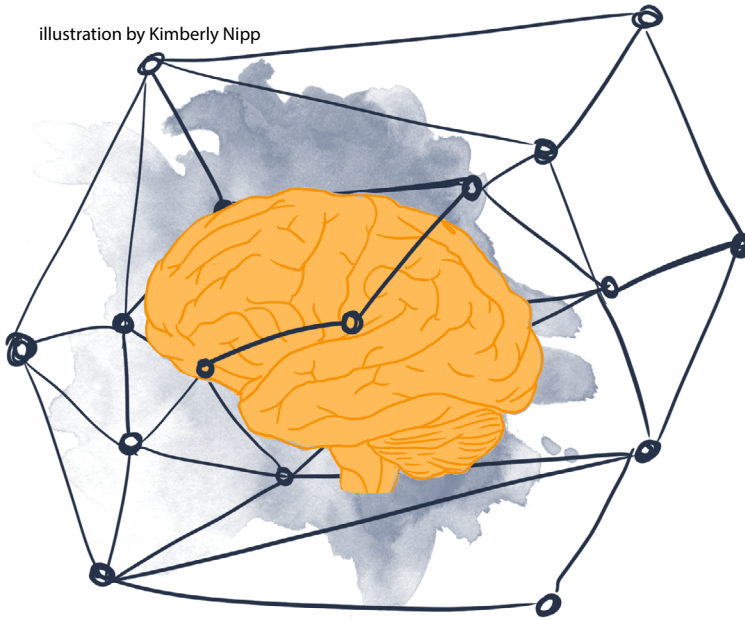


illustration by Kimberly Nipp



PSYCHOLOGY 101-990

2022 Winter Term 1

Introduction to Biological and Cognitive Psychology

LEARNING GOALS

By the end of this course you should be able to

1. Explain what psychology is and isn't.
2. Describe the history and evolution of the field of psychology and the various theoretical approaches to the study of behaviour.
3. Use effective evidence-based study strategies based on current psychological research.
4. Be able to engage effectively and collaboratively with others in an online learning environment.
5. Be able to manage the knowledge you obtain from the course and apply it in real-world settings.
6. Understand the nature of scientific inquiry.
7. Understand and explain basic research methods currently employed by psychologists.
8. Explain the concept of an 'experiment'; its strengths and its weaknesses.
9. Use and interpret basic descriptive inferential statistics.
10. Recognize, recall, connect, and evaluate psychological concepts and theories from specific subfields (e.g., biological and cognitive psychology).
11. Think critically and creatively about psychological research and media representations of it.

ACKNOWLEDGMENT

The UBC 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 their culture, history, and traditions from one generation to the next on this site.

ABOUT PSYCHOLOGY 101

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 begins with an overview of psychology and its research methods, and then covers several fundamental topics in behavioural neuroscience and cognitive science.

This section of PSYC101 is an **online course**. It is almost entirely *asynchronous* (not live; e.g., prerecorded lectures, online exams, and self-assessments); it optional *synchronous* (live) Zoom office hours. **This means that, unless you attend our office hours, you will not have synchronous contact with the course instructional team.** Still, there is no requirement in this course for synchronous activities. Moreover, to accommodate students in different time zones, exams are open for a period of 24 hours.

The course uses an open-source text that is supplemented by many video-based lectures and online resources. In addition, the course contains interviews with some leading research psychologists and some custom animations.

There are no prerequisites or corequisites for this course. Note that you cannot receive credit for both PSYC101 and PSYC100.



CONTACT INFO AND WEBSITES

Course psyc101-990@psych.ubc.ca

Email:

- **Please use this email address for all non-confidential communication.**
- In most cases, email messages will be answered within 24-48 hours on weekdays during normal working hours.
- We encourage you to use the Canvas discussion forums for your questions, as that allows other students to benefit from your questions and your TAs and peer's responses.
- When you send us an email, the subject line should include the nature of the inquiry (e.g., "Question about the limbic system"); the body of your message should include your full name and student number.
- If you do send us an email that is content related, it should contain no more than three questions and you should try to explain your current understanding of the content in the email (which will be affirmed or corrected by Leah).

Teaching Leah Kuzmuk

Assistant: psyc101-990@psych.ubc.ca

Online Office Hours: see the Canvas 'Office Hours' module

Instructor: Steven Barnes

sjb@psych.ubc.ca

Online Office Hours: see the Canvas 'Office Hours' module

Please only contact Steven directly for personal issues affecting your performance, academic concessions, or accommodations. Because of the email volume associated with an online-only class of this size, I will be forwarding all other course-related emails directly to Leah at: psyc101-990@psych.ubc.ca. Please take no offence if and when I do.

Websites: canvas.ubc.ca

We will be using Canvas for this course.

Canvas. Please note that not all of the content in the course will be visible to you the first time you log into this course on Canvas. **Course content is released one week at a time.** The only exception is the readings: You will have access to all the text readings from the beginning of the course. The reason for releasing content one week at a time is to give me time to review, update, and extend the content for that week.

Note: Canvas captures data about your course-related activities and provides information that can be used to improve the

quality of teaching and learning. In this course, we plan to use analytics data to: (1) view overall class progress; (2) review statistics on course content being accessed to support improvements in the course; and (3) monitor activity during exams.

EVALUATION

In this course you have significant choice in how you are evaluated. You can either choose to complete the course by being evaluated on your performance on a set of 3 exams, or you can explore other methods of assessment.

The course is divided up into 13 weeks. Each week (except Week 1) begins on Friday at 12 am, and ends the following Thursday at 11:59 pm (Pacific time). **Course content for each week is released Friday at 12 am.**

1. Exams (up to 98%):

There will be 2 midterms and a final exam during the course. All exams are timed (typically 1-2 hours) and 'open book' (but see note below), and you will have a 24-hour period within which to complete them. Weights and dates are below.

Midterm 1 (25%)

Oct 11 11:59 pm - Oct 12 11:59 pm

Midterm 2 (30%)

Nov 14 11:59 pm - Nov 15 11:59 pm

Final Exam (43%)

During the Final Exam period (Dec 11-22)--date and time to be announced in early November by UBC.

Notes on the Exams:

- Midterm exams are not cumulative and only cover the specified weeks materials (see page 6). The final exam is cumulative.
- Exams will be 'open book'. However, this does not mean you can collaborate with others in any way, nor share information about the content of the exam with others. Your work for the exams should be your own. Failing to follow these rules is academic misconduct (see Page 5).
- Even though the exam is 'open book', we strongly advise against referring to course materials during exams as doing so will more than likely extend your writing time, which could mean that you run out of time.
- There will be no makeup exams.
- If you receive a concession for missing a midterm exam, that portion of your course grade will be evenly split amongst the remaining exams in the course. If you receive a concession for missing two midterm exams, you will be assigned a significant research project to make up for the 55% of your grade associated with those missed midterms. If you miss the final exam, you will need to confer with your faculty advising office as to how this will be handled.
- You will not receive a concession for missing a midterm exam unless you complete this survey within 48 hours of

missing the midterm. You will not receive a concession for missing the final exam unless you speak with your faculty advising office.

- Each exam will be timed and typically be 1-2 hours in length. Please ensure you start the exam with enough time to complete it within the 24-hour window.
- If you have an accommodation through the Centre for Accessibility for extra time on exams, you will need to inform me before you attempt the first midterm so that I can add additional time for you for all the exams.
- It is your responsibility to ensure that you have an adequate internet connection and the proper setup at the time you write an exam.
- There will be topics covered in the lectures that are not in the text and topics in the text that are not covered in the lectures. You will be responsible for both. That is, all readings and all lecture materials are examinable.

2. Optional Course Project (up to 30%):

You may elect to do a project of one of three types (described below), and on a topic of your choosing that is related to the course materials. If you do elect to do a project, the grade you receive on that project will be worth 30% of your final grade, and the grades you receive on each of the exams will be worth the following:

Midterm 1: 15%

Midterm 2: 20%

Final Exam: 33%

Note that your grade on the course project will only be counted if it improves your final grade in the course.

There are three purposes for this course project:

1. To offer you the chance to explore a topic of your choice in greater depth than the lectures and text can offer.
2. To assess your ability to think both critically and creatively.
3. To offer you a chance to explore other ways of expressing your knowledge.

Project Option 1. The first type of optional project you can choose to do is an essay. For this option, you would compose an essay of 1500-2000 words. Each essay must be your own work. A general rubric for the grading of your essay will be made available on Canvas after the first week of the course.

Project Option 2. The second type of optional project you can choose to do is to create a video related to a topic of your choosing in the course. A general rubric for the grading of your video project will be made available on Canvas after the first week of the course.

Project Option 3. The third type of optional project you can choose to do is to create a graphic novel related to a topic of your choosing in the course. A general rubric for the grading of your graphic novel project will be made available on Canvas

after the first week of the course.

Project Due Dates and Grading. Your grade for the course project is comprised of three items:

Project proposal (mandatory; 5%; **Sep 27 11:59 pm** submit via Canvas)

Project draft (10%; submit to Canvas) **Oct 25 11:59 pm**

Final project (85%; submit to Canvas) **Dec 7 11:59 pm**

Please note that late submissions of proposals will not be accepted, and late submissions of the draft or final project will result in -10% per day.

The purpose of the proposal and draft is to allow us to give you initial feedback on your work. To that end, if you do not hand in a proposal or draft you will not be able to hand in a project.

Turnitin. Please note that if you choose Project Option 1, you must submit the final version of your project using a two-step submission procedure:

1. Submit the final version of your project as a Microsoft .doc or .docx file, by 11:59 pm on Dec 7, to Turnitin.com.

• To submit your essay on Turnitin you will need to go to turnitin.com, create an account if you do not yet have one (see below), select "enroll in a class," enter our Class ID (35960009) and Enrollment Key (*alwayscite*).

2. Submit your essay as a Microsoft .doc or .docx file, by 11:59 pm on Dec 7, to Canvas. The copy of your essay that you submit to Canvas must clearly indicate your Turnitin user id on its first page.

Setting up an account on Turnitin. To submit your paper on Turnitin, you will need to create a unique user profile, consisting of a username (e-mail address) and password. Please note that information submitted to Turnitin is stored in the United States.

If you have concerns about privacy, it is recommended that you remove identifying information, such as your name and student number, from the text of any assignment submitted to Turnitin. In addition, please follow these instructions:

1. Create an anonymous email address using one of the available free services.

2. Go to turnitin.com.

3. At the top right, go to Create Account and select Student.

4. Enter the Class ID (35960009) and Enrollment Key (*alwayscite*).

5. Create an alias or pseudonym. Please remember to also submit that alias/pseudonym via Canvas.

6. Please delete any identifying information from the original document prior to uploading it. This includes your name and student number in the document, as well as any metadata or hidden data that might be stored in the document itself. To remove metadata from your Microsoft Word document:

• Windows: You can remove the hidden data by using Microsoft Word's Document Inspector.

• Mac: You can remove the hidden data by clicking on Word > Preferences > Security, then selecting Remove personal information from this file on save.

3. Human Subject Pool Participation (up to 2% AND up to 3% bonus):

Up to 2% of your course grade is obtained by participating in studies regularly conducted by the Psychology Department and coordinated through the human subject pool (HSP). This provides you with the opportunity to participate in the research process directly and to contribute to ongoing research activities at UBC. There are many research studies that are conducted exclusively online, but if you are having trouble finding one you can always do the library assignment option (see below).

You can also earn up to 3% in bonus marks through HSP.

HSP credits are obtained by signing up for HSP at ubc-psych.sona-systems.com. Please register in this online system by the end of the first month of classes.

You can find detailed information about research participation guidelines at <https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/>. Please note that any inquiries about HSP credits should be directed to the HSP administrators and/or the experimenters you worked with, not to me or Leah.

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: [UBC Psychology HSP Information](#). You must submit this assignment via Turnitin (see above): class ID is 35938309, class name is "HSP W1 2022-2023" and password is "Research."

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 correctly. **The last day to earn and assign HSP credits for the course is the final day of classes (i.e., Dec 7).**

COURSE MATERIALS

Required: Spielman, R., Jenkins, W., & Lovett, M. (2021). HSP Psychology. BCCampus. <https://opentextbc.ca/h5pppsychology/>

This text was selected because it is of high quality, it is free to use, and has hundreds of interactive activities. This text will be supplemented by many in-course videos and additional external resources that are designed to facilitate your understanding of the course materials. This text is embedded in Canvas for convenience.

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 **Sep 19**. If you wish to withdraw with a "W" on your transcript, you must do so on or before **Oct 28**.

GRADING AND ATTENDANCE

Grading. In order to reduce grade inflation and maintain equity across multiple-section courses (like this one), all psychology classes are required to comply with departmental norms regarding grade distributions. According to this policy, the average grade in 100- and 200-level Psychology classes will be 72 for an exceptionally strong class, 70 for an average class, and 68 for a weak class, with a standard deviation of 14. Scaling may be used in order to comply with these norms; grades may be scaled up or down as necessary by myself or the department. Grades are not official until they appear on your 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%	A	85-89%
A-	80-84%	B+	76-79%
B	72-75%	B-	68-71%
C+	64-67%	C	60-63%
C-	55-59%	D	50-54%
F	0-49%		

Because you are earning a degree at a highly reputable post-secondary institution, the criteria for success are high. The Faculty of Arts offers the following guidelines that broadly characterize the kind of work that is generally associated with the particular grade ranges. These characteristics help put the Psychology Department grading policies into perspective. Please note that adequate performance is in the C range.

A Range: Exceptional Performance. Strong evidence of original thinking; good organization in written work; capacity to analyze (i.e., break ideas down) and to synthesize (i.e., bring different ideas together in a coherent way); superior grasp of subject matter with sound critical evaluations; evidence of extensive knowledge base.

B Range: Competent Performance. Evidence of grasp of subject matter; some evidence of critical capacity and analytic ability; reasonable understanding of relevant issues; evidence of familiarity with the literature.

C-D Range: Adequate Performance. Understanding of the subject matter; ability to develop solutions to simple problems in the material; acceptable but uninspired work; not seriously faulty but lacking style and vigor.

F Range: Inadequate Performance. Little or no evidence of understanding of the subject matter; weakness in critical and analytical skills; limited or irrelevant use of the literature.

Attendance. During your time in this course, if you encounter medical, emotional, or other personal problems that affect your attendance or academic performance, please notify me, 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 (see

below). The University also accommodates students whose religious obligations conflict with attendance or scheduled exams. Please let me 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.

Centre for Accessibility. UBC is committed to equal opportunity in education for all students including those with documented physical or learning disabilities. If you believe you fall in this category, please visit the website for the Centre for Accessibility (students.ubc.ca/about-student-services/centre-for-accessibility) to take the necessary steps to ensure that you have every opportunity that you deserve to excel in your studies.

Early Alert Program. I participate in the Early Alert program, which helps me 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 facultystaff.students.ubc.ca/systems-tools/early-alert/information-students.

Credit/D/Fail Grading. This course is eligible for Credit/D/Fail grading. The last day to change between Credit/D/Fail and percentage grading is **Sep 19**.

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.

COURSE CONTENT AND YOUR JURISDICTION

Please keep in mind that this course may cover topics that are censored or considered illegal by some non-Canadian governments. 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 reasons to exercise caution in studying certain subjects. If you have con-

cerns 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.

OTHER COURSE POLICIES

Online Conduct. Our class is a place where you 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 removed from this class.

Collaboration Stipulations. Although collaboration is encouraged within this course, all assessments should only be completed by you.

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 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 the 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 what you are doing is even a borderline case of academic misconduct, please consult with me. For details on pertinent University policies and procedures, please see the UBC Calendar (calendar.ubc.ca/vancouver/?tree=3,54,111,959).

LEARNING & WELLBEING RESOURCES

Wellness resources are available on the Canvas page for the course (click the header image to be taken to a list of wellness resources), and they are also available here: students.ubc.ca/health.

There is a great search tool for wellness resources here: campuslightbox.com

Learning resources are available on this UBC page: students.ubc.ca/enrolment/academic-learning-resources.

Online learning-related resources can be found on this UBC page: keeplearning.ubc.ca

COURSE SCHEDULE

Dates	Topic(s)	Assigned Readings (available on Canvas)	Important Dates
Week 1 (Sep 6-8)	Introductions, Course Syllabus, and Course Organization	Course Syllabus, Course Canvas Site	• Sep 6: Imagine Day
Week 2 (Sep 9-15)	What is Psychology? (Psychology's History: Functionalism vs. Structuralism, Behaviorism, Psychophysics, Modern Approaches; Types of Psychologists)	HSP Psychology: Chapter 1 Introduction and sections 1-4.	
Week 3 (Sep 16-22)	Research Methods Pt. 1 (Nature of Scientific Inquiry, Research Methods of Psychology and Statistics)	HSP Psychology: Chapter 2 Introduction, sections 6-7, and section 9.	
Week 4 (Sep 23-29)	Research Methods Pt. 2 (Nature of Scientific Inquiry, Research Methods of Psychology, and Statistics)	HSP Psychology: Chapter 2 section 8.	• Sep 27 11:59 pm (Pacific): Optional Course Project Proposal due
Week 5 (Sep 30-Oct 6)	Neuroanatomy and the Endocrine System	HSP Psychology: Chapter 3, Introduction and Sections 12-15.	
Week 6 (Oct 7-13)	Neurophysiology	HSP Psychology: Chapter 3, Section 12.	• Oct 11 11:59 pm - Oct 12 11:59 pm (Pacific): MIDTERM 1. This exam covers materials from Weeks 2-5.
Week 7 (Oct 14-20)	Genetics, Evolutionary Psychology, and Behavior	HSP Psychology: Chapter 3, Section 11.	
Week 8 (Oct 21-27)	Visual System	HSP Psychology: Chapter 5 Introduction and sections 24-26.	• Oct 25 11:59 pm (Pacific): Optional Project Draft due
Week 9 (Oct 28-Nov 3)	Other Sensory Systems, Perception and Attention	HSP Psychology: Chapter 5, Sections 27-29.	
Week 10 (Nov 4-17)	States of Consciousness	HSP Psychology: Chapter 4 Introduction and sections 17-22.	• Nov 9-10: Midterm Break • Nov 14 11:59 pm - Nov 15 11:59 pm: MIDTERM 2. This exam covers materials from Weeks 6-9.
Week 11 (Nov 18-24)	Learning: Classical Conditioning, Operant Conditioning, and Social Learning.	HSP Psychology: Chapter 6 Introduction; Chapter 6, Sections 6.1-6.4.	
Week 12 (Nov 25-Dec 1)	Cognition: Memory	HSP Psychology: Chapter 8 Introduction and sections 43-46.	
Week 13 (Dec 2-7)	Cognition: Thinking and Reasoning	HSP Psychology: Chapter 7 Introduction and sections 36 and 38	• Dec 7 11:59 pm (Pacific): Final Version of Optional Project due
December Exam Period (Dec 11-22)			• Date to be announced by UBC: FINAL EXAM. This exam is cumulative, but with greater emphasis on Weeks 10-13.

Last Modified: Sep 4, 2022