

PSYCHOLOGY 315: CHILDHOOD & ADOLESCENCE

Section 001 Tuesdays & Thursdays, 2:00-3:20pm CIRS 1250

INSTRUCTOR

Dr. Lillian May

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Hi! I'm Lily, your instructor for the term! I'm a Lecturer in the Department of Psychology, where I teach many classes about developmental psych. When I'm not in the classroom, you can usually find me hanging out with my husband Tod and 1year-old daughter Remy! I like camping, tacos, The Bachelorette, and sleep.

TEACHING ASSISTANTS



Tsz Yin Fung

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Talia Morstead • Please call me: Talia (pronouns: she/her)

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Please note that we are all happy to meet with you for any reason! Just email us to set up a meeting, with the course number 315 in the subject line of the email. We strive to respond to all emails within 48 hours, excluding weekends.

WELCOME TO PSYC315!

This course will provide an introduction to the major theories and empirical research on human development, focusing on development between 3-18 years of age. We will discuss topics such as social cognition, identity, the influence of family and peers, gender development, and much more. While the focus of the course will be on typical development, we will also touch on examples of atypical development.

As a 300-level course, some background in Psychology is expected.

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! Plus, it helps you to stay awake, and you get to know some of your classmates!

LEARNING GOALS

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

- 1. Describe and evaluate the research methods employed by developmental psychologists.
- Discuss and contrast major historical and contemporary theories of development, such as those by Piaget, Freud, Erikson, & Bronfenbrenner.
- 3. Identify and describe important trajectories and milestones in cognitive, social, moral, and gender development between 3 and 17 years of age.
- 4. Appreciate the impact of family, peers, culture, and context on development.
- 5. Apply developmental psychology concepts and research to real-world situations.

 Apply critical thinking skills to scholarly and popular media writing on developmental psychology research.

COURSE MATERIALS

TEXTBOOK

Siegler, R., Eisenberg, N., DeLoache, J., Saffran, J., Gershoff, E., & Graham, S. (2017). *How Children Develop*. Fifth Canadian Edition.



Important notes about the textbook:

- This textbook is used both for this course (PSYC 315: Childhood & Adolescence) as well as for PSYC 302: Infancy. In this course, we will focus predominantly on the sections of the text pertaining to the age period between 3-17 years, but there may be some overlap between the portions of the book used by PSYC 302.
- We are currently using the 5th Canadian edition if the text. There are other editions of this book available at some outlets (a US version, a 4th Canadian edition, etc.). You can use those editions, but at your own risk: there may be some discrepancies between the different versions, and the 5th Canadian edition will be the authority for purposes of this course.

• Your book may come bundled with access to Launchpad, an online learning component. Access to Launchpad is NOT required for this course, although you may find it a useful resource with access to the e-book and practice quizzes. To access Launchpad, visit:

https://www.macmillanhighered.com/launchpad/ siegler5ecanadian/11293411

ADDITIONAL READINGS

Additional readings are assigned to supplement the textbook on certain topics. These readings are intended to either highlight novel and exciting research, research conducted here at UBC, or research focused on children from non-majority cultural groups/non-WEIRD samples.

Readings are (typically short) experimental articles. Given the statistical content of original research, they can be difficult to understand! Please feel free to come see your instructor or TAs if you have difficulty with the readings.

Readings can be found on Canvas, under the Modules tab.

COURSE WEBSITE

You are responsible for checking the course website at <u>www.canvas.ubc.ca</u> often throughout the term. You use your CWL to login. This is where you can access and download the course syllabus, find the course readings, 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 and to convey important information* (go to Account \rightarrow Notifications \rightarrow Announcements \rightarrow Notify me right away)

Lecture slides can be found on Canvas, under the "Modules" tab. 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/or or some material may be missing from the draft slides. 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!

If you are struggling to acquire course materials, or find yourself choosing between purchasing the text or personal necessities—please let me know so I can help!

COURSE REQUIREMENTS & EVALUATION



ATTENDANCE

Attendance is expected in this course, and is necessary in order for you to do well. Although attendance will not be taken in class, there will be material covered in lecture in substantially greater depth than what is posted in lecture slides to Canvas. By regularly attending class you ensure yourself the best chance of success. If you do have to miss a class, you are responsible for getting notes from another student.

MIDTERM EXAMS (40%)

Two non-cumulative quizzes given during class time (80 minutes), each worth 20%. Midterm exams will cover material from both lecture and assigned readings. The exams will consist mainly of multiple choice questions.

- Midterm #1 (20%): October 8
- Midterm #2 (20%): November 12

Accommodations for missed midterm exams will be given for medical circumstances (physical as well as emotional/psychological), conflicting responsibilities (ie, needing to be present for a court date, needing to provide care for a family member, representing UBC at a performance or competition), or compassionate grounds(ie, in the case of a traumatic event or death of family member/friend). If you need to miss a midterm, please contact the instructor as soon as possible. There are no make-up midterm exams; your points will be reweighted to the cumulative final. For UBC policies regarding in-term academic concessions, visit:

http://www.calendar.ubc.ca/vancouver/index.cfm ?tree=3,329,0,0.

FINAL EXAM (30%)

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 (December 3-18). 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:

- Midterms are not cumulative; the final is cumulative.
- 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 (#2) pencil and your UBC student 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. (UBC Policy)
- You are strongly encouraged to review your exam(s) with your TA. Most requests for grade adjustments can be settled directly with your TA. If you still have a concern after speaking with the TA, please write a summary of your issue and send it to the instructor for evaluation.

ASSIGNMENT 1: DEVELOPMENTAL PSYCHOLOGY IN THE MEDIA (15%)

600-800 words, typed, size 12 font, double spaced, .doc/.docx format.

Often, psychological research is summarized in the news. This is particularly true for developmental

research—information on children is very relevant and interesting to the general public! But how accurate are these popular media depictions of psychological science?

For this assignment, your job is to read **one** of 3 selected popular media articles that describes recent scholarly research on cognitive development. In addition, you will read the original scholarly source on which the popular media article is based. Both the scholarly source articles and popular media articles (plus weblinks) are available on Canvas.

In a 600-800 word paper, you will summarize the scholarly research article, and then analyze the popular media representation. In your summary, you should first describe the research question, hypothesis, methods, results, and conclusions from the original scholarly article. In your popular media analysis, you should discuss whether the media story do an accurate job relating the researchers' findings and conclusions. In doing so, you should think about what you have learned in class and in course readings.

All sources must be cited in-text and in a reference list, using APA format. You should have at least two sources (your new story and your scholarly source), but you can have additional sources as well. Your reference list is not part of the word limit.

Due October 22 by the start of class.

Submit on Canvas as well as on Turnitin.com (instructions to be posted on Canvas). Late assignments will be marked 10% off per calendar day late.

Further details on Assignment 1, including a rubric, are available on Canvas.

ASSIGNMENT 2: DESIGN A CHILDREN'S TOY (15%) For this assignment, you may choose to work alone or with 1-2 other classmates.

500-700 words (not including drawings/figures or references), typed, size 12 font, double spaced.

Children love toys! And toy manufacturing is a huge industry. Developmental psychologists know

that toys can have a significant impact on a child's development.

For this assignment, you are to design a new toy for children aged between 3-17 years of age. Your toy should be created with the aim of helping your target audience's development, using concepts covered in this course (ie, language development, gender development, identity development, etc.).

In your paper, you should describe your toy and how it will aid in children's development. What age(s) is your toy for, and why? What skills or abilities is your toy designed to influence, and how? Use and cite research and theories you have learned in this class. You can rely on the textbook, assigned readings, or other scholarly sources to write your paper (do not use popular books or media). You must also include a drawing/blueprint/model of your toy as part of the assignment (which will not count towards the length requirement).

Please do not plagiarize toy designs from each other or from the real world! Inventing a new toy may be challenging, but should also be rewarding. You may, however, choose to get inspiration from visiting a toy store and observing what toys already exist. Just make sure that your design is original.

All sources must be cited in-text and in a reference list, using APA format. Your reference list is not part of the word limit.

Due November 26 by the start of class.

Submit on Canvas, as well as on Turnitin.com. Hard copies of your toy blueprint, model, etc. can be submitted in class if needed. Late assignments will be marked 10% off per calendar day late.

Further details on Assignment 2, including a rubric, are available on Canvas.

Notes on Assignments:

 Assignments are graded according to the rubrics posted on Canvas—it is highly recommended that you read these rubrics prior to, and while constructing your assignment!

- Please adhere to the word limits given. Any text over these limits will not be read by the grader.
- Assignments will be submitted to Turnitin.com, which analyzes your work for originality. As Turnitin is hosted on a USbased network, you may choose to submit using a pseudonym. If you do so, please inform the instructor of your Turnitin name!
- Extensions may be provided for medical circumstances (physical as well as emotional/psychological), conflicting responsibilities (ie, needing to be present for a court date, needing to provide care for a family member, representing UBC at a performance or competition), or compassionate grounds(ie, in the case of a traumatic event or death of family member/friend). If you need an extension, please contact the instructor as soon as possible. Additional information on in-term concession is available here: http://www.calendar.ubc.ca/vancouver/inde

x.cfm?tree=3,329,0,0.

HUMAN SUBJECTS POOL CREDITS (UP TO 3% EXTRA CREDIT)

You may earn up to 3% extra credit to your final course grade through participating in research studies (or by completing library assignments).

More information can be found at <u>https://psych.ubc.ca/undergraduate/opportunitie</u> <u>s/human-subject-pool/</u>

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 300-level class is 70 for a strong class, 68 for an average class, and 66 for a weak class; with a standard deviation of 13.

Class Performance	Mean	SD
Strong class	70%	13%
Average class	68%	13%
Weak class	66%	13%

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. If you choose to take notes on a laptop, please consider quitting/minimize any programs that may distract others (internet, facebook, games, etc). If you choose to have your cell phone on during class, please consider setting it on vibrate or only allowing calls from important numbers (try the Do Not Disturb rules/functions!)

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/polic y69.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/systemstools/early-alert

ACADEMIC RESOURCES

- UBC Academic Regulations: <u>http://www.calendar.ubc.ca/Vancouver/inde</u> <u>x.cfm?tree=3,0,0,0</u> Information on UBC regulations, including academic concession and accommodation.
- UBC Learning Commons: <u>http://learningcommons.ubc.ca/</u> 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: <u>http://students.ubc.ca/about/access</u> 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: <u>http://students.ubc.ca/livewell/services/coun</u> <u>selling-services</u> 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: <u>http://www.ams.ubc.ca/services/speakeasy/</u> 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: <u>http://students.ubc.ca/livewell/services/well</u> <u>ness-centre</u> 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/stud

ent-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: <u>http://students.ubc.ca/livewell</u> 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: <u>http://blogs.ubc.ca/ubcmhac/</u> 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: <u>www.crisiscentre.bc.caor</u> 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.
- 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 s 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

- Email me and/or the TAs if you need help or have any questions! We are happy to meet with you for *any* reason. Don't suffer in silence—it's our job to help you out.
- Come to class. It will be very hard to succeed in this class without attending.
- Please try to arrive to class on time and stay until the end of lecture without disrupting fellow students. I understand that the UBC campus is large, and you may be running to-and-from classes! But many late students, or students packing up their belongings early, can be very distracting to others trying to listen to lecture.
- **Complete assigned readings in a timely fashion**. Doing the readings prior to the class for which they have been assigned will allow you to best participate in any activities/discussions.
- Regularly check Canvas and your email for announcements.
- Be respectful when using electronic devices during class.
 - You can have your cell phone with you in class-- emergency calls happen! But I ask that you be mindful of other students, of the instructor, and of your own learning. Consider turning your phone on vibrate or only allowing calls from important numbers.
 - Laptops are allowed for 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 TAs, and your instructor.
- Maintain academic integrity.

YOUR EXPECTATIONS OF ME

- **Respond to your emails within 48 hours** (if it's been more than 48 hours, email me again! Your email may have gotten lost in my spam folders).
- Be willing to meet with you for any reason
- Come to class and arrive on time; end lecture on time.
- Post "draft" lecture slides to Canvas by 12am the night before class; post "final" lecture slides to Canvas by 12am the night following class
- **Post grades in a timely fashion**. We will aim to return exam grades within 1 week, and Assignment grades within 2 weeks.
- Do my best to keep class fun, funny, lively, organized, interactive, and educational

COURSE SCHEDULE

Schedule is subject to change at any point. Changes will be announced in lecture and on Canvas.

September

Tuesday	Thursday	
3	5	
NO CLASS: IMAGINE DAY	COURSE OUTLINE & EXPECTATIONS	
10	12	
INTRODUCTION & HISTORY	METHODS FOR STUDYING DEVELOPMENT	
Chapter 1, pgs. 1-24 (Start of chapter, up to, but not including,	Chapter 1, pgs. 25-38 ('Methods for Studying Child	
'Methods for Studying Child Development')	Development', through end of chapter)	
17	19	
COGNITIVE DEVELOPMENT: INTRODUCTION & THEORIES	COGNITIVE DEVELOPMENT: LANGUAGE & SYMBOLS, PART 1	
Chapter 4, pgs. 142-167 (Start of chapter, up to, but not	Chapter 6, pgs. 240-249 (Start of chapter, up to, but not	
including, 'Core-Knowledge Theories'), pgs. 172-178	including, 'The Process of Language Acquisition'), pgs. 268-273	
('Sociocultural Theories', up to, but not including, 'Dynamic-	('Putting Words Together', up to, but not including, 'Theoretical	
Systems Theories')	Issues in Language Development')	
24 COGNITIVE DEVELOPMENT: LANGUAGE & SYMBOLS, PART 2 Chapter 6, pgs. 276-277 (Box 6.4: 'I Just Can't Talk Without My Hands'), pgs. 279-282 ('Nonlinguistic Symbols and Development' through end of chapter) Additional Reading: Novack et al (2014). From action to abstraction: Using the hands to learn math. <i>Psychological</i> <i>Science, 25,</i> 903-910.	26 COGNITIVE DEVELOPMENT: SOCIAL COGNITION, PART 1 Chapter 7, pgs. 293-300 ('Knowledge of Other People and Oneself', up to, but not including, 'Knowledge of Living Things')	

October

Tuesday	Thursday	
1 COGNITIVE DEVELOPMENT: SOCIAL COGNITION, PART 2 Additional Reading: Gonzalez, A.M., Steele, J.R., & Baron, A.S. (2017) Reducing children's implicit racial bias through exposure to positive out-group exemplars. <i>Child Development, 88</i> , 123- 130. Ψ	3 WRAP-UP & MIDTERM REVIEW	
8 MIDTERM EXAM #1	10 INTELLIGENCE & ACADEMIC DEVELOPMENT, PART 1 Chapter 8, pgs. 326-366 (Entire chapter)	
15 INTELLIGENCE & ACADEMIC DEVELOPMENT, PART 2 Chapter 9, pgs. 388-390 ('Dweck's Theory of Self-Attributions and Achievement Motivation', up to, but not including, 'Current Perspectives') Additional Reading: Claro, S., Paunesku, D., & Dweck, C.S. (2016). Growth mindset tempers the effect of poverty on academic achievement. <i>Proceedings of the National Academy of Sciences</i> , 113(31), 8664-8668. ◆	17 SOCIAL DEVELOPMENT: INTRODUCTION & THEORIES Chapter 9, pgs. 372-384 (Start of chapter, up to, but not including, 'Theories of Social Cognition'), pgs. 392-412 ('Ecological Theories of Development', through end of chapter)	
22 SOCIAL DEVELOPMENT: THE SELF, PART 1 Chapter 11, pgs. 481-504 ('The Self'. Through end of chapter) ASSIGNMENT 1: DEVELOPMENTAL PSYCHOLOGY IN THE MEDIA DUE	24 SOCIAL DEVELOPMENT: THE SELF, PART 2 Additional Reading: Cvencek, D.et al. (2018). Self-concepts, self- esteem, and academic achievement of minority and majority north American elementary school children. <i>Child Development</i> , <i>89</i> , 1099-1109 ◆	
29 SOCIAL DEVELOPMENT: FAMILY Chapter 12, pgs. 510-538 (Start of chapter, up to, but not including, 'Childcare Contexts')	31 SOCIAL DEVELOPMENT: PEERS, PART 1 Chapter 13, pgs. 550-584 (Entire chapter)	

November

Tuesday	Thursday	
5 SOCIAL DEVELOPMENT: PEERS, PART 2 Additional Reading: Mikami, A.Y. et al., (2019). Online social interactions predict academic and emotional adjustment in the transition to university. Journal of Research on Adolescence, 29, 210-224 Ψ	7 WRAP-UP & MIDTERM EXAM REVIEW	
12 MIDTERM EXAM #2	14 MORAL DEVELOPMENT, PART 1 Chapter 14, pgs. 590-614 (Start of chapter, up to, but not including, 'Antisocial Behaviour')	
19 MORAL DEVELOPMENT, PART 2 Chapter 14, pgs. 614-628 ('Antisocial Behaviour', through end of chapter)	21 GENDER DEVELOPMENT, PART 1 Chapter 15, pgs. 634-673 (Entire chapter)	
26 GENDER DEVELOPMENT, PART 2 Additional Reading: Olson, K.R., Key, A.C., & Eaton, N.R. (2015). Gender cognition in transgender children. <i>Psychological Science</i> , 26(4), 467-474. ◆ ASSIGNMENT 2: DESIGN A TOY DUE	28 COURSE WRAP-UP	

FINAL EXAM TO BE SCHEDULED DURING UNIVERSITY EXAM PERIOD (DECEMBER 3-19)

 Ψ denotes research conducted by/written by members of UBC Psychology Department

denotes research focused non-majority culture/non-WEIRD samples

ACKNOWLEDGEMENTS

We acknowledge that the UBC Point Grey campus is situated on the traditional, ancestral, and unceded territory of the xwmə0–kwəy'əm (Musqueam).

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