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PSYCHOLOGY 308
SECTION 951
Summer 2004
(July 12 - August 20 incl.)

Web Site

www.psych.ubc.ca/~gwatson/308/Psy308-951.htm

Time/Place :

Mon. - Fri. 9-11am/Angus 110

Prerequisites:

Psych 100 or 6 credits of 2nd year Psych; also must be in 3rd year or above.

Withdrawal dates:

Tue. July 20: deadline for withdrawal from the course without a 'W' on your record.

Wed. July 28: deadline for withdrawal from the course with a 'W' on your record.

Instructor: Dr. Gillian Watson

Office: Room 2009, Kenny Psychology

Phone: 822 - 2513 (leave Message)

E-mail: gwatson@psych.ubc.ca

Office Hours: Mon & Wed 11:30-12:30 pm;

Teaching Assistant: Rajiv Jhangiani

Office: Room 3522, Kenny Psychology

Email: rajivsj@interchange.ubc.ca

Office Hours: Tuesday 1:30-2:30pm

Emails will be answered on weekdays during normal working hours only. If you have questions about course material that cannot be answered briefly, it is probably better to bring those questions to office hours where they can be discussed fully.

READINGS

1. [Text] Aronson, E., Wilson, T.D., et al. (2004). *Social Psychology. Second Canadian Edition*. Toronto: Pearson/Prentice Hall

[Readings] Custom Course Readings available in Bookstore.

CLASSES

Class material will usually supplement text material by extending topics or introducing entirely new topics that the text has not covered. It will be assumed that students have read the background material in the text. Therefore, assigned readings should be completed prior to the classes in a particular week whenever possible.

<u>COURSE EVALUATION.</u>	<u>Weight</u>	<u>Date</u>
Examination 1	35%	Monday, July 26, 2004
Examination 2	35%	Monday, August 9, 2004
Examination 3	30%	Friday, August 20, 2004
	100%	.

EXAMINATIONS

Examinations 1 & 2 will consist of both multiple choice (30 questions) and short answer questions (3 questions at 10 points each). Exam 3 will consist of multiple choice questions only.

Each Exam will cover untested material only. Exam 1 will cover material from weeks 1 and 2. Exam 2 will cover material from weeks 3 and 4. Exam 3 will cover material from week 5 and 6. You will be responsible in exams for ALL class and assigned reading material introduced in the two-week period covered by that exam.

DATE	TOPIC	READINGS: TEXT	READINGS: ARTICLES
WEEK 1	INTRODUCTION & SOCIAL COGNITION		
JULY 12	Introduction to Course & Social Psychology	Ch. 1	
13	Research Methods & Issues	Ch. 2	ADAIR
14	Research Issues	Ch. 2	
15	Schema's and heuristics	Ch. 3	
16	Cognitive Biases Studying for exam 1	Ch. 3	
WEEK 2	SOCIAL PERCEPTION & THE SELF		
JULY 19	Nonverbal Behaviour	Ch. 4	
20	Theories of Attribution	Ch. 4	
21	Attributional Biases & Culture	Ch. 4	NORENZAYAN
22	The Self: Origins & Knowledge	Ch. 6	
23	Motivation & the Self	Ch. 6	
WEEK 3	ATTITUDES, PERSUASION & CONFORMITY		
JULY 26	***{EXAM 1}***		
27	Attitudes: Formation	Ch. 7	
28	Attitude Change & Persuasion	Ch. 7	
29	Conformity & Cult Studies (FILM)	Ch. 8	BARON
30	Destructive Obedience	Ch. 8	
WEEK 4	RELATIONSHIPS & GROUPS		
AUGUST 2	<<<< UBC CLOSED >>>>		
3	Group Behaviour & Decisions	Ch. 9	
4	Cooperation & Competition (FILM)	Ch. 9	
5	Attraction, Love & Evolution	Ch. 10	
6	Social Exchange in the Long-term	Ch. 10	KOMORITA
WEEK 5	PROSOCIAL BEHAVIOUR & AGGRESSION		
AUGUST 9	***{EXAM 2}***		
10	Prosocial Motivation	Ch. 11	
11	The Bystander Effect	Ch. 11	
12	Causes of Aggression	Ch. 12	
13	Reduction of Aggression	Ch. 12	ATRAN
WEEK 6	PREJUDICE & DISCRIMINATION		
AUGUST 16	Nature of Prejudice	Ch. 13	
17	Causes & Effects of Prejudice	Ch. 13	
18	Combating Prejudice	Ch. 13	
19	---Revision---		
20	***{EXAM 3}***		

Psychology 314, Section 951
Health Psychology Course Outline,
Summer 07, Term 2

Instructor: Melady Preece, Ph.D.

Office: 2011 Kenny

Office Hours: Monday and Wednesday, 11am (July 9 to July 27 only)

Email: meladypreece@gmail.com (Please put "Psyc 314" in the subject line).

Website: <http://www.melady.preece.com>

Teaching Assistant: Kim Schmidt

Email: kschmidt@interchange.ubc.ca

Office Hours: By appointment

Class Times: Monday, Tuesday Wednesday, Thursday, Friday, 12 noon to 2:00 pm

Location: West Mall Swing Space 122

Required Reading: Brannon, L., & Feist, J. (2007). Health Psychology: An introduction to behavior and health, 6e. Toronto: Thompson Wadsworth.

Course Description: The focus of this course is on the application of psychological principles to all areas of health and well-being. Topics include research methods in health psychology, psychoneuroimmunology, stress and coping, eating disorders, smoking, substance abuse, pain, chronic illness, alternative medicine, and health promotion.

Format: Lectures, videos, discussion.

Contacting Me: If you wish to email questions related to the course that are relevant to everyone, please send the questions to the group email. I will make sure that the question is answered appropriately. Instructions for signing up for the class listserv are provided on the course homepage. I will not answer questions about the course material if they are sent to my personal email. My personal account is for you to use if you have issues of a more individual or personal nature. However, to ensure a prompt response, please be sure to put "Psych 314" in the heading of any personal email. For questions related to viewing your midterm please email the T.A. to arrange for individual assistance. You may also wish to use the listserv to either purchase or sell your textbook.

Student Presentations: Many of you likely have personal knowledge regarding some of the topics we will be studying. I would like to offer you the opportunity to share your experiences/knowledge with the class. A bonus mark of 1-2% will be awarded for good quality presentations. This will be added to your final grade. If you would like to present, please contact me at least a week in advance, so that I can help you with the length/breadth/scope of the presentation.

Evaluation:

1. Midterm exam (35%) July 18, in Swing Space 122
2. Health Psychology in the News paper (20%) , due July 20
3. Final exam (45%) July 27, in Swing Space 122

Examinations:

- Midterm: Multiple choice, fill in the blank, short answer. 2 hours allowed.
 - Final exam: Multiple choice, fill in the blank, short answer. 2 hours allowed.
 - Exams will be based on lecture and assigned reading as outlined in the course schedule. Final will be based only on material presented in the second half.
 - If you miss the midterm due to illness, you will be given the opportunity to take the midterm exam at the final exam sitting, after you have completed the final exam. The Psychology Department requires a written medical explanation. If you miss the final exam due to illness, you must contact Arts Advising to arrange completion of the course at another time, usually the end of the next term.
- Exams will be based on lecture, assigned readings, and any videos shown. Please note that lecture topics are subject to revision, although assigned textbook readings will not change.
- Examinations will cover both text and lecture material, so attendance at lectures is important for any student who wishes to do well. I will use the lecture time to focus on topics that I feel are particularly important or interesting. Sometimes I will summarize, review, or expand on material that is in the text, and other times I will present additional material. However, not all text material will be covered in lecture, and not all lecture material will be included in the assigned text material. Nonetheless, you are responsible for all assigned text material and all lecture material.
- Please note that examinations are designed to test **only a sample** of the knowledge you derive from the course. This sample is considered an indication of the depth and breadth of your overall knowledge. Therefore, I will not tell you what will be on the exam, as this would defeat the purpose of the examination.

Written assignment, "Health Psychology in the News"

An important objective of this course is to improve your ability to critically examine health research, particularly as it relates to health behaviors. As an assignment, you will identify and critique a news article on a topic related to health behaviors. You need to find at least three research articles from peer-reviewed journals to support your point of view. Cite your sources using APA style (same as your text book). Attach the news article to your paper. Your paper should be between 3 and 5 pages double-spaced.

How your final grade is determined:

- Grading systems are always scaled in a way that indicates a student's performance *relative* to others in the class. The absolute value of a score is often subjective and may offer little assessment of a student's performance in the absence of comparisons with other students' scores.
- In order to make your grade reflect your standing relative to others in the class (and to other classes in Psychology), your raw scores are transformed to derived scores with a standard average and a standard distribution. You may be reassured to know that these same transformations are used by many national testing services, such as the GRE, SAT, MCAT,

LSAT etc. The Psychology department has set a target mean of between 67% and 70% for third year courses.

Lecture Schedule and Readings

(Note: This is a TENTATIVE schedule – lectures, videos, or guest speakers may change, but readings will not)

Date	Topic	Required Reading
July 9	-The Field of Health Psychology	· Syllabus · Chapter 1, Introducing Health Psychology
July 10	-Research Methods in Health Psychology	· Chapter 2, Conducting Health Research
July 11	-Epidemiology, special topics in health research -Video – Bitter Medicine -Health Care systems	· Chapter 3, Seeking Health Care
July 12	-Hypochondriasis -Stress	· Chapter 4, Adhering to Medical Advice Chapter 5, Defining and Measuring Stress
July 13	-Psychoneuroimmunology	· Chapter 6, Understanding Stress and Disease
July 16	-Pain -Coping with stress, pain -Personality and coping, coping with interpersonal stressors	· Chapter 7, Understanding Pain · Chapter 8, Managing Stress and Pain
July 17	-Cardiovascular Disease	· Chapter 9, Cardiovascular Disease
July 18	-Midterm	· Chapters 1-8
July 19	-Cancer -Video	· Chapter 10, Behavioral Factors in Cancer
July 20	-Chronic Illness	· Chapter 11, Living with Chronic Illness · Health in the News – Assignment Due
July 23	-Prevention -Smoking	· Chapter 12, Preventing Injuries · Chapter 13, Smoking Tobacco
July 24	-Drinking	Chapter 14, Using Alcohol and Other Drugs
July 25	-Health Promotion	· Chapter 15, Eating · Chapter 16, Exercising

July 26

-Harm Reduction

Chapter 17, Future Challenges

Video Fix: The Story of an
Addicted City
HV5840.C32V36 2002

July 27

Final Exam

2 hours