

PSYC 101 006

Introduction to Biological and Cognitive Psychology

Mon, Wed, Fri
1:00pm – 2:00pm
CIRS 1250

Instructor



Dr. Grace Truong

Office location: Kenny 3104

Online office hours: Wed, 3:30-4:30pm

Email: gracet@psych.ubc.ca

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

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Teaching Assistants (TA)

Bronwen Grocott

Online office hours: Thurs, 1:00-2:00pm

Email: bgroccott@psych.ubc.ca

TA in ≤ 25 words: Bronwen is a graduate student in the Clinical Psychology program at UBC. Her research interests are in the psychobiological mechanisms underlying associations between stress and depression.

Nikolas Kokan

Online office hours: Mon, 2:00-3:00pm

Email: nkokan@student.ubc.ca

TA in ≤ 25 words: I am interested in understanding how neurons work together to form our amazing brains. I also love cats.

Please show your respect for the health and well-being of our Teaching Assistants, classmates, me, and all of our loved ones by wearing a mask over your mouth and nose for every in-person encounter this term, and staying home if you do or may have COVID19.

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 20 2021, or before Oct 29 2021 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 additionally 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

<i>Learning Appraisal Activity</i>	<i>Date</i>	<i>Weight if PCA is submitted</i>	<i>Weight if PCA is not submitted</i>
Midterm 1	Sept 27	15%	20%
Midterm 2	Oct 25	15%	20%
Midterm 3	Nov 19	15%	20%
Project Consultation Assignment (PCA) <i>[optional!]</i>	Oct 20 (on Canvas and on <i>TurnItIn</i>)	15%	0%
Final Exam	TBD	30%	30%
Top Hat Participation	Throughout term	4%	4%
LaunchPad Chapter Quizzes	Throughout term	4%	4%
Research Experience Component (REC)	Due by last day of classes	2%	2%
<i>Total</i>		<i>100%</i>	
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. The quizzes will be online Canvas quizzes. The final exam format will be determined by the University at a later date.

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. This assignment is optional. If you do not submit this assignment, the weight of it will be equally shifted to the three midterm exams.

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 during lecture so you can answer questions in real time. For students who are unable to participate in Top Hat for time zone reasons, an alternative arrangement can be made. (See Canvas for more details.)

Participation will be graded in the following manner:

If you respond to the majority of questions in...	You will receive...
80-100% 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.

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](#).

Course Policies

Attendance

Lectures will be livestreamed and recorded. (If you speak aloud in class or sit in the front row, you will appear on the recording.) While I will be posting lecture slides **after** class, these are NOT a substitute for lecture, and exams will contain some amount of content only provided in lecture. I will number our lecture slides so that you can take notes corresponding to each slide during lecture.

In the Classroom

University courses should be conducive to learning and rigorous intellectual inquiry within a context in which everyone feels included and respected—regardless of race, ethnicity, gender identity, gender expression, sexual orientation, political or religious affiliations, ability, age, social status, etc. All students in this class are encouraged to express themselves thoughtfully when discussing course material; and, when you do express yourself, it's important that you do so in a manner that shows respect for every other member of this class. Therefore, please make sure that you're familiar with [UBC's policy on building and maintaining a respectful environment](#). You can find additional information about resources pertaining to equity, diversity, and inclusion on the Psychology Department's website: <https://psych.ubc.ca/about/equity-inclusion/>

Copyright and Intellectual Property

All readings for this course are copyrighted, and cannot be redistributed without permission of the copyright owner. Lecture videos and other course materials are the intellectual property of the instructor(s) and these also cannot be redistributed (e.g., posted on any other website, or shared in any other way) without instructor permission. Violation of these policies may lead to academic discipline.

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), please describe your situation in the Student Survey for remote learning and a more reasonable exam time will be arranged. You may bring your laptop and write the exam in the lecture hall.

Missing Exams

If you are aware of scheduled UBC-sanctioned sport travel or a religious obligation that conflicts with the date of an exam/quiz, 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. Concessions relating to missed tests need to be coordinated with the instructor within one week of the original exam date. If you miss an exam for any other reason (e.g., work commitments, 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. 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. 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 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 Top Hat account to answer questions for them is also considered cheating. If you are caught participating on behalf of someone else, 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>).

In case of instructor illness

If I am unwell, I will not come to class. I will make every reasonable attempt to communicate plans for class as soon as possible (by email, on Canvas, etc.). Our classroom will still be available for you to sit in and there will likely be an online video to watch.

In case of emergency transition to online learning

If the university decides it is best to pause on-campus learning, we will transition to online learning. Lectures will occur online and more information will be provided as necessary. Since the midterm exams are online already, there will be no change to their processes.

Helpful Resources

Additional resources may also be helpful as you contend with the challenges of taking university courses during a pandemic, and just dealing with life's challenges more broadly.

- Guidance for online classes: <https://keeplearning.ubc.ca/>
- Assistance with working remotely: <https://it.ubc.ca/ubc-it-guide-working-campus>
- Guidance on useful skills for students: <https://learningcommons.ubc.ca/student-toolkits/>
- Student's guide to Canvas: <https://students.canvas.ubc.ca/>
- COVID-19 health guidance: <https://covid19.ubc.ca/health-guidance/>
- Mental health support: <https://students.ubc.ca/covid19/mental-health-during-covid-19-outbreak>
- Counselling Services: <http://students.ubc.ca/livewell/services/counselling-services>
- Wellness Centre: <http://students.ubc.ca/livewell/services/wellness-centre>
- Student Health Services: <http://students.ubc.ca/livewell/services/student-health-service>

Acknowledgements

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

	Week 1 Sept 6 – Sept 10	Week 2 Sept 13 – Sept 17	Week 3 Sept 20 – Sept 24	Week 4 Sept 27 – Oct 1
Lecture	Introductions History of Psychology	Research Methods	Research Methods Neuroscience	Neuroscience
LaunchPad		Recommended to do Ch. 1 quiz	Recommended to do Ch. 2 quiz	Ch. 1 and Ch. 2 quiz due Sept 26 @ 11:59pm
Assessments				Exam 1 (Sept 27)
			Recommended to start Project Consultation Assignment	

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

	Week 5 Oct 4 – Oct 8	Week 6 Oct 11 – Oct 15	Week 7 Oct 18 – Oct 22	Week 8 Oct 25 – Oct 29
Lecture	Neuroscience Sensation & Perception	Sensation & Perception	Sensation & Perception Consciousness	Consciousness
LaunchPad	Recommended to do Ch. 3 quiz		Recommended to do Ch. 4 quiz	Ch. 3 and Ch. 4 quiz due Oct 24 @ 11:59pm
Assessments	Recommended to work on Project Consultation Assignment		Project Consultation Assignment due Oct 20	Exam 2 (Oct 25)

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

	Week 9 Nov 1 – Nov 5	Week 10 Nov 8 – Nov 12	Week 11 Nov 15 – Nov 19	Week 12 Nov 22 – Nov 26
Lecture	Consciousness Learning	Learning	Memory	Memory Language & Thought
LaunchPad	Recommended to do Ch. 5 quiz		Ch. 5 and Ch. 7 quiz due Nov 18 @ 11:59pm	Recommended to do Ch. 6 quiz
Assessments			Exam 3 (Nov 19)	

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

	Week 13 Nov 29 – Dec 3	Week 14 Dec 6 – Dec 10	Final Exam Period Dec 11 – Dec 22
Lecture	Language & Thought	Language & Thought	
LaunchPad		Ch. 6 and Ch. 9 quiz due Dec 10 @ 11:59pm	
Assessments		Final day for REC/HSP credits (Dec 7)	Final Exam (Date TBD)

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