs. 2-14	14 <b>Psychology and Scientific Thinking</b> Chapter 1: pgs. 15-41	Intro & Overview of Small Group	Critical Learning Styles
18 <i>Review quizzes due on Connect by 11:59pm</i>	19 <b>Research Methods</b> Chapter 2: pgs. 44-69	21 <b>Research Methods</b> Chapter 2: pgs. 69-73	Statistics Tutorial	Note-taking and Comprehension Strategies
25 <i>Review quizzes due on Connect by 11:59pm</i>	26 <b>Research Methods</b> Chapter 2: pgs. 73-83	28 <b>MIDTERM 1</b>	Design an Experiment: Assignment Overview	Summarizing and Critical Analysis

October 2016

Sunday	Monday	Wednesday	Small Groups	140
2	3 <b>Biological Psychology</b> Chapter 3: pgs. 85-94	5 <b>Biological Psychology</b> Chapter 3: pgs. 94-114 <b><i>Design an Experiment: First Attempt Due</i></b>	Design an Experiment: Peer Review	Test is Text
9	10 <b>NO CLASS: Thanksgiving</b>	12 <b>Biological Psychology</b> Chapter 3: pgs. 115-123	Neuroanatomy Tutorial	Introduction to Academic Vocabulary

16 Review quizzes due on Connect by 11:59pm	17 <b>Sensation &amp; Perception</b> Chapter 4: pgs. 125-138	19 <b>Sensation &amp; Perception</b> Chapter 4: pgs. 138-149	Visual System Tutorial	Process Types in Academic Discourse
23 Review quizzes due on Connect by 11:59pm	24 <b>Sensation &amp; Perception</b> Chapter 4: pgs. 150-163  <b>Design an Experiment: Final Version Due</b>	26 <b>MIDTERM 2</b>	Reading Articles in Psychology	Morphemes, Lexical Sets, Nominalization and Verbalization
30	31 <b>Consciousness</b> Chapter 5: pgs. 165-175	NOV 2 <b>Consciousness</b> Chapter 5: pgs. 176-184	Article Summary: Assignment Overview	Introduction to Multimodal Reflection Project

## 2016 November

Sunday	Monday	Wednesday	Small Groups	140
6 Review quizzes due on Connect by 11:59pm	7 <b>Consciousness</b> Chapter 5: pgs. 184-197	9 <b>Learning</b> Chapter 6: pgs. 200-221  <b>Article Summary: First Attempt Due</b>	No Small Groups (Remembrance Day)	Open Class/ Review
13 Review quizzes due on Connect by 11:59pm	14 <b>Learning</b> Chapter 6: pgs 222-237	16 <b>MIDTERM 3</b>	Article Summary: Peer Review	Preparation Time for Multimodal Project
20	21 <b>Memory</b> Chapter 7: pgs. 239-260	23 <b>Memory</b> Chapter 7: pgs. 260-281	Memory Tutorial	Performance/ Assessment
27 Review quizzes due on Connect by 11:59pm	28 <b>Thinking &amp; Reasoning</b> Chapter 8: pgs. 283-291  <b>Article Summary: Final Version Due</b>	30 <b>Language</b> Chapter 8: pgs. 292-311	Exam Prep and Course Evaluations	Performance/ Assessment

**Final Exam to be scheduled during December exam period (Dec 6-21)**