



Psyc101-009 Course Syllabus

Introduction to Biological & Cognitive Psychology

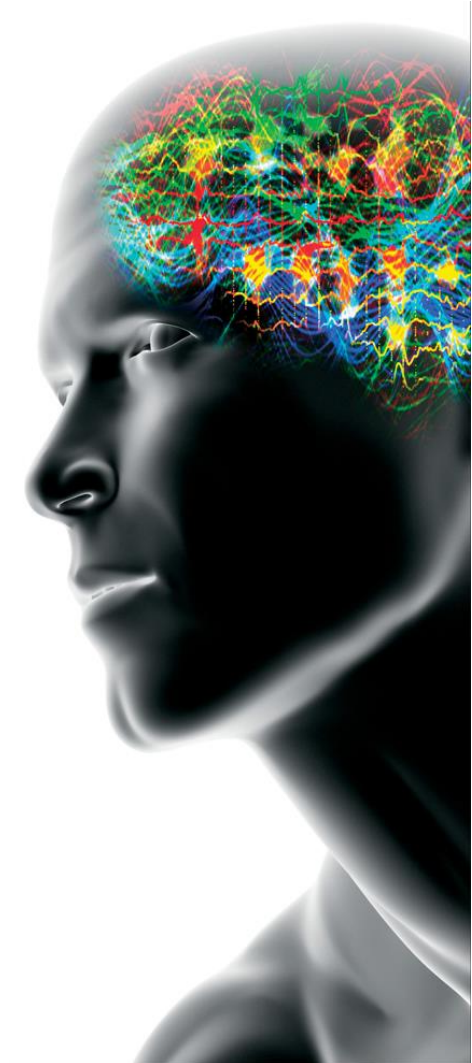
Welcome to PSYC101!

This psychology course will introduce you to some of the major research areas within the field of psychology: the scientific study of behavior. The course includes an overview of the history of psychology, research methods and ethics, and several fundamental topics in psychology such as neuroscience, sensation and perception, learning and memory, consciousness, and language.

Learning Objectives:

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

- Define modern psychology and identify its major perspectives.
- Recognize, connect, and evaluate psychological concepts and theories from specific subfields (e.g., biological and cognitive).
- Understand and explain basic research methods currently used by psychologists, including experimental and correlational designs.
- Design a basic research study with appropriate controls.
- Understand basic neuroanatomy and brain functioning
- Describe the biology and physiology of vision, hearing, and touch
- Understand the cognitive processes involved in memory, learning, thought, and language
- Learn about practical ways these concepts are used by clinical psychologists and neuropsychologists



Acknowledgements

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

As a settler, I, Dr. Molly Cairncross, respectfully acknowledge that I live, work, and learn on the unceded Coast Salish Territories of the xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətał (Tseil-Waututh) Nations.

Portions of this syllabus inspired by Drs. Lillian May and Grace Truong. In revising this syllabus for web-oriented class in 2020, feedback and support was provided by the Psychology Department Communities of Practice.



Our Instructional Team

INSTRUCTOR



Dr. Molly Cairncross (pronouns: she/her)

Email: psych101.009@psych.ubc.ca

Office Hours: Fridays at 1:00-1:50 PST (see Canvas for Zoom details)

About me: I am a postdoctoral research fellow at UBC working in the Coping with Neurological Symptoms Lab (<https://neuro.psych.ubc.ca/>).

My program of research is focused on concussion, with particular interest in understanding the biopsychosocial factors that predict poor or slow recovery in some patients.

TEACHING ASSISTANTS



Dunigan Folk (pronouns: he/him)

Email: duniganfolk@psych.ubc.ca

Office Hours: See Canvas for details

About me: I am a 2nd year Masters student in Social and Personality Psychology. My research is primarily focused on well-being and how we can make our social interactions more rewarding.



Siba Ghrear (pronouns: she/her)

Email: siba.ghrear@psych.ubc.ca

Office Hours: See Canvas for details

About me: I am in my last year of my PhD. I am doing my PhD in developmental psychology, and I study how children reason about other individuals' thoughts, beliefs and feelings. Please feel free to reach out to me if you have any questions about the course material, or if you'd just like to chat about developmental psychology.



Aanandi Sidharth (pronouns: she/her)

Email: aanandi8@mail.ubc.ca

Office Hours: See Canvas for details

About me: I'm a third-year Cognitive Systems student in the Faculty of Arts. I currently volunteer in the Visual Cognition lab and Motivated Cognition lab. In my free time I like running, writing, reading and trying food from different places!

We are here to answer questions and provide support over this term.

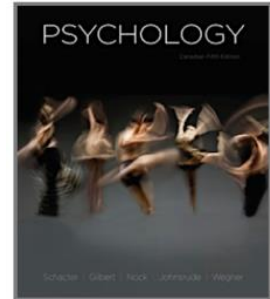
We strive to return emails within 2 business days!



Course Materials

Course textbook: You will be required to purchase Psychology, Schacter 5th Canadian Edition Custom Package - Volume 1 with 6 months of Launchpad access. This can be purchased as a hard copy or electronic copy. The E-textbook is just fine (and cheaper); you don't need a hardcopy.

- Please keep the receipt from your text purchase; you will need this receipt for creating/validating your LaunchPad account.
- If you purchase your text elsewhere, or if you have a different edition of the text, you will not be able to access Launchpad.
- Launchpad use is **optional**, but encouraged (we will discuss this in class).



Other course readings/videos:

In addition, there may be other assigned or option readings, videos, blogs, etc. throughout the term. These will be posted on Canvas under the relevant Module.

Course Website: www.canvas.ubc.ca

Lecture slides, assignments, and grades will be available through UBC Canvas. Lecture slides will be posted with the lecture videos, so you can follow along and take notes.

Make sure your Canvas settings are such that you see course announcements when they are released—they will be used frequently to convey important information (go to Account → Notifications → Announcements → select Notify me right away)

Course Discussion page:

This term we will be using Piazza for class discussion. The system is highly catered to getting you help fast and efficiently from classmates, the TAs, and the instructor. Rather than emailing questions to the teaching staff, I encourage you to post your questions on Piazza.

Find our class page at: <https://piazza.com/ubc.ca/winterterm22020/psyc101/home>

Access code: 009

Course Office Hours: Instructor and teaching assistant office hours will be held over Zoom. The Zoom link can be found on the Canvas course website.

We understand that there can be concerns about privacy over Zoom. UBC's Zoom account is hosted on Canadian servers, which means that all our Zoom data stays in Canada. Note also that you do not have to have a Zoom account to join our sessions—just click the link provided on Canvas. You are **NOT required** to turn on your camera during office hours, but if you are comfortable, please feel free to do so! More information on Zoom at UBC can be found at:

<https://keeplearning.ubc.ca/technologies/#zoom>



Course Schedule

Week	Date	Class Topic	Readings/ Videos
1	January 11	<ul style="list-style-type: none"> Introduction 	<ul style="list-style-type: none"> Canvas Course Orientation module
	January 13	<ul style="list-style-type: none"> History of Psychology 	<ul style="list-style-type: none"> Chapter 1
	January 15	<ul style="list-style-type: none"> Research Methods 	<ul style="list-style-type: none"> Chapter 2
2	January 18-22		
3	January 25-27		
	January 29	<ul style="list-style-type: none"> Midterm 1 	<ul style="list-style-type: none"> Chapters 1 & 2
4	February 1-5	<ul style="list-style-type: none"> Neuroscience 	<ul style="list-style-type: none"> Chapter 3
5	February 8-10		
	February 12	<ul style="list-style-type: none"> Sensation and Perception 	<ul style="list-style-type: none"> Chapter 4
	February 15-19	<ul style="list-style-type: none"> Reading Week 	
6	February 22-29	<ul style="list-style-type: none"> Sensation and perception 	
7	March 1	<ul style="list-style-type: none"> Midterm 2 	<ul style="list-style-type: none"> Chapters 3 & 4
	March 3-5	<ul style="list-style-type: none"> Disorders of Consciousness 	<ul style="list-style-type: none"> Chapter 5
8	March 8-12		
9	March 15-19	<ul style="list-style-type: none"> Learning 	Chapter 7
10	March 22	<ul style="list-style-type: none"> Midterm 3 	<ul style="list-style-type: none"> Chapter 5 & 7
	March 24-26	<ul style="list-style-type: none"> Memory 	<ul style="list-style-type: none"> Chapter 6
11	March 29-31		
	April 2	<ul style="list-style-type: none"> Holiday 	
12	April 5	<ul style="list-style-type: none"> Holiday 	
	April 7-11	<ul style="list-style-type: none"> Language and Thought 	<ul style="list-style-type: none"> Chapter 8
13	April 12-14	<ul style="list-style-type: none"> Exam Prep Q&A 	
14	April 18-29	<ul style="list-style-type: none"> Final Exam TBD 	<ul style="list-style-type: none"> Chapters 1-8, with emphasis on 6 & 8

** Schedule is subject to change as the term progresses. Updates will be provided through lectures and announcements on Canvas.

Course Assessments and Grading

Learning Appraisal Activity	Date	Percent of Total Grade
Syllabus Quiz	January 22, 2021	2%
Midterm Exam 1	January 29, 2021	17%
Written Assignment	February 22, 2021	10%
Midterm Exam 2	March 1, 2021	17%
Midterm 3	March 22, 2021	17%
Final Exam	TBD	35%
Research Experience Component	Due by last day of classes (April 14 th , 2021)	2%



Total		100%
Bonus REC	Due by last day of classes (April 14 th , 2021)	3%

Course Assessment Descriptions

Syllabus Quiz

The syllabus quiz is a multiple-choice format quiz that will be available for you to take anytime from January 11th-January 22nd at 11:59pm. This quiz is designed to ensure you read the syllabus, know what to expect in this course, and identify where to find important course dates and policies. No makeup or extensions will be offered for this quiz. You can take this quiz multiple times (so retake it if you do not score perfect on your first try). Your highest score will be counted.

Examinations

The midterms and the final exam will consist of mostly multiple choice, with some fill in the blank and short answer questions. These will draw on both lectures and the readings. The midterms are non-cumulative.

The final exam will be longer than the midterm exams and will be cumulative. The final exam will take place during the final exam period, which runs from April 18th to April 29th 2021. Saturdays and Sundays are included in the final exam period.

If I have questions or tech issues during the exam, you can contact Dr. Cairncross or the TAs through a zoom link that will be provided on Canvas.

Written Assignment

To practice thinking and writing about psychological research, you will write your own experiment proposal. In this assignment, you will generate a research hypothesis and a set of methods/procedures you could use to test the hypothesis. You will also discuss important concepts such as confounds and random assignment. More information will be provided in class and on Canvas.

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 a 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.sona4systems.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.

If you have any technical questions, these should be directed to hspresearch@psych.ubc.ca.

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.

GRADE POLICIES

Missed exams

I understand that sometimes life happens and things may interfere with your course work or ability to attend an exam. If you are unable to take a midterm exam, you can be excused from that exam and have the weight distributed to the cumulative final. If this is the case, please email Dr. Cairncross at psych101.009@psych.ubc.ca to request this accommodation. Just let us know in advance of the exam: we cannot reweigh marks from already-completed exams. We do not offer make-up exams.

Your attendance at the final exam is mandatory. You should not make travel plans until you learn the date of your final exam. You cannot take the final at a different date/time unless you have a verifiable medical reason. If you are unable to take the final exam, you must contact your faculty’s advising office as soon as possible to apply for Academic Concession.

Late assignment

If you are unable to submit an assignment on time, please email Dr. Cairncross at psych101.009@psych.ubc.ca If you need accommodations, we may ask that you apply for in-term



concession with your faculty's advising office. For UBC policies regarding in-term academic concessions, visit: <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0>

Reviewing exams and assignments

You will have the opportunity to review your exam on Canvas after it has been completed. We will make your responses available, so that you can see which answers you got right and wrong. We will encourage you to try to work through the answers you got wrong on your own. If you are still unsure of the correct answer, you can attend our office hours to discuss the correct response. After your written assignments are marked, you will be able to ask questions in the TAs office hours.

Department's Policy on Grade Distributions & Scaling

In order to reduce grade inflation and maintain equity across multiple course sections, Psychology courses are required to comply with departmental norms regarding grade distributions. The mean grade in a 100/200-level class is 67 for a "good" class, 65 for an "average" class, and 63 for a "weak" class (SD = 14). Scaling will be used in order to comply with these norms; grades may be scaled up or down as necessary by instructors or the department. However, in the spirit of flexibility and compassion in light of COVID-19 and the associated pivoting to online teaching, those departmental norms have been adjusted upwards by 5%. Irrespective of scaling, resulting marks always depend on students' mastery of course material relative to their peers. Further details on UBC's grading practices are available at <https://students.ubc.ca/enrolment/courses/grades>.

Class in the time of COVID-19

Studying Abroad: 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 [this link](#) 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 [this link](#).

We understand that this may be a difficult adjustment. Please see below some UBC's resources that may help:

- On learning through online classes: <https://keeplearning.ubc.ca/>
- UBC's COVID-19 health guidance: <https://covid19.ubc.ca/health-guidance/>
- On managing mental health during the pandemic:
<https://students.ubc.ca/covid19/mentalhealth-during-covid-19-outbreak>
- UBC IT guide to working remotely: <https://it.ubc.ca/ubc-it-guide-workingcampus>



Your Instructional team: While our instructional team is fully committed to this class, we also hope that you will extend us the understanding that we too have other responsibilities—to other aspects of our jobs, to our families, and to our own self-care. As such, there may be times that things don't go according to plan: cancelled meetings, delayed grades, etc. We can't promise these things won't happen—but we can promise to communicate quickly and honestly.

PSYC101 Online Q&A

Q: Will I need to attend the course in real time, i.e. 12pm PST?

A: I will be pre-recording lectures and uploading them on Canvas before 12pm PST in case you would like to watch during class time. If you cannot, or prefer to watch at another time, they will remain available online.

Q: How will we communicate?

A: You will receive key information through Video Lectures and Canvas Announcements. You may also ask questions to your peers and your instructions team through Piazza.

Q: How will I be supported in taking this course?

A: You will be supported in many different ways!

- The Instructor and TAs will each hold open Office Hours at times students around the globe can attend
 - Drop by and say hi, or listen to the questions and answers!
 - If you have a personal matter, email us to book a private appointment
- You can pose your questions in our 24hr Piazza Q&A forum
- If you need any additional support, please do not hesitate to reach out.

Q: What will exams look like?

A: You will write your exams remotely online. I will **NOT** be using Proctorio or other browser lock down services. I trust that as university students you will follow the ethical code of conduct (see below for Academic Misconduct) and write exams in a fair and equitable way.

Q: Will I get to meet and work with other students?

A: I suggest using the Piazza discussion board to ask questions and respond to other students!

Q: Where can I ask questions?

A: Piazza & Office Hours! [Sign up](#) to Piazza on Canvas with your preferred first name, surname, and your UBC email address. TAs and I are eager to support your learning so do drop by our virtual OHs and chat about all things psychology-related (or just join and listen in!)! You will not be asked to turn on your video nor speak if you choose not to; for e.g., you can instead use the chat function to ask us questions in OHs – although of course it is nice for us to see your faces and chat with you whenever you do choose to do so.

Other important UBC and course policies

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.

This class aims to be inclusive of gender identity, gender expression, sex, race, ethnicity, socioeconomic background, sexual orientation, political and religious affiliation, ability, health, and age (this is not an exhaustive list!)

Students, instructors, and readings may sometimes raise controversial and/or sensitive issues. Respectful and productive discussion is encouraged, and students should feel safe to explore ideas without fear of being judged. Our goal is not to always agree, but rather to disagree without being threatening or alienating. If at any point you feel offended, threatened, or alienated by anything that happens in our class or on our discussion page, please let me or a TA know.

I am always learning about diverse perspectives and identities. If at any point you feel as though I am failing to live up to an inclusive space in our course, I encourage you to let me or a TA know.

Copyright: All materials of this course (course handouts, lecture slides, assessments, etc.) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline. Students must request and receive verbal or written permission for any copies/recordings. *The instructor can grant permission, even post-hoc. Just ask!*

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>).

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

Phone Number: 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

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.

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.