

PSYC 101 V01: Introduction to Biological and Cognitive Psychology

University of British Columbia

Lectures: Mondays 2-5pm, Scarfe 100

Seminars: Fridays 9-10am, 10-11am, 11am-12pm, or 4-5pm, Orchard 3004 & 4004

2021 September 13 – December 6

Psychology is an incredibly broad, interdisciplinary, rich field. In this course, we will focus on the more biological and cognitive aspects of psychological science. The course may be ideal for students with interests in psychology, medicine, neuroscience, cognition, and related fields. The topics we cover include relevant history, basic research methods, learning and memory, fundamentals of neuroscience, sensation and perception, thinking processes, and various states of consciousness. For example: How do we remember things we learn? How does our brain produce our personal experiences of things like vision or sound? Where does consciousness come from and how does it change?

Through this course you should be able to:

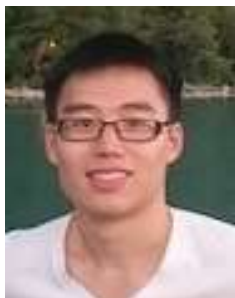
- Develop a more nuanced appreciation of what psychological science is as a field
- Learn how the scientific method is applied to psychology research to answer questions
- Understand the basic mechanics of learning and memory and how to apply them in your life
- Acquire the fundamental language of psychology (e.g., statistical terms, sensory structures, cognitive theories)
- Develop basic knowledge about the links between neural structures and psychological processes
- Apply psychological concepts to real-world situations and improve your life!

TEACHING TEAM



Instructor: Patrick Dubois, BSc, PhD did his graduate studies at UBC. His research explored intelligence, cheating, education in general, and specifically errors in self-perception of knowledge and ability, the tendency for people to claim they know things they don't.

Patrick's office hours will be in Scarfe 100 after lecture times on Monday, 5-6pm.



Teaching Assistant: Yu Luo is a PhD Candidate in Cognitive Science. His research focuses on the application of behavioral insights to address environmental issues.

He will be leading 2 seminar groups, and managing all Canvas Discussions.

His office hours will be Fridays, 1-2pm, in Kenny 2533.



Teaching Assistant: Manlu Liu is a first year PhD student working in the UBC Vision Lab, with research interests in social cognition and attention.

She will be leading 3 seminar groups.

Her office hours will be Thursdays, 2-3pm, in Kenny 3606.

Contact

NOTE: if you have issues about traveling to Vancouver in time to attend classes in person, please contact Atul Gadhia, manager of advising for Vantage College (atul.gadhia@ubc.ca).

All communication should be through Canvas. To receive class Announcements, make sure your Canvas settings are correct: go to Account > Notifications > Announcements > Notify immediately (for your selected email address).

The teaching team is here to help you, but don't wait until the last minute! Plan your crisis in advance! 😊

First, if the question is about course content or procedures, try posting your questions on a Canvas Discussion for all to learn from. Teaching assistant (TA) Yu Luo will be monitoring this; you can get credit for helping other students!

Second, if your question couldn't be helped by the class, email your TA through Canvas. TAs will pass on messages to the instructor if appropriate.

Third, as a last resort, email the Instructor through Canvas. If you are asking about a concession (e.g. special situation) be sure to review the Course Policy on Concessions (below) first!

REMEMBER! If you require special accessibility accommodations (e.g. for exams), you will first need to register with <https://students.ubc.ca/about-student-services/centre-for-accessibility>

Office hours

The teaching team will hold office hours throughout the term. We will update Canvas with any changes to our scheduled office hours. If you have a scheduling conflict with our office hours, send us an message on Canvas to set up an alternate meeting time.

Note that the *only way* to view an exam you wrote is by visiting the TA's office hours. When reviewing your exams, you are not allowed to record the exam content in any way (e.g. writing notes, taking photographs). You cannot change responses to multiple-choice questions after the exam.

Course Materials

There are NO COSTS for required materials for this course! However, you will need a computer with reliable Internet connection and browser software. An Internet-connected mobile device will be required for class interaction via iClicker.

All required readings will be available on Canvas (<https://canvas.ubc.ca>). Textbook content for this course comes from OpenStax which you can access for free at <https://openstax.org/books/psychology/pages/1-introduction>. HOWEVER, content has been adapted for this course, so you should not rely on other versions.

iClicker Cloud: You will be interacting in Lecture and Seminar sessions via the free iClicker Cloud app. Set it up here: <https://lthub.ubc.ca/guides/iclicker-cloud-student-guide/>



For technical support in general (not specific to this course) see <https://it.educ.ubc.ca/it-support-for-students/>

COURSE STRUCTURE

This course is designed to support deep learning, and be easy to do well (with effort) but also easy to fail (without effort). You will have readings to study before each lecture. Lectures will cover content in the readings. Seminars will develop that content further. You are expected to not just remember content, but to develop deeper understanding by working with material thoroughly. Part of this involves YOU teaching other students!

Quizzes will be held in class at the beginning of every second lecture and cover material presented since any previous quiz. The final exam covers everything. All exams are multiple-choice, and will be difficult. There are no written assignments, but you will practice content summarizing and presentation for both Canvas Discussions and Seminars.

Schedule

NOTE: The last exam will take place during final exam period (December 11-22), which is decided by the university and announced in late October. DO NOT make travel plans for the final exam period until the final exam is announced. Pre-booked travel will NOT be accepted as a valid excuse to miss the exam.

Course withdrawal

If you wish to withdraw without any record of this course on your transcript, you must do so by September 20. If you wish to withdraw with a "W" on your transcript, you must do so by October 29.

Week	Date	Topic
1	Monday, Sep 13	Welcome! Introduction to Psychology
	Friday, Sep 17	Seminar
2	Monday, Sep 20	Quiz / Learning
	Friday, Sep 24	Seminar
3	Monday, Sep 27	Memory
	Friday, Oct 1	Seminar
4	Monday, Oct 4	Quiz / Research
	Friday, Oct 8	Seminar
5	Monday, Oct 11	<i>Canadian Thanksgiving holiday</i>
	Friday, Oct 15	Seminar
6	Monday, Oct 18	Research
	Friday, Oct 22	Seminar
7	Monday, Oct 25	Quiz / Thinking and Intelligence
	Friday, Oct 29	Seminar
8	Monday, Nov 01	States of Consciousness
	Friday, Nov 5	Seminar
9	Monday, Nov 08	Quiz / Biopsychology
	Nov 10-12	<i>Midterm break</i>
10	Monday, Nov 15	Biopsychology
	Friday, Nov 19	Seminar
11	Monday, Nov 22	Quiz / Sensation and Perception
	Friday, Nov 26	Seminar
12	Monday, Nov 29	Sensation and Perception
	Friday, Dec 3	Seminar
13	Monday, Dec 6	Quiz / Review
	December ??	Final Exam - on everything!

Assessment

Grades will be posted on Canvas as soon as possible.

Component	Allocation	Dates
Complete Research Survey	1%	Before Sep/13
Complete Syllabus Quiz on Canvas	1%	Before Sep/13
Upload video greeting	1%	Before Sep/20
iClicker Cloud: 1/2 point per lecture in which you answer more than half of the questions (best 10 of 12)	5%	Whole term
Canvas Discussion participation: based on helpful contribution (as judged by TA, e.g. good answer to other student questions)	4%	Whole term
Seminar presentations: 2 x 5%, + 5% participation	15%	Whole term
Multiple-choice in-class quizzes: best 5 of 6; 9% each	45%	See Schedule
Multiple-choice final exam on whole course	20%	December ??
Knowledge calibration on exams	6%	Whole term
HSP Required	2%	Before December
Total	100%	
HSP Optional Bonus	3%	Before December

NOTE: Individual components may have scores adjusted to ensure fair weighting across the course.

Multiple-Choice Exams

These will consist of single-answer, multiple-choice questions only. Each question will have a "Don't Know" option. Your challenge is to answer questions correctly as much as you can (to get marks), but to admit ignorance if don't know the answer. Your **knowledge calibration** grade will be influenced by how many questions you answer incorrectly, i.e. you thought you knew the answer but you didn't. The more you can correctly answer questions you know and admit ignorance on what you don't know, the better your overall grade. This is to practice your ability to self-assess your knowledge and develop critical thinking skills. My research has shown that this ability relates to better academic performance overall, so the skills you develop here may help you for the rest of your career. Also see Exam Policies, below.

Seminar Presentations

Part of most seminar sessions will involve students teaching other students. You will choose two topics (and dates) from a given list (all based on course content) and for each, present a 5-minute lecture to the rest of the class, with two or three multiple-choice questions as your "exam". You get to practice being a teacher! You can refer to notes, but your presentation must not be read; you must know your material well! You will upload a video of your presentation so that it can be shared with other students. Your seminar TA will give you more details.

Canvas Discussion Contribution

Discussions on Canvas are your way of collaborating with other students for learning. If you have questions about textbook content or lecture material, post your thoughts on a Discussion for others to answer. Read the Discussions to see what others think and offer help. Providing good answers and explanations will get you marks! But only up to a limit, so everybody has a chance to contribute. TA Yu Luo will be monitoring Discussions to see who is contributing.

Participation

Your easiest marks are for the first four categories of assessment above. Do the Research Survey, the Syllabus Quiz on Canvas, upload a video greeting, and show up for class - simple!

Human Subject Pool (HSP)

To support experiential learning of the scientific process in psychology, we provide you with the opportunity to participate in studies conducted by the Psychology Department and coordinated through the human subject pool (HSP). This provides you with the opportunity to observe the research process directly and to contribute to ongoing research at UBC. As encouragement, this course allots 2% of your grade for this participation, plus an additional 3% bonus. Each hour of participation gets you 1 HSP credit which is 1% added to your course grade. To get these extra credits, you must register with the system, sign-up for studies, allocated them to this course, and attend the studies and debriefings. You should begin this within the first month of your course. Please note that any inquiries about HSP credits should be directed to HSP and/or the experimenters that you worked with, not to the instructors or TA. It is your responsibility to ensure credits are properly administered in the HSP system. We only get their credit information after the term is over. More information can be found at: <https://psych.ubc.ca/hsp>.

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. More information about this option can be found at the above link.

All of your HSP credits will be added to your final course grade, after any scaling that may have been applied: One percentage point is added to your final grade for each credit earned. Credits can be recorded and tracked via the HSP website. If you do not correctly assign your credits to this course, you will not receive credit so please make sure you have done this properly.

The last day to earn and assign HSP credits is the final day of classes. However, in the last few weeks of classes, there may be fewer studies to participate in, so plan ahead!

COURSE POLICIES

Classroom Conduct

Our classroom is a place where you, and everyone, should feel safe and respected. It should also be a place that is conducive to learning and intellectual inquiry. Any behaviour on your part that compromises that environment will not be tolerated and you will be asked to leave at the instructor's discretion. All lectures will be recorded, in case someone who can't be there needs them. They will not be released publicly, and it is illegal for you to copy or distribute any portion of them, or to make any electronic recordings of your own. Taking notes, however, is recommended!

COVID-19 Safety

For the latest information about COVID-19 policy at UBC, see <https://covid19.ubc.ca/> This course must follow those policies, so please read that carefully.

Your safety and well-being are primary concerns for UBC. The pandemic has created a lot of anxiety for many people, but you can rest assured that you are safe in British Columbia. The BC Centre for Disease Control reports that, before vaccinations began, the impact of COVID-19 was no more than that of seasonal flu, and nobody under age 30 died from it! You are safe here. Anxiety interferes with learning, so relax! Remember that an individual's vaccine status is a matter of personal privacy: It is not appropriate to ask an individual about their vaccine status. If you feel sick (e.g., persistent cough, fever), you should stay home, but let your instructor know as soon as possible, in order to provide alternatives.

Technology

Laptops, phones and similar devices can be helpful for learning, and will be required for participation. However, they can also be distracting. If you are using them for other tasks during class, it can be disturbing for those around you. Be considerate. If you plan to use a device for non-class-related purposes, please sit towards the back of the room. If technology is impeding students' learning, the instructors may re-seat students or ask them to leave the classroom.

Lecture Content

Lecture content (presentation slides) will be made available on Canvas, typically soon after the lecture is presented. Lecture slides will be numbered to facilitate your note-taking. Recordings of lectures will typically only be available to those unable to attend in person and who have asked for that accommodation. NONE of the lecture content is for distribution to anyone not in the course!

Copyright

All materials of this course (course handouts, lecture slides, assessments, online material, live or recording video, 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 constitutes a breach of copyright and may lead to academic discipline. Students must request and receive verbal or written permission for any copies/recordings. If you have any questions about this, just ask!

Academic Integrity

Cheating, plagiarism, collusion, and other forms of academic misconduct are serious concerns and will not be tolerated by the University. This includes but is not limited to: dishonest or attempted dishonest conduct at tests (e.g., unauthorized use of books, notes, or other aids, communicating with others for purposes of obtaining information, copying from the work of others, or exposing or conveying information to other students taking the test) or in-class quiz/poll, changing test answers once tests are marked, and handing in papers with sections prepared by others. Please review UBC's Calendar entries on Academic Honesty, Academic Misconduct, and Disciplinary Measures, (<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,111,958>) and see the Student Declaration & Responsibility (<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,285,0,0>). The Department uses software that can reliably detect cheating on assignments and exams, including multiple-choice exams. Evidence of cheating or plagiarism may result in a zero credit for the work in question and a report to the department head, a failing grade for the course, suspension from the University, cancellation of scholarships, and/or a notation added to a student's university transcript. All graded work in this course, unless otherwise specified, is to be original and your own work, and must be referenced fully and appropriately. See also <https://students.ubc.ca/ubclife/academic-integrity>

Exam Behaviour

For exams, bring your Student ID!

All exams in this course will be multiple-choice only, marked on forms for optical scanning and computer scoring. This ensures efficient, objective, and fair evaluation of all exams. You are responsible for correctly filling in the forms with your correct student number.

If you encounter what you believe to be a faulty question on an exam, raise your hand and ask for clarification during the exam. Any disputes about exam content or grading should be addressed as soon as possible after the exam.

In-Person Exams/Quizzes: Quizzes (short exams) will be held in class and have strict time limits. You may not be allowed to take the quiz if you arrive more than 10 minutes late, or after anyone has left the room. Removing a copy or portion of any exam (or quiz), physically or virtually (e.g. digitally), from the room is theft, a serious offense with serious consequences that can ruin your academic career. Leaving during an exam (e.g. bathroom breaks) is not permitted unless you have a documented medical reason for doing so, presented to your instructor at least 24 hours in advance. In such cases, you will receive an escort to the bathroom. During an exam, no cell phones, laptops or any electronic or communication devices are permitted, and any instructor or invigilator reserves the right to move you to a new seat without providing an explanation. Failure to follow these rules or the instructions of an invigilator during an exam, or any evidence of cheating, may result in you losing some or all credit for that exam.

Online Exams: Only as a last resort will exams be given online. Online exams will be designed such that attempts to cheat will cost you, significantly.

Grading

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses at UBC are required to comply with departmental norms regarding grade distributions. In order to comply with these norms, the mean (average) grade for this course will be around 68-71 with a standard deviation of around 14, and statistical adjustments will be made to ensure separate components are graded fairly and comparably (e.g., different seminar sections and quizzes will be adjusted to match each other). This ensures you get the most fair grading, but it also means that simply adding up your marks won't always give you the precise end result.

Concessions (for missed classes, quizzes, or seminars)

Life happens, and not everything goes according to plan. If you find yourself unable to participate in a way that may affect your grades, start by asking for a concession (accommodation) here:

https://ubc.ca1.qualtrics.com/jfe/form/SV_6KhxHC0aDRGo181

Course assessment is designed to be flexible, e.g. participation in 10 of 12 lectures, writing 5 of 6 quizzes, choosing your own times for presentations. Plan to attend everything, so that you are covered if something unexpected happens! If you complete everything, then your lowest scores on any extra assessments are ignored. In general, you will not be penalized for bad luck, but you may be for bad planning!

In general, there will be no make-up exams or presentations, and any compensation will be at the instructor's discretion. If you anticipate missing a quiz or presentation, contact your instructor or TA as soon as possible. Any potential concession is at their sole discretion.

Accommodations

Accommodations are available for any students with physical or learning disabilities. If you believe you fall in this category, please contact the Centre for Accessibility <https://students.ubc.ca/about-student-services/centre-for-accessibility> to make any arrangements for alternative test-taking arrangements.

These arrangements can not be made through the instructors or TA.

Accommodations and concessions are also available if course requirements conflict with a student's religious or family responsibilities. If this applies to you, please contact your instructor as soon as possible. More information is available here: <https://equity.ubc.ca/resources/days-of-significance-calendar/>

Early Alert

We participate in the Early Alert program, which helps us support students who are facing difficulties that are interfering with their education, their wellness or both. For answers to frequently asked questions regarding the early alert program, please visit

<https://facultystaff.students.ubc.ca/systems-tools/early-alert/information-students/students-frequently-asked-questions>.

University Values & Policies

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: <https://senate.ubc.ca/policies-resources-support-student-success>

Psychology Department's Position on Academic Misconduct

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. In the first place, the Department has implemented 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 (term papers, lab reports, etc.) that students submit for grading will be scanned and compared to over 4.5 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 every student 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.

All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>) and read the University's Policy 69 (available at <http://www.universitycounsel.ubc.ca/policies/policy69.html>).

RESOURCES

In addition to your instructor and TAs, the course Canvas website, and your fellow classmates, the following are some external resources that may help you get the most out of your UBC experience.

UBC Learning Commons

The learning commons website provides a wide selection of academic resources. From tutoring information to studying tools, it's a great place to check out if you have questions:

<https://learningcommons.ubc.ca/>

UBC Library Resources

The UBC Library has put together a page to specifically aid psychology students with research. This is a great place to start searching for good, peer-reviewed sources of information:

<https://guides.library.ubc.ca/psychology>

UBC Information Technology Support

For technical support in general (not specific to this course) see <https://it.ubc.ca/got-question-about-it-products-and-support>

Wellness Resources

UBC wants you to have a great experience here. You can find support for academic, financial, health, immigration, housing, or career issues, or for dealing with sexual assault, discrimination, or harassment here: <https://students.ubc.ca/support>.

Some more resources available to you if you are struggling in any way with responsibilities and life stresses, school-related or otherwise:

UBC Wellness Centre: <https://students.ubc.ca/health> - a resource hub that provides students with information to help improve physical and mental well-being.

The Kaleidoscope: <http://the-kaleidoscope.com/> - peer support group.

SHARE: <https://vivreshare.org/> - self-harm support.

UBC Mental Health Awareness Club: <http://blogs.ubc.ca/ubcmhac/>

Survival Manual: <http://survivalmanual.org/> - "a compilation of services for anybody facing change, addiction, a crisis situation, homelessness, hunger or anything urban living throws our way."

AMS Student Services: <https://www.ams.ubc.ca/student-services/> - "all the student-run services, support, and resources you need to thrive at UBC."

UBC Psychology Clinic: <https://clinic.psych.ubc.ca/> - "an outpatient mental health and state-of-the-art training clinic in the Department of Psychology".

BC Crisis Center: <https://crisiscentre.bc.ca/> (604) 872-3311 - Crisis line available 24/7.

Territory Acknowledgement: UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the Musqueam people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on in their culture, history, and traditions from one generation to the next on this site.

Acknowledgment: *This syllabus was constructed with reference to material from Dr. Steven Barnes, Dr. Eva Zysk, and syllabi from previous iterations of PSYC 101 delivered at UBC.*