

## Psychology 102-903:

# Introduction to Developmental, Social, Personality, and Clinical Psychology (3 credits)

### WHAT IS PSYCHOLOGY 102?

Do you wonder why people behave the way they do? Do you wonder what babies are thinking? Do you wonder why you are outgoing but your sister is shy? Do you want to know how to handle stress? Do you want to understand what it means to have a panic attack and how to treat it? Do you want to learn how to spot fake news?

In this course, we will try to answer some of these questions. Psychology 102 is intended to introduce you to psychology, the scientific study of behavior and thought. This course covers several fundamental topics in psychology, such as emotion, development, personality, intelligence, social behaviour, stress and health. The course will end with psychological disorders and their treatment.

### WELCOME TO PSYCHOLOGY! 😊

*Disclaimer: I can't teach you how to read people's minds.*



### INSTRUCTOR:

Myriam Pâquet, PhD

[myriam.paquet@psych.ubc.ca](mailto:myriam.paquet@psych.ubc.ca)

**How to contact me?** I can meet with you online by appointment. Please do not hesitate to contact me by email for any course-related questions and/or any concerns you may have – even if you just need to reach out and chat with someone. At this time, no in-person meeting will be possible.



### TEACHING ASSISTANT:

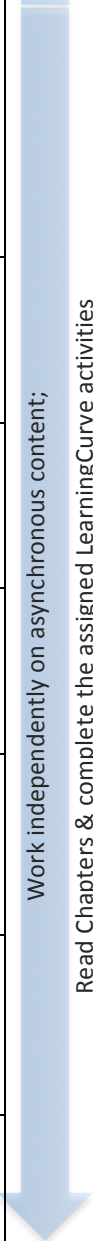
Jesse Fox

[jfox@can.ubc.ca](mailto:jfox@can.ubc.ca)

**How to contact us?** We can meet with you online by appointment – just send us an email 😊

*Please note that we are all happy to chat with you for any reason-- just email us! We strive to respond to all emails within **48 hours**. Note that it can sometimes take a day or so for us to respond, so please keep that in mind before exams/assignments.*

## Web-oriented class

	Always		Sometimes
Monday	Chapter Quizzes due Group discussion response post due on Canvas LearningCurves activities due New content available on Canvas	 Work independently on asynchronous content; Read Chapters & complete the assigned LearningCurve activities	
Tuesday	Recorded lectures available on Canvas		Mid-term and assignments due
Wednesday			
Thursday	Group discussion initial post due on Canvas		
Friday			
Saturday			
Sunday			

## COURSE STRUCTURE

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Given the COVID-19 pandemic state, the University of British Columbia has directed all UBC programs to postpone or redesign courses to be delivered online. As a result, this course section has been redesigned to be delivered online. While there is some flexibility in this online course, **this is a fully online and asynchronous (independent learning) course**. During the first week of class you should review the syllabus so that you are fully informed about the assignments, timeline and requirements of the class.

**Lectures:** Lectures on each chapter will provide an introduction/summary of the information contained in the text book. Lectures will be relatively short and are designed to facilitate your reading of the text book, but are not intended to be a replacement for reading. To be successful in this course, it will be essential for you to read the text book carefully. An effective strategy may be to watch the video as an introduction to the chapter, read the book, and then watch the video again as a summary. PowerPoint slides that correspond to the slides in the videos will be available on Canvas for you to download. Please note that content in the PowerPoint slides will be subject to evaluation.

- The weekly lecture videos and PowerPoint slides will be available on Canvas every Tuesdays (unless specified otherwise).

**Videos:** Suggested video clips will also be provided to help you understanding the content of each chapter, in (I hope!) a more humorous and fun way of learning. I really encourage you to watch them!

## LEARNING OUTCOMES

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**What will I learn in this course? You will learn to:**

1. Explain and critique the basic research methods employed by psychologists.
2. Describe some of the classic and contemporary research in the following subfields of psychology: Developmental Psychology, Social Psychology, Personality Psychology, and Clinical Psychology.
3. Define and identify mental disorders.
4. Apply psychological vocabulary and concepts to real-life experiences.
5. Think critically about psychological research.

## COURSE MATERIALS

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### 1. Required : E-book & LaunchPad

Schacter, D.L., Gilbert, D.T., Nock, M.K., Johnsrude, I., & Wegner, D.M. (2020). *Psychology*. Fifth Canadian Edition.

**PLEASE NOTE THAT THERE ARE SPECIAL INSTRUCTIONS FOR YOUR COURSE MATERIALS FOR THIS COURSE**

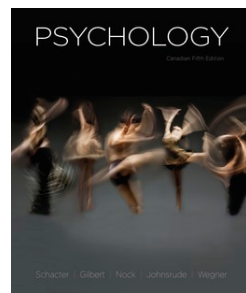
This course will be using a product that is integrated into Canvas : **LaunchPad**. In order to utilize this material, you **MUST** purchase your course materials for this course at the UBC Bookstore. Purchases from any other retailer (i.e. Amazon, Discount Textbooks, etc.) are not able to be verified through the course site, and you will not be able to access the content needed.

You have two options of purchasing your course materials for this course:

1. Purchase either the physical or digital product in-store or online at the UBC Bookstore – for these purchases you **MUST** keep your receipt in order to verify the purchase on the course site.
2. Log into the course site and follow the link to purchase the required materials (\*Please note, you can only purchase the digital product through this option).

*If you purchase in-store or online from the bookstore, you will need to log into the course site and click on the 'Redeem Your Purchase Receipt Number' option in order to verify your purchase and gain access to the online materials.*

**\*\*To further help you getting ready with Launchpad, please have a look at the PowerPoint slides on Canvas named : UBC Launchpad\_Canvas Integration\***



## 2. Course website

As this is an online course, the course website will be your best friend throughout the term! In other words, **THIS IS YOUR CLASSROOM**. You are responsible for checking the course website at <https://canvas.ubc.ca>. To login, you use your CWL. This is where you can access and download the course syllabus, LaunchPad, lectures, videos, discussion forums, and see other important announcements. Please make sure your Canvas settings are such that you see course announcements when they are released. I will be using the announcement function frequently as a way to connect with you and to convey important information.

**To turn notifications on: Go to Account → Notifications → Announcements → Notify me right away. As easy!**

## COURSE REQUIREMENTS AND EVALUATION

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The course is designed for you to get many opportunities to be challenged in various ways – and not just with exams. While this may at first read as more work, my intentions here are really to help you keep up with the content, as it can sometimes be difficult to motivate yourself to stay active in a course when not going physically to the classroom. In other words, this is my attempt to help you succeed in my course!

### Midterm exam (33%)

The midterm exam will cover chapters 1, 2, 8, 10, 11. Material from both the lectures and reading are important to study. The exam will consist of multiple choice and short answer questions.

### Final exam (35%)

The final exam will cover the remaining chapters and **will not be cumulative**. Material from both the lectures and reading are important to study. The exam will consist of multiple choice and short answer questions.

### LaunchPad LearningCurve Assignments (5%)

The LearningCurve assignments on Launchpad are quizzes that reward you for doing your readings. They emphasize which sections you need to review and which sections you know. They will be due each Mondays before 11:59pm and will become unavailable after that time. There will 2-3 LearningCurve assignments within each chapter. Total points will be converted into percentage (5%) at the end of the term.

### LaunchPad Chapter Quizzes (5%)

At the end of every chapter, you will have a multiple choice quiz on the reading assignment. The weekly quizzes will be available when we finish a chapter. You will have from Wednesday to Monday by 11:59pm to complete the chapter quizzes. Quizzes may be taken up to two times to obtain the highest score. You should allow sufficient time in-between quiz attempts to study your missed questions. Only the highest score will be counted. There will be 10 quizzes, each worth 10 points, and then converted into percentage (5%) at the end of the term. You will be required to complete 8 of 10 quizzes – so no big deal if you miss 2!

### Group discussions (5%)

Each week, I will post one or two discussion questions designed to complement the course material and stimulate conversation amongst the class about various content in psychology. You will be randomly sorted out in small groups. There will be two parts: 1) your initial response to the question and 2) your response to another classmate's post. Thus, there will be two deadlines associated with the discussion questions, in order to make sure that everyone has time to respond to someone else. **Initial posts** will be due on **Thursday nights at 11:59pm**, and **response posts** are due **Mondays at 11:59pm**. EACH of your discussion initial postings must be at least 100 words and demonstrate your understanding and application of the class material. Of course you can say things such as "I agree with you" or "Nice post", but there is no real content in such statement – make sure there is sufficient content!

There will be 10 weekly group discussions. The initial response post will be worth 1 point and response to another classmate's post 1 point, for a max of 20 points. Total points will be converted into percentage at the end of the term (5%).

## Writing assignment (15%)

There are several beliefs in psychology that are held by the general public, although they may not be scientifically supported. In this writing assignment, I will present you some common beliefs in psychology and you will choose ONE of them. Then, you will be asked to find two empirical research papers supporting or not this questionable claim, and to use that knowledge to evaluate the support or lack of support of the claim. In other word, you will have to play the role of a psychological detective. Full assignment details will be provided later. The writing assignment must be submitted over Canvas.

## HSP Research Experience Component (2%)

Psychology is an active and exciting scientific discipline. Many of the studies you will learn about in this course were carried out in universities just like UBC!

As part of this course, you will be asked to complete a research experience component (REC) as a way of introducing you to cutting-edge research in psychology. This REC will be worth 2% of your grade and you are free to choose one of two options:

### 1. Participate in the Psychology Department Human Subjects Pool

Most students will choose to earn their REC by spending two hours participating in psychology studies (worth 1% for each hour) through the Department of Psychology's Human Subjects Pool (HSP) system.

You can create an HSP account, locate and sign up for studies by going to <https://ubc-psych.sona-systems.com>.

Once you are registered in the HSP system, you will be able to browse through and select which studies you wish to participate in, sign up for available time slots, and confirm your credits afterward.

At the end of the last day of class for the term, HSP closes and you will no longer be able to receive credits. Therefore, you should try and participate in studies and earn credits as early in the term as possible!

### 2. The Library Option

As an alternative to participation in HSP experiments, you may complete a library writing project. Such projects consist of reading and summarizing a research article from the peer-reviewed journal *Psychological Science*. You must summarize 1) the research question, 2) the methods, and 3) the results (in written form).

You will receive 1% for each article summary that meets the following requirements:

- The article must have been published in the journal titled *Psychological Science*.
- The article must have a publication date between the years 2000-2020.
- The article must be a research article. It cannot be a review article, a news item, a notice, or a letter to the editor.
- The summary should be approximately 500 words in length
- You must include your name, student number, course, section, instructor, and email address on each summary.
- You must log on to the HSP website (<https://ubc-psych.sona-systems.com>) and create an account before submitting your article summaries. Your course credit is assigned only if you use the online system.
- **Summaries must be submitted no later than 10 days before the end of classes.**
- You must submit your article and summary over [turnitin.com](https://turnitin.com). Any evidence of plagiarism may result in lack of credit, and instructors will be notified. Further action may be taken by the department or university.
  - **Turnitin** : For the HSP library assignment the class ID is 31445496, class name is "HSP 2021-2022 (Fall Term 1)" and password is "Research".

More information on HSP and the Library Option is available at: <https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/>

## GRADING SCHEME

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### ADJUSTED DEPARTMENTAL SCALING POLICY FOR 2020W

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 2020W.** 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. The corresponding figures for 300- and 400-level classes will be 75, 73, and 71, with a standard deviation of 13. 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. At UBC, they convert according to the key below:



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%		

## COURSE SCHEDULE

\*We will try to respect as much as possible the course schedule, but slight changes on the schedule may be made along the way - we will ask you to show flexibility.

# September

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7 First day of Class! ☺  Recorded lecture available for: Course plans for the term.	8	9	10	11
12	13 Content available for <b>Chapter 1 : What is psychology?</b>	14 Recorded lecture available for: Chapter 1; Read Chapter 1 & complete the assigned LearningCurve activities	15	16 <i>Group discussion initial post deadline</i>	17	18
19	20 <b>Chapter 1 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i>  Content available for <b>Chapter 2: Methods in Psychology</b>	21 Recorded lecture available for: Chapter 2; Read Chapter 2 & complete the assigned LearningCurve activities	22	23 <i>Group discussion initial post deadline</i>	24	25
26	27 <b>Chapter 2 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i>  Content available for <b>Chapter 8 : Emotion and Motivation</b>	28 Recorded lecture available for: Chapter 8; Read Chapter 8 & complete the assigned LearningCurve activities	29	30 <i>Group discussion initial post deadline</i>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>Chapter 8 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i>  Content available for <b>Chapter 10 : Intelligence</b>	5 Recorded lecture available for: Chapter 10; Read Chapter 10 & complete the assigned LearningCurve activities	6	7 <i>Group discussion initial post deadline</i>	8	9
10	11 <b>Chapter 10 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i>  Content available for <b>Chapter 11 : Development</b>	12 Recorded lecture available for: Chapter 11; Read Chapter 11 & complete the assigned LearningCurve activities	13	14 <i>Group discussion initial post deadline</i>	15	16
17	18 <b>Chapter 11 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i>	19 <b>MID-TERM EXAM</b>	20	21	22	23
24	25 Content available for <b>Chapter 12: Personality</b>	26 Recorded lecture available for: Chapter 12; Read Chapter 12 & complete the assigned LearningCurve activities	27	28 <i>Group discussion initial post deadline</i>	29	30



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 <b>Chapter 12 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i> Content available for <b>Chapter 13: Social Psychology</b>	2 Recorded lecture available for: Chapter 13; Read Chapter 13 & complete the assigned LearningCurve activities	3	4 <i>Group discussion initial post deadline</i>	5	6
7	8 <b>Chapter 13 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i>	9 <b>Writing assignment instruction available – start working on that!</b>	10 Mid-term break	11 Mid-term break	12 Mid-term break	13
14	15 Content available for <b>Chapter 14: Stress and Health</b>	16 Recorded lecture available for: Chapter 14; Read Chapter 14 & complete the assigned LearningCurve activities	17	18 <i>Group discussion initial post deadline</i>	19	20
21	22 <b>Chapter 14 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i> Content available for <b>Chapter 15: Psychological Disorders</b>	23 Recorded lecture available for: Chapter 15; Read Chapter 15 & complete the assigned LearningCurve activities	24	25 <i>Group discussion initial post deadline</i>	26	27
28	29 <b>Chapter 15 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i> Content available for <b>Chapter 16: Treatments of Psychological disorders</b>	30 Recorded lecture available for: Chapter 16; Read Chapter 16 & complete the assigned LearningCurve activities				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <i>Group discussion initial post deadline</i>	3	4
5	6 <b>Chapter 16 Quiz/ LearningCurve activities due</b> <i>Group discussion response post deadline</i>	7 <b>Last day</b> <b>Writing assignment : common beliefs in psychology</b> (by 8:30 pm PST)  Recorded lecture : Floating day to finish covering content and/or preparation for final exam	8	9	10	11 Final exam period begins (Final exam to be scheduled during final exam period)
12	13	14	15	16	17	18
19	20	21	22 Final exam period finishes (Final exam to be scheduled during exam period)	23	24	25

## UNIVERSITY POLICIES

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### Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply when the matter is referred to the Office of the Dean. Careful records are kept in order to monitor and prevent recurrences. A more detailed description of academic integrity, including the University's policies and procedures, may be found in the [UBC Calendar: Student Conduct and Discipline](#).

### Academic Accommodation for Student with Disabilities

Academic accommodations help students with a disability or ongoing medical condition overcome challenges that may affect their academic success. Students requiring academic accommodations must register with the [Centre for Accessibility](#). They will determine the student's eligibility for accommodations in accordance with [Policy 73: Academic Accommodation for Students with Disabilities](#). Academic accommodations are not determined by your instructors, and instructors should not ask you about the nature of your disability or ongoing medical condition, or request copies of your disability documentation. However, your instructor may consult with the Centre for Accessibility should the accommodations affect the essential learning outcomes of a course.

### Statement regarding online learning for international students

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>

## ACKNOWLEDGEMENT

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UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (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 their culture, history, and traditions from one generation to the next on this site.