

# PSYCHOLOGY 101

## INTRODUCTION TO BIOLOGICAL AND COGNITIVE PSYCHOLOGY

### ESSENTIAL INFORMATION

**WHEN?** Monday/Wednesday/Friday  
Section 005 – 12:00-12:50  
Section 006 – 1:00-1:50

**WHERE?** CIRS 1250

### YOUR INSTRUCTOR

**Janel Fergusson**

*Office:* Kenny 3205

*Office Hour:* Wednesdays 2:30-4

or by appointment

*Email:* janelf@psych.ubc.ca

*Office Phone:* 604-822-2140

### TEACHING ASSISTANTS

**Alyssa Ash**

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*Office Hour:* Mondays 11-12, or by appointment

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**Sean Maxey**

*Office:* Audain Arts Center 4038A

*Office Hour:* Tuesdays 1-2 or by appointment

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**Fakhri Shafai**

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**Lisa Zhang**

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*Office Hour:* By appointment

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### COURSE DESCRIPTION

The purpose of this course is to provide an overview of biological and cognitive psychology. We will explore topics from research methods to cognitive psychology and neuroscience. We will discuss theories that attempt to explain why and how we think and behave the way we do and how we can apply what we know about the field of psychology to our everyday lives, including how we interpret media reports about human behaviour. This course will also introduce the scientific method and critical thinking, and how psychologists use these tools to learn more about the way we think, feel, and act.

### LEARNING GOALS

By the end of this class you should be able to:

- Identify and explain the vocabulary and major constructs of cognitive and biological psychology
- Describe basic methods of investigating human behaviour and cognition
- Apply what you've learned about psychology to your everyday life
- Write a clear media article that describes a psychological concept for a non-psychology audience

### REQUIRED MATERIALS

**Textbook** – *Psychology: Frontiers and Applications*, Custom edition. Available from the University Bookstore or included as an ebook in McGraw Hill Connect. You do NOT need a physical hardcopy of the book. Includes a copy of **McGraw Hill Connect UBC Connect** - log in to [www.connect.ubc.ca](http://www.connect.ubc.ca) You are responsible for all material posted on Connect **I>Clicker** – Available used or new from the university bookstore, or subscription to REEF polling **Piazza** – Free online discussion platform. All course discussions will be hosted on Piazza. You can download an app for iPhone/iPad/Android for free, or access through your browser. Set up your account using the link on UBC Connect or at <https://piazza.com/ubc.ca/winterterm12016/sisubcpsyc1010052016w171917/home>

## EMAIL POLICY

We will do our best to respond to emails within 24 hours during weekdays and 48 hours on weekends and holidays. Please include “Psych 101” in the subject line of all emails and sign them with your full name. This will make it much easier for us to respond in a timely manner. Questions that require more than a few sentences in response should be handled in person. **If you have a question about general course content (i.e., not about your grades or personal circumstances) please post your question on Piazza for the quickest response.** It is likely that other students share your question, and the TAs will be monitoring the discussion boards regularly.

**Please read your syllabus carefully before emailing – you might find the answer you are looking for!**

If your question is not for a specific member of the teaching team, please email the TA listed beside the first few letters of your family name. This will help the TAs respond in a reasonable period of time

Family Name	TA
A-E	Alyssa Ash
F-Le	Anna Maslany
Li-Se	Sean Maxey
Sh-V	Fakhri Shafai
W-Z	Lisa Zhang

## EVALUATIONS

Activity	Points to Earn	Dates
Module 1 Test	15%	September 23 <sup>rd</sup> , class time
Module 2 Test	15%	October 19 <sup>th</sup> , class time
Module 3 Test	15%	November 14 <sup>th</sup> , class time
Final Exam (Module 4 Test)	15%	TBA
Media Article	23%	Due November 10 <sup>th</sup> , 6:00am. Peer assessments due November 19 <sup>th</sup> , 6:00am. Revisions (optional) due Dec. 1 <sup>st</sup> , 6:00am.
McGraw Hill Connect Assignments	10%	Continuous, posted on UBC and McGraw Hill Connect
Class participation (I>Clicker and “real world” participation)	5%	Continuous
Research Experience Component	2%	Must be completed by
<b>Total</b>	<b>100%</b>	
Bonus HSP participation points	Up to 3%	Must be completed by

### Module Tests & Final Exam

Exams will include a mix of multiple choice, fill in the blank, and short answer questions. You may also have to label diagrams or define terms. Tests will cover the material that was covered after the last term test. The final exam is not cumulative.

**You are expected to be present at all exams.** If you miss a module test for any reason, you will receive a grade of 0%. Make up exams will only be scheduled for documented medical excuses (physical or mental health) or family emergencies, and only with a doctor’s note or other documentation stating that on the date of the exam you were unable to attend. You must contact Janel

*before* the start of the exam if you are unable to attend, unless the nature of the emergency prevents you from contact (in which case, contact as soon as it is safe and possible to do so). Documentation must be provided within 5 days of the missed exam or a make up exam will not be scheduled.

After the exam grades are posted on Connect, we will hold exam review sessions where you can view your exam and ask questions. If you believe an error was made in grading your exam, you must submit a completed and signed Test Regrade Request form (available on Connect) to Janel within 10 days of the exam grades being posted on

Connect that details why you believe you have earned more points than you were given. Your entire exam will be regraded, and your grade may go up or down.

**The final exam is mandatory.** If you absolutely must miss your final exam because of extenuating circumstances, you or your caregiver must contact your Faculty's Advising Office to apply for an Academic Concession. If you have 3 or more exams scheduled to start and finish within a 24 hour period you can request to write the second one on an alternate day. You must give the instructor of the second exam written notice at least one month prior to exam day.

## Media Article

Media articles about psychological concepts are often poorly written and end up confusing the audience or incorrectly interpreting the concept! Your job is to translate one of the course concepts identified on the assignment instructions (posted on Connect) into a media article that is appropriate for a general, non-psychology audience.

This assignment has two parts:

1. Choose a media outlet that you are "working" for (e.g., a specific news website, newspaper, magazine, etc.). Write a brief statement (150-250 words) that explains who your audience is.
2. Choose one of the topics in the instructions document and write a media article that communicates at least three related ideas (e.g., for memory and studying, you could talk about the testing effect, distributed practice, and the generation effect) in a way that your audience will understand and find interesting. If it would be appropriate given your media outlet, include photos or graphics in your media article.

More details regarding the specific requirements of this assignment are available on Connect. A digital copy of your assignment is due on Moodle at 6:00am on **November 10<sup>th</sup>**. To submit your assignment, login to UBC Connect and follow the instructions in the document titled "Assignment Submission". The assignment must also be submitted to TurnItIn no later than 6:00am on **November 10<sup>th</sup>**. Any assignments turned in after 6:00am will be considered late and subject to a penalty of 10% per calendar day. No email submissions will be accepted.

If you want to have a draft reviewed, you must bring a complete draft to Janel's office hour or make an appointment to meet outside of office hours no later than **October 31<sup>st</sup>**. Papers submitted electronically for review or after October 31<sup>st</sup> will not be reviewed. TAs will **not** be reviewing drafts.

Media articles will be assessed using peer assessment in the week following the due date. If your assignment is turned in after 6:00am on November 11<sup>th</sup> (i.e., is more than one day late) you will not be able to participate in the peer review process and will not earn the points associated with the peer review process. You will be assigned to grade the papers of 6 classmates. Completing these peer assessments counts for 10% of your Media Article grade. Your grade will be made up of the median of the peer assessments given to your paper. More details regarding peer assessment are available on UBC Connect.

When you receive your grade and feedback, you will have the opportunity to revise your paper and resubmit it. If you address all of the feedback your classmates gave you and substantially improve the quality of your paper, you have the opportunity to earn up to 5% more i.e., a paper that incorporates all of the feedback given on the first version will earn 5% more. A paper that incorporates some of the feedback will earn between 1-4% more). This new grade will replace the original grade. If you wish to revise and resubmit your paper, you have until 6:00 am on December 1<sup>st</sup> to submit via Connect and TurnItIn.

## McGraw Hill Connect Homework

Connect (included with your textbook) provides a pre- and post-test for each chapter, as well as problem sets to help you test your understanding more deeply. In addition, the Smart Textbook will help guide your reading of each chapter, asking you questions to identify passages that you need to reread and passages that you fully understand.

Homework is worth 10% of your final grade. Half of this (5%) will be assigned for completing the Smart Book readings for each chapter. I will be using the data about which topics the class is struggling with to guide our class time (i.e., I won't spend time on things that everybody understands, I will prioritize things the class is struggling with). You will receive full completion credit if you have completed the Smart Book assignment before noon

the day before we start that topic in class. If you have completed only part of the Smart Book assignment at the due date, you will receive partial credit (e.g., if you completed 65%, you will get 65% for that assignment). The other half of your homework grade (5% of your course grade) will be based on your scores on the post-tests for each chapter. In order to receive credit, you must complete the post-test by noon the day after we are scheduled to finish the chapter. **No extensions will be granted and late work will not be accepted.** You can work ahead if you choose.

The other resources on McGraw Hill Connect are there for your own self-study. They will not count towards your course grade, but can help you check your understanding and prepare for exams.

## Participation

Class participation will be assessed both in-class and outside of class through mini-assignments.

In-class participation will be assessed using I>Clicker. I>Clickers are available from the University Bookstore, or you can subscribe to REEF polling and use your phone/tablet. You must register your clicker on the course website to receive your points. If you buy a used clicker, make sure you can read the code on the back. If you choose to use REEF polling, be aware that points missed because of poor wifi connections cannot be made up. In most class periods a number of questions will be asked to help you assess your progress and help Janel assess the progress of the class. Your in-class participation grade will be assessed by the proportion of questions you answer and the proportion you answer correctly (i.e., you will earn some points just for answering, and more if you answer correctly!). Questions missed due to absence, lateness, dead batteries, etc. cannot be made up.

Out of class participation will be assessed through mini-assignments that take ~10-15 minutes to complete. Brief assignments, such as taking photos that represent various cues for depth perception, or finding a media article about eyewitness memory, will be periodically given in class, with submissions through Piazza.

Your participation grade will be calculated based on how many of the available points you have earned. If you complete 85% of the available in-

class and out of class participation points in the term, you will earn 100% for participation.

Percentage earned	Participation points
85%+	5.0
68%-84%	4.0
51%-67%	3.0
34%-50%	2.0
17%-33%	1.0
0%-16%	0.0

## Research Experience

Psychology is an active and exciting scientific discipline. Many of the studies that you will learn about in this course were carried out at universities just like ours! As part of this course, you will be asked to complete a research experience component (REC) as way of introducing you, in a more hands on and interactive way, to cutting edge research in psychology. This REC will be worth 2% of your grade in the class and you are free to choose one of two options:

### Participate in the Psychology Department Human Subjects Pool

Most students will choose to earn their research experience component by spending **two hours participating in psychology studies (worth 1% point for each hour)** through the Department of Psychology's Human Subject Pool (HSP) system. You can locate, create an account, and sign up for studies by going to <https://hsp.psych.ubc.ca>. **Please register in the system by the end of the first month of classes to have the opportunity to earn your first ½ hour credit with a brief online survey that will increase your eligibility for more studies.**

Once registered in the system, you will be able to browse through and select which studies you wish to participate in, sign up for an available timeslot, and confirm your accumulated credits afterward. At the end of the last day of class for the term, the subject pool is closed. At that point, you will no longer be able to receive credits. I strongly urge you to participate in and confirm your credits long *before* the last week of class, as many people procrastinate and end up missing out. Further instruction on how to use the HSP online system can be found at <http://www.psych.ubc.ca/resguide.psy> in the

document entitled “Subject Pool Information for Participants.”

### The Library Option

As an alternative to participation in psychology subject pool experiments, you may complete a library-writing project. Such projects consist of reading and summarizing 1) the research question, 2) the methods and 3) the results (in written form) of a research article from the peer reviewed journal *Psychological Science*. You will receive one (1) research participation credit for each article summary that meets the requirements outlined at <http://psychology.sites.olt.ubc.ca/files/2015/09/Info-for-Participants-2015.docx>.

For each course, you may obtain the same number of extra credits via the library option as specified in the course syllabus (i.e. the same number of credits available for students who participate in research).

Summaries must be submitted **no later than the last day of classes**.

You are to submit your article and your summary to turnitin.com. If you don't have a Turnitin account already (from a previous course), you will need to create a user account in Turnitin. The Turnitin information will be posted on UBC Connect.

Any student who is suspected of plagiarism will, at a minimum, not be granted credit, and their course instructor will be notified. Further action may be taken at a departmental or university level.

### Bonus HSP Credits

In addition to the research experience component, you will be given the opportunity to earn up to 3 extra credit points (for a possible 3% added to your final grade) by participating in the Psychology Human Subject Pool. To earn bonus credits, follow the procedure described under Research Experience Component.

### GRADING POLICIES

In order to meet departmental policy, which states that a 100-level course will have an average of 63-67% with a standard deviation of 14, grades may be scaled. Grades are not final until they

appear on your academic record. Grades that are posted on Connect are unofficial and subject to change.

### EXPECTATIONS

What we expect from you:

**Attendance** Arrive on time and prepared for class. Read the assigned readings prior to class, including any assigned readings that aren't in the textbook. If you miss class, you are responsible for contacting a fellow student to find out what you missed.

**Participation** There will be numerous opportunities for discussion, problem-solving, and active learning. Exam questions could be drawn from these activities as well as from the lecture and textbook. Success in this course depends on active participation in class.

**Feedback** We welcome feedback on all aspects of this course. If something is not working for you, please let us know! If you do not understand something presented in class, it is likely that others do not understand either. I will be using the Top Hat questions to assess understanding of concepts throughout the course.

**Respectful & Ethical Conduct** You are expected to treat other members of the course with respect, both in class and in outside-of-class communication (e.g., emails, Piazza posts, office hours, etc.). This includes minimizing disruptions and distractions during class. Cheating and academic dishonesty of any kind will not be tolerated. Please see the Ethical Conduct section of the syllabus for more details.

What you should expect from us:

**Availability** We are available in class, during office hours, on the course Piazza site, and by email. If you absolutely cannot make it to office hours, please email to set up an appointment. If you have questions that take more than a few sentences to answer we will ask you to come in to meet face-to-face. Note that responses to emails may take up to 24 hours on weekdays and 48 hours on weekends.

**Online slides** I will post lecture slides before each lecture on UBC Connect. The slides are often useful in organizing your own notes, so you may wish to download or print a copy to bring to class. Please take notes in class – the lecture slides are not a

substitute for notes. If you have to miss a lecture, please get notes from a classmate.

**Feedback** Feedback on assignments and exams will be as prompt and detailed as possible, given the size of the class. If you want more detailed feedback on an assignment or exam, please come see one of us.

## Ethical Conduct

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. The Department subscribes to *TurnItIn* — a service designed to detect and deter plagiarism. Your study plans will be compared to content located on the Internet or in TurnItIn's own proprietary databases.

During exams, the instructor and invigilators reserve the right to move students with no explanation provided. If we suspect someone of misconduct, we may move them or the person(s) around them. We also may move students simply to prevent opportunities for misconduct in advance.

In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question.

According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>).

All work submitted in this course is to be your own independent and original work unless otherwise specified. You may not submit work that you have prepared for other courses without prior approval. You must cite all of your sources, which should be from peer-reviewed academic journals.

If you have any questions as to whether your work is a borderline case of academic misconduct, please contact Janel or one of the TAs so we can review it before it is submitted.

**This syllabus is also available in electronic format through UBC Connect. If any discrepancy exists between the printed version and electronic version of the syllabus, the electronic version shall be considered correct.**

## COURSE SCHEDULE

This schedule is subject to change. Any changes will be announced in class and posted on Connect. You are responsible for reading the assigned chapters/pges before class.

Module	Date	In-Class Topic	Readings/Assignments/Exams
0	September 7th	Welcome & Introductions	
Psychology as a Science	September 9 <sup>th</sup> September 12 <sup>th</sup>	The History of Scientific Psychology	Chapter 1 – Psychology: The Science of Behaviour
	September 14 <sup>th</sup> September 16 <sup>th</sup> September 19 <sup>th</sup> September 21 <sup>st</sup>	Research Methods and Statistics	Chapter 2 – Studying Behaviour Scientifically
	September 23 <sup>rd</sup>	<b>Module 1 Test</b>	
	September 26 <sup>th</sup> September 28 <sup>th</sup> September 30 <sup>th</sup> October 3 <sup>rd</sup> October 5 <sup>th</sup>	Memory	Chapter 8 – Memory
Memory and Learning	October 7 <sup>th</sup>	Learning	Chapter 7 – Learning and Adaptation
	October 10 <sup>th</sup>	Thanksgiving – No Class	
	October 12 <sup>th</sup> October 14 <sup>th</sup> October 17 <sup>th</sup>	Learning	Chapter 7 – Learning and Adaptation
	October 19 <sup>th</sup>	<b>Module 2 Test</b>	
	October 21 <sup>st</sup> October 24 <sup>th</sup> October 26 <sup>th</sup> October 28 <sup>th</sup> October 31 <sup>st</sup> November 2 <sup>nd</sup>	The Nervous System	Chapter 3 – Biological Foundations of Behaviour
	November 4 <sup>th</sup> November 7 <sup>th</sup> November 9 <sup>th</sup>	Nature vs. Nurture – The Role of Genetics	Chapter 4 – Genes Evolution, and Behaviour
3 Biological Psychology	November 10 <sup>th</sup>	<b>Media Articles Due 6am</b>	
	November 11 <sup>th</sup>	Remembrance Day – No Class	
	November 14 <sup>th</sup>	<b>Module 3 Test</b>	
	November 16 <sup>th</sup> November 18 <sup>th</sup>	Sensation and Perception	Chapter 5 – Sensation and Perception
	November 19 <sup>th</sup>	<b>Media Article Peer Assessments Due 6am</b>	
4 Sensation, Perception, & Consciousness	November 21 <sup>st</sup> November 23 <sup>rd</sup> November 25 <sup>th</sup>	Sensation and Perception	Chapter 5 – Sensation and Perception
	November 28 <sup>th</sup> November 30 <sup>th</sup> December 2 <sup>nd</sup>	States of Consciousness	Chapter 6 – States of Consciousness
	<b>The final exam date will be set by the registrar.</b>		
	<b>Do not book travel during exam period (December 8<sup>th</sup> – 22<sup>nd</sup>), including Saturdays.</b>		

