



PSYCHOLOGY 101-VM1: Introduction to Biological and Cognitive Psychology

Vantage College 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

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Office Hours: Wednesday 1-3pm

Or by appointment

VANT 140 Dr. Won Kim

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Teaching Siba Ghrear

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Office Hours: Thursdays 12-1pm

Schedule: Lecture:

Mon Wed Fri 12-13

Orchard Commons (ORCH) 3074

Discussion Sections:

Fridays 14-15 (VMA) ORCH 3002

Fridays 15-16 (VMB) ORCH 3004

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.

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 67%):

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 (the 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 (37%) | 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 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 instructions 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.**
- No electronic devices are permitted during exams (e.g. cell phones, laptops, Google Glass).
- Once exams have been marked, grades will be available on Canvas.
- You are strongly encouraged to review your exam with your teaching assistant. 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 methods in Psychology (8%). In this assignment, you will be asked to formulate a basic research design to answer 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. 6**
- **Final Version (6%): Due Oct. 20**

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. 10**
- **Final Version (7.5%): Due Nov. 24**

Assignments must be submitted on Canvas by class time (12:00pm) 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). Late assignments will be marked 10% off for each 24 hour period it is late. More information on assignments will be provided in lecture and small-group sessions

3. Engagement (up to 13%):

You will be assessed on your level of preparation, engagement and participation through the following methods:

| | |
|---|--|
| Attendance & Participation via i>Clicker (4%) | Every Class |
| Review quizzes (5%) | Sept. 18 (2 quizzes) Sept. 25 (2 quizzes) Oct. 11(2 quizzes) Oct. 18 (2 quizzes) Oct. 30 (2 quizzes) Nov. 13 (2 quizzes) Nov. 24 (2 quizzes) |
| Small group attendance & participation (4%) | Weekly |

Attendance and In-Class Participation via i>Clicker (4%).

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

MyPsychLab Review Quizzes (5%)

Throughout the term you will complete quick review quizzes on MyPsychLab. 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. There are 14 review quizzes in total: only your best 12 review quizzes will count towards your final course mark.

All review quizzes must be completed before class (12pm).

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

You are expected to attend small-group meetings, be prepared, participate in activities, and act respectfully towards your TA and fellow classmates. If you miss more than 2 small-group sessions, there will be a 1% deduction from your final grade for each additional class you miss.

4. Research Experience (up to 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 (<https://ubc-psych.sona-systems.com>) 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.

Required: MyLab for *Psychology: From Inquiry to Understanding, Third Canadian Edition*. This will come bundled with your textbook if you buy it new from the UBC bookstore. If you purchase a used version of the textbook you will need to purchase access to MyPsychLab separately. Please register for and access MyLab at <https://www.pearsonmylabandmastering.com/>. Use course ID is "lam83024".

GRADING AND ATTENDANCE

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

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.

Attendance in the lectures will be monitored via your use of the i>Clicker. Attendance of the small-group meetings will be monitored by your TAs. If you miss more than 2 small-group meetings, you will be penalized 1% of your final grade for each additional small-group meeting you miss.

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 (Daniel Levangie). 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/.

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.

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.

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.

Lecture slides will be posted on Canvas before each lecture. This is done as a courtesy. Please be aware that we may make changes to the slides between that time and the lecture the next day. Final versions of lecture slides will be posted following a lecture, and will be marked as '*Final Version.*'

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 for others. Please be considerate.

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 midterm 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

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

PLEASE ASK IF YOU ARE EVER UNSURE ABOUT YOUR ACADEMIC CONDUCT! We are here to help you!

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>

As per University procedures, if an instructor suspects that a student has cheated or plagiarized, the instructor will investigate the incident and meet with the student 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 do one of the following (please refer to your departmental procedures for guidance):

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; or
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 your Dean's Office, the Academic Director of Vantage College will meet with the student.

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

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

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

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

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/

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

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.

Course Schedule (Subject to change. Please refer to Canvas for updates)

| Week (dates) | Assigned Readings | Small Group Activities | VANT 140 Language Focus | Due Dates |
|---|--|---|---|---|
| 1 Sept 6,8 | THIS SYLLABUS!!! | Introductions and Overview of Small Group | Introduction to academic discourse | Register your i>clicker |
| 2 Sept 11, 13, 15 | Ch 1 | Peer Review Training | Critical learning styles | Sign up for HSP studies |
| 3 Sept 18, 20, 22 | Ch 2 Research methods | Statistics Tutorial | Note-taking and comprehension strategies | |
| 4 Sept 25, 27,29 | Ch 2 Research methods (cont) | Assignment 1 Overview | Summarizing and critical analysis | Midterm 1 Friday Sep 29 |
| 5 Oct 2, 4, 6 | Ch 3 Biological & Evolutionary Psych | Assignment 1 Peer Review | Test as text | Assignment 1 First Draft: Oct 6 |
| 6 Oct 11,13 (No class on 9 th) | Ch 3 continued Ch 4 Sensation& Perception | Neuroanatomy Tutorial | Academic texts in psychology | |
| 7 Oct 16, 18, 20 | Ch 4 Continued | Visual Systems Tutorial | Processes/participants in Psyc texts | Assignment 1 Final Draft: Oct 20 |
| 8 Oct 23 , 25,27 | Ch 6 Learning | Article Summary: Assignment Overview | Nominalization in psyc journal articles | Midterm 2 Monday Oct 23 |
| 9 Oct 30, Nov 1 Nov 3 - UBCO | Ch 6 Continued | No discussion UBC-O visit | No class UBC-O visit | |
| 10 Nov 6, 8, 10 | Ch 5 Consciousness | Article Summary: Peer Review | Critical summary assignment as text: sample text analysis | Article Summary: First Draft Nov 10th |
| 11 Nov 15, 17 No class on 13 th | Ch 5 Continued | To Be Announced | Language features of critical summary assignments | Midterm 3 Friday Nov 17 |
| 12 Nov 20, 22, 24 | Ch 7 Memory | Memory Tutorial | Evaluative language of critical summary text | Article Summary: Final Draft Nov 24 |
| 13 Nov 27, 29, Dec 1 | Ch 8 Language, Thinking & Reasoning | Exam Prep | Cross-course test | HSP (and library option) closes Dec 1 |