

PSYCHOLOGY 102: 921

Introduction to Developmental, Social, Personality, & Clinical Psychology

WHO?

INSTRUCTOR:



Lillian (Lily) May
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Office: Kenny 2037
Office Hours: Tuesdays, 1-2pm & by appointment

Hi! I'm Lily, your instructor for the summer! I'm a lecturer in the Department of Psychology, which means I spend most of my time teaching undergraduate Psych classes. My specific area of expertise is developmental psychology, so I mainly teach courses about infants and children. When I'm not teaching, I spend time with my husband and 8 month-old baby. We love camping, BBQing delicious food, and exploring new beers.

TEACHING ASSISTANT:



Yvette Graveline
yvette.graveline
@psych.ubc.ca

Office: Kenny 3020
Office Hours: Wednesdays, 3:15-4:15pm & by appointment

*Please note that we are both happy to meet with you for any reason-- just email us to set up a meeting! We strive to respond to all emails within **48 hours**. Note that it can sometimes take a day or so for us to respond, so please keep that in mind before exams/assignments!*

WHEN & WHERE?

Mondays & Wednesdays, 1:00-3:50pm in CIRS 1250

WHAT?

*Who is the smartest person in the world? Why am I outgoing, but my brother is shy? What is that baby thinking? What does it mean to have panic attacks? Why do I feel stressed, and what can I do about it? **Why do we behave the way that we 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**. This course covers several fundamental topics in psychology, such as emotion, social behavior, development, intelligence, stress, and personality. The course concludes with the topic of psychological disorders and their treatment.

What will class be like?

Classes will primarily be lecture. But, I try to make the lectures as fun and interactive as possible: there will be loads of discussion, activities, and questions. You will get the most out of class if you participate—research tells us that active engagement with class material improves learning and memory!

LEARNING GOALS

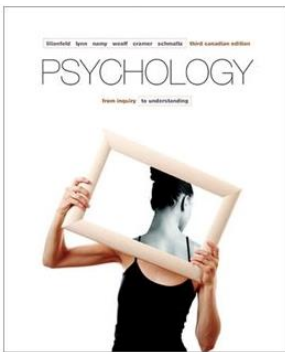
By the end of this course, you should be able to:

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.

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.

Important notes about the textbook:

- For PSYC102, we will cover only 10 chapters from this textbook. The current version of the textbook for sale at the bookstore includes all chapters, even those we will not be covering (weirdly, it is cheaper this way).
- If you are taking PSYC101 with Dr. Mark Lam this summer, we are using the same textbook—so only buy it once!
- This is a 2 year old edition of the text. It is highly recommended that you purchase and use this (3rd Canadian) version, as it is the version on which lecture and exams will be based.
- If you previously took PSYC101 and bought another textbook, and are concerned about having to purchase another text for this course—please come see me. If purchasing this textbook creates a struggle for you for any reason, PLEASE speak to me—I will try my best to find a solution.

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 your marks, 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)

“Draft” 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 and/or items may be missing (blanks for you to fill in, surprise slides to correspond with an activity or discussion, etc.). 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!

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 in-class quizzes, monitoring participation, and other activities.

Sign up at **tophat.com**
Course Join Code: **194606**



TOP HAT

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: MYPsYCHLAB

MyPsychLab is an online learning component that comes with your textbook. While MyPsychLab is NOT REQUIRED for this course, it has some useful

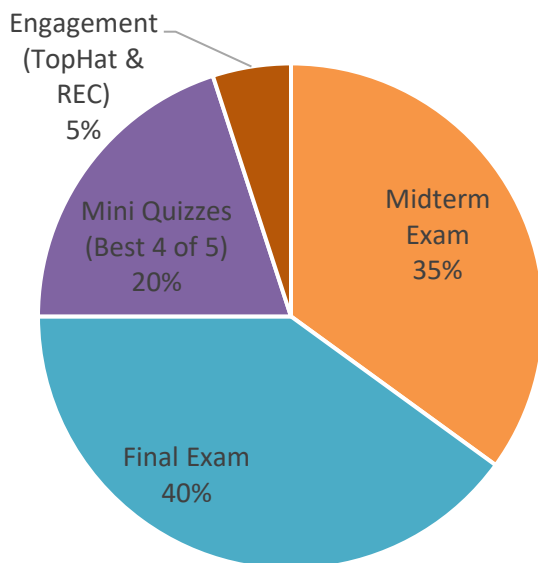
resources: access to the (full) textbook e-book, video and simulation materials, and quizzes to self-assess your learning.

If you purchase the 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

Course ID: may36373

COURSE REQUIREMENTS & EVALUATION



MIDTERM EXAM (35%)

May 29, taken during class time

The midterm exam will cover material from both lecture and the textbook. 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 (40%)

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 (June 24-28). 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.

Tips for performing well on exams:

- Come to class! We will review material from the textbook (this gives you the chance to be sure you understand it correctly), as well as cover additional material not in the book.
- Read the textbook! We won't have time to cover everything in class.
- Spread out your studying across days/weeks—don't cram all at once!
 - Practice quizzing yourself!
 - Participate in class!
- Ask questions when you don't understand!!

MINI QUIZZES (20%)

Beginning the second week of term, one class each week will begin with a short quiz (10 minutes) covering material from the previous class(es). Quizzes will be conducted on TopHat, so be sure you have a cell phone, tablet, or computer!

There are 5 quizzes in total. Only your **4 best quiz marks** will count towards your final grade (5% each)—your mark from the lowest week is automatically thrown out.

Why so many quizzes/exams?!?!?

Studies show frequent testing is one of the best ways for you to learn! When you have many small quizzes spread out throughout the term, you're able to check your knowledge on a regular basis and figure out what you don't know—before you take the big exams...

Quiz dates:

- **May 13** (Monday)
- **May 22** (Wednesday)
- **May 27** (Monday)
- **June 12** (Wednesday)
- **June 17** (Monday)

ENGAGEMENT (5%)

Top Hat Participation (3%)

Throughout the class, we will use TopHat for discussions, activities, practice questions, and more. You are expected to participate in the lecture through using TopHat—this participation will count for 3% of your final mark.

TopHat participation marks will be calculated according to the following:

- If you participate in >80% of TopHat questions/activities throughout the term, you will receive 3/3 points for participation.
- If you participate in >60% of TopHat questions/activities throughout the term, you will receive 2/3 points for participation.

- If you participate in >30% of Top-Hat questions/activities throughout the term, you will receive 1/3 points for participation.

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:

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 2000-2019.
- 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.

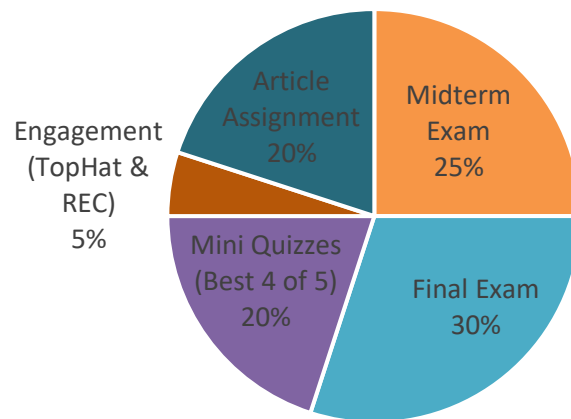
OPTIONAL: ARTICLE ASSIGNMENT (20%)

Due Friday, June 14 @ 11:59pm

If you choose, you can also submit a written assignment for 20% credit. In this case, your Midterm Exam will be worth 25% and your Final Exam worth 30%.

Psychology is a field in which new and exciting research is constantly coming out. For this assignment,

Course Breakdown WITH Optional Assignment



you will have the opportunity to locate, read, summarize, interpret, and reflect on 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. *Journal of Abnormal Psychology*
 - b. *Child Development*
 - c. *Developmental Science*
 - d. *Journal of Personality and Social Psychology*
 - e. *Journal of Personality*
 - f. *Health Psychology*
 - g. *Journal of Applied Psychology*
 - h. *Journal of Experimental Psychology*
 - i. *Emotion*
 - j. *Cognition*
 - k. *Journal of Educational Psychology*
- 2) Write a short, concise summary of your assigned research article (600 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 the following questions:
 - a. Is there another explanation for the findings that is not addressed by the researchers? Explain. (300 words maximum)
 - 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? (300 words maximum)

- 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.

800-1200 words (not including drawings/figures or references), typed, size 12 font, double spaced.

Further instructions will be posted on Canvas.

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.

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.

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

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.cf?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 or 604-872-3311. Provides emotional support to youth, adults, and seniors in crisis in BC. Crisis line available 24/7.
 - **Pacific Spirit Addiction Services:** 3rd floor, 2110 West 43rd 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 a 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 (3:50pm)**
- **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 TA, and your instructor**
- **Maintain academic integrity**

YOUR EXPECTATIONS OF ME

- **Come to class and arrive on time; end lecture on time at 3:50pm**
- **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

Schedule is subject to change at any time. Please check Canvas for latest announcements.

MONDAYS 1:00-3:50pm	WEDNESDAYS 1:00-3:50pm
May 6 COURSE OUTLINE & EXPECTATIONS CHAPTER 1: PSYCHOLOGY & SCIENTIFIC THINKING	May 8 CHAPTER 2: RESEARCH METHODS
May 13 CHAPTER 9: INTELLIGENCE & IQ TESTING <i>Mini Quiz #1</i>	May 15 CHAPTER 10: HUMAN DEVELOPMENT
May 20 NO CLASS: VICTORIA DAY	May 22 CHAPTER 11: EMOTION & MOTIVATION <i>Mini Quiz #2</i>
May 27 CHAPTER 12: STRESS, COPING & HEALTH <i>Mini Quiz #3</i>	May 29 MIDTERM EXAM
CONGRESS BREAK JUNE 3-7	
June 10 CHAPTER 13: SOCIAL PSYCHOLOGY	June 12 CHAPTER 14: PERSONALITY <i>Mini Quiz #4</i>
June 17 CHAPTER 15: PSYCHOLOGICAL DISORDERS <i>Mini Quiz #5</i>	June 19 CHAPTER 16: PSYCHOLOGICAL & BIOLOGICAL TREATMENTS

FINAL EXAM TO BE SCHEDULED DURING UNIVERSITY EXAM PERIOD (JUNE 24-28)