



# PSYCHOLOGY 102-003:

## Introduction to Developmental, Social, Personality, and Clinical Psychology

Winter 2021/22 Term 2

### ABOUT PSYC 102

This psychology course will introduce you to some of the major research areas within the field of psychology: the scientific study of behaviour. The course covers several fundamental topics in psychology (for example, social behaviour, intelligence, motivation, emotion, health, development, and personality). The course concludes with the topic of psychological disorders and their treatment.

### WHO, WHEN, WHERE

**Instructor:** Dr. Rafal Skiba  
[rskiba@psych.ubc.ca](mailto:rskiba@psych.ubc.ca)  
Office Hours: by appointment

**Teaching Assistant:** Erin Fitzpatrick  
[erin.fitzpatrick@psych.ubc.ca](mailto:erin.fitzpatrick@psych.ubc.ca)  
Office Hours: by appointment

**Schedule: Lecture:**  
Mon Wed Fri 10-11am  
Buchanan A 104

### IMPORTANT NOTE:

This is an in-person course. However, due to a current pandemic situation, all lectures will be recorded and available for students. The videos will be posted in Canvas. The first two weeks of this course will be taught online using the Zoom platform.

### LEARNING GOALS

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

1. Define modern psychology and identify the major perspectives within it
2. Recognize, recall, connect, and evaluate psychological concepts and theories from specific subfields (e.g. social & developmental psychology)
3. Increase your awareness of how these concepts relate to you and the world around you
4. Critically evaluate new evidence about behaviour that you encounter in your daily life
5. Understand and explain basic research methods currently employed by psychologists
6. Use empirical research articles to develop arguments.

### EVALUATION

#### 1. Exams (65%):

There will be four exams: one (the April Final exam) will be written during the exam period at a time designated by the Registrar's Office (you must be available to write at any time during the April exam period), and two (the midterm exams) will be written during class time.

<b>First Midterm (15%)</b>	<b>Feb 11 (online, class time)</b>
<b>Second Midterm (15%)</b>	<b>Mar 25 (online, class time)</b>
<b>Final Exam (35%)</b>	<b>Apr 12-27 (exam period)</b>

The higher midterm exams will each be worth 20% of your overall course grade, while the lowest midterm grade will account for 10%. **There will be no makeup midterm examinations in this course.**

### **Notes on the Exams:**

- Midterms will be administrated online. The Final exam may be also online or in-person. The decision will be made by the end of the semester.
- Midterms are not cumulative; the Final exam is cumulative.
- There will be topics covered in class that are not in the readings and topics in the readings that are not covered in class. You will be responsible for both. **That is, all readings and all class materials are examinable.**
- Exams will be composed of multiple-choice and short-answer questions.

#### **2. Group assignments (19%): the paper (8%) and the movie (11%)**

You will form small groups with your peers of max 3 people. There will be two types of group assignments:

**1# (8%)** You will be asked to discuss a classic psychological paper that will be posted in Canvas:

**Kahneman, D. (2003). A perspective on judgment and choice: Mapping bounded rationality. *American Psychologist*, 58(9), 697- 720.**

Next, you and your group mates will try to use your personal experience in interpreting the main clauses of the article. You will list up to two examples from your daily life, culture, and news that support or contradict theories presented in the paper. Each person in a group is required to provide two examples. Your example should not be longer than two sentences.

**2# (12%)** You will be provided with a list of movies. Your group will select one movie that you will watch with your colleagues and discuss it. You will need to identify psychological concepts from the textbook and lecture slides in the movie. Each group will need to prepare a list of concepts and properly cite the textbook or lecture slides. Your group will also prepare a summary of concepts relevant to a movie plot or particular scene. Alternatively, you may choose to write an individual essay about your selected movie. Your instructor will provide you with an essay question about a movie of your choice.

#### **3. Engagement (up to 9%):**

Active participation and engagement will promote better comprehension and retention of the material you are learning and will be evaluated by the following:

- **In-Class Participation via Top Hat 3%**

Active participation and engagement will promote better comprehension and retention of the material you are learning. During each class Dr. Skiba will post multiple choice questions to the Top Hat polling app for students to answer in real-time. This allows both you and I to gauge your understanding of the concepts being taught and provides you with practice answering multiple choice questions in preparation for exams. For each class, students will receive 1 mark for answering 75% of the questions, and 1 mark for answering at least 1 question correctly.

- **Canvas Piazza Questions (6%)**

As you did in previous semester also now you will be encourage to post your questions and answer question of your colleagues using the Piazza system in Canvas.

#### **4. LaunchPad quizzes (5%)**

At the end of each chapter in your textbook you can do quizzes to practice the material. Your lecturer will count best 5 of 9 quiz scores.

#### **5. Research Experience (up to 2%; up to 3% bonus):**

Psychology is an active and exciting scientific discipline. Many of the studies that you will learn about in this course were carried out at universities just like ours! As part of this course, you will be asked to complete a research experience component (REC) as a way of introducing you 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 REC 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 create an account, locate and sign up for studies by going to <https://ubc-psych.sona-systems.com>. 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 time slot, 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. Further instructions on how to use the HSP online system can be found at <http://www.psych.ubc.ca/resguide.psy> in the document entitled "Subject Pool Information for Participants."

- **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 1% for each article summary that meets the following requirements:

Requirements:

- The article must have been published in the journal titled "*Psychological Science*"
- The article must have a publication date from the year 2000 to present.

- The article must be a research article; it cannot be a review article, a news item, a notice, or a letter to the editor, for example.

- 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 system (<http://hsp.psych.ubc.ca/>) and create an account before submitting your article summaries. Your course credit is assigned using the online system.

Summaries must be submitted by the last day of class

**Bonus 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.

## COURSE MATERIALS

**Required:** Schacter 5th Canadian Edition Custom Package Full Text with 4 months of Launchpad access. E-textbook is just fine. In addition, there may be other assigned readings, videos, blogs, etc. throughout the term (but not too many). Academic papers can be found through the UBC Library.

## GRADING AND ATTENDANCE

**Grading.** Your grade for each exam and assignment will be posted on Canvas.

The Department of Psychology has adopted the following target grade distributions in 100- and 200-level courses, and reserves the right to adjust final grades in this course if the distribution deviates substantially from the target.

Class Performance	Mean	Standard Deviation
Strong Class	67%	14%
Average Class	65%	14%
Weak Class	63%	14%

**Attendance.** In this course, material that is taught in class may be different from or supplement the course readings. It is, therefore, essential you attend class and read ahead in the text. If you do have to miss a class, you are responsible for getting notes from another student.

Attendance in the lectures will be monitored via your use of the Top-Hat app.

If you miss a midterm exam due to illness, death or loss of a loved one, or varsity sports please inform the instructor immediately. Remember that your lowest midterm grade will be worth 10%. However, **no makeup midterms will be given** in this course. If you miss a midterm for a valid reason and have documentation to support your absence, the weight of the missed midterm (10%) will be added to your final exam.

If the April final exam is missed, you must apply through the Registrar's office to write a make-up exam--they will probably require medical or other documentation. Please refer to the UBC Calendar for details of 'academic concession.'

During your time in this course, if you encounter medical, emotional, or other personal problems that affect your attendance or academic performance, please notify us, as well as your Academic Advisor. Please refer to the UBC Calendar for a discussion of academic concession.

The University accommodates students with disabilities who have registered with the Centre for Accessibility office. The University also accommodates students whose religious obligations conflict with attendance or scheduled exams. Please let us know in advance, preferably in the first few weeks of class, if you will

require any accommodation on these grounds. Other absences (e.g., varsity athletics, family obligations or similar) are not part of University policy and you should not assume they will be accommodated.

**Early Alert Program.** We participate in the Early Alert program, which helps us support students who are facing difficulties that are interfering with school. For answers to frequently asked questions regarding the Early Alert program, please visit [blog.students.ubc.ca/earlyalert/information-for-students/students-frequently-asked-questions/](http://blog.students.ubc.ca/earlyalert/information-for-students/students-frequently-asked-questions/).

## POINTS TO REMEMBER

There are 33 classes and 8 chapters will be covered during the course. This means there will usually only be 3-4 lectures per text chapter--plan your reading and studying accordingly.

Lectures will typically focus on particularly important and/or interesting ideas. You are responsible for all readings and lecture materials.

Lecture slides will be made available on Canvas. However, if you miss a lecture, don't expect to find all of what you missed in the slides. (Ask a friend!)

Lecture slides will be posted on Canvas before each lecture. This is done as a courtesy. Please be aware that I may make changes to the slides between that time and the lecture the next day. Final versions of lecture slides will be posted following a lecture, and will be marked as '*Final Version.*'

Laptops and similar devices can be effective learning tools and are welcome in class. However, if you are using them for non-class-related activities it can be distracting for others. Please be considerate.

## Course Schedule (Subject to change. Please refer to Canvas for updates)

Week (dates)	Assigned Readings	Reminders	Due Dates
<b>1</b> Jan 10, 12, 14	THIS SYLLABUS!!! Review Statistical Reasoning in psychological research, Ch 10 Intelligence	Create groups	
<b>2</b> Jan 17, 19, 21	Ch 10 cont Ch 11 - Development	Read the article	
<b>3</b> Jan 24, 26, 28	Ch 11 cont	Group discussion	
<b>4</b> Jan 31, Feb 2, 4	Ch 8 – Emotion/Motivation		<b>The first group assignment (Feb 4)</b>
<b>5</b> Feb 7, 9, 11	Ch 8 cont Ch 12 Personality		<b>Midterm 1 (Feb 11; Chapters 8, 10 and 11)</b>
<b>6</b> Feb 14, 16, 18	Ch 12 cont		
<b>7</b> Feb 21-25	Reading Week!!		
<b>8</b> Feb 28, Mar 2, 4	Ch 12 cont ,Ch 13 – Social Psychology	Select a Movie	
<b>9</b> Mar 7, 9, 11	Ch 13 cont		
<b>10</b> Mar 14, 16, 18	Ch 14 Stress and Health		
<b>11</b> Mar 21, 23, 25	Ch 14 cont Ch 15 Psych disorders		<b>Midterm 2 (Mar 25; Chapters 12, 13, 14)</b>
<b>12</b> Mar 28, 30, Apr 1	Ch 15 cont		<b>The second group assignment (Apr 1)</b>
<b>13</b> Apr 4, 6, 8	Ch 16 Treatment of Psychological Disorders	Check HSP Credits	
<b>14</b> Apr 11	Ch 16 cont	Preparation for the Final Exam	

## WITHDRAWAL DATES

If you wish to withdraw from this course without any record of the course on your transcript, you must do so on or before **Jan 21<sup>th</sup>**. If you wish to withdraw with a “W” on your transcript, you must do so on or before **March 4<sup>th</sup>**.

**\*\*Please note that you must be enrolled in all courses within a stream to remain eligible for CAP. If you are considering dropping a course, please contact the Program Assistants in the CAP Office (IBLC 379)**

## GRADE BUMPS

When computing final grades, the instructor carefully analyzes every single student to determine whether a grade bump is deserved. Bumps may be awarded for consistent performance at a major grade boundary or for marked improvement from the midterm to the final (10%+ at minimum). Bumps are not guaranteed and are *\*not\** awarded for non-academic reasons (i.e., student is graduating and/or involved in sports or other extracurricular activities). **DO NOT send the instructor an email asking for a grade bump.**

## STATEMENT OF ACADEMIC INTEGRITY

In the Department of Psychology, and with the UBC and the scholarly community at large, we share an understanding of the ethical ways in which knowledge is produced. A core practice of this shared value of academic integrity is that we acknowledge the contributions of others to our own work. It also means that we produce our own contributions that add to the scholarly conversation. We don't buy or copy papers or exams, or have someone else edit them. We also don't falsify data or sources, or hand in the same work in more than one course. Because it is so important that research be done ethically, we expect students to meet these expectations.

The Psychology 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 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.

Any instance of cheating or taking credit for someone else's work, whether intentionally or unintentionally, can and often will result in receiving at minimum grade of zero for the assignment, and these cases will be reported to the Department Head, and the Faculty of Arts Associate Dean, Academic. 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 the student's transcript. See the UBC Calendar entries on “[Academic Honesty](#),” “[Academic Misconduct](#),” and “[Disciplinary Measures](#),” and check out the [Student Declaration and Responsibility](#). See “[Tips for Avoiding Plagiarism](#)” from the Chapman Learning Commons, and bookmark the OWL website for how to use APA citation style.

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 or TA before you submit your assignment – WE ARE HERE TO HELP!!**

## HEALTH CONCERNS / PERSONAL MATTERS

If you are experiencing psychological or physical ill-health, please arrange for an appointment with your personal GP, or you can assess UBC's Student Health Services. Please don't hesitate to reach out to me if you are in need and there are any barriers preventing you from assessing any resources. Also, please contact me if there is a way I can help accommodate any of your needs in this course. If you require an extension or have missed a midterm, in the first instance you should aim to contact your Faculty Academic Advising office, and supply any evidence of your circumstances that you may have. They will liaise with me with regards to a new assignment deadline or alternate time to sit the referral midterm. Please see the final page of the syllabus for further details.

## COVID-19 SAFETY AND ILLNESS PLAN

### **Masks:**

- Provincial Health Orders and UBC policy now mandate masks in all indoor public spaces on campus. Please show your respect for the health and well-being of our class members 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 have any symptoms of possible illness. Let's do everything we can as a community to stop the spread of this virus.

o Students who wish to request an exemption to the indoor mask mandate must do so based on one of the grounds for exemption detailed in the PHO Order on Face Coverings (COVID-19). Such requests must be made through the Center for Accessibility. Students that are approved for this accommodation in accordance with Policy LR7 will be provided with a letter of accommodation to share with faculty members teaching courses in which they are registered. In the intervening time, these students are welcome in the class, and may choose to sit in less crowded areas.

- - If you need to, you may drink in the class, but please avoid sipping to reduce the number of times you are unmasked. Unless you have prior arrangements, eating is not permitted during lectures.
- - The Ministry guidelines state that instructors and other presenters do not need to wear a mask if they can maintain a distance of two meters from students while teaching.

### **Social Distancing & Social Contact Limitation:**

- - For everyone's safety and to avoid clustering of students in/outside the classroom, I will not be taking questions before and after live lectures. Students may ask questions during the lecture, attend my virtual Office Hours, post on Piazza at any time, or, for any personal questions, may email me directly. Our classes will be quite full of material but wherever there may be time at the end of the lecture, I will be very happy to answer questions then too.
- - Seating recommendation: Wherever possible, it will be preferable for students to sit in roughly the same area each class.
- - Learning communities will assist in creating small groups to reduce exposure. You can also/instead connect virtually.

### **Illness:**

- If you are feeling ill, it is important that you stay home. Complete a self-assessment for COVID-19 symptoms here. - If you miss class because of illness:

o Make a connection early in the term to your colleagues. You can help each other by sharing notes.

o If you don't yet know anyone in the class, post on our Piazza forum to connect with other students. o Consult the class resources on Canvas.

o Attend the instructor and/or TA virtual office hours to ask questions.

o If you are concerned that you will miss a key activity due to illness, contact me to discuss.

- If you are feeling ill at the time of a final exam, do not attend the exam. You must apply for deferred standing (an academic concession) through Arts Academic Advising.

- - Students who are granted deferred standing (SD) will write the final exam at a later date.
- - If I feel unwell, I will not come to class. I will make every reasonable and timely attempt to communicate plans

for class

(by Canvas announcement). I may ask you to do an activity or read something in place of class time. Our classroom will still be available for you as a study space in this time. If I am well enough to teach, but am taking precautions to avoid infecting others, I may hold the class online.



## WELLNESS RESOURCES

Below you will find a list of resources you may want to utilize if you are struggling in any way to manage your responsibilities while in school or the stresses of life in general.

### Student Health Services:

[students.ubc.ca/livewell/services/student-health-service](https://students.ubc.ca/livewell/services/student-health-service)

604-822-7011

Student health provides students with a variety of healthcare related services to help you maintain your health while studying. Access to doctors and registered nurses.

### Counselling Services:

[students.ubc.ca/livewell/services/counselling-services](https://students.ubc.ca/livewell/services/counselling-services)

Phone number: 604-822-3811

Counselling services offers a variety of resources to help you maintain your mental health while in school. You may see a counsellor on an individual basis, attend group counselling, or to document an illness if you should require academic concession.

### Access and Diversity:

[students.ubc.ca/about/access](https://students.ubc.ca/about/access)

604-822-5844

Access and Diversity provides accommodations for students living with physical or mental disabilities.

### BC Crisis Center:

<https://crisiscentre.bc.ca/>

Phone number: 604-872-3311

Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. Crisis line available 24/7.

### Distress Line:

Phone number: 1-800-Suicide (784-2433)

If you are in distress or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

### UBC Sexual Violence Prevention & Reporting Office

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

604-822-1588

A safe place for students, faculty, staff who have experienced sexual violence, regardless of where or when it took place. This includes any attempt or act of a sexual nature without consent. All gender identities, expressions and sexualities are welcome.

### SASC

<https://www.ams.ubc.ca/student-services/sasc/>

604-822-2101

The AMS Sexual Assault Support Centre is here to educate, support, and empower people of all genders who have experienced sexual violence as well as their friends and family.

### SpeakEasy:

<http://www.ams.ubc.ca/services/speakeasy/>

Phone number: 604-822-9246

A student run service that offers confidential support for students experiencing crisis. Also a good resource for additional information and referrals within the UBC community.

### UBC Wellness Centre:

[students.ubc.ca/livewell/services/wellness-centre](https://students.ubc.ca/livewell/services/wellness-centre)

Phone number: 604-822-8450

Speak with other students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex and more.

### Mood Disorders Clinic UBC:

<http://ubc-mooddisorders.vch.ca/>

A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

### Live Well, Learn Well:

<https://students.ubc.ca/health-wellness>

The Live Well, Learn Well initiative is a resource hub that provides students with information to help improve physical and mental wellbeing.

### Mental Health Awareness Club:

<http://blogs.ubc.ca/ubcmhac/>

A club that offers opportunities to speak about mental health with others and strives to promote mental health awareness throughout the UBC community.

### Pacific Spirit Addiction Services:

3rd Floor, 2110 West 43rd Ave Vancouver B.C. V6M 2E1

Phone number: 604-267-3970

A free and confidential services for youth and young adults up to the age of 24. Services include Adult Counselling, access to an Addiction Physician - including usage of a methadone maintenance program - and a Drug Education Series.

### AMS Food Bank:

[www.ams.ubc.ca/services/food-bank/](http://www.ams.ubc.ca/services/food-bank/)

If you are in a financial emergency AMS food bank can provide you with a food hamper. You are able to use the service up to 6 times each term.

### UBC Psychology Clinic:

<http://clinic.psych.ubc.ca/>

Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees.

### The Kaleidoscope: [the-kaleidoscope.com](http://the-kaleidoscope.com)

A confidential peer-run mental health support group that takes place on campus 2-3 times a week. You may attend the group if you are experiencing any kind of mental health related challenges, or if you're just feeling stressed about school in general.