PSYC 101 006
Introduction to Biological and Cognitive Psychology

Mon, Wed, Fri
1:00pm – 1:50pm
Room: CIRS 1250

Instructor

Dr. Grace Truong
Office location: Kenny 3505
Office hours: Wednesdays, 4:00-5:00pm
Email: gracet@psych.ubc.ca
Grace in ≤ 25 words: BC born and raised; all degrees from UBC; studies ownership + attention; likes hiking, food, board games, and oceans; dislikes bad drivers and heat

Teaching Assistants (TAs)

Enda Tan
Office location: Kenny 1101
Office hours: Mondays, 4:00-5:00pm
Email: enda.tan@psych.ubc.ca
TA in ≤ 25 words: Enda is a third year PhD student. He is interested in the development of moral reasoning. He also enjoys chatting with students.

Mario Ferrari
Office location: POND 4038C
Office hours: Thursdays, 10:00-11:00am
Email: ferrari@psych.ubc.ca
TA in ≤ 25 words: Mario is a PhD student who is interested how our biology (e.g., hormones) can influence decision making, especially with regard to gambling behaviour.

Course Description

This course will introduce you to psychological science, with a focus on important people, perspectives, principles and practices. We will briefly review some historical information, then delve into research methods, the brain, sensation and perception, consciousness, language, memory, learning and thinking. Importantly, this course will teach you things you might not have known about yourself (and others!), and help you to develop your critical thinking, skills as a student, and apply research in psychological science daily life.

Your Learning Goals
1. Recognize important people and describe perspectives in the history of psychological science
2. Understand and explain good psychological science research practices
3. Describe theories and research on sensation/perception, consciousness, language, learning, memory and thinking
4. Identify how neural structures are connected to various psychological processes
5. Appreciate applications of psychological science to everyday life

Withdrawals: Withdrawal from this course without record of the course on your transcript must occur before 19 September 2017, or before 13 October 2017 for withdrawal with a standing of “W” on your transcript.

Course Materials

Required Textbook.

i>Clicker. Available at the UBC bookstore. This is required for your class participation grade.

Course Website: www.connect.ubc.ca
Lecture slides, assignments, and grades will be available through UBC Connect. Lecture slides will be posted after class. You are also welcome to use the Connect course page to contact other students (e.g., arrange to share notes for missed classes, clarify a difficult topic, etc.) via the discussion board.

Learning Appraisals at a Glance

<table>
<thead>
<tr>
<th>Learning Appraisal Activity</th>
<th>Date</th>
<th>Percent of Total Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midterm 1</td>
<td>Oct 6 (in class)</td>
<td>25%</td>
</tr>
<tr>
<td>Midterm 2</td>
<td>Nov 15 (in class)</td>
<td>25%</td>
</tr>
<tr>
<td>Experiment Proposal</td>
<td>Nov 24th (in class and on TurnItIn)</td>
<td>10%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>TBD</td>
<td>35%</td>
</tr>
<tr>
<td>iClicker Participation</td>
<td>Throughout Term</td>
<td>3%</td>
</tr>
<tr>
<td>Research Experience Component (REC)</td>
<td>Due by last day of classes (Dec 1st)</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>100%</strong></td>
</tr>
<tr>
<td>Bonus REC</td>
<td>Due by last day of classes (Dec 1st)</td>
<td>3%</td>
</tr>
</tbody>
</table>
Learning Appraisal Descriptions

**Examinations**
The midterms and the final exam will consist of multiple-choice and short answer questions. These will draw on both lectures and the readings and, for superior performance, you must have a clear understanding of both these sources of course content. The final exam will be longer than the midterm exams and will be cumulative (70% material from the last third of the course, 30% material from before the second midterm).

**Experiment Proposal**
To practice thinking and writing about psychological research, you will write your own experiment proposal. In this assignment, you will generate a research hypothesis and a set of methods/procedures you could use to test the hypothesis. You will also discuss important concepts such as confounds and random assignment. More information will be provided in class and on Connect.

**iClicker Participation**
Active participation during lectures will be essential for you to learn the material, prepare for exams, and get the most out of this course. I will aim to incorporate a few iClicker questions into each lecture to check for understanding of key concepts and to encourage active participation and discussion. Please bring your clicker to every class; it is not possible to make up iClicker points if you are absent or if you forget your clicker.

Please be sure to register your i>clicker ID by clicking on "i>clicker Student Registration" on the sidebar of the course Connect page. The instructor will aim to incorporate several clicker questions into each lecture. Participation will be graded in the following manner:

<table>
<thead>
<tr>
<th>If you respond to...</th>
<th>You will receive...</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100% of all clicker questions</td>
<td>3%</td>
</tr>
<tr>
<td>80-89% of all clicker questions</td>
<td>2.5%</td>
</tr>
<tr>
<td>70-79% of all clicker questions</td>
<td>2%</td>
</tr>
<tr>
<td>60-69% of all clicker questions</td>
<td>1.5%</td>
</tr>
<tr>
<td>50-59% of all clicker questions</td>
<td>1%</td>
</tr>
<tr>
<td>0-49% of all clicker questions</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Research Experience Component**
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. 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.”

Alternative assignment:

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 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 (i.e. papers from 2001 are acceptable; those from 1999 or earlier are not)
- 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 Human Subject Pool system (http://hsp.psych.ubc.ca/) and create an account before submitting your article summaries. Your credit is assigned using the online system.

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 10 days before the end 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. For the library assignment the class ID is 6880064, class name is Library Option for HSP, and password is research. See www.turnitin.com, and click on the “Training” link at the top of the page for detailed instructions on how to submit papers to Turnitin.

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.

Extra 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 as the research experience component of the course.
Course Policies

Attendance
I expect you to attend every lecture. While we will be posting lecture slides after class, these are NOT a substitute for lecture, and exams will contain a significant amount of content only provided in lecture. I will number our lecture slides so that you can take notes corresponding to each slide during lecture. If you must miss a class, please contact your fellow classmates to obtain notes and/or information on what you missed. You can use the discussion forums on Connect to arrange sharing of notes and content from missed class with other students.

In the Classroom
Your behaviour in the classroom reflects on you as a person and student. Treat your instructors, fellow classmates, and anyone else that might be a part of our class with respect. This means being courteous and respectful when asking questions or making comments during class, and not monopolizing a discussion or question period.

Laptop Use
I understand that many students use laptops or other electronic devices as learning tools. However, some students use their laptops during class for activities that are not related to this course. This can easily distract students sitting nearby. For this reason, I ask that anyone using a laptop or similar device for activities unrelated to the course sit at the back of the classroom.

During Exams
Every exam will require you to fill out a Scantron sheet in response to multiple choice questions, and therefore it is your responsibility to bring a pencil and eraser to every exam. You will not be allowed to write the exam if you are more than 30 minutes late, or if another student has already submitted his/her exam, if that occurs first. You may not leave the room (e.g., to use the bathroom) unless you have provided us with medical documentation 24 hours prior to the exam indicating a medical condition that might require you to leave the room. You will have 50 minutes to write each midterm exam, and when time is called you must immediately stop writing, remain quiet and follow the instructions for submitting your exam. This means you will not be given extra time to put your name and/or student ID on your Scantron form or exam, change an answer, etc. Failure to comply with any of these instructions will result in a ‘0’ on your exam.

Missing Exams
If you are aware of scheduled UBC-sanctioned sport travel or a religious obligation that conflicts with the date of an exam, you MUST contact the instructor within the first two weeks of classes so that alternate arrangements can be made. If you miss an exam for a medical reason, you must contact the instructor before the exam. You must provide medical documentation of the illness as soon as possible following the exam, and it is your responsibility to schedule a makeup exam within two (2) weeks of the original exam date (unless your documentation warrants a longer period). If you miss an exam for any other reason (e.g., work commitments, sleeping in, forgetting there was an exam, etc.), you will receive a “0” on the exam.

Reviewing Exams
There will be one 2-hour exam review period scheduled after the exam marks are released. Your TA will run this review session, and will be available to answer any questions or concerns regarding your exams. Should you be unable to attend this review session, you must contact your TA to make alternative arrangements to see your exam. You must arrange to see your exam within 2 weeks of the grades being released. Following this two week period, your exam will not be available.
Grades
In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms regarding grade distributions. According to departmental norms, the average grade in a 100- and 200-level Psychology courses are 67 for an exceptionally strong class, 65 for an average class, and 63 for a weak class, with a standard deviation of 14. Scaling may be used in order to comply with these norms; grades may be scaled up or down as necessary by the professor or department. Grades are not official until they appear on a student's academic record. You will receive both a percent and a letter grade for this course.

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percent</th>
<th>Letter Grade</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90 - 100</td>
<td>C+</td>
<td>64-67</td>
</tr>
<tr>
<td>A</td>
<td>85 - 89</td>
<td>C</td>
<td>60-63</td>
</tr>
<tr>
<td>A-</td>
<td>80 - 84</td>
<td>C-</td>
<td>55-59</td>
</tr>
<tr>
<td>B+</td>
<td>76 - 79</td>
<td>D</td>
<td>50-54</td>
</tr>
<tr>
<td>B</td>
<td>72 - 75</td>
<td>F</td>
<td>0-49</td>
</tr>
<tr>
<td>B-</td>
<td>68 - 71</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Academic Misconduct
Cheating on exams will result in a score of 0 for that exam. Lab assignments must be completed independently. Sharing your answers to lab assignment questions or using another student’s work is considered cheating and will result in a score of 0 for that assignment. Using another student’s clicker to answer questions for him or her is also considered cheating. If you are caught with more than one clicker in class, both clickers will be confiscated and you will both receive a 0 for course participation. All forms of cheating will be reported to the university for appropriate action.

Psychology Department’s Position on Academic Misconduct
Cheating, plagiarism, and other forms of academic misconduct are serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. First, the Department uses 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 (e.g., papers, lab assignments) that students submit for grading may be scanned and compared to over five 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 students 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 a student’s transcript.

If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult me. For details on pertinent University policies and procedures, please see Chapter 5 (“Policies and Regulations”) in the UBC Calendar (http://students.ubc.ca/calendar).
Access and Diversity
UBC is committed to equal opportunity in education for all students including those with documented physical disabilities or learning disabilities. If you have a disability that affects your learning or performance on tests or exams please visit http://students.ubc.ca/about/access and take the necessary steps to ensure your success at UBC.

Helpful Resources

The Kaleidoscope:
the-kaleidoscope.com
A confidential peer-run mental health support group that takes place on campus at least once 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 are provided.

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.

SpeakEasy:
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.

SHARE:
www.vivreshare.org
Self Harm Anonymous Recovery and Education is a program designed to promote self care and educate about self harm. SHARE support groups meet biweekly; times and locations can be found on their website.

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.

Access and Diversity:
students.ubc.ca/about/access
604-822-5844
Access and Diversity provides accommodations for students living with physical or mental disabilities.

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.

**Mood Disorders Clinic UBC:**
[ubc-mooddisorders.vch.ca/](ubc-mooddisorders.vch.ca/)
A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

**Live Well, Learn Well:**
[students.ubc.ca/livewelllearnwell](students.ubc.ca/livewelllearnwell)
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:**
[ubcmhac.sites.olt.ubc.ca/](ubcmhac.sites.olt.ubc.ca/)
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 service for youth and young adults up to the age of 24. Services include counselling, access to an addiction physician - including usage of a methadone maintenance program - and a drug education series.

**AMS Food Bank:**
[ams.ubc.ca/services/food-bank/](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:**
[clinic.psych.ubc.ca](clinic.psych.ubc.ca)
Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees.

**BC Crisis Center:**
[crisiscentre.bc.ca](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.
## Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>In-Class Topic</th>
<th>Reading &amp; Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wed Sept 6</td>
<td>Introduction</td>
<td>Syllabus</td>
</tr>
<tr>
<td></td>
<td>Fri Sept 8</td>
<td>History of Psychology</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mon Sept 11</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Sept 13</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri Sept 15</td>
<td>Research Methods</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>3</td>
<td>Mon Sept 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Sept 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri Sept 22</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Mon Sept 25</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Sept 27</td>
<td>Neuroscience</td>
<td>Chapter 3</td>
</tr>
<tr>
<td></td>
<td>Fri Sept 29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Mon Oct 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Oct 4</td>
<td>Sensation &amp; Perception</td>
<td>Chapter 4</td>
</tr>
<tr>
<td></td>
<td>Fri Oct 6</td>
<td><strong>Midterm 1</strong> (in class, Chapters 1-3)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Mon Oct 9</td>
<td><strong>No class – Thanksgiving</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Oct 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri Oct 13</td>
<td>Sensation &amp; Perception</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>7</td>
<td>Mon Oct 16</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Oct 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri Oct 20</td>
<td>Consciousness</td>
<td>Chapter 5</td>
</tr>
<tr>
<td>8</td>
<td>Mon Oct 23</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Oct 25</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri Oct 27</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Mon Oct 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Nov 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri Nov 3</td>
<td>Memory</td>
<td>Chapter 6</td>
</tr>
<tr>
<td>10</td>
<td>Mon Nov 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Nov 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri Nov 10</td>
<td>Learning</td>
<td>Chapter 7</td>
</tr>
<tr>
<td>11</td>
<td>Mon Nov 13</td>
<td><strong>No class – Remembrance Day</strong></td>
<td></td>
</tr>
</tbody>
</table>
The Final Exam will take place during the final exam period, which runs from Tuesday, December 5 to Wednesday, December 20. Saturdays are included in the final exam period. Your attendance at the final exam is mandatory.

You should not make travel plans until you learn the date of your final exam. You cannot take the final at a different date/time unless you have a verifiable medical reason.