

# PSYCHOLOGY 102: 902

## *Introduction to Developmental, Social, Personality, & Clinical Psychology*

### WHO?

#### INSTRUCTOR:

**Lillian (Lily) May**  
lamay@psych.ubc.ca



#### Office:

Kenny 2037

#### Office Hours:

Wednesdays, 12-2pm  
& by appointment

#### TEACHING ASSISTANTS:



**Julia van de Vondervoort**  
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**Office:** Kenny 3502

**Office Hours:** Tuesdays,  
2:30-3:30pm & by  
appointment



**Avarna Fernandes**  
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Office Hours: By appointment

*Please note that we are all happy to meet with you for any reason! Just email us to set up a meeting, with the course number 102 in the subject line of the email. We strive to respond to all emails within 48 hours.*

### WHEN & WHERE?

Wednesdays, 5:00-7:50pm in Henry Angus (ANGU) 098

### WHAT?

*Why is that person ignoring me? Who is the smartest person in the world? Why am I shy? What does it mean to have panic attacks? Why do I feel happy? **Why do people act the way that they do?***

In this course, we will try to answer some of these questions. Psychology 102 is intended to introduce you to psychology, the scientific study of behavior and thought. The course covers several fundamental topics in psychology, such as emotion, social behavior, development, intelligence, motivation, and personality. The course concludes with the topic of psychological disorders and their treatment.

### LEARNING GOALS

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

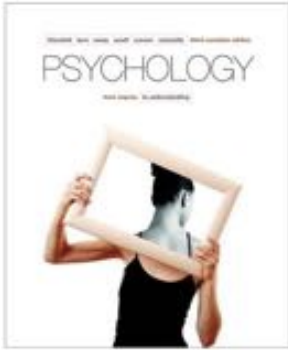
1. Explain and critique the basic research methods employed by psychologists.
2. Describe some of the classic and contemporary research in the following subfields of psychology: Developmental Psychology, Social Psychology, Personality Psychology, and Clinical Psychology.
3. Define and identify mental disorders.
4. Apply psychological vocabulary and concepts to real-life experiences.

5. Think critically about psychological research.
6. Read, summarize, and interpret psychology research articles.
7. Use APA citation style effectively.

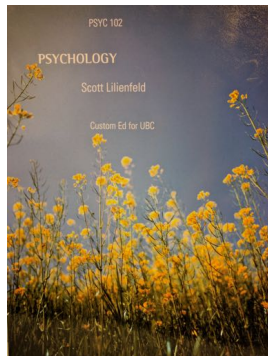
## COURSE MATERIALS

### REQUIRED: TEXTBOOK

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



Custom course text



Complete textbook

### Important notes about the textbook:

- For PSYC102, we will cover only 10 chapters from this textbook. As such, there is a **custom course textbook** (above, left) with these selected 10 chapters available to you at the UBC bookstore for \$110.
- You can, if you choose, purchase and use the complete textbook (above, right) from other outlets (including the e-book version available through MyPsychLab). There is no guarantee that the other chapters of this text will be used for any sections of PSYC101 offered in the future.
- This is a 1-year old edition of the text. It is highly recommended that you purchase and use the new version, as it is the version on which lecture and exams will be based.

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

### REQUIRED: COURSE WEBSITE

You are responsible for checking the course website at <https://canvas.ubc.ca> often throughout the term. You use your CWL to login. This is where you can access and download the course syllabus, find information on assignments, and see important announcements. **Please make sure your Canvas settings are such that you see course announcements when they are released—they will be used frequently to convey important information** (go to Account → Notifications → Announcements → Notify me right away)

Lecture slides will be posted on Canvas by 12am (midnight) the night before each lecture. This is done as a courtesy. Please be aware, however, that it is likely changes will be made to the slides between that time and lecture or items may be missing. Final versions of the slides will be posted following a lecture, and will be marked as 'Final Version.' Lecture slides will only be provided in PDF format: it is not possible to provide slides in alternative formats. Also note that lecture slides will not include everything discussed in lecture. If you miss a class, try to get notes from a classmate!

Discussion forums have also been made available on Canvas to support peer and self-motivated learning. They will not be actively monitored by the instructor/TAs, but will be checked on occasionally for any signs of threats/cheating/etc.

*Canvas is a new system this year at UBC. Please be patient as we all learn to navigate the platform together.*

### REQUIRED: TOP HAT

Top Hat is a web-based classroom response system that allows you to answer questions and engage in discussions during class. We will use it for weekly in-class quizzes and other activities. This term, UBC is providing free access to Top Hat for Arts classes in order for us to try out the service!

Sign up at **tophat.com**

Course Join Code: **860769**.

Top Hat can be accessed through your internet browser, or through Apple/Android apps. During sign-up, make sure you enter your UBC Student ID

correctly so your Top Hat responses are counted towards your grades.

### **OPTIONAL: MYPYCHLAB**

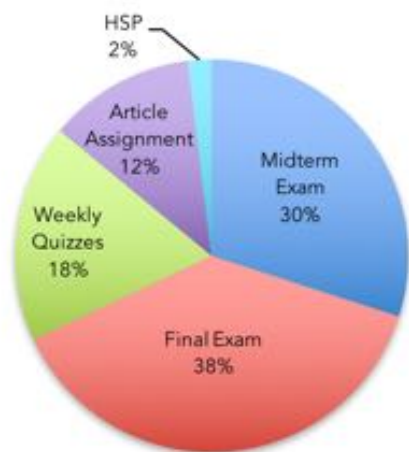
MyPsychLab is an online learning component that comes with your textbook. While MyPsychLab is NOT REQUIRED for this course, it has some useful resources: access to the (full) textbook e-book, video and simulation materials, and quizzes to self-assess your learning.

If you purchase the custom course textbook through the UBC bookstore, MyPsychLab comes with it for free. If you purchased the textbook elsewhere, you can purchase MyPsychLab separately for ~\$95.

[www.mypsychlab.com](http://www.mypsychlab.com)

Course ID: may86645

## **COURSE REQUIREMENTS & EVALUATION**



### **ATTENDANCE**

Attendance is expected in this course, and is necessary in order for you to do well. Material taught in class may be different from or supplement the textbook. It is therefore essential for you to attend class as well as read the text. If you do have to miss a class, you are responsible for getting notes from another student.

During your time in this course, if you encounter medical, emotional, or other personal problems that impact your attendance or academic

performance, please notify any members of the instructional team, and we will do our best to help.

### **MIDTERM EXAM (30%)**

**October 18, taken during class time.**

The midterm exam will cover material from both lecture and assigned readings. The exam will consist of multiple choice and short answer questions.

Accommodations for a missed midterm exam will only be given with a valid medical reason (with doctor's note). In the case of illness, please contact the instructor as soon as possible.

### **FINAL EXAM (38%)**

Cumulative final exam, covering material from across the course. The final exam will consist of multiple choice and short-answer questions.

The final exam will be scheduled during the University exam period (December 5-20, including Saturdays). There will be no makeup exam for the final. If you miss the final exam because of an unexpected illness or event, you must immediately apply for academic concession from your Faculty. They will process your request and will contact the instructor with their decision regarding your concession.

### **Notes on Exams:**

- The final exam will be cumulative, covering material from throughout the term. However, it will be heavily weighted towards material covered after the midterm exam.
- There will be topics covered in class that are not in the text/readings, and topics in the text/readings that are not covered in class. You will be responsible for both. That is, anything from class lecture and the text/readings can be tested on the exam.
- Remember to bring a dark pencil (#2) and your UBC ID to all exams!
- Late arrival to exams: if you arrive to an exam late, you will still be allowed to write the exam *provided that no other student has finished before your arrival*.
- You are strongly encouraged to review your exam(s) with your TA. Most requests for

grade adjustments can be settled directly with your TA. In cases of a dispute that cannot be satisfactorily resolved, the instructor will render a decision after reviewing the exam and talking to both parties.

### **WEEKLY MINI-QUIZZES: QUESTIONS & ANSWERS (18%)**

After each week's class, you will write your own review questions for the material covered during lecture. Then, at the start of the next week's class, you will take a mini quiz consisting of 5-7 questions selected from the previous week's student-generated questions. This activity will allow you to review and consolidate your learning of class material through both writing quiz questions and taking the quiz.

#### **Weekly questions (6%)**

##### **Due Sundays @ 11:59pm on Canvas**

You will write and submit two quiz questions per week, beginning after Week 2's class (September 13). In total, there are 8 weeks of questions to generate (see Course Schedule for specific dates). Your top 6 weeks of questions will count towards your grade—your grades from the lowest 2 weeks are automatically thrown out. Each week of questions will count 1% towards your final course grade (0.5% per question).

Questions can be in the format of multiple choice (3-5 choices), matching, sorting, or 1-2 word answers. Each question will be marked according to the following 3pt rubric:

- 3= Question was submitted on time, in the correct format. Question is thoughtful and challenging; requiring high levels of thinking/connection to answer. Addresses class learning objectives and pertinent information. Does not focus on insignificant details. An accurate answer is provided.
- 2= Question was submitted on time, in a correct format. Question requires some thinking/connection to answer. Addresses class learning objectives and pertinent information. An accurate answer is provided.
- 1= Question was submitted on time, in a correct format. Question does not relate to

class learning objectives, does not contain pertinent information, or does not provide a correct answer.

- 0= Question is missing or plagiarized.

If your questions are really good, they may even show up again on exams!

#### **Weekly quizzes (12%)**

Starting in Week 3 (September 20), each class will begin with a mini-quiz of 5-7 questions from the previous week's material. In total, there will be 8 quizzes (see Course Calendar for specific dates). Your top 6 weeks of quizzes will each count 2% towards your grade—your grade from the lowest week is automatically thrown out.

Quizzes will be taken using TopHat during class, as to provide you with immediate feedback. Make sure you have a cell phone, tablet, or a computer in order to take the quizzes. If technical difficulties arise, we will take the quizzes using scantron or other methods.

#### **ARTICLE ASSIGNMENT (12%)**

##### **Due Sunday, November 26 @ 11:59pm**

600-800 words (not including drawings/figures or references), typed, size 12 Times New Roman font, double spaced.

Psychology is a field in which new and exciting research is constantly coming out. For this assignment, you will get a chance to locate, read, summarize, interpret, and present recent psychological research. Your task:

- 1) Locate a recent (2015 or newer) research article related to any topic covered in PSYC102 this term. Think about what you've been most interested in—this is your chance to learn more! Your article must be from one of the following top Psychology journals:
  - a. *Psychological Science*
  - b. *Journal of Abnormal Psychology*
  - c. *Child Development*
  - d. *Developmental Science*
  - e. *Journal of Personality and Social Psychology*
  - f. *Journal of Personality*
  - g. *Health Psychology*
  - h. *Journal of Applied Psychology*

- i. *Journal of Experimental Psychology*
  - j. *Emotion*
  - k. *Cognition*
  - l. *Journal of Educational Psychology*
- 2) Write a short, concise summary of your assigned research article (500 words maximum). Be sure to discuss the purpose of the research, the hypothesis, the methods, the results, and the researchers' conclusions.
  - 3) Reflect on the research findings by answering one of the following questions (300 words maximum):
    - a. How do the findings relate to your life (to you as an individual, to your university experience, to your family, etc.)?
    - b. If you were a researcher, what follow-up study would you conduct next? I.e., what unanswered question do you have regarding the research, and how could you address this question through research?
    - c. Is there another explanation for the findings that is not addressed by the researchers? Explain.
  - 4) Include a reference section, with your chosen article cited in APA style (as well as any other included sources). The reference section does not need to be included in your word count.
  - 5) Come prepared on the last day of class (November 29) to discuss your article with fellow members of the class!

Further instructions will be posted on Canvas by early October.

Submit on Canvas as well as Turnitin.com (submission instructions to be posted on Canvas). Late assignments will be marked 10% off per calendar day late.

### **HUMAN SUBJECTS POOL CREDITS (2%; UP TO 3% EXTRA CREDIT)**

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

As part of this course, you will be asked to complete a research experience component (REC) as a way of introducing you to cutting-edge

research in psychology. This REC will be worth 2% of your grade and you are free to choose one of two options:

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

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

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

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

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

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

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

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

- The article must have been published in the journal titled *Psychological Science*.
- The article must have a publication date between the years 2000-2016.
- The article must be a research article. It cannot be a review article, a news item, a notice, or a letter to the editor.

- The summary should be approximately 500 words in length
- You must include your name, student number, course, section, instructor, and email address on each summary.
- You must log on to the HSP website (<https://ubc-psych.sona-systems.com>) and create an account before submitting your article summaries. Your course credit is assigned only if you use the online system.
- Summaries must be submitted by the last day of class
- You must submit your article and summary to [turnitin.com](https://turnitin.com). For submission information, see <http://psych.ubc.ca/internal/human-subject-pool/>, click on “Subject Pool Info for Participants,” and read the section on the Library Option. See [turnitin.com](https://turnitin.com) for more information. Any evidence of plagiarism may result in lack of credit, and instructors will be notified. Further action may be taken by the department or university.

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

**Bonus Credit (optional)**

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

**GRADE DISTRIBUTION & SCALING**

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 Psychology course is 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. Each student will earn a percent grade for this course and will be automatically assigned a corresponding letter grade by the Registrar.

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

**ETHICAL & RESPONSIBLE CONDUCT**

Always treat yourself, your classmates, and your instructors with respect both in and outside of class. This includes being on time to class, and being aware of your words and actions. Be mindful of other students during class. Please silence any mobile devices before coming to class. If you choose to take notes on a laptop, please quit/minimize any programs that may distract others (internet, facebook, games, etc).

Cheating of any type is not tolerated. Just don't do it—it is not worth your education, your reputation, or your future. Any cheating will result in failing the assignment or exam, and may lead to an automatic fail for the course and/or expulsion from the university. If you have any questions about citing or using sources in your assignments, please see your Instructor or TA *BEFORE* the assignment is due.

**PSYCHOLOGY DEPARTMENT'S POSITION ON 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 4.5 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 a student's transcript.

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. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>) and read the University's Policy 69 (available at <http://www.universitycounsel.ubc.ca/policies/policy69.html>).

## **RESOURCES**

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: <https://facultystaff.students.ubc.ca/systems-tools/early-alert>

### **ACADEMIC RESOURCES**

- **UBC Academic Regulations:** <http://www.calendar.ubc.ca/Vancouver/index.cfm?tree=3,0,0,0> Information on UBC regulations, including academic concession and accommodation.
- **UBC Learning Commons:** <http://learningcommons.ubc.ca/> Offers a

variety of learning and research sources for students. The website includes tutoring, workshops, study groups, and many other online tools and links to academic resources offered at UBC.

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

### **WELLNESS RESOURCES**

- **The Kaleidoscope:** <http://the-kaleidoscope.com/> A confidential peer-run mental health support group that takes place on campus 2-3 times a week. You may attend the group if you are experiencing any kind of mental health related challenges, or if you're just feeling stressed about school in general. Registration is not required to attend. See the website for meeting times and locations. Food and drink is provided.
- **UBC Counselling Services:** <http://students.ubc.ca/livewell/services/counselling-services> or 604-822-3811. Counselling services offers a variety of resources to help you maintain your mental health while in school. You may see a counselor on an individual basis, attend group counseling, or to document an illness if you should require academic concession.
- **SpeakEasy:** <http://www.ams.ubc.ca/services/speakeasy/> A student run service that offers confidential support for students experiencing crisis. Also a good resource for additional information and referrals within the UBC community.
- **UBC Wellness Centre:** <http://students.ubc.ca/livewell/services/wellness-centre> or 604-822-8450. Speak with other students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex, and more.
- **Student Health Services:** <http://students.ubc.ca/livewell/services/student-health-service> or 604-822-7011. Provides students with a variety of healthcare related services to help you maintain your health. Access to doctors and registered nurses.

- **Live Well, Learn Well:** <http://students.ubc.ca/livewell> The Live Well, Learn Well Initiative is a resource hub that provides students with information to help improve physical and mental wellbeing.
- **Mental Health Awareness Club:** <http://blogs.ubc.ca/ubcmhac/> A club that offers opportunities to speak about mental health with others and strives to promote mental health awareness throughout the UBC community.
- **AMS Food Bank:** <http://www.ams.ubc.ca/services/food-bank/> If you are in a financial emergency, the AMS food bank can provide you with a food hamper. You are able to use the service for up to 6 times per term.
- **BC Crisis Center:** [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca) or 604-872-3311. Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. Crisis line available 24/7.
- **Pacific Spirit Addiction Services:** 3<sup>rd</sup> floor, 2110 West 43<sup>rd</sup> Ave, Vancouver BC, V6M 2E1, 604-267-3970. A free and confidential service for youth and young adults up to the age of 24. Services include counseling, access to an Addiction Physician- including usage of a methadone maintenance program, and s drug education series.
- **Distress Line:** 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.

### MY EXPECTATIONS OF YOU

- **Come to class and arrive on time; stay in class until the end of lecture (7:50pm)**
- **Read your textbook in a timely fashion** (prior to class, if possible). There are over 400 pages to read during this term. It is not possible to do all the reading the night before the exam! Doing the readings prior to the class for which they have been assigned will allow you to best participate in any activities/discussions.
- **Ask for help or assistance at *any time***
- **Regularly check Canvas for announcements**
- **Silence your cell phone during class**
- **Be respectful when using electronic devices during class.** Laptops are allowed for TopHat and note-taking purposes. However, keep in mind that research shows better memory retention when taking notes by hand versus with a laptop (Mueller & Oppenheimer, 2014). Moreover, multi-tasking while taking notes on a laptop is detrimental not just to your own learning, but to classmates sitting nearby (Sana et al., 2013)! *Please be considerate.*
- **Engage in productive classroom discussion and debate**
- **Respect your classmates, your TAs, and your instructor**
- **Maintain academic integrity**

### YOUR EXPECTATIONS OF ME

- **Come to class and arrive on time; end lecture on time at 7:50pm**
- **Allow for at least one 10-minute break during lecture**
- **Respond to your emails within 48 hours**
- **Be willing to meet with you for any reason**
- **Post “draft” lecture slides to Canvas by 12am the night before class; post “final” lecture slides to Canvas by 12am the night following class**
- **Do my best to keep class fun, funny, lively, organized, and educational**



# COURSE SCHEDULE

Wednesdays, 5:00-7:50pm

*Schedule is subject to change at any time. Changes will be announced on Canvas and in class.*

## Week 1: September 6

### COURSE OUTLINE & EXPECTATIONS

#### CHAPTER 1: PSYCHOLOGY & SCIENTIFIC THINKING

## Week 2: September 13

### CHAPTER 2: RESEARCH METHODS

Chapter 2 Mini Quiz Questions due Sunday, September 17 @ 11:59pm

## Week 3: September 20

### CHAPTER 3: INTELLIGENCE & IQ TESTING

Weekly Mini Quiz @ start of class  
Chapter 3 Mini Quiz Questions due Sunday, September 24 @ 11:59pm

## Week 4: September 27

### CHAPTER 4: DEVELOPMENTAL PSYCHOLOGY

Weekly Mini Quiz @ start of class  
Chapter 4 Mini Quiz Questions due Sunday, October 1 @ 11:59pm

## Week 5: October 4

### CHAPTER 5: EMOTION & MOTIVATION

Weekly Mini Quiz @ start of class  
Chapter 5 Mini Quiz Questions due Sunday, October 8 @ 11:59pm

## Week 6: October 11

### CHAPTER 6: STRESS, COPING, & HEALTH

Weekly Mini Quiz @ start of class

**Week 7: October 18**

**MIDTERM EXAM**

**Week 8: October 25**

**CHAPTER 7: SOCIAL PSYCHOLOGY**

Chapter 7 Mini Quiz Questions due Sunday, October 29 @ 11:59pm

**Week 9: November 1**

**CHAPTER 8: PERSONALITY**

Weekly Mini Quiz @ start of class  
Chapter 8 Mini Quiz Questions due Sunday, November 5 @ 11:59pm

**Week 10: November 8**

**CHAPTER 9: PSYCHOLOGICAL DISORDERS, PART 1**

Weekly Mini Quiz @ start of class  
Chapter 9-pt1 Mini Quiz Questions due Sunday, November 12 @ 11:59pm

**Week 11: November 15**

**CHAPTER 9: PSYCHOLOGICAL DISORDERS, PART 2**

Weekly Mini Quiz @ start of class  
Chapter 9-pt2 Mini Quiz Questions due Sunday, November 19 @ 11:59pm

**Week 12: November 22**

**CHAPTER 10: PSYCHOLOGICAL & BIOLOGICAL TREATMENTS**

Weekly Mini Quiz @ start of class

**Week 13: November 29**

**COURSE WRAP-UP & REVIEW**

Article Assignment due Sunday, November 26 @ 11:59pm

**FINAL EXAM TO BE SCHEDULED DURING UNIVERSITY EXAM PERIOD (DECEMBER 5-20)**