



# PSYCHOLOGY 101-003: Introduction to Biological and Cognitive Psychology

Fall 2017

## ABOUT PSYC 101

This psychology course will introduce you to some of the major research areas within the field of psychology: the scientific study of the brain, the mind, and behaviour. The course begins with an overview of psychology and its research methods, and then covers several fundamental topics in psychology (for example, biological psychology, learning and memory, consciousness, and language).

## WHO, WHEN, WHERE

**Instructor:** Dr. Mark Lam

Orchard Commons 1035

[mlam@psych.ubc.ca](mailto:mlam@psych.ubc.ca)

Office Hours: Wednesdays 1-3

Or by appointment

**Teaching** Bill Chen

**Assistant:** Douglas Kenny 2029

[bill.lihan@psych.ubc.ca](mailto:bill.lihan@psych.ubc.ca)

Office Hours: Wednesdays 3-4pm

Or by appointment

**Teaching** Wansu Qiu

**Assistant:** 3402C Center for Brain Research

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Office Hours: Mondays 4-5pm

Or by appointment

**SCHEDULE: Lecture:**

Mon Wed Fri 10-11am

Hennings 202

## LEARNING GOALS

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

1. Define modern psychology and identify the major perspectives within it.
2. Recognize, recall, connect, and evaluate psychological concepts and theories from specific subfields (e.g., biological and cognitive psychology).
3. Critically evaluate new evidence about behaviour that you encounter in your daily life.
4. Understand, describe, and differentiate between commonly used research methods in Psychology, including experimental and correlational designs.
5. Use effective evidence-based study strategies based on current psychological research.
6. Use and interpret basic descriptive statistics and graphs.
7. Read and summarize a psychology research article.

## EVALUATION

### 1. Exams (up to 70%):

There will be four exams: one (the December exam) will be written during the exam period at a time designated by the Registrar's Office (you must be available to write at any time during the December exam period), and three (**non-cumulative** midterm exams) will be written during class time.

**First Midterm (15%)**

**Sep 29 (class time)**

**Second Midterm (15%)**

**Oct 23 (class time)**

**Third Midterm (15%)**

**Nov 17 (class time)**

**December Exam (40%)**

**Dec 5-20 (exam period)**

Only the best two of the three midterm exams will count towards your final grade. There will be no makeup midterm examinations.

Notes: (1) Office hours might change; please check the Canvas course website for updates; (2) Emails will be answered on weekdays during normal working hours. Please limit emailed questions to ones that can be answered briefly. For more complex questions, please come to one of our office hours or contact one of us to schedule an appointment.

### Notes on the Exams:

- Midterms are not cumulative; the December exam is cumulative.
- There will be topics covered in class that are not in the readings and topics in the readings that are not covered in class. You will be responsible for both. **That is, all readings and all class materials are examinable.**
- Exams will be composed of multiple-choice and short-answer questions.
- Note that the instruction on all multiple-choice questions will be to “select the single best response.”
- Scantron sheets are to be completed during the exam. No additional time will be given once the exam has ended. **Unanswered questions on the scantron sheet will be not be graded.**
- Once exams have been marked, grades will be available on Canvas.
- No electronic devices are permitted during exams (e.g. cell phones, laptops, Google Glass).
- You are strongly encouraged to review your exam with your teaching assistants. Most requests for grade adjustments can be settled directly with your teaching assistant. In cases of a dispute that cannot be satisfactorily resolved, I will render a decision after reviewing your exam and talking to both parties.

### 2. Assignments (up to 18%):

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

**Assignment 1: Research in the Media (8%).** Students will be provided with a media article which summarizes specific findings from psychological research, and asked to critique this report by locating and comparing it to the primary source.

- **Due October 13<sup>th</sup> via Canvas**

**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.

- **Due November 29<sup>th</sup> via Canvas**

Assignments must be submitted by 9:00pm on the due date. All assignments must be typed, double-spaced, in 12pt font. Late assignments will be marked 10% off for each 24 hour period it is late. More detailed assignment instructions will be provided in lecture and posted on Canvas.

### 3. Engagement (up to 12%):

Active participation and engagement will promote better comprehension and retention of the material you are learning and will be evaluated by the following:

Attendance & Participation via i>Clicker (4%)	Every Class
PeerWise Question Creation (2% each, total 6%)	Questions due: <ul style="list-style-type: none"><li>• Sep 24<sup>th</sup></li><li>• Oct 18<sup>th</sup></li><li>• Nov 12<sup>th</sup></li></ul>
Research Participation (2% required, up to 3% bonus)	To be completed during the term

#### Attendance and In-Class Participation via iClicker (4%)

Each lecture will have content that requires you to either vote or answer a question using i>clicker. If you answer at least 75% of the i>clicker questions during a class period and answer at least one question correctly per class, for at least 75% of the classes during the whole term, you'll earn 4%.

**PeerWise Question Creation (6%)** PeerWise is a tool that allows you to create, share and evaluate assessment questions with your classmates. This is an excellent method of studying for exams. You will be required to compose 2 question (and provide explanations for each possible answer) per midterm and provide constructive feedback for two other student's question. Your grade will be based on the quality of your question and feedback, as assessed by your TAs.

Start by visiting

[http://peerwise.cs.auckland.ac.nz/at/?ubc\\_ca](http://peerwise.cs.auckland.ac.nz/at/?ubc_ca). Then, click the “Registration” link and follow the prompts. All you need to do is choose a user name and a password for your PeerWise account. To access our course, “CAP PSYC 101-003 2017”, you will need to enter two pieces of information:

1. Course ID = 15775
2. Identifier = Your student ID

## Research Experience (2%; up to 3% bonus):

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 a way of introducing you 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:

**i. 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% point for each hour) through the Department of Psychology's Human Subject Pool (HSP) system. You can create an account, locate and sign up for studies by going to <https://ubc-psych.sona-systems.com>. 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 time slot, 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. Further instructions on how to use the HSP online system can be found at <http://psych.ubc.ca/internal/human-subject-pool/> in the document entitled "Subject Pool Information for Participants."

**ii. 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 1% for each article summary that meets the following requirements:  
Requirements:

- The article must have been published in the journal titled "*Psychological Science*"
- The article must have a publication date from the year 2000 to present.

- The article must be a research article; it cannot be a review article, a news item, a notice, or a letter to the editor, for example.
  - 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 system (<http://hsp.psych.ubc.ca/>) and create an account before submitting your article summaries. Your course credit is assigned using the online system.
- Summaries must be submitted by the last day of class

**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 additional journal articles for the library option) as described above.

## COURSE MATERIALS

**Required:** Lilienfeld, S.O., Lynn, S.J., Namy, L.L, & Woolf, N.J. (2016). *Psychology: From Inquiry to Understanding*. Third Canadian Edition. This text was selected for this course because it is of high quality, and is at an appropriate reading level for a first-year student. Please note: Lectures and exams are based upon the Third Canadian Edition. Information presented in older editions may differ significantly.

From time to time, this text may be supplemented by other readings or videos to facilitate your understanding of the course materials. Please attend class and check Canvas to obtain more information about these additional readings and videos. Note that this textbook will also be used in your Term 2 course, 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. It can be purchased from the bookstore--used or new. You must register your i>Clicker in Canvas in order to get course credit for your use of your i>Clicker.

**Optional:** Any additional learning aids associated with the textbook (e.g., "MyPsychLab") are optional. Although they might be useful for enhancing your understanding and retention of the course materials, you will never be examined on any materials contained in these learning aids. Access to such materials will come bundled with your textbook if you buy it new

from the UBC bookstore. Register and access MyPsychLab at <https://www.pearsonmylabandmastering.com/> and use the course ID is "lam16976".

## GRADING AND ATTENDANCE

**Grading.** Your grade for each exam and assignment will be posted on Canvas.

The Department of Psychology reserves the right to **scale** grades in order to maintain equity among sections and conformity to departmental norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the department. Grades are not official until they appear on a student's academic record. With regards to this policy, the Department of Psychology has adopted the following target grade distributions in 100- and 200-level courses, and reserves the right to adjust final grades in this course if the distribution deviates substantially from the target.

Class Performance	Mean	Standard Deviation
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 you attend class and read ahead in the text. If you do have to miss a class, you are responsible for getting notes from another student.

If you miss a midterm exam due to illness, death or loss of a loved one, or varsity sports please inform the instructor immediately. Remember that your lowest midterm grade will not be counted. However, **no makeup midterms will be given** in this course.

If the December exam is missed, you must apply through the Registrars office to write a make-up exam--they will probably require medical or other documentation. Please refer to the UBC Calendar for details of 'academic concession.'

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. Please refer to the UBC Calendar for a discussion of academic concession.

The University accommodates students with disabilities who have registered with the Access & Diversity office. The University also accommodates students whose religious obligations conflict with attendance or scheduled exams. Please let us know in advance, preferably in the first few weeks of class, if you will require any accommodation on these grounds. Other absences (e.g., varsity athletics, family obligations or similar) are not part of University policy and you should not assume they will be accommodated.

**Early Alert Program.** 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/).

## POINTS TO REMEMBER

There are 36 classes and 8 chapters will be covered during the course. This means there will usually only be 3-4 lectures per text chapter--plan your reading and studying accordingly.

Lectures will typically focus on particularly important and/or interesting ideas. You are responsible for all readings and lecture materials.

Lecture slides will be made available on Canvas. However, if you miss a lecture, don't expect to find all of what you missed in the slides. (Ask a friend!)

Laptops and similar devices can be effective learning tools and are welcome in class. However, if you are using them for non-class-related activities it can be distracting to your learning (and others'). Please be considerate.

## WITHDRAWAL DATES

If you wish to withdraw from this course without any record of the course on your transcript, you must do so on or before **Sept 19<sup>th</sup>**. If you wish to withdraw with a “W” on your transcript, you must do so on or before **Oct 13<sup>th</sup>**.

**\*\*Please note that you must be enrolled in all courses within a stream to remain eligible for CAP. If you are considering dropping a course, please contact the Program Assistants in the CAP Office (IBLC 379)**

## GRADE BUMPS

When computing final grades, the instructor carefully analyzes every single student to determine whether a grade bump is deserved. Bumps may be awarded for consistent performance at a major grade boundary or for marked improvement from the midterms to the final (10%+ at minimum). Bumps are not guaranteed and are *\*not\** awarded for non-academic reasons (i.e., student is graduating and/or involved in sports or other extracurricular activities). **DO NOT send the instructor an email asking for a grade bump.**

## ACADEMIC MISCONDUCT

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. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students’ responses. In addition, the Department subscribes to TurnItIn—a service designed to detect and deter plagiarism. All materials (term papers, lab reports, etc.) that students submit for grading will be scanned and compared to over 5 billion pages of content located on the Internet or in TurnItIn’s own proprietary databases. The results of these comparisons are compiled into customized “Originality Reports” containing several, sensitive measures of plagiarism; instructors receive copies of these reports for every student in their class.

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 the student’s transcript.

Definitions of cheating and plagiarism are offered on the following UBC website:

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

All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. **If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor or TA – WE ARE HERE TO HELP!!** For details on pertinent University policies and procedures, please see Student Conduct and Discipline in the UBC Calendar (<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,0,0>) and also understand its policy on Academic Honesty and Standards (available at <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,286,0,0>).

## 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.

### Student Health Services:

[students.ubc.ca/livewell/services/student-health-service](https://students.ubc.ca/livewell/services/student-health-service)

604- 822-7011

Student health provides students with a variety of healthcare related services to help you maintain your health while studying. Access to doctors and registered nurses.

### Counselling Services:

[students.ubc.ca/livewell/services/counselling-services](https://students.ubc.ca/livewell/services/counselling-services)

Phone number: 604-822-3811

Counselling services offers a variety of resources to help you maintain your mental health while in school. You may see a counsellor on an individual basis, attend group counselling, or to document an illness if you should require academic concession.

### Access and Diversity:

[students.ubc.ca/about/access](https://students.ubc.ca/about/access)

604-822-5844

Access and Diversity provides accommodations for students living with physical or mental disabilities.

### BC Crisis Center:

<https://crisiscentre.bc.ca/>

Phone number: 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.

### 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 to connect to a BC crisis line, without a wait or busy signal.

### SpeakEasy:

<http://www.ams.ubc.ca/services/speakeasy/>

Phone number: 604-822-9246

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:

[students.ubc.ca/livewell/services/wellness-centre](https://students.ubc.ca/livewell/services/wellness-centre)

Phone number: 604-822-8450

Speak with other students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex and more.

### Mood Disorders Clinic UBC:

<http://ubc-mooddisorders.vch.ca/>

A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

### Live Well, Learn Well:

<https://students.ubc.ca/health-wellness>

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.

### Pacific Spirit Addiction Services:

3rd Floor, 2110 West 43rd Ave Vancouver B.C. V6M 2E1

Phone number: 604-267-3970

A free and confidential services for youth and young adults up to the age of 24. Services include Adult Counselling, access to an Addiction Physician - including usage of a methadone maintenance program - and a Drug Education Series.

### AMS Food Bank:

[www.ams.ubc.ca/services/food-bank/](http://www.ams.ubc.ca/services/food-bank/)

If you are in a financial emergency AMS food bank can provide you with a food hamper. You are able to use the service up to 6 times each term.

### UBC Psychology Clinic:

<http://clinic.psych.ubc.ca/>

Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees.

### The Kaleidoscope: [the-kaleidoscope.com](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 the group. See the website for meeting times and locations. Food and drink is provided.

# Course Schedule

Any changes will be announced in class and posted on the Canvas website.

Week (dates)	Assigned Readings	Reminders	Due Dates
<b>1</b> Sept 6,8	THIS SYLLABUS!!!	Register your i>clicker Register for PeerWise	
<b>2</b> Sept 11, 13,15	Ch 1	Sign up for HSP studies	
<b>3</b> Sept 18, 20, 22	Ch 2 Research methods		<b>PeerWise 1</b> Sunday Sep 24 <sup>th</sup>
<b>4</b> Sept 25, 27, 29	Ch 2 Research methods (cont)		<b>Midterm 1</b> Friday Sep 29 <sup>th</sup>
<b>5</b> Oct 2,4,6	Ch 3 Biological & Evolutionary Psych		
<b>6</b> Oct 11,13 (No class on 9 <sup>th</sup> )	Ch 3 continued Ch 4 Sensation & Perception	Monday Oct 9 <sup>th</sup> – no class Happy Thanksgiving!	<b>Assignment 1</b> Wednesday Oct 13 <sup>th</sup>
<b>7</b> Oct 16, 18, 20	Ch 4 Continued		<b>PeerWise 2</b> Wednesday Oct 18 <sup>th</sup>
<b>8</b> Oct 23, 25, 27	Ch 6 Learning		<b>Midterm 2</b> Monday October 23 <sup>rd</sup>
<b>9</b> Oct 30 Nov 1, 3	Ch 6 Continued		
<b>10</b> Nov 6, 8, 10	Ch 5 Consciousness		<b>PeerWise 3</b> Sunday Nov 12 <sup>th</sup>
<b>11</b> Nov 15,17	Ch 5 Continued	Monday Nov 13 – no Class In lieu of Remembrance Day	<b>Midterm 3</b> Friday Nov 17 <sup>th</sup>
<b>12</b> Nov 20, 22, 24	Ch 7 Memory		
<b>13</b> Nov 27, 29, Dec 1	Ch 8 Language, Thinking & Reasoning	Dec 1 <sup>st</sup> – Last day for REC (HSP & Library options)	<b>Assignment 2</b> Wednesday Nov 29 <sup>th</sup>

Acknowledgement: The design and content of this syllabus was informed by syllabi from similar courses designed by Drs. Steven Barnes and Catherine Rawn (University of British Columbia)

