

## Psychology 460 – Behavioral Neuroendocrinology 2025/2026 Winter Term 2

**When:** Tue/Thu 9:30 – 10:45 am  
**Where:** CHEM C124

**Instructor:** Kiran K. Soma, Ph.D.  
Professor, Department of Psychology  
Office hour: Fri 2:00 - 3:00 pm or by appointment – via Zoom (see link below)  
Email: [ksoma@psych.ubc.ca](mailto:ksoma@psych.ubc.ca)

***If you have questions, I would like to help you “in person.” I will only use email to schedule Zoom meetings, not to answer content questions.***

<https://ubc.zoom.us/j/7131648219?pwd=R3NNbWtIL3d4VnNQY0xtNHV0Mk81UT09>

**TA:** Brittany Jensen  
Office hour: Wed 9:30 – 10:30 am or by appointment – via Zoom (see link below)  
Email: [jensenbj@student.ubc.ca](mailto:jensenbj@student.ubc.ca)

***If you have questions, please see the TA “in person.” The TA will only use email to schedule Zoom meetings, not to answer content questions.***

<https://ubc.zoom.us/j/6615539906?pwd=NVRHOU5hRnBkRjRZYVpkMG52bmR1dz09>

### **Course description:**

This course introduces students to the field of behavioral neuroendocrinology, the study of how hormones affect behavior and the brain. Topics will include: endocrine system organization, reproductive behavior, social behavior, feeding behavior, rhythms, stress, and depression. This course is also designed to encourage critical thinking, as well as improve written and oral communication. Questions and discussion are encouraged throughout lectures.

**Required Textbook:** An Introduction to Behavioral Endocrinology by Nelson and Kriegsfeld, 2023, 6th edition. Please get the 6<sup>th</sup> edition. Can buy at the UBC Bookstore or Amazon etc. The eBook is also fine.

**Lectures:** Lecture slides will be available on Canvas before the lectures. Download or print the slides (double-sided, 4 or 6 slides per page), so you can take notes on them during lectures (use a large 3-ring binder to store printed slides). Skim the slides before lectures. The slides will be missing information. Missing information will be provided during lectures, so attend the lectures.

**All phones must be put away during lectures. No exceptions.**

**Lectures will not be live-streamed or recorded.**

**Please arrive to lectures on time. Late arrivals are disruptive.**

**Disconnect laptops and tablets from WiFi/internet to avoid distractions.**

**Take notes on printouts or PDFs of the slides.**

**Come to lectures to listen, think, and actively participate.**

- **Do not come to class if you are sick.** If you're sick, then stay home – no matter what you might be sick with (e.g., Covid, flu). The following will reduce your chances of getting sick:
  - getting vaccinated
  - wearing a mask in crowded indoor areas
  - washing your hands with soap
  - using hand sanitizer
- Medical-grade masks that cover nose and mouth are useful to reduce infection. You are welcome to wear a mask in lecture, if you wish.
- If you miss a lecture because of illness:
  - Make a connection early in the term with another student or a group of students in the class. You can help each other by sharing notes. If you don't know anyone in the class, post on **Piazza** or the **discussion forum on Canvas** to connect with other students.
  - Look at the lecture slides on Canvas.
  - Read the relevant pages in the textbook.
  - Go to **office hours** with the TA or the instructor.
- If you miss a midterm exam because of illness:
  - You **must email me within 24 hours after the midterm.**
  - If you show up for an exam and are clearly ill, then I will ask you to go home.
- If you miss the final exam because of illness:
  - Apply for **standing deferred** (academic concession) within 24 hours after the final exam. Students who are granted SD will write the final exam at a later date.
- If I am ill, then I will not come to class. If that happens, here's what you can expect:
  - Another professor or the TA will substitute.
  - If I am well enough to teach, but taking precautions to avoid infecting others, we may have an online lecture (via Zoom). If this happens, you will receive an email or announcement in Canvas telling you how to join the class. This might be a last-minute email. Our classroom will still be available for you to sit and attend an online session.
- In-person, on-campus activities may need to be cancelled due to issues such as weather conditions (e.g., snow). The UBC Provost (not instructors) determines when in-person, on-campus activities are cancelled. The UBC Associate Vice President (not instructors) determines when in-person final exams are cancelled. **Instructors do not have advance information and cannot make these decisions, so do not email instructors about weather cancellations.**
- **If in-person activities are cancelled due to weather or other environmental conditions, class will be held online.** The Zoom link will be posted on Canvas. For those unable to participate in an online class on short notice, I will provide a lecture recording on Canvas.

- **If weather impacts a midterm, we will reschedule.** Please see Canvas for rescheduling notifications. It is likely the midterm will take place at the next class session.

- **Do not email the instructor and ask them to cancel class or midterms or final exam because of weather.** These decisions are made by the Provost and Associate Vice President.

**If for some reason we are required to transition to online instruction in the middle of the term, then lectures will be via Zoom, and I will provide further information at that time.**

\*\*\* *Skim before the lectures. Read carefully after the lectures.* \*\*\*

	Topic	6 <sup>th</sup> ed.
T Jan 6	Introduction	Ch. 1 (pp. 1-28)
Th Jan 8	Endocrine system	Ch. 2 (pp. 31-78)
T Jan 13	Sex differences I	Ch. 3 (pp. 81-128)
Th Jan 15	Sex differences I	paper
T Jan 20	Sex differences II	Ch. 4 (pp. 131-184)
Th Jan 22	Sex differences II	paper
T Jan 27	Review	
Th Jan 29	Midterm 1	
T Feb 3	Male reproductive behavior	Ch. 5 (pp. 187-249)
Th Feb 5	Male reproductive behavior	paper
T Feb 10	Female reproductive behavior	Ch. 6 (pp. 251-307)
Th Feb 12	Female reproductive behavior	paper
T Feb 17	No class	
Th Feb 19	No class	
T Feb 24	Social behavior	Ch. 8 (pp. 363-418)
Th Feb 26	Social behavior	paper
T Mar 3	Review	
Th Mar 5	Midterm 2	
T Mar 10	Feeding behavior	Ch. 9.2-9.7 (pp. 438-474)
Th Mar 12	Feeding behavior	paper
T Mar 17	Biological rhythms	Ch. 10 (pp. 477-540)
Th Mar 19	Biological rhythms	paper
T Mar 24	Stress	Ch. 11 (pp. 543-582)
Th Mar 26	Stress	paper
T Mar 31	Depression	Ch. 13.4 (pp. 646-652)
Th Apr 2	Depression	paper
T Apr 7	Review	
Th Apr 9	Conclusions	

**Evaluation:**

Midterm 1	30%
Midterm 2	30%
Final Exam	40%

- Material from both the lectures and readings will be on the exams.
- Midterm 2 will not be cumulative.
- The final exam will be cumulative, but with an emphasis on the last third of the course.
- Exams will consist of multiple choice and short answer questions.
- Short answer questions: emphasis on critical thinking, analysis of experimental design, interpretation of data, and proposing new experiments
- Students can view their marked exams with the TA or professor. The exams are the property of the university.
- **Regrade requests must be made in writing. The professor reserves the right to regrade the entire exam (not just a particular question), which means that your grade could go down.**
- All Psychology courses are required to comply with departmental norms regarding grade distributions, in order to reduce grade inflation and maintain equity across multiple course sections. The average grade in 100- and 200-level Psychology classes may range from 68 for a weak class, to 70 for an average class, and to 72 for an exceptionally strong class, with a standard deviation of 14. The corresponding figures for 300- and 400-level classes will be 71, 73, and 75, with a standard deviation of 13. Scaling may be used in order to comply with these norms; grades may be scaled up or down as necessary by the professor or department. Grades are not official until they appear on a student's academic record.

**Missed exams:**

- **If you miss an exam, you must email the professor – within 24 hours after the exam.**
- **NOTE: Make-up exams might consist of an oral exam in front of the professor and the TA – within 7 days after the exam. Or the other exams might be re-weighted.**

**Psychology Department's position on academic misconduct:**

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns, and the Department of Psychology has taken steps to alleviate them. First, the Department has implemented **software that can reliably detect cheating on multiple-choice exams** by analyzing the patterns of students' responses. Second, the Department subscribes to TurnItIn, a service designed to detect plagiarism. All materials that students submit will be scanned and compared to over 5 billion pages of content located on the Internet or in TurnItIn's databases.

In 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 may result in a zero credit for the work in question. 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.

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.

**Special accommodations:**

The University accommodates students that have registered with the Centre for Accessibility.

Students who plan to be absent for athletics, family obligations, etc. usually **cannot** be accommodated. In these cases, you must ask your instructor **during the first week of class.**

**A final note:**

Information about academic regulations, course withdrawal dates, and credits can be found in the Academic Calendar. If you are having trouble and need information about studying strategies, note taking, or time management, then free workshops and advice are available from student advising centres on campus – and talk to your instructor and TA sooner rather than later!