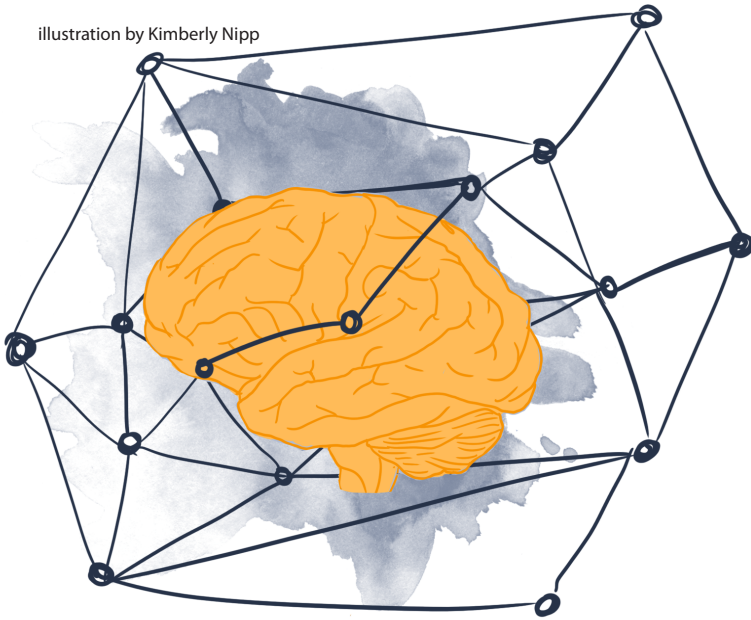


illustration by Kimberly Nipp



# PSYCHOLOGY 101-99A:

## Introduction to Biological and Cognitive Psychology

**Teaching** Stella Baehring

**Assistant:** [psyc101de@psych.ubc.ca](mailto:psyc101de@psych.ubc.ca)

*In-Person Office Hours:* by appointment

*Online Office Hours:* by appointment

*Online Group Office Hours:* scheduled via self registration on Canvas (required; see below)

Please contact Stella for all other course-related questions.

**Websites:** [canvas.ubc.ca](https://canvas.ubc.ca)

We will be using Canvas for this course.

Please note that not all of the content in the course will be visible to you the first time you log into this course via Canvas. **In general, course content is released one week at a time.** The only exception is the readings: You will have access to all the text readings from the beginning of the course.

### ABOUT PSYCHOLOGY 101

This psychology course will introduce you to some of the major research areas within the field of psychology: the scientific study of behaviour. The course begins with an overview of psychology and its research methods, and then covers several fundamental topics in psychology such as biological psychology, learning and memory, consciousness, and language.

This section of PSYC101 is a 3-credit online distance education course. The course uses an open-source text that is supplemented by many video-based lectures and online resources. In addition, the course contains interviews with some leading research psychologists and some educational animations.

There are no prerequisites or corequisites for this course. Note that you cannot receive credit for both PSYC101 and PSYC100.

**Instructor:** Steven Barnes

[psyc101de@psych.ubc.ca](mailto:psyc101de@psych.ubc.ca)

*In-Person Office Hours:* by appointment

*Online Office Hours:* by appointment

*Online Group Office Hours:* scheduled via self registration on Canvas (required; see below)

Please contact Steven for any course-related administrative questions and/or academic concessions.

### Important Notes:

1. We encourage you to use the Canvas discussion forums for your questions, as that allows other students to benefit from your questions and your TA's and peer's responses.
2. In most cases, email messages will be answered within 48 hours on weekdays (not on weekends) during normal working hours.
3. When you send us an email, the subject line should include the nature of the inquiry (e.g., "Question about the limbic system"); the body of your message should include your full name and student number.
4. If you do send us an email that is content related, 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 Stella).
5. Canvas captures data about your activity and provide information that can be used to improve the quality of teaching and learning. In this course, we plan to use analytics data to: (1) view overall class progress; (2) review statistics on course content being accessed to support improvements in the course; and (3) determine whether or not you participated in online office hours (see below).

## ACKNOWLEDGEMENT

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the Musqueam people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.

## LEARNING OUTCOMES

By the end of this course you should be able to

1. Explain what psychology is and isn't.
2. Describe the history and evolution of the field of psychology.
3. Describe the different types of psychologists and explain the sorts of work that each type of psychologist is engaged in.
4. Understand the nature of scientific inquiry.
5. Define modern psychology and identify the major perspectives within it.
6. Recognize, recall, connect, and evaluate psychological concepts and theories from specific subfields (e.g., biological and cognitive psychology).
7. Understand and explain basic research methods currently employed by psychologists.
8. Explain the concept of an 'experiment'; its strengths and its weaknesses.
9. Use effective evidence-based study strategies based on current psychological research.
10. Use and interpret basic descriptive statistics.
11. Understand the purposes of inferential statistics, and be able to interpret some basic inferential statistics.
12. Identify and avoid plagiarism when writing a psychology assignment.

## EVALUATION

Your grade in this course is based on your performance on the five sorts of assessments listed below. Please note that any grading disputes (other than calculation errors) must be handled within 2 weeks of the grade for a particular assessment being released.

### 1. Exams (79%):

There will be two midterm exams and a final exam: All exams will be administered online via Proctorio on Canvas (see below).

#### Midterm 1 (22%)

**Oct 8-9** (online; 24-hour window beginning at 10 am Pacific time on Oct 8)

#### Midterm 2 (22%)

**Nov 5-6** (online; 24-hour window beginning at 10 am Pacific time on Oct 29):

#### Final Exam (35%)

**Dec 3-18** (online; 24-hour window on a date to be announced in Nov)

### Notes on the Exams:

- The midterm exams are not cumulative. The final exam is half non-cumulative and half cumulative.
- There will be no makeup exams (except under certain circumstances when the final exam is missed--see below).
- You will not be accommodated for missing a midterm exam unless you contact me within 48 hours of missing the exam.
- Being accommodated for missing a midterm exam is at my sole discretion.
- If you are accommodated for missing one or both of the midterm exams, that/those portion(s) of your exam weight(s) will be added to the weight of the final exam.
- 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.' Please note that a makeup for the final exam will differ from the versions used for the rest of the class and will only be administered to you during the makeup exam date assigned to you by the university (typically in July or August).
- You will have a **window of 24-hours** within which to write each exam, beginning at 10 am pacific time on the first day of the exam window (see dates above). Once the 24-hour window is up, the exam will close and you will no longer be able to write the exam. Accordingly, it is critical that you start the exam no later than the duration assigned for the exam.
- Each midterm and the final exam will be timed. **Once you begin an exam, you will only have a set amount of time (e.g., 2.5 hrs) to complete it--regardless of when you started the exam within the 24-hr window (see above).**
- **All exams will be administered with the aid of a virtual proctoring system: Proctorio (see below).** You will have the chance to test your computer system with a mock quiz in order to determine if your system will support the use of Proctorio during the midterm and final exams. That mock quiz will be available as a test at any time during the course, but **it is highly recommended that you test your system before the add/drop deadline of Sept 17.**
- It is your responsibility to ensure that you have an adequate internet connection at the time you write the exams.
- The date of the final exam is not announced until mid-February. You should not make any travel plans until you learn the date of the final exam.
- There will be topics covered in the lectures that are not in the text and topics in the text that are not covered in the lectures. You will be responsible for both. That is, all readings and all lecture materials are examinable.
- All exams will be composed of multiple-choice and short-answer questions.

- Note that the instruction on all multiple-choice questions will be to “select the single best response.”
- Once exams have been marked, grades will be posted on Canvas. You will receive an email notification when grades are posted (please ensure the University has your correct email address).

### Virtual Proctoring of Exams with Proctorio

All exams will be administered online using a virtual proctoring tool called ‘Proctorio’ that is built into Canvas.

#### Things to know:

Proctorio is a remote proctoring service that will be used to invigilate assessments in this course. Proctorio will record your webcam, your computer screen, or other actions during the assessment session and share that information with me.

#### How does it work?

Proctorio requires the use of the Google Chrome web browser and you need to use/install the Proctorio extension (see “How do I prepare?” below). Proctorio is active when you log in to the exam and is gone when you log out. During the assessment, a system of computers captures your movements and sends your video and other data (including keystrokes) to your instructor and select LT Hub staff for review. Proctorio will flag activity that may be deemed as suspicious which will be reviewed. Your instructor will be notified of potentially suspicious activity and will decide if any action is necessary.

#### Privacy

Visit Proctorio’s Frequently Asked Questions page to learn about how Proctorio addresses privacy and security of data at <https://proctorio.com/faqs>.

All recordings made by the auto-proctoring service are stored securely within Canadian servers. In line with British Columbia’s Freedom of Information and Protection of Privacy Act, these recordings are kept for a year and a day. After this time, the recordings are deleted.

#### How Do I Prepare?

- You need to use a regular computer (Windows/Mac computer or laptop). You cannot take the exams from mobile devices (e.g., iPhone, iPad, Android device, etc.). You need a working webcam and microphone.
- You must use the Google Chrome web browser & the Proctorio Extension.
- If you do not have Google Chrome installed, please watch the video tutorial for installing Google Chrome: <https://youtu.be/vlOazSPRit0>
- Install the Proctorio extension for Google Chrome. It takes less than 30 seconds. The exams that require Proctorio will usually prompt you to install the extension if you need it. Click the link to install: <https://get.proctor.io/>
- Have a photo ID card available. You will be asked to hold up your UBC picture ID or an official government photo ID to authenticate that you are the test taker. Ensure that the photo is

clear and the ID text is legible for proof of your identity.

Using Proctorio is fairly simple. Proctorio walks you through the process as you’re taking the exam, so you do not need to refer to any instructions while you’re using Proctorio. The best way to prepare is to practice! There will be a practice quiz set up for you to get familiarized with using Proctorio.

#### Exam Support

During an exam, the LT Hub team will be providing exam support between 8:30 am and 4:30 pm Monday to Friday. Call 604-827-4775 or submit a ticket at

<http://ctlr-bl-resources.ctlr.ubc.ca/contact-form/>

If it is outside the hours above, please contact Proctorio Support by clicking on the Proctorio shield icon found at the top right hand corner.

### 2. Readings-Review Questions (3%):

During each week of this course, there will be review questions associated with the assigned readings. All readings-review questions will use the multiple-choice format.

Please note that there will be no extensions on the readings reviews. If you cannot complete one of these readings reviews, and you have a valid excuse, the weight of the missed readings review will be spread amongst the other readings reviews.

Please note that the readings-review questions from the first three weeks of the course will have a due date of **Sunday, Sept 22 at 11:59 pm (Pacific time)**--this date is after the add/drop deadline (i.e., Sept 17) so that anyone joining the course late is not penalized for missing earlier materials. After the first three weeks, deadlines will be weekly. **In general, after the first three weeks, all readings-review questions will be due by 11:59 pm (Pacific time) on the Sunday following the week they are assigned.**

### 3. Quizzes (10%):

During each week of this course, there will be a quiz. All of the quizzes will use the multiple-choice format. Quizzes will be timed; once you begin the quiz, you will have 20-min to complete it.

Please note that if you have an accommodation through the Centre for Accessibility (see below) for extra time for quizzes and exams, you will need to inform me before you attempt the first quiz so that I can add additional time for you for all the course quizzes.

Please also note that there will be no extensions on the quizzes. If you cannot complete one of these quizzes, and you have a valid excuse, the weight of the missed quiz will be spread amongst the other quizzes.

Please note that the quizzes from the first three weeks of the course will have a due date of **Sunday, Sept 22 at 11:59 pm**

(Pacific time)--this date is after the add/drop deadline (i.e., Sept 17) so that anyone joining the course late is not penalized for missing earlier materials. After the first three weeks, deadlines will be weekly. **In general, after the first three weeks, all readings-review questions will be due by 11:59 pm (Pacific time) on the Sunday following the week they are assigned.**

#### 4. Discussion Questions (6%):

During the course there will be one peer-graded discussion question per week. For each discussion question, you must respond to the question and also grade and provide feedback to at least four of your peers responses to the same question within your learning community (see above). You will be using the ComPAIR tool, that is part of Canvas, for grading and providing feedback to your peers.

Please note that there will be no discussion questions during the first three weeks of the course--that is, until after the add/drop deadline (i.e., Sept 17). After the first three weeks, deadlines for your responses will be weekly as will the deadline for your feedback. **In general, after the first three weeks, all discussion questions, and feedback to others discussion questions will be due by 11:59 pm (Pacific time) on the Sunday following the week they are assigned.**

#### 5. Online Office-Hours Participation (2%):

During the course there will be many opportunities for you to interact with other students in the course as well as with myself and Stella. One such opportunity (for course credit) is through online video-based office hours, hosted by me or Stella via **Canvas Bb Collaborate** (see course menu in Canvas).

You will be required to attend two of our scheduled online office hours using Bb Collaborate. These office hours will involve me or Stella, yourself, and other students. A sign-up page for the online office hours is available on Canvas. Note that you are welcome to attend the regularly-scheduled office hours at any time (see page 1). You must (not merely sign-up for) attend two scheduled office hours to receive the 2% for this component of the course. In addition, you are expected to bring at least one course-related question with you to the office hours you attend for credit.

## COURSE MATERIALS

**Required:** OpenStax College. Psychology. OpenStax CNX. Oct 31, 2018. <http://cnx.org/contents/4abf04bf-93a0-45c3-9cbc-2cefd46e68cc@9.30>. This text was selected for this course because it is of high quality, it is free and open to use, and is at an appropriate reading level for an introductory psychology course. This text will be supplemented by many in-course videos and additional external resources that are designed to facilitate your understanding of the course materials. Please note that it is important that you either use the text that is embedded in the edX platform, or use version 9.30 of the Open-

Stax text (see link above).

**Optional:** Schacter, D., Gilbert, D., Nock, M. K., Johnsrude, I., & Wegner, D., (2017). *Psychology: Fourth Canadian Edition*. Worth, ISBN-13:978-1429237215. This optional text was selected for this course because it is of high quality, and is at an appropriate reading level for a first-year student.

## WITHDRAWAL DATES

If you wish to withdraw from this course without any record of the course on your transcript, you must do so on or before **May 24**. If you wish to withdraw with a "W" on your transcript, you must do so on or before **Jun 21**.

## GRADING AND ATTENDANCE

**Grading.** 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 distance education class is 67 for a strong class, 65 for an average class, and 63 for a weak class (with a standard deviation of 13). Scaling may be used in order to comply with these norms; grades may be scaled up or down as necessary by myself 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.

**Attendance.** If the final exam is missed, you must apply through the Registrars office to write a make-up exam--they will probably require medical or other documentation. Please refer to the UBC Calendar for details of 'academic concession.'

During your time in this course, if you encounter medical, emotional, or other personal problems that affect your attendance or academic performance, please notify me, as well as your Academic Advisor. Please refer to the UBC Calendar for a discussion of academic concession.

The University accommodates students with disabilities who have registered with the Centre for Accessibility (see below). The University also accommodates students whose religious obligations conflict with attendance or scheduled exams. Please let me know in advance, preferably in the first few weeks of class, if you will require any accommodation on these grounds. Other absences (e.g., varsity athletics, family obligations or similar) are not part of University policy and you should not assume they will be accommodated.

**Centre for Accessibility.** 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 the Centre for Accessibility (<https://students.ubc.ca/about-student-services/centre-for-accessibility>) to take the necessary steps to ensure that you have every opportunity that you deserve to excel in your studies.

**Early Alert Program.** I participate in the Early Alert program, which helps me support students who are facing difficulties that are interfering with their education, their wellness or both. For answers to frequently asked questions regarding the early alert program, please visit <https://facultystaff.students.ubc.ca/systems-tools/early-alert/information-students>.

**Credit/D/Fail Grading.** This course is eligible for Credit/D/Fail grading. The last day to change between Credit/D/Fail and percentage grading is **Sept 17**.

## UNIVERSITY POLICIES

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

Details of the policies and how to access support are available on the [UBC Senate website](#).

## OTHER COURSE POLICIES

**Online Conduct.** Our class 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 removed from online class.

## POINTS TO REMEMBER

- There are 13 weeks and 8 chapters will be covered during the course. Plan your reading and studying accordingly.
- Productive discussion and debate on the Canvas discussion forums is encouraged.

## 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 what you are doing is even a borderline case of academic misconduct, please consult with me. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar ([students.ubc.ca/calendar](https://students.ubc.ca/calendar)) and read the University's Policy 69 (available at [universitycounsel.ubc.ca/policies/policy69.html](https://universitycounsel.ubc.ca/policies/policy69.html)).

## LEARNING & WELLNESS RESOURCES

Wellness resources are available on the Canvas page for the course (click the header image to be taken to a list of wellness resources), and they are also available here: <https://students.ubc.ca/health>.

If you or someone you know is in crisis: <https://students.ubc.ca/health/crisis-support>.

Learning resources are available on this UBC page: <https://students.ubc.ca/enrolment/academic-learning-resources>.

# COURSE SCHEDULE

Date	Topic(s)	Assigned Readings (available on Canvas)
<b>Week 1 (Sept 3-8)</b>	What is Psychology? (Psychology's History: Functionalism vs. Structuralism, Behaviorism, Psychophysics, Modern Approaches; Types of Psychologists)	Syllabus; OpenStax Psychology: Chapter 1 Introduction; Chapter 1, Sections 1.1 to 1.4.
<b>Week 2 (Sept 9-15)</b>	Research Methods Pt. 1 (Nature of Scientific Inquiry, Research Methods of Psychology and Statistics)	OpenStax Psychology: Chapter 2 Introduction; Chapter 2, Sections 2.1, 2.2, 2.4.
<b>Week 3 (Sept 16-22)</b>	Research Methods Pt. 2 (Nature of Scientific Inquiry, Research Methods of Psychology and Statistics)	OpenStax Psychology: Chapter 2, Sections 2.3.
<b>Week 4 (Sept 23-29)</b>	Neuroanatomy, Neural Transmission and the Endocrine System Pt. 1	OpenStax Psychology: Chapter 3 Introduction; Chapter 3, Sections 3.2 to 3.5.
<b>Week 5 (Sept 30-Oct 6)</b>	Neuroanatomy, Neural Transmission and the Endocrine System Pt. 2	OpenStax Psychology: Chapter 3, Section 3.2.
<b>Week 6 (Oct 7-13)</b>	Genetics, Evolutionary Psychology, and Behavior	OpenStax Psychology: Chapter 3, Section 3.1
<b>Oct 8-9</b>	<b>Midterm Exam 1</b> (online; from 10 am Pacific time on Oct 8 to 10 am on Oct 9). Midterm Exam 1 will cover all assigned readings and lectures from Weeks 1-5.	
<b>Week 7 (Oct 14-20)</b>	Visual System	OpenStax Psychology: Chapter 5 Introduction; Chapter 5, Sections 5.1 to 5.3.
<b>Week 8 (Oct 21-27)</b>	Other Sensory Systems, Perception and Attention	OpenStax Psychology: Chapter 5, Sections 5.4 to 5.6.
<b>Week 9 (Oct 28-Nov 3)</b>	States of Consciousness	OpenStax Psychology: Chapter 4 Introduction; Chapter 4, Sections 4.1 to 4.6.
<b>Week 10 (Nov 4-10)</b>	Learning: Classical Conditioning, Operant Conditioning, and Social Learning.	OpenStax Psychology: Chapter 6 Introduction; Chapter 6, Sections 6.1 to 6.4.
<b>Nov 5-6</b>	<b>Midterm Exam 2</b> (online; from 10 am Pacific time on Nov 5 to 10 am on Nov 6). Midterm Exam 2 will cover all assigned readings and lectures from Weeks 6-9.	
<b>Week 11 (Nov 11-17)</b>	Cognition: Memory	OpenStax Psychology: Chapter 8 Introduction; Chapter 8, Sections 8.1 to 8.4.
<b>Week 12 (Nov 18-24)</b>	Cognition: Thinking and Reasoning	OpenStax Psychology: Chapter 7 Introduction; Chapter 7, Sections 7.1 and 7.3.
<b>Week 13 (Nov 25-Dec 1)</b>	Cognition: Language	OpenStax Psychology: Chapter 7, Section 7.2.
<b>Dec 3-18</b>	<b>Final Exam</b> (online; Pacific time--24-hour window; date to be determined by UBC enrolment services). Details of what topics the final exam will cover, and how many questions from each topic will be included on the final exam, will be posted on Canvas.	