

**INTRODUCTION TO PSYCHOLOGY: BASIC PROCESSES
PSYCHOLOGY 111 - SECTION 001 – Online Course**

**UBC- Okanagan
2024 Winter Term 1
Tuesdays 12:30-2:00pm PST
Thursdays 12:30-2:00pm PST**

Land Acknowledgement:

We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

Instructor: Dr. Maya Libben
Email: maya.libben@ubc.ca

Virtual Office Hours: Thursdays 8-10am (or by appointment)
Office Hours Link: Zoom Meeting ID: 966 302 7913; Passcode: 111

In-Person Office Hours: By appointment
UBCO Office: ASC 284

TA:
E-mail:
Virtual Office Hours:

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COURSE DESCRIPTION:

This course will introduce you to the science of psychology. Specific topics to be covered will include: the history of psychology, applications in psychology, research methods, neuroscience, behaviour, consciousness, sensation and perception, memory and learning. The lectures will review and expand on material from the textbook. Students should read the relevant chapter in the text as well as watch all lecture materials. Evaluation will be based on exam performance, quizzes, online content activities and research participation.

COURSE FORMAT:

This course will be offered online through Canvas. **Lectures are asynchronous and will be pre-recorded and posted on Canvas at lecture times.** Lecture slides will be available through Canvas. Prior to each midterm exam, one class will be devoted to providing a live review of the examinable material on Zoom. The review session will be recorded and posted on Canvas for those students who cannot attend.

In order to further enhance student engagement and interaction, students will be assigned to Groups through Canvas. Each group will be assigned to a weekly 30-minute TA-led teaching forum. Teaching forums will be offered through Zoom. Participation in TA-led review periods is not mandatory but highly encouraged.

Exams will be multiple choice, closed book and completed through Canvas using Respondus Lockdown Browser. Lecture Questions will be open-book and completed through Canvas.

REQUIREMENTS FOR ONLINE DELIVERY:

In order to engage with this course online, students are required to **have a laptop or desktop computer and a stable internet connection**. While the lectures will be pre-recorded and posted, this course also includes live activities including office hours and TA-led teaching forums, which will **require a microphone; a camera is recommended**. Exams will be completed online during class time (see schedule below) using Respondus Lockdown Browser (which must be downloaded at the beginning of the course).

REQUIRED TEXTBOOK:

Schacter, D.L., Gilbert, D.T., Nock, M.K. & Johnsrude, I. (2023). *Psychology, 6th Canadian custom edition*. New York, NY: Worth Publishers.

- You can purchase the e-book directly from within Canvas or click here: [https://the.bookstore.ubc.ca/CourseSearch/?course\[\]=UBCO,2024W1,PSYO,PSYO111,001&](https://the.bookstore.ubc.ca/CourseSearch/?course[]=UBCO,2024W1,PSYO,PSYO111,001&)
- Alternatively, you can purchase the Looseleaf text from the UBC Bookstore

****Note that you can also use the 5th edition of this textbook for this course**

If you would like additional practice, you can purchase Achieve (online resource) which includes the e-book along with practice quizzes, videos and other resources. Achieve is **NOT a required purchase** for this course, it is an extra study resource only.

- You can purchase Achieve here: <https://store.macmillanlearning.com/ca/product/Psychology-Canadian-Edition/p/1319340539>

CANVAS:

Online resources for PSYO 111 can be found on Canvas. This will include pre-recorded lectures, PowerPoint slides, online quizzes, online exams, important dates as well as a discussion board to answer relevant questions. All questions pertaining to general class material (i.e., not of an individual or personal nature) should be directed towards the discussion board.

LEARNING OUTCOMES:

Based on the APA Introductory Psychology Initiative, after completing this course, you should be able to:

1. Apply psychological concepts to everyday life
2. Describe the ethical principles that underlie psychological research and practice
3. Identify the physiological basis of psychological phenomena
4. Examine the integrative themes within psychology
5. Critically evaluate the basis of psychological research

EVALUATION:

Evaluation criteria (more detail provided below):

1. Midterm 1 (18%)
2. Midterm 2 (25%)
3. Canvas Lecture Quizzes (18%)
4. SONA (4%)
5. Final Exam (35%)

Exams: Midterm will be administered during class time (see schedule below). Exams are **closed book** and no outside materials are permitted during testing (including textbooks, notes and any electronic materials). Exams will be administered using Respondus Lockdown Browser to help enforce closed-book policies. Exams may include information in the required chapters of the textbook that is not covered in lectures and lecture material not covered in the textbook.

Midterm #1 (18% of grade). The exam will cover chapters 1 & 2 and all of the related materials.

Midterm #2 (25% of grade). The exam will cover chapters 3 & 4 and all of the related materials.

Final Exam (35% of grade). The final exam will cover chapters 5-7 and all of the related materials.

Canvas Lecture Quizzes (18% of grade). There will be a set of Lecture Questions associated with each lecture (i.e., 20 sets of lecture questions total). You will be asked to complete the lecture questions after each lecture (see Timetable). Lecture Questions will be posted on Canvas at the end of each class (i.e., Tues/Thurs 2pm PST) and will be available for five days. You must complete the Lecture Questions within 5 days of the posted Lecture (i.e., if the lecture is scheduled for Sept 22nd from 12:30pm-2pm, Lecture Questions must be completed by Sept 27th at 2pm PST).

Lecture Questions are open book and you are welcome to use your notes and textbook. You will be given two “grace” sets of Lecture Questions (if you fail to complete the Lecture Questions within the 5 day timeframe) and will be marked on the remaining sixteen sets of Lecture Questions. If you complete all sets of Lecture Questions, your lowest marks will be dropped. Your sixteen “counted” sets of Lecture Questions are each worth 1% of the final grade for a total of 18%.

Research Participation (4% of grade) PSYO 111 and PSYO 121 include 4% of the final grade as credit from research activity. See pages 5-6 of this syllabus for further details.

Grading

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

CLASS SCHEDULE

Date	Lecture Topic	Textbook Reading	Canvas Assignments
Tues Sept 3	Welcome and Course Orientation (<i>LIVE on Zoom at 12:30pm PST</i>)	-----	Welcome to PSYO 111
Thurs Sept 5	History and application	Chapter 1.1-1.3	Lecture 1
Tues Sept 10	History and application	Chapter 1.4-1.5	Lecture 2
Thurs Sept 12	History and application	Chapter 1.6-1.7	Lecture 3
Tues Sept 17	Research methodology	Chapter 2.1-2.3	Lecture 4
Thurs Sept 19	Research methodology	Chapter 2.4-2.5	Lecture 5
Tues Sept 24	Midterm 1 Review (<i>LIVE on Zoom at 12:30pm PST</i>)	Chapters 1-2	Recording of Midterm 1 Live Review
Thurs Sept 26	MIDTERM #1	CHAPTERS 1-2	Lectures 1-5
Tues Oct 1	Neuroscience and Behaviour	Chapter 3.1	Lecture 6
Thurs Oct 3	Neuroscience and Behaviour	Chapter 3.2-3.3	Lecture 7
Tues Oct 8	Neuroscience and Behaviour	Chapter 3.4	Lecture 8
Thurs Oct 10	Neuroscience and Behaviour	Chapter 3.5-3.6	Lecture 9
Tues Oct 15	Sensation and perception	Chapter 4.1	Lecture 10
Thurs Oct 17	Sensation and perception	Chapter 4.2-4.3	Lecture 11
Tues Oct 22	Sensation and perception	Chapter 4.4-4.6	Lecture 12
Thurs Oct 24	Midterm 2 Review (<i>LIVE on Zoom at 12:30pm PST</i>)	Chapters 3-4	Recording of Midterm 2 Live Review
Tues Oct 29	MIDTERM #2	CHAPTERS 3-4	Lectures 6-12
Thurs Oct 31	Consciousness	Chapter 5.1-5.3	Lecture 13
Tues Nov 5	Consciousness	Chapter 5.4	Lecture 14
Thurs Nov 7	Consciousness	Chapter 5.5-5.6	Lecture 15
Tues Nov 12	Reading Week	-----	-----
Thurs Nov 14	Reading Week	-----	-----
Tues Nov 19	Memory	Chapter 6.1-6.3	Lecture 16
Thurs Nov 21	Memory	Chapter 6.4-6.6	Lecture 17
Tues Nov 26	Learning	Chapter 7.1-7.2	Lecture 18
Thurs Nov 28	Learning	Chapter 7.3	Lecture 19

Tues Dec 3	Learning	Chapter 7.4-7.6	Lecture 20
Thurs Dec 5	<i>Final Exam Review (LIVE on Zoom at 12:30pm PST)</i>	<i>Chapters 5-7</i>	<i>Recording of Final Exam Live Review</i>
Final Exam (Chpts 5-7; Lectures 13-20)			
FINALS PERIOD Dec 9-20, 2024			

SONA RESEARCH ACTIVITY

Students earn Sona credit points for their eligible courses from participating in research activity. This can be either through direct participation in research through the Sona online research system (Option 1), by completing summaries of primary research articles (Option 2), or by a combination of the two types of activities. First year courses (i.e., PSYO 111 and PSYO 121) include 4% as part of the final course grade for participating in Sona research activity, while second year and higher courses allow for a 2% bonus to be added to the final course grade for participating.

Research Participation In Online Research System (Option 1)

As a participant in one of the numerous research studies posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation. Hence, studies requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc.

Important Requirements

You may participate in more than one study in order to earn credits. It is important to sign up for studies early in the semester in order to increase the odds that a timeslot is available. If you wait until later in the semester, timeslots may no longer be available.

Students must participate in at least one study from List A (that is either in-person, uses Zoom interactions, experience sampling, daily diary etc.) of any credit value for each in-person course they are seeking credit for. Studies will be identified as coming from List A or List B on Sona to assist students in ensuring they can fulfill this requirement. This requirement is limited to in-person courses only as there may be students who are taking courses fully remotely from a different location/time zone, for whom in-person or online synchronous studies would not be feasible, thus making it difficult to meet these requirements. Students registered in online courses can complete their credits from participation in studies from either entirely List A, entirely List B, or a combination of the two.

Logging On To The System

Sona is only open for those students who are registered in a psychology course offering Sona credit points. Please only use the request account option if you have never used the Sona system before. If you have used the Sona system before, please use the most recent login information you remember to log in.

Missed Appointments & Penalties

Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the study and you will be assigned an unexcused no-show. The unexcused no-show designation will cause you to lose the credit value of the study from the total possible credit points you can earn for your course. For example, if you are in PSYO 111 (or 121), you can earn up to 4.0 credits. If you miss an hour-long session that you signed up for (i.e., 1.0 credit) and don't cancel it in advance, the maximum credits that you can now earn for your course is 3.0, regardless of how many studies you complete.

If, after consenting to participate and starting a session (or survey), you decide to withdraw your consent, to avoid receiving an unexcused no-show on Sona, you must do one of the following:

- if it is an online study, you must cancel your Sona sign-up and/or contact Shirley (psyc.ubco.research@ubc.ca) if you are unable to cancel your sign-up;
- if it is an in-person study, you must let the researcher know directly. Their email can be found on the main description page for the study (little envelope icon). Depending upon the study, they will either cancel your session or assign you an excused no-show (meaning that you will not be penalized).

Your ability to withdraw your data will depend upon the study. Instructions for withdrawing your data (including limitations) will be described in the study's consent form.

Please email psyc.ubco.research@ubc.ca with any questions or concerns that you may have regarding the Sona system. Your professor or instructor does NOT have access to this information.

Research Summary Assignment (Option 2)

As an alternative to participating in research studies, you may obtain Sona credit points by completing library-writing projects to a satisfactory level. Each library-writing project is worth a total of two credits.

Important Requirements

1. This project consists of reading and summarizing (in written form) a recent, peer-reviewed, primary research article.

- A “recent” article has been published within the past 12 months.
- A “peer reviewed” article is one that has been reviewed by other scholars before it is accepted – for example, it **cannot** be a news item, an article from a popular magazine, a notice, or a letter to the editor.
- A “primary” research article describes an experiment or study where data are collected by the authors. In other words, the article you choose to review **cannot** be a book review, literature review, or summary article.

2. You must choose an article published by one of the following agencies:

- The American Psychological Society - *Psychological Science*, *Current Directions in Psychological Science*, *Psychological Science in the Public Interest*, or *Perspectives on Psychological Science*.
- The American Psychological Association - www.apa.org/journals/by_title.html has a full listing.
- The Canadian Psychological Association - *Canadian Psychology*, *Canadian Journal of Behavioural Science*, or *Canadian Journal of Experimental Psychology*.
- The Psychonomic Society - *Behavior Research Methods*, *Cognitive, Affective, & Behavioral Neuroscience*, *Learning & Behavior*, *Memory & Cognition*, *Perception & Psychophysics*, or *Psychonomic Bulletin & Review*.

3. Other Assignment Guidelines

The summary should be about 300-500 words in length. The source must be cited and referenced in accordance with the *Publication Manual of the American Psychological Association*. The review will be graded on a pass – fail basis (2% or 0%). At least **14 days before the end of classes** each term, submit the following to the course instructor:

- the article summary
- a copy of the article
- a cover page that specifies your name, student number, email address, and word count of the summary.

- the course title and number

Submitting the assignment 14 days in advance is necessary to ensure that you have an opportunity to make corrections, if required. If you do not check your email frequently, provide a phone number on the cover page.

CLASS POLICIES

Exam/Quiz Absences: All course and textbook material may appear on the exams and quizzes. Midterms will be held during scheduled class time. Accommodations for alternate times cannot be made. Absences from class examinations will result in a grade of 0 on that examination unless a valid doctor's note is emailed to the instructor (indicating you were medically unable to complete the exam). **In cases of documented serious illness or death in the family, the value of the midterm will be added to the final exam. Make-up midterms are not offered in this course.**

You must complete quizzes within the allotted 5 day period - there are no make-ups for chapter quizzes. You will have one "grace" pop quiz after which and absence from a quiz will result in a grade of 0.

Final marks: It is policy within this class that final grades **cannot** be adjusted (though extra assignments or otherwise) in order to achieve a passing mark, higher letter grade etc.

ACADEMIC INTEGRITY

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the policies and procedures, may be found at <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,959>. If you have any questions about how academic integrity applies to this course, please consult with the course instructor.

Chat GPT and AI Services

Students are reminded that while AI tools, including Chat GPT, can be valuable resources for research and learning, they should not be employed to obtain answers for multiple-choice assignments, tests, or any other written assignments. Such use undermines the core principles of academic integrity, critical thinking, and independent learning that are central to this course. Embracing the learning process, making mistakes, seeking assistance when necessary, and developing your own understanding of the subject matter are essential aspects of your educational journey. Any use of AI tools for academic dishonesty is prohibited and will result in appropriate consequences in accordance with the university's academic integrity policy outlined above.

FINAL EXAMINATIONS

Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>. Out-of-time examination forms can be found at <https://fass.ok.ubc.ca/student-resources/undergrad/student-forms/> and must be sent to the FASS Dean's office.

GRADING PRACTICES

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity in sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

STUDENTS LIVING ABROAD

Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. 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 reason to exercise caution in studying certain subjects. If you have concerns 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. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>.

EQUITY, HUMAN RIGHTS, DISCRIMINATION AND HARASSMENT

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from human rights-based discrimination and harassment. Under UBC's Policy 3 on Discrimination and Harassment, UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction.

If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity Office, your administrative head of unit, and/or your unit's equity representative.

IKBSAS Unit 4 Equity Representative: Paul Gabias: paul.gabias@ubc.ca, 807-9383

UBC Okanagan Equity Advisor: ph. 250-807-9291; email equity.ubco@ubc.ca

Web: www.ubc.ca/okanagan/equity

Unit Equity Representatives: <http://www.ubc.ca/okanagan/equity/programs/equityreps/unitcontacts.html>

STUDENT SERVICE RESOURCES

UBC Okanagan Disability Resource Centre

The Disability Resource Centre ensures educational equity for students with disabilities and chronic medical conditions. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact the Disability Resource Centre located in the University Centre building.

Office: UNC 215

Phone: 250.807.8053

Email: drc.questions@ubc.ca

Web: www.students.ok.ubc.ca/drc

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

Office: UNC 325H

Phone: 250.807.9291

Email: equity.ubco@ubc.ca

Web: www.equity.ok.ubc.ca

Student Learning Hub

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies.

Office: LIB 237

Phone: 250-807-8491

Email: learning.hub@ubc.ca

Web: www.students.ok.ubc.ca/academic-success/learning-hub/contact/

The Global Engagement Office

The Global Engagement Office provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters, as well as opportunities for intercultural learning, and resources for Go Global experiences available to all UBC Okanagan students, and more. Come and see us – we are here to help!

Office: UNC 227

Email: geo.ubco@ubc.ca

Web: www.students.ok.ubc.ca/global-engagement-office

Indigenous Programs & Services

Indigenous Programs & Services provides community and culturally appropriate services and support to First Nation, Metis, and Inuit Studies.

Office: UNC 210 & 212

Web: www.students.ok.ubc.ca/indigenous-students/contact/

Health & Wellness

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

Office: UNC 337

Phone: 250.807.9270

Email: healthwellness.okanagan@ubc.ca

Web: www.students.ok.ubc.ca/health-wellness

Office of the Ombudsperson for Students

The Office of the Ombudsperson for Students is an independent, confidential and impartial resource to ensure students are treated fairly. The Ombuds Office helps students navigate campus-related fairness concerns. They work with UBC community members individually and at the systemic level to ensure students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. Ombuds helps students gain clarity on UBC policies and procedures, explore options, identify next steps, recommend resources, plan strategies and receive objective feedback to promote constructive problem solving. If you require assistance, please feel free to reach out for more information or to arrange an appointment.

Office: UNC 217

Phone: 250-807-9818

Email: ombuds.office.ok@ubc.ca

Web: www.ombudsoffice.ubc.ca

UBCO Virtual Walk-in Well-Being Clinic

A barrier-free wellness clinic, accessible without an appointment to students, staff, faculty and community members. Complete a brief meeting with a graduate clinician supervised by a registered psychologist for 30 minutes to develop the right wellness plan for you. Services are free of charge. Must be in the Okanagan area to receive services.

Tuesdays & Thursdays 12:00 – 4:00 PM Pacific Daylight Savings Time (Kelowna time)

Email: ipc.ok@ubc.ca

Voicemail: (250) 807-8241

Web: <https://psych.ok.ubc.ca/psychology-clinic/thrive-Thursdays/>

SAFEWALK

Don't want to walk alone at night? Not too sure how to get somewhere on campus?

Call Safewalk at 250-807-8076.

For more information, see: www.security.ok.ubc.ca

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Access to the *Canvas* course site is limited to students currently registered in this course. Under no circumstance are students permitted to provide any other person with means to access this material. Anyone

violating these restrictions may be subject to legal action. Permission to electronically record any course materials must be granted by the instructor. Distribution of this material to a third party is forbidden.