



# PSYCHOLOGY 102-002 2024W1:

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

Fall 2024

### ABOUT PSYC 102

This psychology course will introduce you to some of the major research areas within 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.

Schedule: Tuesday and Thursday from 11:00 AM to 12:30 PM in WESB-Floor 1-Room 100

### IMPORTANT NOTE:

**This is an in-person course. The lectures will not be recorded. The lecture slides will be provided on Canvas before each class.**

### WHO, WHEN, WHERE

#### Instructor: Dr. Rafal Skiba

- Email contact [rskiba@psych.ubc.ca](mailto:rskiba@psych.ubc.ca)
- Office hours: on Zoom at 2.00 PM on Tuesday: <https://ubc.zoom.us/j/6674647761?pwd=a2JrUTk2cmV2QkllQk1SbytUTGwzQT09>

#### Teaching Assistants: Thalia Lang & Carmelle Bareket-Shavit

##### Thalia Lang (Picture on the left)

- Email contact - [tlang2@student.ubc.ca](mailto:tlang2@student.ubc.ca)
- Office hours: in-person on Tuesdays 12:30PM-1:30PM (right after lecture!) Location: Kenny building (Psych department) Room 4002

##### Carmelle Bareket-Shavit (Picture on the right)

- Email contact - [carmelle.bareket.shavit@ubc.ca](mailto:carmelle.bareket.shavit@ubc.ca)
- Office hours: on Zoom on Thursday 12:00 PM – 1:00 PM: <https://ubc.zoom.us/j/2385617843?pwd=WmFmOHV2QkllQk1SbytURVVRW5KQT09>



## ABOUT YOUR INSTRUCTOR:

**Dr. Rafal M. Skiba** is a researcher who has received the Michael Smith Health Research Trainee award and is currently working with Professor Todd Woodward at the University of British Columbia's Department of Psychiatry. They use neuroscientific and psychological techniques to study schizophrenia and test new treatment approaches to alleviate psychotic delusions. Dr. Skiba has also taught psychology and cognitive neuroscience courses in the United States, Switzerland, and Canada.

## ABOUT YOUR TAs:

**Thalia:** (pronounced: tuh-lee-uh) is a third year MA counselling psychology student, suicide researcher, and clinical counsellor in-training. She loves snacks, bubble tea, and cats/dogs.

**Carmelle:** (she/her) is a second-year PhD student in the social psychology area. She does research on bias and prejudice in the Social Identity Lab

## LEARNING GOALS:

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

1. Define modern psychology and identify the significant perspectives within it
2. Recognize, recall, connect, and evaluate psychological concepts and theories from specific sub-fields (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. Tests and final (78%):

There will be two tests and one final exam. The final 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 August exam period), and two tests will be written during class time

<b>First Test (14%)</b>	<b>October 3<sup>rd</sup></b> <b>Chapters: 8, 10, &amp; 11</b>
<b>Second Test (14%)</b>	<b>November 5<sup>th</sup></b> (non-cumulative) <b>Chapters: 12, 13, &amp; 14.</b>
<b>Third Test (14%)</b>	<b>December 3<sup>rd</sup></b> (non-cumulative) <b>Chapters: 15 &amp; 16</b>
<b>Final Exam (36%)</b>	<b>December 10-21</b>

**There will be no makeup test examinations in this course. Only two of your best tests will contribute to the test portion of the final grade; the lowest one will drop out. If a student misses two tests, the one test will be worth 14% and the final exam 64%.**

## Notes on the Exams:

- Tests will be administered in person in the first hour of our class.
- Tests are not cumulative; the Final exam is cumulative.
- The exam will be based on the textbook; however, not everything covered in the textbook will be covered. **You need to study lecture slides for exact topics.** Please note that you will be asked questions about two movies we will watch in the class. Please check the class schedule at the end of the syllabus for details.
- Exams and Tests will be composed only of multiple-choice questions.
- All tests are **closed-book**. You can use **one page** (two sides of a page) of **hand-written notes** for each test and two pages for the final; you cannot use your tablet, phone or printed notes on tests.

## 2. Canvas Chapter Quizzes (10%) (open-book, Lockdown browser on Canvas)

You will need to perform quizzes about the material in lectures and textbooks. Your lecturer will count the best 5 of 8 quiz scores. The quizzes are due a day before each test. Before each in-class test, we will review the correct answers. The first three quizzes are due **Oct 2<sup>nd</sup>**, the following three **Nov 4<sup>th</sup>**, and the last two **Dec 2<sup>nd</sup>**.

## 3. Achieve Practice Quizzes (5%) (open-book, Achieve platform, access from Canvas)

At the end of each chapter in your textbook, you can do quizzes to practice the material. Your lecturer will count the best 5 of 8 quiz scores. Please check your canvas assignment schedule for due dates. You can access the quizzes from Canvas, **but you will complete them on the Achieve platform. The Achieve quizzes are due Dec 6<sup>th</sup>. The quizzes can be completed multiple times (up to 5 times).**

## 4. Class Participation (4%): iClicker and Canvas

We will use iClicker to answer questions during each class, and your participation in these quizzes will be graded (3% of the final grade). You can also earn participation points by completing discussion forums and surveys on Canvas (1%). To obtain the full 3% of iClicker points, you need to be present at 60% of our class meetings, 2% at 45%, and 1% at 35%.

## 5. Research Experience (3%; up to 2% 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) to introduce yourself to cutting-edge research in psychology. This REC will be worth 3% 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 collecting two credits participating in psychology studies through the Department of Psychology's Human Subject Pool (HSP) system. You can create an account and 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 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 participating in psychology subject pool experiments, you have the option to complete a library-writing project. These projects involve reading and summarizing a research article from the peer-reviewed journal *Psychological Science*. Your summary should cover the following points: 1) the research question, 2) the methods, and 3) the results, all in written form. For each article summary that meets the specified requirements, you will receive 1%. The requirements are:

- 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.
- Your project should be emailed to me by December 6<sup>th</sup>.

**Bonus credit (optional).** You are required to collect 3 points from the HSP studies. You can collect an additional 2 points of HSP for **extra credit**. You may earn up to 2%

extra credit that will be added to your final grade. These extracredit points can be earned by doing up to two 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, D. L., Gilbert, D. T., Nock, M. K., & Johnsrude, I. S. (2023). *Psychology* (6th Canadian ed.). Macmillan. Custom Package Full Text with 4 months of **Achieve access**. An 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.

**Required:** Piazza is our class Q&A and discussion forum. You can find it on the left ribbon in our Canvas course. What is it for? It's a great platform for community, collaboration and interactivity. It is your 24/7 place to ask questions, where you will receive efficient help. You can also use it to communicate with peers to share information and resources. Any course-related questions emailed to us will be answered on Piazza. Therefore, it is very important that you join Piazza as soon as possible.

### GRADING

**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	72%	14%
Average Class	70%	14%
Weak Class	68%	14%

**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

The course will cover 8 chapters, typically allowing for one or two lectures per chapter. Plan your reading and studying accordingly. Lectures will generally highlight particularly important and interesting concepts. You are responsible for all assigned readings and lecture materials.

Lecture slides will be available on Canvas.

### 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 16<sup>th</sup>**. If you wish to withdraw with a "W" on your transcript, you must do so on or before **Oct 25<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).**

### 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.

### 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/live-well/services/student-health-service](https://students.ubc.ca/live-well/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***

A non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. The crisis line is 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.

**Class schedule: Readings, activities and deadlines**

<b>Week #</b>	<b>Assigned Readings</b>	<b>Due Dates and important info</b>
1	Review SYLLABUS!!! Review Statistical Reasoning in Psychological Research	
2	Ch 10 Intelligence	<b>No in-person class on Tuesday, Sep 10<sup>th</sup>. Watch my previous lecture video on Chapter 10, Intelligence.</b>
3	Ch 11 - Development	
4	Ch 11 - Development and Ch 8 – Emotion/Motivation	
5	Ch 8 – Emotion/Motivation <b>Test 1</b>	<b>Test 1 (Oct 3<sup>rd</sup> Thursday); Canvas quizzes of Chapters: 8, 10, &amp; 11 due</b>
6	Ch 12 Personality	
7	Ch 12 Personality	<b>Thursday Oct 17<sup>th</sup>: Watching the movie Snow White and the Seven Dwarfs (1937) in class</b>
8	Ch 13 – Social Psychology	
9	Ch 14 Stress and Health based on my previous lecture recordings	
10	<b>Test 2</b> Ch 15 Psych disorders	<b>Test 2 (Nov 5<sup>th</sup>, Tuesday); Canvas quizzes</b>

		<b>of Chapters: 12, 13, &amp; 14 due</b>
11	Ch 15 Psych disorders	<b>No class on Nov 12<sup>th</sup> – Midterm break</b>
12	Ch 16 Treatment of Psychological Disorders	<b>Thursday, November 28<sup>th</sup>: Watching the movie Joker (2019) in class</b>
13	Ch 16 Treatment of Psychological Disorders	<b>Test 3 (Dec 3<sup>rd</sup>, Tuesday); Canvas quizzes of Chapters: 15 &amp; 16 due</b>
	<b>Preparation for the Final Exam</b>	<b>December 10-21</b>