September 4 – September 27

*Madison is a PhD student in Cognitive Science. Her academic background includes the study of Vision Science, Computer Science, Visual Art, and Clinical Psychology. Her professional background is in UX/UI engineering. Madison’s current research investigates the perception of data visualizations— in other words, how we can look at shapes (like a bunch of dots in a scatterplot) and infer statistical information (like a correlation value).*

October 2 – October 30

*Siba is a PhD student in Developmental Psychology. Her research examines children’s ability to reason about other individuals’ perspectives, and the biases (e.g., the curse of knowledge) that limit this ability.*
November 1 – November 27

Joanne is a PhD candidate in Clinical Psychology. Her research focuses on parent-child relationships, and particularly about how parental characteristics (e.g., ADHD, Executive functioning difficulties, experience of stress) affects how parents think about and respond to their child.

Teaching Assistant:

Email: michaelmbarrus@gmail.com

Office Hours: By appointment (just email to schedule a time!)

- Michael Barrus

Michael spends his professional life teaching rats how to gamble in The Laboratory of Molecular and Behavioural Neuroscience here at the University of British Columbia. In his time outside the lab, he wanders the waters of British Columbia with fishing gear, a surfboard, and a camera.

Learning Objectives:

This course will introduce you to psychological science. We’ll focus on social, developmental, and health aspects of psychology. We will begin with an introduction to psychology, and then explore specific topics including...

(1) research methods

(2) emotion and motivation

(3) intelligence

(4) social and personality
UBC Psychology PSYC 102 002 2018W term 1

(5) development in infancy and early childhood
(6) stress, coping, and health
(7) psychological disorders
(8) psychological treatment.

We will focus on developing the skills necessary to be critical consumers of psychological science.

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

- Understand and explain psychological science research practices
- Describe theories and research on social and personality psychology
- Describe how psychological changes occur across development, focusing on the physical, cognitive, social and moral domains
- Describe the core features and understand the psychological experience of a variety of mental disorders
- Appreciate applications of psychological science to everyday life

EXAMS & ASSIGNMENTS

Exam Details

MIDTERMS

Midterm Exams:

Midterm exams will involve multiple choice and short answer questions.

Midterm 1 will cover Chapters 1, 2, half of chapter 8 (Emotion, pages 311-327) and 10.

Exam content will be taken from both textbook and lecture materials. Both midterms will be predominantly multiple choice format, with a few short answer or fill in the blank responses.

FAQs

“What if I miss a midterm?”

- If you are aware of scheduled UBC-sanctioned sport travel or a religious obligation that conflicts with the date of a midterm exam, you MUST contact your instructors up to two weeks before the exam so that alternate arrangements can be made.

“What if I get sick?”

- If you miss a midterm exam for a medical reason, you still need to contact your instructors before the exam. You must also provide medical documentation of the illness as soon as possible following the exam, and you will give it your best effort to schedule a makeup exam
within **one week** of the original exam date (unless your medical documentation warrants a longer period).

“What if I don’t notify instructors before the midterm?”

- If you miss a midterm exam for any other reason (e.g., work commitments, sleeping in, forgetting there was an exam), you will receive a zero on the exam.

Absolutely no exceptions will be made to this course policy.

**FINAL EXAM**

**Final Exam Policies:**

For the final exam, 80% of the material will cover Chapters 14, 15, and 16. The remaining 20% will be from the first two exams. The format will be the exact same as the midterm exam: predominantly multiple choice, with a few short answer or fill in the blank responses. Just like the midterms, content will be taken from both textbook and lecture materials.

**Additional Information**

Final exam policies are sanctioned at the university level. You can find complete information about final exam conduct, hardships and clashes, and results and scaling [here](#).

**Assignment Details**

**ICLICKER PARTICIPATION AND ATTENDANCE**

Participation & Attendance:

- During each lecture you will be asked several comprehension/survey/fun questions that you will respond to with your iClicker. Attendance will be evaluated through participation in the iClicker questions. Each class that you attend and participate in with your iClicker, will be calculated towards your grade. No exceptions will be made for missing class (despite having a good excuse). However, to account for the fact that things may come up for you to have to miss class, we will only count 19 classes (instead of the full 24). Therefore, you will only have to attend and participate in 19 classes in order for you to receive the full 6% towards your grade. Note, we will not evaluate your responses for the iClicker questions. You simply have to participate to get the grades! This is a 6% addition to your mark just for showing up!

**WRITING ASSIGNMENT**

This assignment has three parts:

- 1. An individual writing assignment (5%) – due November 15th at 11:59pm
Part I: Choose a topic from the textbook (any section covered in the class is fair game!), and write a half page (about two paragraphs, or ~250 words) about why you find it interesting. This write up might include a) what you learned, b) how it applies to another topic in the textbook, c) how your topic fits with or explains a real-world phenomena, d) something else!

Part II: Write a multiple choice question to go with your topic. This question should be challenging, and should require high-level, critical thinking to answer. You must provide 3-5 answers, including the correct answer.

Both Parts of this written assignment should fit into one single-spaced page. Please use size 12 Arial or Times New Roman font. Do not include your name on the submission. Please only include your student ID at the top right of the submission. You will submit your assignments to both Turnitin and Canvas. Plagiarism and/or cheating is unacceptable and will result in a 0 mark in the course.

2. A peer review component (3%) – due November 28th at 11:59pm

After November 15th, you will peer review each other’s assignments. You will receive a rubric to do this comparison and evaluation. These evaluations will be anonymous. You will be graded on your completion of the review and ability to use the rubric appropriately.

HUMAN SUBJECT POOL (HSP) INFORMATION

HSP Research Experience Component (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:

- 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 1/2 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!

- 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 2000-2018.
    - 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. 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 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.

<table>
<thead>
<tr>
<th>Summary</th>
<th>Due Date</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Assessment</td>
<td>September 27</td>
<td>27%</td>
</tr>
<tr>
<td>Midterm 1</td>
<td>October 30</td>
<td>27%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>TBA</td>
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</table>
iClicker Participation and Attendance  Begins after week 2, until end of term  6%

Short Essay  November 15  8%

Human Subject Pool (HSP)  November 27  2%  (up to 3% bonus)

COURSE MATERIALS

Course Materials:


- iClickers

Recommended Review:

- Launchpad is a great resource for practicing and studying textbook material for the exams.

ACADEMIC POLICIES

Withdrawal Dates:

If you are considering withdrawing from PSYC 102, please do so according to the withdrawal/drop dates for this UBC academic year. You can access dates and information here.

Student Expectations:

TREAT OTHERS WITH RESPECT  Your behavior in the classroom, face-to-face, and in writing (e.g., over email), reflects who you are as a person and student. We expect you to treat your instructors, Teaching Assistants, fellow classmates, and anyone else that might be part of our class with respect. This means being courteous when asking questions or making comments during class, and not monopolizing a discussion or question period.

PERSONAL AND ACADEMIC INTEGRITY  Students are in charge of their own learning experience and success. Plagiarism, cheating, and dishonesty of any kind will not be tolerated, including sharing iClickers, copying other’s exams and assignments. UBC provides a great resource about Academic Integrity here. If you are worried about your performance, or thinking about cheating, please talk to us or use the resources here!

COMPLETE ASSIGNMENTS ON TIME  Late assignments will be accepted up to 1 week after the due date. A 7% per day deduction will be applied. Assignments will not be accepted after 7 days (including weekends).
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TAKE TWO MIDTERMS AND THE FINAL EXAM  You can find specific exam policies here and here.

SHARE YOUR THOUGHTS  We encourage you to share feedback about this course, particularly about things we might change for future students! We are very open to working together to make this course a positive experience for everyone involved

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

What Students can Expect from Us:

AVAILABILITY  We will make ourselves available to help you and your classmates in your efforts to succeed. Visiting us during office hours is typically more effective than email for clearing up questions. If our office hours absolutely cannot work for you, respectfully email us a few time and day options to make an appointment.

ONLINE CONTENT AND LECTURE POLICIES  We will post lecture slides on Canvas before the start of class. Whenever necessary, we will also post final versions of the lectures slides, to more accurately line up with the content covered in class. If a final version of a lecture is available, please study from the final version. The posted lecture slides are not a substitute for attending lecture, and exams will contain a significant amount of content only provided in lecture. If you must miss class, please contact a fellow student (not your instructor or TA) to try and obtain notes and/or other information on what you missed.

PROVIDE PERSONAL FEEDBACK  We can arrange to provide you with feedback on Midterms, Assignments, and the Final Exam as promptly and as with as much detail as possible, given the size of this class. Please see us at office hours for additional feedback.

ACT RESPECTFULLY & ETHICALLY  At all times, we aim to treat each of you with respect, and to make all course decisions with the highest ethical standards in mind. If you feel you are being treated unfairly or disrespected by us or a classmate, we invite you to talk with us so we can sort out the issue together. These kinds of discussions will not impact your grade!

Grade Scaling Policy:

To ensure fairness across multiple course sections, all psychology courses at UBC are required to comply with departmental norms. According to departmental norms, the average grade in a 100- and 200-level Psychology course 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 (up or down) may be used by the instructors or the Department of Psychology to comply with these norms. Grades are not official until they appear on your transcript. You will receive both a percent and a leger grade for this course. At UBC, they convert according to the provided key:

A+  90-100%
### UBC Psychology PSYC 102 002 2018W term 1

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<thead>
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<td>50-54%</td>
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<td>F</td>
<td>0-49%</td>
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**Campus-wide Grading Policies:**

Information about UBC grading policies can be found [here](#).

**Psychology Department’s Official Statement 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 compared to over 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 originality that flag instances of plagiarism; instructors receive copies of these reports for every student in their classes.

During exams, the instructor and invigilators reserve the right to move students in their seating arrangement with no explanation provided.

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
FEELING STRESSED?

Study Tips:

- **READING AND STUDYING**
  - Reading for PSYC102
    - You must read the assigned textbook chapters to succeed in this course! The material you read will overlap with the material presented in class, but it is not a 1:1 relationship. Our in-class lectures will include helpful demonstrations, exercises, and peer interaction to supplement or help explain concepts from the readings. To maximize this course structure, students must read text chapters and attend class. We strongly suggest that you read each assigned Chapter before the corresponding lecture so that you know what parts your are unsure about, and what you’d like to ask questions about to clarify. This will help everyone! Use the guiding questions at the end of each chapter and Active Reading Tips as a source for class preparation.

- Studying for PSYC102
  - A recent literature review investigated various common study techniques, and then classified them as having high, moderate, or low utility for remembering and using information.
  - Students can consider using some of these evidence-based strategies to study for this (and other) courses:
    - Practice tests, including self-tests (e.g., turn chapter headers and learning objectives into test questions)
    - Distributed practice to spread out study over time (rather than cramming)
    - Elaborative interrogation (explain why a concept is true)
    - Self-explanation (explain how new information relates to what you already know)
    - Interleaved practice that mixes around different material (rather than studying all of unit 1, then all of unit 2, sequentially, for example)
  - This paper also revealed which study strategies students should avoid. Techniques with low utility are listed below:
    - Summarizing
• Highlighting/underlining
• Keyword mnemonics and mental imagery to link with verbal material
• Re-reading the text after having read it once

• ACTIVE READING
  • Active reading means thinking while reading. Most textbooks and scientific articles are not written as novels that can absorb you in their world and story. Because of this, you need to immerse yourself in the reading and not expect it to draw you in. You will find much beauty and interest once you are stuck in a reading yourself, however.
  • Find the structure of the argument. Without understanding the shape of the paper and what the author is trying to say, you will not be able to understand how each sentence and paragraph fits. If it helps, make a flowchart of the argument.
  • Constantly write down your thoughts. Big or small – nobody is going to read them, but reflect and note the thoughts, the ideas, and the questions you have.
  • Write a brief reflection. When you are done reading any significant portion, write (without copying) a summary of the argument or material, and how it relates to previous content. You will quickly find out which parts made sense and which did not.
  • Don’t be afraid of not understanding. These topics are hard (there is a reason you need a Ph.D. to contribute to them). You will get it. It’s our job as instructors to help you with this.

• GENERAL STUDY SUCCESS TIPS
  • Three quick tips for doing well in this course:
    • Attend class. If you must miss a class, talk to a classmate – get their lecture notes.
    • Do the readings ahead of time, and read ‘actively’ – pay attention to what you’re reading, ask yourself what point(s) the author(s) is trying to make, why this matters, and so on. Read it critically. Try to apply it to the material you’ll be submitting.
    • If you’re having any trouble with the course, please speak to the instructor or the TA right away.
  • Learning Tools to Investigate Further:
    • We encourage you to take responsibility for your learning and check out what these resources might have to offer you:
• LEARNING COMMONS is UBC’s online hub for study and research support. This interactive website provides you with a wealth of academic resources, from tutoring and workshops to study groups and online technology tools. It also offers plenty of information on a variety of academic topics, and links to nearly all of the academic resources offered at UBC. Make the Learning Commons your first stop for all things academic! http://learningcommons.ubc.ca

• WRITING SKILLS The UBC Centre for Writing and Scholarly Communication offers tutoring services, workshops, and advice. Also, Purdue University offers an amazing collection of information about writing at their Online Writing Lab (OWL), available at http://owl.english.purdue.edu/owl.

Wellness Resources:

Here 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

What is it?

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.

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

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.
What is it?

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**

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**

Phone number: 604-822-5844

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

**Student Health Services**

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**

A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

**Mental Health Awareness Club**

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**
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**

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

**BC Crisis Center**

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.