
PSYC 101 002: INTRODUCTION TO BIOLOGICAL AND COGNITIVE
PSYCHOLOGY

TERM 1, FALL 2019

MON, WED, FRI 9-10AM

CIRS 1250

INSTRUCTORS

Sheri Choi	Drake Levere	Sneha Sheth
<ul style="list-style-type: none">○ History of Psychology○ Research methods○ Biological basis	<ul style="list-style-type: none">○ Learning○ Sensation & Perception○ Language & Thought	<ul style="list-style-type: none">○ Language & Thought○ Memory○ Consciousness
Sept 4 th – Oct 2 nd	Oct 4 th – Nov 1 st	Nov 4 th – Nov 29 th

HOW TO CONTACT US?

Email	Office Location	Office Hours
PSYC101@psych.ubc.ca	Kenny 3504	Fridays 10:30 – 11:30am Or by appointment

COURSE DESCRIPTION

This psychology course will introduce you to some of the major research areas within the field of psychology. This course focuses specifically on cognitive and biological processes that shape how we experience and perceive the world around us. We will learn about the major thinkers and scientists who contributed to the field of psychology, and examine its history. We will then learn about how research is conducted, and the biological basis that underlies psychological processes. We will then dive into topics on neuroscience, sensation and perception, learning, language, memory, consciousness, and more! By the end of this course, you will be able to develop a knowledge base in some of the foundational topics in psychology, apply your knowledge to develop your critical thinking, enhance your learning processes as a student, and critically evaluate research in psychological sciences.

The last day to withdraw from this course without a W standing is **September 17th, 2019**

The last day to withdraw from this course with a W standing, and after which the course cannot be dropped is **October 11th, 2019**

TEACHING ASSISTANTS

Name: Joey Manaligod	Name: Max Jativa
Office: CIRS 4342	Office: CIRS 4342
Office hour: Tuesdays, 11:00am-12:00pm	Office hour: Thursdays, 12:00pm-1:00pm
Email: mmanaligod@psych.ubc.ca	Email: mjativa@psych.ubc.ca

LEARNING OBJECTIVES

1. *Recognize* important figures and describe perspectives in the history of psychology.
2. *Develop* an understanding of the research methods and experimental designs.
3. *Describe* theories and research related to sensation, learning, consciousness, language, memory and thinking.
4. *Identify* some key neural structures accompanying psychological processes.
5. *Be able to incorporate* psychological research and concepts learned in class in your everyday life.

COURSE MATERIAL

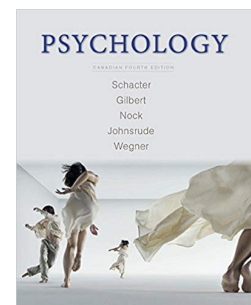
Required Textbook

Schacter, D.L., Gilbert, D. T., Wegner, D. M., Nock, M., & Johnsrude, I. (2017). Psychology: Fourth Canadian Edition.

It is not recommended to use previous editions of the textbook because any differences that may exist between editions have not been verified.

The required text can be purchased through the UBC bookstore. The binder copies contain only the chapters that are covered in this course at a substantial discount.

You are welcome to purchase a hard copy of the book, or an electronic version of the book, and use the chapters that we will cover in the class. (Note: If you plan to take PSYC 102 that also uses Schacter, then a hard copy may work out to be a better deal, but please check the text requirement for psyc 102)



Course Website : www.canvas.ubc.ca

We will be posting the lecture slides, and exam grades on the UBC canvas website. Slides will be posted after each lecture.

You can access **Launchpad** through Canvas, an online resource accompanying your textbook. You will find an electronic version of your textbook, study tools, and practice questions to help you guide your learning. We highly recommend checking out these supplementary resources.

Please take advantage of using the discussion board to ask and answer questions. The instructors and the TA(s) will also be answering questions on the discussion board.

Mentimeter

This course will be using **Mentimeter** to allow you to engage in in-class participation which will contribute to 5% of your total grade for this course. Mentimeter is a completely free online participation tool that is accessed each class by visiting <https://www.menti.com/>

ASSESSMENTS OF LEARNING

Assessment plan		
Assessment	Date	Percent of total grade
Exam 1	Oct 2 nd	31%
Exam 2	Nov 1 st	31%
Final Exam	TBD	31%
In-class participation (Mentimeter)	Throughout Term	5%
HSP participation	Due by the last day of class (Nov 29 th)	2%
Total		100%
Bonus HSP	Due by the last day of class (Nov 29 th)	3%

Exams

You will write two in-class exams, and one final exam. The exams will be a combination of multiple choice and short-answer questions.

The Exams are **non-cumulative** (i.e. materials that had been previously assessed will not be covered), and each exam will only cover material that started after the previous exam. Exam questions will be from both lectures and the textbook. Therefore, textbook-only materials that were a part of assigned readings but were not covered during lectures could also appear in the exams.

The final exam will be scheduled by the registrar's office and the date will be announced in mid-October. We will notify you when the final exam is whenever this information is made available.

Mentimeter

There will be in-class mentimeter questions throughout the term that will be counted towards your participation marks. During the lectures, we may pose some in-class questions which can be answered via www.menti.com. These questions are intended for you to think about the content, discuss and reason about the newly learned material with your peers. They will not be assessed based on whether your answers were correct or not.

HSP participation

One way to learn more about psychology is to be a participant in ongoing research projects. Experiments are generally 30 or 60 minutes, and each 30 minutes is equivalent to 0.5 credit, which translates to 0.5% of your final grade for the course. The HSP participation component of the course is 2% of your final grade, or equivalent of 2 HSP credits. You can find the details for registering and participating in the studies through [here](#). You can create account and sign up for studies through [here](#)

Please register in this online system by end of the first month of class.

Library Assignment (an alternative to HSP)

If you prefer not to participate in HSP experiments, you can earn 2% of your HSP grade by completing a Library Assignment instead. More information about this option can be found [here](#)

Bonus HSP

You can earn extra credits for this course (maximum 3% towards your final grade) by participating in HSP experiments beyond the mandatory 2 credits.

COURSE POLICIES

In the classroom

Learning and growing as a student is the main priority of this course, and that requires everyone to be a nice human being. Treat your instructors, fellow classmates, and anyone else that might be a part of our class with respect. Being loud, distracting, or disrespectful will not be tolerated in a learning environment.

Office Hours

Your TAs will hold a weekly office hour where you should go to seek help with course content. TAs will be able to answer questions related to textbook material, exam preparation, grades, and exam review. Questions that cannot be addressed by your TA or concern student welfare should be referred to your instructors. If you need to meet with the instructor please attend their office hour or contact them via email.

Emails

Emails will, in most cases, be answered within two business days. This means if you send an email to the instructor or TA at 1am Friday night you might not receive a response until Tuesday. Emails should be professional and concise. If you have a question about course material, please try to explain your understanding of the concepts within the email. If you have multiple questions or the answer could not be explained within a couple sentences, please consider contacting the instructors to meet during office hours.

Class attendance

Attending the lectures will be a key component of your success in this course. While slides will be posted after the lectures, they are not a full reflection of the materials that will be covered during class. If you miss a class, it is your responsibility to get the notes from another student in the class. We recommend

that you read the relevant chapters in the textbook prior to class. This will allow you to reinforce your learning and compare new content with textbook content.

Missed exams

If you are aware of scheduled UBC-sanctioned sport travel or a religious obligation that conflicts with the date of an exam, you **MUST** contact the instructor prior to the exam date so that alternate arrangements can be made in advance. If you require academic concession for the **first time** due to an acute illness likely to be quickly resolved without seeing a health professional, a self-declaration will suffice and a doctor's note is not required; If an exam is missed, you must contact the instructor and the TA *before* the exam. Please reschedule a make-up exam with us within **one week** of the initial exam date. If you fail to contact us or schedule a time within one week, you will forfeit the opportunity to write the make-up exam, and you will receive a "0" on the exam. If you require academic concession for any other reason, please contact your instructor, and refer to the [UBC calendar](#) for UBC's policies.

Exam reviews

There will be an exam review scheduled after the exam marks are released. Your TA will run this review session, and will be available to answer any questions or concerns regarding your exams. Should you be unable to attend this review session, you must contact your TA to make alternative arrangements to see your exam. You must arrange to see your exam within 2 weeks of the grades being released. Following this two week period, your exam will not be available.

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](#).

Grades

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- and 200-level Psychology courses are 67 for an exceptionally strong class, 65 for an average class, and 63 for a weak class, with a standard deviation of 14. Scaling may be used in order to comply with these norms; grades may be scaled up or down as necessary by the professor or department. Grades are not official until they appear on a student's academic record. You will receive both a percent and a letter grade for this course.

Psychology Department's Position on Academic Misconduct

Cheating, plagiarism, and other forms of academic misconduct are serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. First, the Department uses software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students' responses. 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. If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult me. For details on pertinent University policies and procedures, please see Chapter 5 ("Policies and Regulations") in the UBC Calendar (<http://students.ubc.ca/calendar>).

Access and Diversity

UBC is committed to equal opportunity in education for all students including those with documented physical disabilities or learning disabilities. If you have a disability that affects your learning or performance on tests or exams please visit <http://students.ubc.ca/about/access> and take the necessary steps to ensure your success at UBC.

Early Alert Program

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 their website at <https://wellbeing.ubc.ca/early-alert>.

HELPFUL RESOURCES

Some of you might find themselves overwhelmed by the transition from high school to university. You might be new to the city, have left your family and friends behind and you might struggle with your new tasks or the amount of class work. You are not alone with this. Come talk to us. There are also lots of resources to find support on and off Campus.

Student Health Services (students.ubc.ca/livewell/services/student-health-service – Phone number: 604-822-7011): Student health provides students with a variety of healthcare related services to help you maintain your health while studying. Access to doctors and registered nurses.

Live Well, Learn Well (<https://wellbeing.ubc.ca/live-well-learn-well>): The Live Well, Learn Well initiative is a resource hub that provides students with information to help improve physical and mental wellbeing.

UBC Wellness Centre (<https://students.ubc.ca/health-wellness/wellness-centre> Phone number: 604-822-8450): Speak with other students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex and more.

The Kaleidoscope (www.the-kaleidoscope.com): A confidential **peer-run mental health support group** that takes place on campus at least once a week. You may attend the group if you are experiencing any kind of mental health related challenges, or if you are just feeling stressed about school in general. Registration is not required to attend the group. See the website for meeting times and locations. Food and drinks are provided.

Counselling Services (www.students.ubc.ca/livewell/services/counselling-services - Phone number: 604-822-3811): Counselling services offers a variety of resources to help you maintain your mental health while in school. You may see a counsellor on an individual basis, attend group counselling, or to document an illness if you should require academic concession.

SpeakEasy (www.ams.ubc.ca/services/speakeasy/ - Phone number: 604-822-9246): A **student run** service that offers **confidential support** for students experiencing crisis. Also a good resource for additional information and referrals within the UBC community.

Access and Diversity (www.students.ubc.ca/about/access – Phone number: 604-822-5844): Access and Diversity provides accommodations for students living with physical or mental disabilities.

Mood Disorders Clinic UBC (http://www.vch.ca/Locations-Services/result?res_id=1276): A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

Mental Health Awareness Club (www.ubcmhac.sites.olt.ubc.ca/): A club that offers opportunities to speak about mental health with others and strives to promote mental health awareness throughout the UBC community.

Pacific Spirit Addiction Services (3rd Floor, 2110 West 43rd Ave Vancouver BC V6M 2E1 - Phone number: 604-267-3970): A free and confidential service for youth and young adults up to the age of 24. Services include counselling, access to an addiction physician - including usage of a methadone maintenance program - and a drug education series.

AMS Food Bank (www.ams.ubc.ca/services/food-bank/): If you are in a financial emergency AMS food bank can provide you with a food hamper. You are able to use the service up to 6 times each term.

UBC Psychology Clinic (<https://clinic.psych.ubc.ca/>): Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees.

BC Crisis Center (www.crisiscentre.bc.ca - Phone number: 604-872-3311): Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. Crisis line available 24/7.

Distress Line (Phone number: 1-800-Suicide (784-2433)). If you are in distress or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE 24/7 to connect to a BC crisis line, without a wait or busy signal.

COURSE SCHEDULE

Date	Topic	Readings
04-Sep	Syllabus + Introduction	
06-Sep		
09-Sep	Psychology: The Evolution of a Science	Chapter 1 (pg.1-24 only)
11-Sep		
13-Sep	Methods in Psychology	Chapter 2 (all pages except for pg. 65-66)
16-Sep		
18-Sep		
20-Sep	Neuroscience and Behaviour	Chapter 3 (all pages except for pg. 104 – 106; sections on “Development and Evolution of the CNS” pg. 110 Box on Epigenetics pg. 115-121 on neuroimaging)
23-Sep		
25-Sep		
27-Sep		
30-Sep	Review	
02-Oct	Exam 1 (Ch. 1, 2 & 3)	
04-Oct		
07-Oct	Sensation & Perception	Chapter 4
09-Oct		
11-Oct		
14-Oct	Thanksgiving - No class	
16-Oct	Sensation & Perception (Other Senses)	

18-Oct		
21-Oct	Learning	Chapter 6
23-Oct		
25-Oct		
28-Oct		
30-Oct	Language & Thought	Chapter 9 (selected sections)
01-Nov	Exam 2 (Ch. 4, 7, and selected sections from 9)	
04-Nov	Language & Thought	Chapter 9 (Excludes content from Exam II)
06-Nov	Language & Thought	Chapter 9 (Excludes content from Exam II)
08-Nov	Memory	Chapter 6
11-Nov	Remembrance Day - No class	
13-Nov		
15-Nov	Memory	Chapter 6
18-Nov		
20-Nov		
22-Nov		
25-Nov	Consciousness	Chapter 5
27-Nov		
29-Nov		
TBA		