

PSYCHOLOGY 101

INTRODUCTION TO BIOLOGICAL AND COGNITIVE PSYCHOLOGY

ESSENTIAL INFORMATION

WHEN? Tuesdays/Thursdays 9am-12pm, Pacific Time

Live sessions will occur Tuesdays and Thursdays from 9:00am until approximately 10:30am and will be used for Review/Q&A sessions. The rest of the course is asynchronous and can be completed any time, with the exception of exams (see schedule on last page of syllabus)

WHERE? UBC Canvas/Zoom

YOUR INSTRUCTOR

Dr. Janel Fergusson

Office Hour: Tuesdays 1:00-2:30

or by appointment, via Zoom

Email: janelf@psych.ubc.ca

TEACHING ASSISTANTS

Zahra Kheradmansadi

Office Hour: Wednesdays and Thursdays 12:00-1:00, or by appointment, via Zoom

Email: zahra67@student.ubc.ca

Arezoo Sahnaz

Office Hour: Fridays 2:00-3:00 or by appointment, via Zoom

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COURSE DESCRIPTION

The purpose of this course is to provide an overview of biological and cognitive psychology. We will explore topics including research methods to cognitive psychology and neuroscience. We will discuss theories that attempt to explain why and how we think and behave the way we do and how we can apply what we know about the field of psychology to our everyday lives, including how we interpret media reports about human behaviour. This course will also introduce the scientific method and critical thinking, and how psychologists use these tools to learn more about the way we think, feel, and act.

This course will be entirely online, and it will be primarily *asynchronous*, meaning that most weeks you will not be required to attend virtually during our scheduled class periods. During those periods (Tuesdays and Thursdays from 9:00-10:30am) I will be holding review/Q&A sessions via Zoom. I will begin each period with approximately 45 minutes to 1 hour of structured review, based on questions submitted by students and common mistakes on the week's assignments. After the structured review and Q&A, I will stay online to answer any lingering questions and chat about course content. There will be no *new* content during these periods, and they will be recorded and posted on the course website. The primary method for learning the content in this course will be pre-recorded videos, mini-quizzes and assignments, and readings. The only time you will need to be present at a specific time is for exams. An alternate time for exams will be scheduled for people who are in time zones that are incompatible with the scheduled exam time. All material presented in course lecture videos, review sessions, textbook readings, and any other resource posted on Canvas that isn't marked "just for fun" could appear on exams.

LEARNING GOALS

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

- Identify and explain the vocabulary and major constructs of cognitive and biological psychology
- Describe basic methods of investigating human behaviour and cognition
- Apply what you've learned about psychology to your everyday life
- Write a clear media article that describes a psychological concept for a non-psychology audience

REQUIRED MATERIALS

Textbook – *Psychology: Canadian Fifth Edition*.

Available from the University Bookstore purchased through UBC Canvas. **DO NOT PURCHASE FROM ANOTHER SOURCE.** You do **not** need a physical hardcopy of the book. See the resource "Textbook Options" for more details. Included with your

textbook is Launchpad, which will help guide your reading of the text and help you (and us) assess your progress.

UBC Canvas - log in to www.canvas.ubc.ca. All course materials will be posted on Canvas, and this will be your portal to online discussions, live sessions, exams, and assignment submission. You are responsible for all material posted on Canvas.

EMAIL POLICY

We will do our best to respond to emails within 24 hours during weekdays and 48 hours on weekends and holidays. Please include "Psych 101" in the subject line of all emails and sign them with your full name. This will make it much easier for us to respond in a timely manner. Questions that require more than a few sentences in response should be handled in person. **If you have a question about general course content (i.e., not about your grades or personal circumstances) please post your question on Piazza for the quickest response.** It is likely that other students share your question, and the TA will be monitoring the discussion boards regularly.

EVALUATIONS

All due dates in this course are on **Mondays and Wednesdays at 5:00pm Pacific Time**. The only exception is Term Tests (exams), which are during our scheduled class time.

Activity	Points to Earn	Dates
Term Test 1 – Module 1	16%	May 25 th , 9:00-11:00am
Term Test 2 – Module 2	16%	June 8 th , 9:00-11:00am
Final Exam (Module 3 Test)	16%	Will be set by the registrar
Research Methods Mini-Assignment	5%	May 31 st , 5:00pm
Media Article	20%	June 14 th , 5:00pm
Launchpad Learning Curve Assignments	10%	Regular dates throughout term – see Canvas
Launchpad Chapter Quizzes	10%	Regular dates throughout term – see Canvas
Class participation	5%	Ongoing throughout term
Research Experience Component	2%	Must be completed by last day of classes
Total	100%	
Bonus HSP participation points	Up to 3%	Must be completed by last day of classes

Module Tests & Final Exam

Exams will include a mix of multiple choice, fill in the blank, and short answer questions. You may also have to label diagrams or define terms. Tests will cover the material that was covered after the last term test. The final exam is not cumulative.

Exams will be conducted via Canvas. Once you begin the exam, you will have 90 minutes to complete it. The exam will be available for a 120 minute window (e.g., from 9:00-11:00am), in case you can't start right on time. If you start before 9:30am, you will still get your full 90 minutes to

write the exam. If you begin after 9:30am, the exam will close exactly at 11:00am, even though you haven't had a full 90 minutes. Plan your time wisely. During each exam, Janel will be available via Zoom for questions or troubleshooting.

Expect exams to be difficult and contain many application questions that cannot be answered by rote memorization. This is the best solution I have to the problem of academic misconduct without using Respondus Lockdown Browser or other remote invigilation. If necessary, exam grades will be scaled up/down to meet department averages.

You are expected to be present at all exams. If you miss a module test for any reason, you will receive a grade of 0%. Make up exams will only be scheduled for medical excuses (physical or mental health) or family emergencies. You must contact Janel *before* the start of the exam if you are unable to attend, unless the nature of the emergency prevents you from contact (in which case, contact as soon as it is safe and possible to do so).

The final exam is mandatory. If you absolutely must miss your final exam because of extenuating circumstances, you or your caregiver must contact your Faculty's Advising Office to apply for an Academic Concession. If you have 3 or more exams scheduled to start and finish within a 24 hour period you can request to write the second one on an alternate day. You must give the instructor of the second exam written notice at least one month prior to exam day.

Mini-Assignment

The research methods mini-assignment requires you to find and critique a media article about psychological research. This assignment is due on May 31st at 5:00pm, through Canvas and TurnItIn. More details about this assignment are available on Canvas.

Media Article

Media articles about psychological concepts are often poorly written and end up confusing the audience or incorrectly interpreting the concept! Your job is to translate one of the course concepts identified on the assignment instructions (posted on Canvas) into a media article that is appropriate for a general, non-psychology audience.

This assignment has two parts:

1. Choose a media outlet that you are "working" for (e.g., a specific news website, newspaper, magazine, etc.). Write a brief statement (150-250 words) that explains who your audience is.
2. Choose one of the topics in the instructions document and write a media article that communicates at least three related ideas (e.g., for memory and studying, you could talk about the testing effect, distributed practice, and the generation effect) in a way that your audience will understand and find interesting. If it would be

appropriate given your media outlet, include photos or graphics in your media article.

More details regarding the specific requirements of this assignment are available on Canvas. A digital copy of your assignment is due on Canvas and TurnItIn by 5:00pm on Monday, June 14th. Any assignments turned in after 5:00pm will be considered late and subject to a penalty of 10% per calendar day. No email submissions will be accepted.

If you want to have a draft reviewed, you must email your paper to Janel no later than June 7th. Papers submitted after June 7th will not be reviewed. The TA will **not** be reviewing drafts.

When you receive your grade and feedback, you will have the opportunity to revise your paper and resubmit it. If you address all of the feedback your classmates gave you and substantially improve the quality of your paper, you have the opportunity to earn up to 5% more (i.e., a paper that incorporates all of the feedback given on the first version will earn 5% more. A paper that incorporates some of the feedback will earn between 1-4% more). This new grade will replace the original grade. If you wish to revise and resubmit your paper, you have until 5:00 pm on June 23rd to submit via Canvas.

Launchpad Homework

Launchpad (included with your textbook) provides a number of studying and learning resources to accompany your textbook.

There are two types of assignments in Launchpad that count towards your final grade – Learning Curve assignments and Chapter Quizzes.

Learning Curve assignments are worth 10% of your final grade. Learning Curve assignments ask you questions about the text that adapt to how well you are performing. In order to complete the assignment, you need to earn a certain number of points. More difficult questions are worth more points. If you get questions correct, the questions get harder, and if you get questions incorrect the questions get easier. Learning Curve assignments are graded for completion – if you complete the assignment, you get 100%.

Chapter quizzes are worth 10% of your final grade. Chapter quizzes should be done **after** you have learned the material for the chapter, as they are graded based on your performance (i.e.,

number of questions correct). **No extensions will be granted and late work will not be accepted.** You can work ahead if you choose.

Your lowest four grades on Learning Curve assignments (i.e., missed assignments) and your lowest grade on Chapter Quizzes will be dropped at the end of the semester.

The other resources on Launchpad are there for your own self-study. They will not count towards your course grade, but can help you check your understanding and prepare for exams.

Participation

Class participation will be assessed using pop-up questions on class videos as well as participation on the course discussion board (Piazza).

When you are watching videos posted on Canvas, questions will periodically pop up to test your understanding, help you assess your progress, and help Janel assess the progress of the class. Your in-class participation grade will be assessed by the proportion of questions you answer correctly.

Each week, you will have the opportunity to earn up to 5 participation points via Piazza. Points are earned for submitting and answering questions, in addition to editing existing answers (e.g., to correct or elaborate on the answer given). Each contribution receives 1 point, up to a weekly maximum of 5 points. Each week students who are recognized as Top Contributors will receive a bonus 2 points. For the purposes of calculating Piazza participation points, the week will reset on Sunday at 11:59pm

Your participation grade will be calculated based on how many of the available points you have earned, and then converted to number of participation points in the course using the table below. If you score 85% of the Kaltura pop-up questions points and Piazza participation points in the term, you will earn 100% for participation.

Percentage earned	Participation points
85%+	5.0
68%-84%	4.0
51%-67%	3.0
34%-50%	2.0
17%-33%	1.0
0%-16%	0.0

Research Experience

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 Subject 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, create an account, and sign up for studies by going to <https://hsp.psych.ubc.ca>.

Please register in the system by the end of the first month of classes to have the opportunity to earn your first ½ hour credit with a brief online survey that will increase your eligibility for more studies.

Once registered in the system, you will be able to browse through and select which studies you wish to participate in, sign up for an available timeslot, and confirm your accumulated credits afterward. At the end of the last day of class for the term, the subject pool is closed. At that point, you will no longer be able to receive credits. I strongly urge you to participate in and confirm your credits long *before* the last week of class, as many people procrastinate and end up missing out. Further instruction on how to use the HSP online system can be found at <https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/>

The Library Option As an alternative to participation in psychology subject pool experiments, you may complete a library-writing project. Such projects consist of reading and summarizing 1) the research question, 2) the methods and 3) the results (in written form) of a research article from the peer reviewed journal *Psychological Science*. You will receive one (1) research participation credit for each article

summary that meets the requirements outlined at <https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/>

For each course, you may obtain the same number of extra credits via the library option as specified in the course syllabus (i.e. the same number of credits available for students who participate in research).

Summaries must be submitted **no later than the last day of classes**.

You are to submit your article and your summary to turnitin.com. If you don't have a Turnitin account already (from a previous course), you will need to create a user account in Turnitin. The Turnitin information will be posted on UBC Canvas.

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.

Bonus HSP Credits

In addition to the research experience component, you will be given the opportunity to earn up to 3 extra credit points (for a possible 3% added to your final grade) by participating in the Psychology Human Subject Pool. To earn bonus credits, follow the procedure described under Research Experience Component.

GRADING POLICIES

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology classes are required to comply with departmental norms regarding grade distributions. 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% for only 2021S. According to these adjusted norms, the average grade in 100- and 200-level Psychology classes will be 72 for an exceptionally strong class, 70 for an average class, and 68 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 an instructor or the 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.

EXPECTATIONS

What we expect from you:

Regular Participation Although there are no required synchronous activities in this course aside from exams, it is important that you keep up with the course schedule and complete assignments on time. Attend the weekly live sessions (Tuesdays and Thursdays from 9-10:30am) whenever possible – this is your best chance to ask questions, clear up confusing content, and review the week's material. Watch the videos assigned each week and complete the pop-up questions. Participate on Piazza, asking and answering questions about course content.

Feedback We welcome feedback on all aspects of this course. If something is not working for you, please let us know! If you do not understand something presented in class, it is likely that others do not understand either. I will be using the pop-up video questions to assess understanding of concepts throughout the course. You will also have the opportunity to submit questions in advance of each week's live session, to be answered during the session.

Respectful & Ethical Conduct You are expected to treat other members of the course with respect, both in class and in outside-of-class communication (e.g., emails, Piazza posts, office hours, etc.). This

includes minimizing disruptions and distractions during class. Cheating and academic dishonesty of any kind will not be tolerated. Please see the Ethical Conduct section of the syllabus for more details.

What you should expect from us:

Availability We are available in class, during office hours, on the course Piazza site, and by email. If you absolutely cannot make it to office hours, please email to set up an appointment. If you have questions that take more than a few sentences to answer we will ask you to schedule a meeting via Collaborate Ultra. Note that responses to emails may take up to 24 hours on weekdays and 48 hours on weekends.

Online slides I will post lecture slides that accompany each lecture video on UBC Canvas. The slides are often useful in organizing your own notes, so you may wish to download or print a copy to use while you take notes. Please take notes while you watch videos – the lecture slides are not a substitute for notes.

Feedback Feedback on assignments and exams will be as prompt and detailed as possible, given the size of the class. If you want more detailed feedback on an assignment or exam, please contact one of us.

Ethical Conduct

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. The Department subscribes to *TurnItIn* — a service designed to detect and deter plagiarism. Your study plans will be compared to content located on the Internet or in TurnItIn's own proprietary databases.

During exams, you are expected to hold yourself to the highest ethical standards. If a pattern of misconduct is suspected, we may alter the requirements for exams (e.g., requiring use of Respondus Lockdown Browser or Zoom invigilation).

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. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>).

All work submitted in this course is to be your own independent and original work unless otherwise specified. You may not submit work that you have prepared for other courses without prior approval. You must cite all of your sources, which should be from peer-reviewed academic journals.

If you have any questions as to whether your work is a borderline case of academic misconduct, please contact Janel or one of the TAs so we can review it before it is submitted.

Students Studying Remotely

The COVID-19 pandemic has created challenges with respect to online and remote learning, particularly for international students who will not be residing in Canada this fall. There exists potential restriction and/or censorship of online course content by the governments of some foreign countries where international students reside. The Provost's office has developed the following statement pertaining to the potential restrictions to international students' online learning experiences as a result of remote learning:

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

This schedule is subject to change. Regularly occurring assignments (LaunchPad Learning Curve and Chapter Quizzes) are not shown on this schedule, but are shown in the course calendar on Canvas. A video on Canvas will show you how to access a personalized calendar with all course assignments.

Module	Timeframe	Chapter	Assignments and Exams
1	May 11	Welcome and Introductions	Complete Syllabus Quiz by May 12th, 5:00pm Set up LaunchPad (link on Canvas)
	May 13	Evolution of Psychological Science	
	May 18	Methods in Psychology	
	May 20	Memory	
	May 25	Module Test 1 (9:00-11:00am)	
2	May 27	Learning	
	June 1	Neuroscience and Behaviour	May 31 st , 5:00pm - Mini-assignment due on Canvas and TurnItIn
	June 3	Neuroscience and Behaviour	
	June 8	Module Test 2 (9:00-11:00am)	
3	June 10	Sensation & Perception	
	June 15	Sensation & Perception	June 14 th , 5:00pm – Media Article Assignment due on Canvas and TurnItIn
	June 17	Consciousness	
The final exam date will be set by the registrar. Do not book travel during exam period (June 21-25)			