

Introduction to Biological and Cognitive Psychology
PSYC 101, Section 901
Winter Term 1, 2023-2024
Tue 17:00 – 19:50, WESB 100

Instructor



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or by appointment
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Course Description

Psychology is the study of the mind and behaviour. That is, psychology is the discipline that seeks to answer the questions “Why do we feel the way we do?” and “Why do we behave the way we do?”. In doing so, we are using scientific method and a host of techniques ranging from observation to experiment, gaining insights from humans as well as non-human animals and computational models. This course is an introduction into this fascinating one-hundred-year-old field, so we will start with an overview of the history of the field and its research methods. We will then cover several fundamental topics: neuroscience and behaviour, sensation and perception, consciousness, memory and learning, language and reasoning.

Learning Goals

By the end of this course, you will be able to:

- Explain what psychology is and isn't.
- Understand the nature of scientific inquiry.
- Describe and apply basic research and statistical methods.
- Describe basic psychological processes.
- Recognize, recall, connect, and evaluate psychological concepts and theories from specific subfields (e.g., biological and cognitive psychology).
- Understand and explain basic research methods currently employed by psychologists.
- Think critically and creatively about psychological research and its representation in the media.
- Practice skills necessary for effective writing.
- Engage with other students to facilitate learning!

Course Materials

Textbook:

- Schacter, Gilbert, and Nock. Psychology (6th edition). Worth Publishers. 2023
- Earlier editions can be used.
 - Hard copy or electronic book can be used.

Alternative (optional!) textbook:

- Spielman, R., Jenkins, W., & Lovett, M. Psychology – H5P Edition. (2021).
- <https://opentextbc.ca/h5pppsychology/>
 - This is in addition to, NOT instead of Schacter et al.

Web Content:

- All course material (i.e., lecture slides, assignments, grades) will be posted to the CANVAS course page (ubc.canvas.ca).
- Lecture will be posted prior to each lecture. Please keep in mind that my lectures slides are to help me present & can facilitate your note-taking, but they are not meant to serve as a replacement for coming to class, or reviewing the text.

Learning appraisals

At a Glance

<i>Learning Appraisal Activity</i>	<i>Date</i>	<i>Percent of Total Grade</i>
Midterm 1	Oct 10, 2023	20%
Midterm 2	Nov 7, 2023	20%
Assignments (best 4/6)	Throughout term	20%
Research Experience Component	Throughout term	2%
Final Exam (cumulative)	TBD	38%
Total		100%
Bonus HSP participation		3%

See the last page of the syllabus for detailed course schedule

Details

Chapter Assignments (4 X 6%):

- Chapter assignment will be completed via the canvas portal.
- Assignment will relate to a specific chapter (from class or text).
- You DO NOT need to complete all 6 assignments.
 - Only 4 grades (across the 6 assignments) will count towards your final grade.
 - If > 4 assignments are completed, the highest 4 will count towards the final mark.

Midterm Exams (2 X 20%)

- Completed in class
- Multiple choice and True/False
- Non-Cumulative
 - Midterm 1 (Oct. 10): Chapters 1-3
 - Midterm 2 (Nov. 7): Chapters 4-5

Final Exam (38%)

- Completed during the final exam period (December 11-22nd)
- Multiple choice and Short answer questions
- Cumulative (Chapters 1-7, 9)

Research Experience Component (REC, 2%)

Psychology is an active and exciting scientific discipline. Many of the studies that you will learn about in this course were carried out at universities just like ours! As part of this course, you will be asked to complete a research experience component (REC) as way of introducing you, in a more hands on and interactive way, to cutting edge research in psychology. This REC will be worth 2% of your grade in the class and you are free to choose one of two options:

1. Participate in the Psychology Department Human Subjects Pool (HSP)

Most students will choose to earn their research experience component by spending **two hours participating in psychology studies (worth 1% point for each hour)** through the

Department of Psychology's Human Subject Pool (HSP) system. You can locate, create an account, and sign up for studies by going to <https://hsp.psych.ubc.ca>. **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 timeslot, 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 since **many studies will not offer timeslots near the end of the term and you may be locked out before allocating your credits to your desired course.** Further instruction on how to use the HSP online system can be found at <https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/> in the document entitled "Subject Pool Information for Participants."

2. Alternative assignment: 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 one (1) research participation credit 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 (i.e. papers from 2001 are acceptable; those from 1999 or earlier are not)
- 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 Human Subject Pool (HSP) system (<http://hsp.psych.ubc.ca/>) and create an account before submitting your article summaries. Your credit is assigned using the online system.

For each course, you may obtain the same number of extra credits via the library option as specified in the course syllabus (i.e. the same number of credits available for students who participate in research).

Summaries must be submitted **no later than 10 days before the end of classes.**

You are to submit your article and your summary to turnitin.com. If you don't have a turnitin account already (from a previous course), you will need to create a user account in Turnitin. **For the library assignment the class ID is 40264948, class name is "HSP W1 2023-2024" and password is "Research".** See www.turnitin.com, and click on the "Training" link at the top of the page for detailed instructions on how to submit papers to Turnitin. Any student who is

suspected of plagiarism will, at a minimum, not be granted credit, and their course instructor will be notified. Further action may be taken at a departmental or university level.

Extra HSP credit (optional):

You may earn up to **3% extra credit** that will be added to your final grade. These extra credit points can be earned by doing up to three additional hours of study participation in the HSP (or summarizing another three additional journal articles for the library option) as described above as the research experience component of the course.

HSP Online Study Credit Limit (NEW PILOT PROGRAM):

We will no longer have an online credit limit. Instead, students are free to receive their HSP bonus credits from any combination of “in-lab” and “online” studies. However, “in-lab” studies will offer a bonus 0.5 credits on top of the standard 0.5 credits per 30 minutes of participation (e.g., a 1 hour “in-lab” study will award 1.5 credits, while an equivalent “online” study will award 1 credit).

Course policies

Treat others respectfully

You are expected to treat all classmates, teammates, instructor, and Teaching Fellows, with respect in and out of the classroom, face-to-face and in writing (e.g., on email). This includes arriving on time and minimizing distractions for other students.

Missing exams

Course policy is that we do not give make-up midterms. If you miss an exam for a medical reason, because of a UBC-sanctioned sport travel, or for a religious obligation, you must contact Dr. Dudarev **before the exam**. In case of an illness or an emergency, contact us as soon as possible. You might be required to apply to Arts Advising, and they might require documents to support the reason you missed a midterm. *If you are excused from one of the midterms we will distribute that proportion of your grade across the other exams.*

Presence at the Final Exam is mandatory. If you absolutely must miss the final exam due to an extenuating circumstance like severe illness, you or your caregiver must submit the Arts Advising Online Concession Form¹. If you have 3 or more exams scheduled to start and finish within a 24 hour period you may request to write the second exam on a different day. However, you must give the instructor of the second exam one month notice. If you miss an exam for any other reason (e.g., work commitments, sleeping in, forgetting there was an exam, etc.), you will receive a “0” on the exam.

Reviewing Exams

You may review your midterm exam after the exam marks are released. Your TA will be available to answer any questions or concerns regarding your exams. You must arrange to see your exam **within 2 weeks** of the grades being released.

¹ <https://students.arts.ubc.ca/advising/academic-performance/help-academic-concession/>

Grades

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms regarding grade distributions. According to departmental norms, the average grade in a 100- and 200-level Psychology courses are 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 the professor or department. Grades are not official until they appear on a student's academic record. You will receive both a percent and a letter grade for this course.

Letter grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Percent	90-100	85-89	80-84	76-79	72-75	68-71	64-67	60-63	55-59	50-54	0-49

Academic Misconduct

Cheating on exams will result in a score of 0 for that exam. Lab assignments must be completed independently. Sharing your answers to lab assignment questions or using another student's work is considered cheating and will result in a score of 0 for that assignment. Using another student's clicker to answer questions for him or her is also considered cheating. If you are caught with more than one clicker in class, both clickers will be confiscated and you will both receive a 0 for course participation. All forms of cheating will be reported to the university for appropriate action.

Psychology Department's Position on Academic Misconduct

Cheating, plagiarism, and other forms of academic misconduct are 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 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 originality that flag instances of matching text suggesting possible plagiarism; instructors receive copies of these reports for every student in their classes. During exams, the instructor and invigilators reserve the right to move students in their seating arrangement with no explanation provided.

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. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>).

If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult me.

Access and diversity

UBC is committed to equal opportunity in education for all students including those with documented physical disabilities or learning disabilities. If you have a disability that affects your learning or performance on tests or exams please visit <http://students.ubc.ca/about/access> and take the necessary steps to ensure your success at UBC.

Copyright and Intellectual Property

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

Resources at UBC

UBC Academic Regulations

Information about academic regulations, course withdrawal dates and credits can be found in the [University Calendar at http://www.calendar.ubc.ca/vancouver/](http://www.calendar.ubc.ca/vancouver/).

Academic Accommodations for Students with Disabilities

Academic accommodations help students with a disability or ongoing medical condition overcome challenges that may affect their academic success. Academic accommodations are not determined by course instructors. However, your instructor may consult with Centre for Accessibility should the accommodations affect the essential learning outcomes of a course. For more information, see <https://students.ubc.ca/enrolment/academic-supports/academic-accommodations-disabilities>.

Time Management

Plan your time wisely! See assignmentcalculator.library.ubc.ca for planning time to complete papers.

Learning Commons

is UBC's online hub for study and research support. This interactive website provides you with a wealth of academic resources, from tutoring and workshops to study groups and online technology tools. It also offers plenty of information on a variety of academic topics, and links to nearly all of the academic resources offered at UBC. <http://learningcommons.ubc.ca>

The Kaleidoscope:

the-kaleidoscope.com

A confidential peer-run mental health support group that takes place on campus at least once 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. Registration is not required to attend the group. See the website for meeting times and locations. Food and drink are provided.

Counselling Services:

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.

SpeakEasy: 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.

SHARE: www.vivreshare.org

Self Harm Anonymous Recovery and Education is a program designed to promote self care and educate about self harm. SHARE support groups meet biweekly; times and locations can be found on their website.

UBC Wellness Centre: 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.

Student Health Services: 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.

Mood Disorders Clinic UBC: ubc-mooddisorders.vch.ca/

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

Mental Health Awareness Club: ubcmhac.sites.olt.ubc.ca/

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 service for youth and young adults up to the age of 24. Services include counselling, access to an addiction physician - including usage of a methadone maintenance program - and a drug education series.

AMS Food Bank: 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: clinic.psych.ubc.ca

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

BC Crisis Center: 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.

Schedule

** This course will use a text book. **All readings are mandatory and should be completed before the lecture.** Students may be required to use knowledge of the readings in class. Readings are provided on the course webpage. **

Week #	Date	Topic	Reading
Week 1	sept 5	Introduction to the course History of psychology (in brief)	Ch.1
Week 2	sept 12	Contemporary psychology Scientific method	Ch.1
Week 3	sept 19	Scientific method (continued)	Ch.2
Week 4	sept 26	Neurons and the nervous system	Ch.3
Week 5	oct 3	The brain: anatomy and function	Ch.3
Week 6	oct 10	Midterm 1 Sensation and perception	
Week 7	oct 17	Sensation and perception (continued)	Ch.4
Week 8	oct 24	Consciousness	Ch.5
Week 9	oct 31	<i>Review: Chapters 4-5</i> Memory: introduction	Ch.6
Week 10	nov 7	Midterm 2 Memory (continued)	
Week 11	nov 14	** NO CLASS **	
Week 12	nov 21	Learning	Ch.7
Week 13	nov 28	Language	Ch.9
Week 14	dec 5	Reasoning and decision making	Ch.9

FINAL EXAM WILL BE SCHEDULED DURING THE EXAM PERIOD, December 11-22nd.