Syllabus

PSYC 101 - 002: Introduction to Biological and Cognitive Psychology

University of British Columbia

Mon/Wed/Fri 9:00-9:50am CIRS 1250

2017 September 6 – December 1

Course Description and Goals

Psychology is an incredibly broad, interdisciplinary, and rich field. In this course, we will focus on the more biological and cognitive aspects of psychological science. To this end, the course may be ideal for students with interests in psychology, medicine, neuroscience, and other related fields. The topics we cover include relevant history, basic research methods, learning and memory, fundamentals of neuroscience, sensation and perception, thinking processes, and various states of consciousness. For example: How do we remember things we learn? How does our brain produce our personal experiences of things like vision or sound? Where does consciousness come from and how does it change?

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

- Develop a more nuanced appreciation of what psychological science is as a field
- Learn how the scientific method is applied to psychology research to answer questions
- Describe some basic techniques for improving learning and memory
- Understand the fundamental language of psychology (e.g., statistical terms, sensory structures, cognitive theories)
- Develop basic knowledge about the links between neural structures and psychological processes
- Apply concepts learned in class to real-world situations wherever possible

Course Instructors

Patrick Dubois is a 3rd year PhD student in the Social Psychology program. His current knowledge exaggeration, the tendency for people to claim they know things they don’t. He has worked on a variety of Scholarship of Teaching and Learning projects.

Patrick’s office hours will be in Kenny 3522, Mondays 10:30-11:30am, during Part 1.

Jill Dosso is a 4th year PhD student in the Neuroscience program. She is interested in how attention around in space, and what this tells us about the structure of the brain.
Jill’s office hours will be held in Kenny 3010, Mondays 10:30-11:30 during Part 2.

Jennifer Yip is a 3rd year PhD student in the Clinical Psychology program. Her research focuses on perceptual decoupling (i.e., whether we are engaged or disengaged from our environment during wandering and other states in psychological disorders.

Jen’s office hours will be held in Kenny 3510, Fridays 10:30-11:30am during Part 3.

**Course Teaching Assistants**

Your teaching assistants (TAs) are available as your first line of support for technical and administrative questions, and basic course questions. They will pass on emails to instructors as appropriate. Your TAs and their office hours are:

<table>
<thead>
<tr>
<th>Teaching Assistant</th>
<th>Part</th>
<th>Office Hours</th>
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<tbody>
<tr>
<td>Ryan Tomm</td>
<td>1</td>
<td>by appointment</td>
</tr>
<tr>
<td>Sun Nee Tan</td>
<td>2</td>
<td>by appointment</td>
</tr>
<tr>
<td>Seo Am</td>
<td>3</td>
<td>by appointment</td>
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**Contact**

You can reach a TA or the instructors by emailing psyc101@psych.ubc.ca. Messages must come from your official UBC student email account and should include your student number in the message. We will answer one question per email. If you have more than one question, or a question that is too complex to answer in a brief email, we ask that you come to office hours to discuss it.

We will try to answer all emails within 48 hours, not including weekends. Though we will try our best to answer emails promptly, it is not feasible for us to answer a high volume of email at the last minute before assignment and exam deadlines. Please take this into account as you structure your work and study habits.

For most questions, consider posting it in the Discussions section on Canvas. TAs and instructors will monitor that and post answers there so everyone can benefit from your curiosity. You can also respond to other postings so you can help and learn from each other!

**Course Materials**
All required readings will be available on Canvas (https://canvas.ubc.ca/). Course material was adapted from the OpenStax Textbook. (Download for free at http://cnx.org/contents/4abf04bf-93a0-45c3-9cbc-2cefd46e68cc@5.82.) HOWEVER, versions found online or elsewhere may differ in content and so should not be referenced for this course.

This course uses iClicker Cloud (formerly known as Reef Polling), an Internet-based response system that allows you to participate by answering questions during classes. You will need an Internet access device (e.g. laptop, tablet, smart phone), but there is no charge to use this system (once you enter the Access Code, below). If bringing a device to class each day is a problem, please tell us about it as soon as possible.

NOTE: We are NOT using those old 5-button clicker remotes.

Here’s how to get started:

- Note: you must use a computer (not a smartphone) to make your account for the first time.
- Go to https://www.iclicker.com/students
- Create an account: you can use any name and any valid email, but you MUST enter your correct Student ID (8 digits) for us to give you participation marks.
- Choose University of British Columbia-Vancouver as your Institution (NOT Okanagan).
- Respond “no” to the question, “Do you want to register a remote?”
- Add Course PSYC101-002 (taught by Patrick, Jill & Jen) by clicking the “+” at the top right corner of the screen.
- Click the Menu icon in upper left and select “Subscriptions”; then “Polling” and submit Access Code E8892913208B - you’ll need this to keep it free for this term.
- Now that you have made an account, you can use iClicker Cloud on either a laptop or a smartphone by downloading the app “iClicker Reef” for your phone.
- Be ready to use it for every class.

For technical support in general (not specific to this course) see https://it.ubc.ca/got-question-about-it-products-and-support

COURSE STRUCTURE

This course is divided into three equal parts (like one-month mini-courses), each taught and evaluated by one of the three instructors. There will be a written assignment and exam for each part, contributing equally to your final grade. Evaluation will not be cumulative, although understanding of previous material will support subsequent learning. Course technology (e.g., Canvas) and the teaching assistant will remain consistent throughout. Our intention with this design is to provide you with a greater diversity of perspectives and approaches than found in a conventional course taught by a single instructor, yet within a consistent environment.

COURSE SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Topic</th>
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Sep 6  0  Welcome!

**Part 1: Patrick - Research, Learning, Memory**

Sep 8  1  Introduction / Study techniques

Sep 11  2  History of Psychology

Sep 13  3  Research I

Sep 15  4  Research II

Sep 18  5  Research III

Sep 20  6  Assignment 1 in class; review

Sep 22  7  Learning I

Sep 25  8  Learning II

Sep 27  9  Memory I

Sep 29  10  Memory II

Oct 2  11  Review

Oct 4  12  Exam 1 (in class, multiple-choice)

**Part 2: Jill - Biopsychology, Sensation, & Perception**

Oct 6  13  Biopsychology: The Biology of Behaviour

Oct 6  13  Organization of the Nervous System

Oct 9  13  Canadian Thanksgiving -- No class

Oct 11  14  Neuroanatomy

Oct 13  15  Neurons and Neural Transmission
Oct 16 16 Genetics & Epigenetics

Oct 18 17 The Endocrine System, Plasticity

Oct 20 18 Sensation and Perception: Experiencing the World

Sensation and Perception: Experiencing the World

Introduction to Sensation and Perception

Oct 23 19 Vision I

Written Assignment 2 due by start of class

Oct 25 20 Vision II

Oct 27 21 Hearing

Oct 30 22 Other Senses

Nov 1 23 Body Position & Body Ownership; Wrap Up & Review

Nov 3 24 Exam 2

Part 3: Jen - Cognition & Consciousness

Cognition: Processing Our World

Nov 6 25 Attention

Nov 8 26 Language & Thought

Nov 10 27 Language & Thought II

Nov 13 Remembrance Day Holiday - No Class

Nov 15 28 Concepts & Categories

Nov 17 29 Problem Solving & Reasoning

Nov 20 30 Intelligence
Written Assignment 3 due by start of class

States of Consciousness: Asleep, Awake, and Altered

Nov 22 31
Sleep & Dreams

Nov 24 32
Mind Wandering

Nov 27 33
Drugs & Consciousness

Nov 29 34
Flow

Dec 1 35
Wrap Up & Review

Finals period Exam 3
(Dec 5 -20)

NOTE: The last exam will take place during final exam period (December 5-20), which is decided by the university and announced in late October. DO NOT make travel plans for the final exam period until the final exam is announced. Pre-booked travel will NOT be accepted as a valid excuse to miss the exam. If you can foresee not being able to attend all exams, you probably should not take this course.

Course withdrawal

If you wish to withdraw from this course without any record of this course on your transcript, you must do so before or on September 19, 2017. If you wish to withdraw with a “W” on your transcript, you must do so before or on October 13, 2017.

ASSESSMENT

Marks for exams and assignments will be posted on Canvas as soon as possible.

<table>
<thead>
<tr>
<th>Component</th>
<th>Allocation</th>
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<tbody>
<tr>
<td>Multiple-Choice Exams</td>
<td>25% x 3 Parts = 75%</td>
</tr>
<tr>
<td>Written Assignments</td>
<td>5% x 3 Parts = 15%</td>
</tr>
<tr>
<td>Getting started with Canvas and iClicker (by Sep/22)</td>
<td>1%</td>
</tr>
<tr>
<td>Participation</td>
<td>7%</td>
</tr>
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</table>
HSP Required 2%

Total 100%

HSP Optional Bonus 3%

NOTE: Individual exams and assignments may have scores adjusted to ensure fair weighting across the course.

Multiple-Choice Exams (see Exam Policies below)

These will consist solely of single-answer, multiple-choice questions only. You should always select what you consider to be the one best response. Exams are not cumulative. They will only explicitly test material presented since the previous exam, although understanding of earlier material may be required. All lectures, readings and content presented on Canvas are testable, unless otherwise specified. Each instructor will inform you of how best to focus your studies for their Part.

Written Assignments

Each instructor will also evaluate your understanding of course material with questions that require open-ended written responses, from a single phrase to a few paragraphs. These may be in-class or take-home. You will be informed when and how you will do these by each instructor (see Schedule for relevant dates).

Participation

In-class iClicker responses will form the basis of your participation mark. Because we want to encourage your participation in the class for the sake of your learning rather than simply evaluating you, participation marks will be based on the total number of iClicker questions that you respond to (and not the correctness of those responses).

Your first 1% is easy: make sure you’re active on Canvas and iClicker (with correct Student ID) by September 22nd.

Human Subject Pool (HSP)

See the description of this below. Note that only 2 credit hours are required. An additional 3 credit hours will be awarded as bonus marks. This is an easy way to boost your mark, so take advantage of it. Note that opportunities for these credits diminish as the term goes on (and end when classes end), so don’t wait until the last month.

EXAM POLICIES

Exam Behaviour
For exams, bring your Student ID, soft pencils and a good eraser!

All exams in this course will be multiple-choice only, marked on forms for optical scanning and computer scoring. This ensures efficient, objective and fair evaluation of all exams. You are responsible for correctly filling in the forms with your correct student number. These forms must be completed in soft pencil only; please bring your own pencils and good quality erasers - smudged or incorrectly filled forms may result in lost marks or exams. It is in your best interest to answer all questions (even if guessing) and double-check your answers before handing in your exam. No changes can be made after submission, for any reason.

If you encounter what you believe to be a faulty question on an exam, raise your hand and ask for clarification during the exam. Any disputes about exam content or grading should be addressed as soon as possible after the exam.

Exam times are strictly 50 minutes long, with no exceptions. You may not be allowed to take the exam if you arrive more than 20 minutes late, or after any exam taker has left the room. Removing a copy or portion of the exam, physically or virtually (e.g. digitally), from the exam room is theft, a serious offence with serious consequences that can ruin your academic career. Leaving during an exam (e.g. bathroom breaks) is not permitted unless you have a documented medical reason for doing so, presented to your instructor at least 24 hours prior to the exam. In such cases, you will receive an escort to the bathroom. During an exam, no cell phones, laptops or any electronic or communication devices are permitted, and any instructor or invigilator reserves the right to move you to a new seat without providing an explanation.

Failure to follow these rules or the instructions of an invigilator during an exam, or any evidence of cheating, may result in you losing some or all credit for that exam.

Missed Exams or Assignments

There will be no make-up exams or assignments. If you miss an exam or assignment and provide your instructors with appropriate documentation, at the instructor’s discretion, marks may be reweighted as follows:

- If you miss Exam 1 for a documented reason, that 25% of your grade will be split between Exam 2 and Exam 3.
- If you miss Exam 2 for a documented reason, that 25% of your grade will be applied to Exam 3.
- If you miss any assignment for a documented reason, that 5% of your grade will be applied to the exam for that same part of the course (Assignment 1 to Exam 1, etc.)
- If you miss Exam 3, you must connect with Faculty of Arts Academic Advising to request academic concession within 48 hours (unless medically impossible).

If you anticipate missing an exam or assignment, contact your instructor as soon as possible. Any potential accommodation is at their sole discretion.

UBC Psychology Departmental Grading Guidelines
In order to reduce grade inflation and maintain equity across multiple course sections, all Psychology courses at UBC are required to comply with departmental norms regarding grade distributions, for which the mean grade in a 100-level class is 69 for a good class, 67 for an average class, and 65 for a weak class, with a standard deviation of 14.

In order to comply with these norms, grades may be scaled up or down as necessary by the instructor or department. The assessments section of this syllabus details how your final grade is determined. 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. At UBC, your course percentage is converted according to the key below:

A+ 90-100%
A 85-89%
A- 80-84%
B+ 76-79%
B 72-75%
B- 68-71%
C+ 64-67%
C 60-63%
C- 55-59%
D 50-54%
F (Fail) 0-49%

HUMAN SUBJECT POOL (HSP) RESEARCH PARTICIPATION

To support experiential learning of the scientific process in psychology, we provide you with the opportunity to participate in studies conducted by the Psychology Department and coordinated through the human subject pool (HSP). This provides you with the opportunity to observe the research process directly and to contribute to ongoing research at UBC. As encouragement, this course allots 2% of your grade for this participation, plus an additional 3% bonus. Each hour of participation gets you 1 HSP credit which is 1% added to your course mark. To get these extra credits, you must register with the system, sign-up for studies, allocated them to this course, and attend the studies and debriefings. You should begin this within the first month of your course. More information can be found at: [http://psych.ubc.ca/internal/human-subject-pool/](http://psych.ubc.ca/internal/human-subject-pool/). Please note that any inquiries about HSP credits should be directed to HSP and/or the experimenters that you worked with, not to the instructors or TA. It is your responsibility to ensure credits are properly administered in the HSP system. We only get their credit information after the term is over.
As an alternative to participating in studies, you may choose to complete library writing projects in which you read and summarize a research article; each article summary counts as one hour of research participation. More information about this option can be found at the above link.

All of your credits for study participation or the library option will be added to your final course grade, after any scaling that may have been applied. One percentage point is assigned to your final grade for each credit earned. Credits can be recorded and tracked via the HSP website. If you do not correctly assign your credits to this course, you will not receive credit so please make sure you have done this properly.

The last day to earn and assign HSP credits is the final day of classes. However, in the last few weeks of classes, there may be few studies to participate in, so plan ahead!

COURSE POLICIES

Office hours

The TA will hold office hours throughout the term. Each instructor will hold weekly drop-in office hours only during their part of the course (see the course schedule for specific dates). We will update Canvas with any changes to our scheduled office hours. If you have a scheduling conflict with an instructor or TA’s office hours, send us an email to set up an alternate meeting time.

When do I email the course email (psyc101@psych.ubc.ca)?

- If you have individual questions about the lecture material, course policies, or assignments. If you would like a more in-depth discussion of these topics, come to office hours!
- If you would like to let the instructors know about something affecting your performance in the course (e.g. illness) that is straightforward. If you would like a more in-depth discussion, come to office hours!
- If you would like to schedule a meeting with the TA or an instructor outside of their scheduled office hours
- Note: as mentioned earlier in the syllabus, we will do our best to reply to email in a timely manner. However, please keep in mind that during times of high email volume (e.g. the day before an exam) you should not count on a prompt response from us.

When do I visit the TA’s office hours?

- If you have questions about course-related technology (e.g. Canvas, Clickers) or course policies
- If you would like to review an exam, discuss an assignment, or discuss study strategies
- If you would like to discuss topics related to psychology such as future courses, career paths, getting involved in research, etc.
- If you would like to discuss lecture content

When do I visit an instructor’s office hours?
• If you would like to discuss lecture content
• If you have an issue with course performance or progress (e.g. you would like to discuss your exam performance after meeting with the TA, you missed an exam due to illness or some other adverse situation)
• If your performance in the course is being impacted by external factors (e.g. illness, personal life events)
• If you would like to discuss other topics related to psychology (future courses, career paths, getting involved in research, etc.)

Note that the only way to view an exam is by visiting the TA’s office hours. When reviewing your exams, you are not allowed to record the exam content in any way (e.g. writing notes, taking photographs).

Classroom Conduct

Our classroom is a place where you should feel safe and respected. It should also be a place that is conducive to learning and intellectual inquiry. Any behaviour on your part that compromises that environment will not be tolerated and you will be asked to leave at the instructor’s discretion.

Technology

Laptops, phones and similar devices can be helpful for learning, and will be required for participation. However, they can also be distracting. If you are using them for other tasks during class, it can be disturbing for those around you. Be considerate. If you plan to use a device for non-class-related purposes, please sit towards the back of the room. If technology is impeding students’ learning, the instructors may re-seat students or ask them to leave the classroom.

Lecture Content

Lecture content will be made available on Canvas. The timing of lecture posting will be made at each instructor's discretion. Lecture slides will be numbered to facilitate your note-taking.

Academic Misconduct and Integrity

All graded work in this course, unless otherwise specified, is to be original work done independently. Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. The Department has implemented software that can reliably detect cheating in written work and on multiple-choice exams by analyzing the patterns of students’ responses. The choices you make in this course may not only result in a failing grade for the course, but could have long-term impacts including cancellation of scholarships, a notation added to your transcript, suspension or expulsion from the university, and an inability to attend other post-secondary institutions. If you have any questions about academic misconduct, please contact the course instructors or TA and we would be happy to chat with you.

Access and Diversity

Accommodations are available for any students with physical or learning disabilities. If you believe you fall in this category, please contact Access and Diversity (Brock Hall 1203, 604-822-5844,
www.students.ubc.ca/access (http://www.students.ubc.ca/access) to make any arrangements for concessions or alternative test-taking arrangements. These arrangements must be made through the Access and Diversity Office and cannot be made through the instructors or TA.

Accommodations and concessions are also available if course requirements conflict with a student’s religious or family responsibilities. If this applies to you, please contact your instructors as soon as possible. More information is available here: http://www.calendar.ubc.ca/Vancouver/index.cfm?tree=3,48,0,0 (http://www.calendar.ubc.ca/Vancouver/index.cfm?tree=3,48,0,0)

Early Alert

We participate in the Early Alert program, which helps us support students who are facing difficulties that are interfering with their education, their wellness or both. For answers to frequently asked questions regarding the early alert program, please visit https://facultystaff.students.ubc.ca/systems-tools/early-alert/information-students/students-frequently-asked-questions (https://facultystaff.students.ubc.ca/systems-tools/early-alert/information-students/students-frequently-asked-questions).

OTHER HELPFUL RESOURCES

In addition to your instructor and TA, the course Canvas website, and your fellow classmates, the following are some external resources that may help you in this course:

UBC Learning Commons

The learning commons website provides a wide selection of academic resources. From tutoring information to studying tools, it’s a great place to check out if you have questions: http://learningcommons.ubc.ca/ (http://learningcommons.ubc.ca/)

UBC Library Resources

The UBC Library has put together a page to specifically aid psychology students with research. This is a great place to start searching for good, peer-reviewed sources of information: http://guides.library.ubc.ca/psychology (http://guides.library.ubc.ca/psychology)

UBC Information Technology Support

For technical support in general (not specific to this course) see https://it.ubc.ca/got-question-about-it-products-and-support (https://it.ubc.ca/got-question-about-it-products-and-support)

WELLNESS RESOURCES

Here are some resources available to you if you are struggling in any way with responsibilities and life stresses, school-related or otherwise.
UBC Wellness Centre: https://students.ubc.ca/health-wellness

A resource hub that provides students with information to help improve physical and mental wellbeing.

Counselling Services: https://students.ubc.ca/health-wellness/mental-health-support-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.

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.

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.

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.

Access and Diversity: https://students.ubc.ca/about-student-services/access-diversity

Phone number: 604-822-5844

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

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: http://survivalmanual.org/pacific-spirit-addiction-services

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:** [http://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/](http://clinic.psych.ubc.ca/)

Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees. *Unfortunately, this is only offered to students who are not enrolled in a psychology major or minor, due to future potential working relationships with clinical psychology graduate students.*

**BC Crisis Center:** [https://crisiscentre.bc.ca/](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.

**Acknowledgment:** This syllabus was constructed with reference to material from Dr. Steven Barnes and syllabi from previous iterations of Psyc 101 delivered at UBC.