

PSYC 101 006

Introduction to Biological and Cognitive Psychology

Mon, Wed, Fri
1:00pm – 2:00pm
Web-Oriented Class

Instructor



Dr. Grace Truong

Office location: Kenny 1005

Office hours: Wednesdays, 1:30-2:30pm

Email: gracet@psych.ubc.ca

Grace in ≤ 25 words: BC born and raised; all degrees from UBC; studies ownership + attention; likes hiking, food, board games, and oceans; dislikes bad drivers and heat waves

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Teaching Assistants (TA)

Chantelle Cocquyt

Office hours: Wednesdays @ 9:00am-10:00am

Email: ccocquyt@psych.ubc.ca

TA in ≤ 25 words: I am a Masters student in the Memory and Imagination Lab researching the impacts of acute stress on memory.

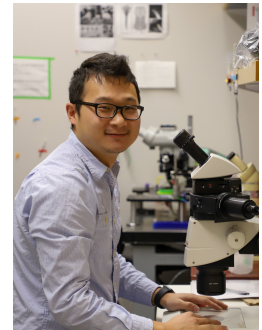


Alex Yu

Office hours: Thursdays @ 3:00pm-4:00pm

Email: alexyu@psych.ubc.ca

TA in ≤ 25 words: UBC Psychology alumnus; PhD student; learning and memory researcher; many lenses in life: works with microscopy, plays with photography, wears glasses.



Course Description

This course will introduce you to psychological science, with a focus on important people, perspectives, principles and practices. We will briefly review some historical information, then delve into research methods, the brain, sensation and perception, consciousness, language, memory, learning and thinking. Importantly, this course will teach you things you might not have known about yourself (and others!), and help you to develop your critical thinking, skills as a student, and apply research in psychological science daily life.

Your Learning Goals

1. Recognize important people and describe perspectives in the history of psychological science
2. Understand and explain good psychological science research practices

3. Describe theories and research on sensation/perception, consciousness, language, learning, memory and thinking
4. Identify how neural structures are connected to various psychological processes
5. Appreciate applications of psychological science to everyday life

Withdrawals: Withdrawal from this course without record of the course on your transcript must occur before Sept 21 2020, or before Oct 20 2020 for withdrawal with a standing of “W” on your transcript.

Course Materials

Required Textbook.

Schacter, D.L., Gilbert, D. T., Nock, M., Johnsrude, I., & Wenger, D. M. (2020). ***Psychology: Fifth Canadian Edition***. You must have (at minimum) access to LaunchPad, an online platform that contains an ebook version of the textbook as well as accompanying activities and demonstrations. You may also purchase a loose-leaf version of the textbook if you prefer reading physical books.

Top Hat account. [free] Please follow the instructions on Canvas for joining the course.

Course Website: www.canvas.ubc.ca

Lecture slides, assignments, and grades will be available through UBC Canvas. You are also welcome to use the Canvas course page to contact other students (e.g., arrange to share notes for missed classes, clarify a difficult topic, etc.) via the discussion board.

Learning Appraisals at a Glance

Learning Appraisal Activity	Date	Percent of Total Grade
Midterm 1	Sept 28	15%
Midterm 2	Oct 26	15%
Midterm 3	Nov 13	15%
Project Consultation Assignment	Oct 19 (on Canvas and on <i>TurnItIn</i>)	14%
Final Exam	TBD	30%
Top Hat Participation	Throughout term	5%
LaunchPad Chapter Quizzes	Throughout term	4%
Research Experience Component (REC)	Due by last day of classes	2%
Total		100%
Bonus REC	Due by last day of classes	3%

Learning Appraisal Descriptions

Examinations

The midterms and the final exam will consist of multiple-choice and short answer questions. These will draw on both lectures and the readings and, for superior performance, you must have a clear understanding of both these sources of course content. The final exam will be longer than the midterm exams and will be cumulative.

Project Consultation Assignment

One of the major topics of this course will be research methods. While we will be mainly focusing on research methods as they apply to psychology, many of the ideas can be generalized to all types of scientific inquiry. After covering Chapter 2, you will be a newly minted expert on research methods. To practice your new skills, you will complete a project consultation assignment in which you will provide advice on the design of a psychology experiment. More information will be provided in class and on Canvas.

LaunchPad Chapter Quizzes

There is a LaunchPad chapter quiz associated with each chapter we are covering in this course. These chapter quizzes will encourage you stay on top of the textbook readings and help you gauge your level of understanding. The quizzes may vary slightly in length but will be equally weighted.

Top Hat Participation

Active participation during lectures will be essential for you to learn the material, prepare for exams, and get the most out of this course. I will aim to incorporate a few Top Hat questions into each lecture to check for understanding of key concepts and to encourage active participation and discussion. Please have the Top Hat website open while watching the lecture video so you can answer questions as you move through the material. Each set of Top Hat questions is due at the end of the week, meaning the Sunday before the start of the next week.

Participation will be graded in the following manner:

If you respond to the majority of questions in...	You will receive...
90-100% of all lessons with Top Hat questions	5%
80-89% of all lessons with Top Hat questions	4%
70-79% of all lessons with Top Hat questions	3%
60-69% of all lessons with Top Hat questions	2%
50-59% of all lessons with Top Hat questions	1%
0-49% of all lessons with Top Hat questions	0%

Research Experience Component

Psychology is an active and exciting scientific discipline. Many of the studies that you will learn about in this course were carried out at universities just like ours! As part of this course, you will be asked to complete a research experience component (REC) as way of introducing you, in a more hands on and interactive way, to cutting edge research in psychology. This REC will be worth 2% of your grade in the class and you are free to choose one of two options:

Participate in the Psychology Department Human Subjects Pool

Most students will choose to earn their research experience component by spending two hours participating in psychology studies (worth 1% point for each hour) through the Department of Psychology's Human Subject Pool (HSP) system. You can locate and sign up for studies by going to the Department of Psychology's Human Subject Pool (HSP) system at <https://ubc-psych.sona-systems.com>. Details about how to use the HSP online system can be found at <https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/> in the document entitled "Subject Pool Information for Participants."

Please note that any inquiries about credits should be directed to HSP or the experimenters that you worked with, *not* the instructor. One percentage point is assigned to your final grade for each hour of participation. Credits can be recorded and tracked via the subject credit website. These credits are added to your grade at the end of the course. If you do not correctly assign your credits to this course, you will NOT receive credit so please make sure you have done this correctly.

As an alternative to participating in studies, you may choose to complete library writing projects, in which you read and summarize a research article; each article summary counts as one hour of research participation. For each summary, you must select a research article (not a letter to the editor, commentary, or review paper) published between 2000 and the present in the journal *Psychological Science*. Each summary should be about 500 words and should describe the research question, methods, and results of the study presented in the article. Complete instructions on how to complete the library-writing projects can be found on p.4 ("The Library Option") of the guide at <https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/> in the document entitled "Subject Pool Information for Participants." You must adhere to the complete instructions detailed in the guide to receive your credits. Any student who is suspected of plagiarism will, at a minimum, not be granted credit, and their course instructor will be notified. Further action may be taken at a departmental or university level.

Extra 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 additional journal articles for the library option) as described above as the research experience component of the course.

The HSP system closes on the last day of classes. This will be your final day to earn research participation credits, and the final day to assign credits to this course.

Course Policies

In the (Virtual) Classroom

Your behaviour in the classroom reflects on you as a person and student. Treat your instructors, fellow classmates, and anyone else that might be a part of our class with respect. This means being courteous and respectful when asking questions or making comments, and not monopolizing a discussion, office hour, or question period.

During Exams

Exams will be formatted as Canvas quizzes. Exams will take place during class time and you will need access to a computer with reliable internet access but you will not need a webcam or a

microphone. If you are unable to take the quizzes during class time (e.g., class time is in the middle of the night in your time zone, you have child care obligations), please describe your situation in the Student Survey for remote learning (available the first week of class) and a more reasonable exam time will be arranged.

Missing 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 within the *first two weeks of classes* so that alternate arrangements can be made. If you miss an exam/quiz for a university-approved reason, you must contact the instructor *before the exam* or as soon as possible after the exam. It is your responsibility to coordinate with the instructor on a suitable concession **within one (1) week** of the original exam date (unless your circumstance warrants a longer period). If you miss an exam for any other reason (e.g., sleeping in, forgetting there was an exam, etc.), you will receive a “0” on the exam.

Reviewing Exams

There will be an exam review period 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 (online) 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.

Centre for Accessibility

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.

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. For the 2020-2021 academic year, the average grade in a 100- and 200-level Psychology courses are 72 for an exceptionally strong class, 70 for an average class, and 68 for a weak class, with a standard deviation of 14. Please note these averages have been raised by 5% (relative to previous years) to reflect the unique circumstances of this academic year. 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.

<u>Letter Grade</u>	<u>Percent</u>	<u>Letter Grade</u>	<u>Percent</u>
A+	90 - 100	C+	64-67
A	85 - 89	C	60-63
A-	80 - 84	C-	55-59
B+	76 - 79	D	50-54
B	72 - 75	F	0-49
B-	68 - 71		

Academic Misconduct

Cheating on exams will result in a score of 0 for that exam. Lab assignments must be completed independently. Sharing your answers to lab assignment questions or using another student’s work is considered cheating and will result in a score of 0 for that assignment. Using another student’s clicker to answer questions for him or her is also considered cheating. If you are caught with more than one clicker in class, both clickers will be confiscated and you will both receive a 0 for course participation.

All forms of cheating will be reported to the university for appropriate action.

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 addition, the Department subscribes to *Turnitin*, a service designed to detect and deter plagiarism. All materials (e.g., papers, lab assignments) that students submit for grading may be scanned and compared to over five 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 students 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.

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>).

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](#).

Helpful Resources

The Kaleidoscope:

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're 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 drink are provided.

Counselling Services:

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:

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.

SHARE:

www.vivreshare.org

Self Harm Anonymous Recovery and Education is a program designed to promote self care and educate about self harm. SHARE support groups meet biweekly; times and locations can be found on their website.

UBC Wellness Centre:

students.ubc.ca/livewell/services/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.

Access and Diversity:

students.ubc.ca/about/access

604-822-5844

Access and Diversity provides accommodations for students living with physical or mental disabilities.

Student Health Services:

students.ubc.ca/livewell/services/student-health-service

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.

Mood Disorders Clinic UBC:

ubc-mooddisorders.vch.ca/

A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

Live Well, Learn Well:

students.ubc.ca/livewelllearnwell

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:

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 B.C. 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:

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:

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:

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 hours a day to connect to a BC crisis line, without a wait or busy signal.

Acknowledgements

UBC Vancouver's Point Grey Campus is situated on the traditional, ancestral, and unceded territory of the [Musqueam people](#).

Statement regarding online learning for international students

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>.

Course Schedule

Schedule is subject to change as term progresses. Updates will be announced in class.

	Week 1 Sept 7 – Sept 11	Week 2 Sept 14 – Sept 18	Week 3 Sept 21 – Sept 25	Week 4 Sept 28 – Oct 2
Lecture	Introductions History of Psychology	Research Methods	Research Methods Neuroscience	Neuroscience
Top Hat	Due Sept 13 11:59pm	Due Sept 20 11:59pm	Due Sept 27 11:59pm	Due Oct 4 11:59pm
LaunchPad		Recommended to do Ch. 1 quiz	Recommended to do Ch. 2 quiz	Ch. 1 and Ch. 2 quiz due Sept 28 @ 1:00am
Assessments			Recommended to start Project Consultation Assignment	Exam 1 (Sept 28)

Course Schedule Continued

	Week 5 Oct 5 – Oct 9	Week 6 Oct 12 – Oct 16	Week 7 Oct 19 – Oct 23	Week 8 Oct 26 – Oct 30
Lecture	Neuroscience Sensation & Perception	Sensation & Perception	Sensation & Perception Consciousness	Consciousness
Top Hat	Due Oct 11 11:59pm	Due Oct 18 11:59pm	Due Oct 25 11:59pm	Due Nov 1 11:59pm
LaunchPad	Recommended to do Ch. 3 quiz		Recommended to do Ch. 4 quiz	Ch. 3 and Ch. 4 quiz due Oct 26 @ 1:00am
Assessments	Recommended to work on Project Consultation Assignment		Project Consultation Assignment due Oct 19	Exam 2 (Oct 26)

Course Schedule Continued

	<div>Week 9 Nov 2 – Nov 6</div>	<div>Week 10 Nov 9 – Nov 13</div>	<div>Week 11 Nov 16 – Nov 20</div>	<div>Week 12 Nov 23 – Nov 27</div>
Lecture	Consciousness Learning	Learning	Memory	Memory Language & Thought
Top Hat	Due Nov 8 11:59pm	Due Nov 15 11:59pm	Due Nov 22 11:59pm	Due Nov 29 11:59pm
LaunchPad	Recommended to do Ch. 5 quiz	Ch. 5 and Ch. 7 quiz due Nov 13 @ 1:00am		Recommended to do Ch. 6 quiz
Assessments		Exam 3 (Nov 13)		

Course Schedule Continued

	Week 13 Nov 30 – Dec 4	Final Exam Period Dec 7 – Dec 22
Lecture	Language & Thought	
Top Hat	Due Dec 6 11:59pm	
LaunchPad	Ch. 6 and Ch. 9 quiz due Dec 4 @ 1:00am	
Assessments	Final day for REC/HSP credits (Dec 3)	Final Exam (Date TBD)

Important

The Final Exam will take place during the final exam period, which runs from December 7 to December 22. Saturdays are included in the final exam period. Your attendance at the final exam is mandatory.