THE UNIVERSITY OF BRITISH COLUMBIA

PSYC 101-V02:
INTRODUCTION TO BIOLOGICAL AND COGNITIVE PSYCHOLOGY
2018 WINTER TERM I

Lectures: Tuesdays/Thursdays, 1:30-3:00pm, Orchard Commons Room 1001
Discussion sections: Fridays, 2-3 or 3-4pm, Orchard 3052 or 3058

Instructor: Dr. Jay Hosking, Department of Psychology
jayhosking@psych.ubc.ca
I respond to emails Monday-Friday. When contacting me, please use your UBC email, and please note which course you are in, i.e. PSYC101-V02; as I teach multiple sections of PSYC101, it is important for you to include the “V02”.

Office hours: Held every day of the week, sometimes in office, sometimes by Skype; please use the website jayhosking.youcanbook.me (instructions below)

TA: Xiaolei Deng, Department of Psychology; xdeng@psych.ubc.ca
Joseph Liang, Department of Psychology; joseph.liang@psych.ubc.ca

TA office hours: by appointment (please email them)

Website: canvas.ubc.ca
All lecture slides, additional readings, and messages sent to all students (e.g. grades) will come through Canvas. Please let me know if you’re having any issues with the website!

By the end of this course you will be able to:
• Define modern psychology and identify the major perspectives within it.
• Recognize, recall, connect, and evaluate psychological concepts and theories from specific subfields (e.g., biological and cognitive psychology).
• Critically evaluate new evidence about behaviour that you encounter in daily life.
• Understand, describe and differentiate between commonly used research methods in psychology, including experimental and correlational designs.
• Use effective evidence-based study strategies based on current psychological research.

Grades breakdown:
Exams (not cumulative): 25% x 3 → 75%
In-class workshops: 18%
Mandatory research participation: 2%
Total: 100%
Bonus research participation: 3%
Note: whom should you book office hours with?
Please book office hours with your TAs if:
- You would like to review one of your exams (note: only your TAs will have your exams). When reviewing your exam, you are not allowed to take notes on, or photos of, the exam.
- You would like to discuss content from the course readings and/or study strategies.
- You would like to discuss psychology more generally.

Please book office hours with Dr. Hosking if:
- You would like to discuss lecture content.
- You have an issue with course performance or progress.
- You would like to discuss psychology and neuroscience more generally.

Note on booking office hours with Dr. Hosking:
Please do not use email to book office hours with Dr. Hosking. Instead, I have created a website for all office hours booking: https://jayhosking.youcanbook.me. It will show all of my available office hours, as well as where you can find me on campus. Note that I am available on campus on Tuesdays and Thursdays, and available for videochat via Skype (username: jayhosking) on Mondays, Wednesdays, and Fridays. Please do not book me for multiple timeslots on a given day; there are many students that need help, virtually all issues can be handled within the allotted time, and I will cancel any multiple bookings.

Note on booking office hours with your TAs:
Please email your TAs with a few available times and they will find one to meet with you.

Note on email:
Please bear in mind that instructors get a lot of email and, if possible, we would prefer to spend all our preparation time on making the lectures as useful and interesting to you as possible. Thus, please keep emails to administrative concerns (e.g. problems with Canvas) if you can. If you do send an email that is related to the course content, it should contain no more than one question, and you should try to explain your current understanding of the content in the email (which will be affirmed or corrected by us). But really, if you’re struggling with content, please book some office hours! Finally, please use good email etiquette when contacting us (see lecture notes).

Note on attendance:
Attendance is a critical predictor of success in this course. (In fact, it’s a strong correlate of success for courses in general.) In this course, material that is taught in class will often be different from, or supplement, the readings. Moreover, lecture slides are designed to provide a framework for the lecture and any discussions. In other words, the important part of the lecture is not what is on the slides, but rather the lecture itself. If you try to rely solely on the slides for studying, you will not be successful, as much of the critical information is not explicitly written. It is therefore essential that you attend class, as well as read ahead. If you do have to miss a class, you are responsible for getting notes from another student.
Note on readings:
The textbook is *Psychology, Canadian Edition 4e* by Schacter, Gilbert, Nock, Johnsrude, and Wegner. **Previous versions of the textbook may be sufficient for the course, but I cannot guarantee it.** More than virtually any other course, PSYC101 relies on using the textbook as a “second teacher”, as this will be your introduction to all the concepts you will see throughout your time in psychology. **Please read all assigned chapters prior to the related lectures.**

**EVALUATION**
1. Exams (up to 75%):
There will be three exams, with two midterm exams written during the class time, and the final exam written during the exam period at a time designated by the Registrar’s Office (you must be able to write at any time during the exam period).

<table>
<thead>
<tr>
<th>Exam</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midterm Exam 1 (25%)</td>
<td>October 4th, 2018</td>
</tr>
<tr>
<td>Midterm Exam 2 (25%)</td>
<td>November 8th, 2018</td>
</tr>
<tr>
<td>Final Exam (25%)</td>
<td>December 4th – 19th, 2018</td>
</tr>
</tbody>
</table>

Notes on the exams:
- The exams are not cumulative.
- There will be topics covered in class that are not in the readings and materials in the readings that are not covered in class. You will be responsible for both. That is, all readings and all lecture materials are examinable.
- There will be no make-up exams for the midterms.
- You will not be accommodated for missing an exam unless you present evidence of unavoidable hardship within 48 hours of missing the exam.
- Students who plan to be absent for varsity athletics, family obligations, or other commitments, cannot assume they will be accommodated, and must discuss their commitments with me **by 14th September 2018** if they wish to be considered for accommodation. (See below for more on this.)
- Being accommodated for missing a midterm exam is at our sole discretion.
- If you are accommodated for missing a midterm exam, that portion of your course grade will be evenly split between the other midterm and the final exam. If you are accommodated for missing both midterms, which is exceedingly rare, you will be assigned a research project to make up for the portion of the grade corresponding to midterms 1 and 2.
- If you miss the final exam, you must contact your Faculty Academic Advising Office to address the issue—note that they will probably require medical or other documentation. Please refer to the UBC Calendar for details of “academic concession”. Note that make-ups for the final will differ from the version used for the rest of the class.
- You will not be able to write an exam if 1) you are more than 30 minutes late, or 2) another student has already submitted their exam and left the exam room—whichever occurs first.
- Note that, during exams, instructors or invigilators reserve the right to move you to a new seat without providing an explanation.
- All exams will include multiple-choice and short-answer questions.
• Once exams have been marked, grades will be sent out via mass message on Canvas.
• You are strongly encouraged to review your exam with your TA.
• Grade adjustments are very uncommon, but if a dispute between TA and student occurs for grading, Jay will regrade that component of your exam—this can result in the same grade, an increase, or a decrease, depending on Jay’s judgement of your answer. Any grading disputes must be handled within 2 weeks of exam grades being released.

2. In-class workshops (18%):
One of the unique benefits of being a Vantage student is having weekly discussion sections with your TAs. For PSYC101-V02 discussion sections, these will be a near-weekly opportunity to demonstrate the knowledge you have learned throughout that week’s lectures. During discussion sections, you will be given an assignment, either to be completed in small groups or individually (depending on that week’s particular instructions), and you will have that hour to complete the task. These workshop assignments may be problem sets, designing an experiment, searching databases on the internet, or anything else relevant to course materials. TAs will often frame the discussion with a mini-lecture, and during assignments will wander the class, give guidance, and provide some limited feedback. You must submit your assignments before the end of the discussion sections; there are no late submissions. **If you do not attend the discussion section or do not submit the assignment, you will receive no marks.**

3. Collaborative assignment (5%):
Vantage has a collaborative assignment in the works that takes you into the city and has you observe the world through the lenses of the various disciplines you are studying, including psychology. I’m told that more will be revealed on this assignment by your AEP instructors Amber Shaw and Jennifer Lightfoot toward the end of September.

4. Research participation (2%, with 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.”

Additionally, representatives will come to our very first class and pitch a project to you that will account for the full 2%. There will be more details on this during the first class!

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. You may earn up to 3 extra percentage points on your overall final grade by participating in studies regularly 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 activities at UBC.
# Course Schedule (Tentative)

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic</th>
<th>Assigned reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sept. 3rd-7th</td>
<td>Course orientation; introduction</td>
<td>Chapter 1; this syllabus</td>
</tr>
<tr>
<td>2</td>
<td>Sept. 10th-14th</td>
<td>Intro cont’d; research methods</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>3</td>
<td>Sept. 17th-21st</td>
<td>Methods cont’d; neuroscience</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>4</td>
<td>Sept. 24th-28th</td>
<td>Neuroscience; nature, nurture, diversity</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>5</td>
<td>Oct. 1st-5th</td>
<td>Wrap-up; review; MIDTERM 1 (4th)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Oct. 8th-12th</td>
<td>Sensation and perception</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>7</td>
<td>Oct. 15th-19th</td>
<td>Consciousness</td>
<td>Chapter 5</td>
</tr>
<tr>
<td>8</td>
<td>Oct. 22nd-26th</td>
<td>Memory</td>
<td>Chapter 6</td>
</tr>
<tr>
<td>9</td>
<td>Oct. 29th-Nov. 2nd</td>
<td>Learning</td>
<td>Chapter 7</td>
</tr>
<tr>
<td>10</td>
<td>Nov. 5th-9th</td>
<td>Wrap-up; review; MIDTERM 2 (8th)</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Nov. 12th-16th</td>
<td>Thinking and language</td>
<td>Chapter 9</td>
</tr>
<tr>
<td>12</td>
<td>Nov. 19th-23rd</td>
<td>Intelligence</td>
<td>Chapter 10</td>
</tr>
<tr>
<td>13</td>
<td>Nov. 26th-30th</td>
<td>TBD; wrap-up; review</td>
<td></td>
</tr>
<tr>
<td>Exam</td>
<td>Dec. 4th-Dec. 19th</td>
<td>Final exam (date/time/location TBA)</td>
<td></td>
</tr>
</tbody>
</table>
**GRADING**

Your grade for exams and your collaborative assignment will be sent to you via Canvas. If you wish to inspect your exam, you may do so by meeting with your TA. Grades for in-class workshops will be returned by the TA in subsequent workshops.

In order to reduce grade inflation and maintain equity across course sections, all psychology courses are required to comply with departmental norms for grade distributions. According to departmental norms, the mean grade in a 100-level class is 67% for a good 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 instructors or the department. Grades are not official until they appear on your transcript. You will receive both a percent and a letter grade for this course. At UBC, your course percentage is converted to a letter grade according to the following key:

- **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: 0-49%**

Because you are earning a degree at a highly reputable post-secondary institution, the criteria for success are high. The Faculty of Arts offers the following guidelines that broadly characterize the kind of work that is generally associated with the particular grade ranges. These characteristics help put the Psychology Department grading policies into perspective.

Please note that adequate performance is in the C range.

**A Range:** Exceptional Performance. Strong evidence of original thinking; good organization in written work; capacity to analyze (i.e. break ideas down) and to synthesize (i.e. bring different ideas together in a coherent way); superior grasp of subject matter with sound critical evaluations; evidence of extensive knowledge base.

**B Range:** Competent Performance. Evidence of grasp of subject matter; some evidence of critical capacity and analytic ability; reasonable understanding of relevant issues; evidence of familiarity with the literature.

**C-D Range:** Adequate Performance. Understanding of the subject matter; ability to develop solutions to simple problems in the material; acceptable but uninspired work; not seriously faulty but lacking style and vigor.

**F Range:** Inadequate Performance. Little or no evidence of understanding of the subject matter; weakness in critical and analytical skills; limited or irrelevant use of the literature.
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 soon as possible, as well as your Faculty Academic Advising Office. 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 (see below). The university also accommodates students whose religious obligations conflict with attendance or scheduled exams. Please let us know in advance, by 14th September 2018, if you will require any accommodation on these grounds. Other absences (e.g. varsity athletics, family obligations, or similar) are not part of the university policy and you should not assume they will be accommodated. Please discuss this with us before 14th September 2018.

Other Course Policies
Access & Diversity. UBC is committed to equal opportunity in education for all students including those with documented physical or learning disabilities. If you believe you fall in this category, please visit the website for Access & Diversity (students.ubc.ca/about/access) to take the necessary steps to ensure that you have every opportunity that you deserve to excel in your studies.

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.

Points to remember!:
- Productive classroom discussion and debate are encouraged.
- You are responsible for all readings and lecture materials.
- Lecture slides will be 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 the night before each lecture. This is done as a courtesy. Please be aware that we may make significant changes to the slides between that time and the lecture the next day. Final versions of lecture slides will be posted no later than the Friday 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. So if you plan to use devices for any non-class-related activities, please sit at the back of the room.

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 all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the university. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing
grade for the course, suspension from the University, cancellation of scholarships, or a notation added to the student’s transcript.

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 with us. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (students.ubc.ca/calendar) and read the University’s Policy 69 (available at universitycounsel.ubc.ca/policies/policy69.html).

WELLNESS RESOURCES
Below is a list of resources you may want to use if you are struggling in any way to manage your responsibilities while in school or the stresses of life in general.

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 Phone number: 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 Phone number: 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/
A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

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

BC Crisis Center:
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.