



## PSYO 111 – 003 (3) Introduction to Psychology: Basic Processes

2024W Term 1: Fridays 6:30 PM – 9:30 PM, FIP 204

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### **Academic Calendar Entry:**

#### **PSYO 111 (3) Introduction to Psychology: Basic Processes**

Survey of topics in psychology which relate to basic processes: methods and statistics, the nervous system and physiological processes, sensation and perception, learning, cognition, and memory.

### **Instructor:**

Dr. Shirley Hutchinson

Contact Email: [shirley.hutchinson@ubc.ca](mailto:shirley.hutchinson@ubc.ca)



Hello! My name is Shirley and I will be your instructor for this course. My academic background is in Social Psychology with a specific interest in stereotypes, prejudice, and discrimination research. I teach introductory psychology, personality psychology, the psychological theories of teaching and learning at both the undergraduate and graduate level, and I lead the Honours seminar course. I am also the Sona Administrator for the Department and am involved with academic articulation and course scheduling. I completed both my undergraduate and graduate degrees with UBC Okanagan and I am always happy to meet with students – my (virtual) office door is always open! 😊

Office Hours via Zoom: Fridays, 2:00-3:00 PM or by appointment (please email me)

<https://ubc.zoom.us/j/61056923118?pwd=cU82dVdDWmVFMWc5MGlXdjBNWk5qQT09>

Meeting ID: 610 5692 3118

Passcode: 733023

*During lectures, recordings may be made by a student with note-taking accommodation using Glean.co. These recordings utilize the device's microphone and/or content displayed on the screen and are exclusively for the student's personal use to support their accommodation. This service is provided by UBCO's Disability Resource Centre, and all users have agreed to UBC's terms for recording lectures. Under Section 26 of the BC Freedom of Information and Protection of Privacy Act (FIPPA), UBC collects this information solely to facilitate note-taking accommodations. Glean, along with its third-party service providers, processes and stores data outside of Canada, primarily in the United Kingdom and the United States, adhering to its Privacy Policy. For any inquiries or concerns regarding how this information is collected, used, or stored, please contact [drc.questions@ubc.ca](mailto:drc.questions@ubc.ca).*

### **Land Acknowledgment:**

Please take a moment to acknowledge the land or territory that you are working and studying from and be grateful for the opportunity. The Okanagan campus is situated on the traditional, ancestral, and unceded territory of the Syilx Okanagan Nation and their peoples, so for me, I acknowledge and respect the privilege I have to be able to work and live in this territory. If you are interested in learning more about the land or territory you are living and working from, I encourage you to do so at this link: <https://native-land.ca>



### **Course Overview and Objectives:**

This course will introduce students to concepts in psychology that relate to basic processes. Specifically, we will focus on the history of psychology, the research methods and techniques used in psychology, neuroscience and behaviour, sensation and perception, consciousness, memory, learning, and the study of language and thought. This course intends to provide students with a thorough and foundational understanding of key concepts in psychology and their applicability to the real world.

As members of this course community, it is important that we treat one another with respect and kindness. Topics covered in this course will generate discussion and individuals may present opinions or ideas that differ from your own. And that's ok — differences in opinion are what help to foster discussion and the development of critical thinking skills. I strive to facilitate a safe and inclusive class environment for all students, particularly those from groups that face historical and continued marginalization within psychology and broader society. If you have any concerns regarding accessibility, equity, diversity, inclusion, or related issues, please don't hesitate to contact me. Together, through respect for others, we can maintain positive learning and working environments for all.

### **Learning Outcomes:**

As we explore the content of this course together, you will see that psychology is a very large discipline with much knowledge and research to discuss. Unfortunately, this means there is just too much content to cover deeply in the context of this single course, so the focus will be on providing an overview of the important concepts in each of the topic areas. By using a breadth approach for this course, you will gain foundational knowledge that can be applied in higher-level courses where topics are explored in greater detail.

*Upon successful completion of this course, students will be able to:*

- Demonstrate an understanding of the terminology used in the field of psychology as it pertains to the course topics covered (*assessed via chapter-related examinations and through participation in class activities*)
- Describe and evaluate the research methods used in psychological research, including the principles of ethical research (*assessed via chapter-related examinations and through participation in class activities*)
- Apply the psychological principles discussed to a variety of scenarios and contexts encountered in everyday life (*assessed via chapter-related examinations and through participation in class activities*)
- Demonstrate an understanding of what psychological research involves (*assessed via participation in Sona-related activities [see note below]*)
- Appreciate diversity of thought and opinion, while actively promoting equity and fostering inclusion, with respect to all members of the academic learning environment (*assessed via active, respectful engagement within the course*)

**Note:** PSYO 111 involves 4% of the final grade coming from research activity. This requirement may be fulfilled either through direct participation in research through the Sona online volunteer subject pool (Option 1), by completing two written summaries of primary research articles (Option 2), **OR** by a combination of the two types of activities. Information about this component of the course can be found in the “**Assessments of Learning**” section below.



### **Course Format:**

The contents of the lectures will be determined by the course schedule (see below). PowerPoint slides will emphasize the key points of the chapters and will provide clarification and explanation of course concepts. Lectures are not recorded, but the lecture slides will be available on *Canvas* for student viewing until the content-relevant examination. Class participation in this course is not mandatory but is highly encouraged. It is the responsibility of the student to stay up to date with the course content and to monitor *Canvas* for important announcements. A discussion board will be enabled on *Canvas* to allow students to communicate with fellow classmates, the Teaching Assistants (TAs), and myself as the instructor.

*All scheduled lectures (except for examinations) will be structured as follows:*

#### **Part I: Lecture (6:30 PM – 8:30 PM [break from 7:30 PM – 7:40 PM])**

- The lecture will cover key concepts, theories, and examples related to the topic of the day. This time will be dedicated to presenting the core material, discussing important ideas, and exploring the topic in depth. Feel free to take notes, ask questions, and engage actively with the material during this time. Your participation helps deepen your understanding and makes the learning experience more interactive.

#### **Part II: Interactive Activities (8:30 PM – 9:30 PM [break from 8:30 PM – 8:45 PM])**

- This time will be devoted to interactive activities designed to help you apply what you've learned. This might include group work, discussions, problem-solving exercises, and other hands-on tasks. We'll also use this time for any questions you might have and to reflect on how the material connects to real-world scenarios and your own experiences.

While attendance is not mandatory, I strongly encourage you to attend each session to make the most of the learning experience. Participating in both the lectures and the activities will greatly enhance your understanding of the material and your overall performance in the course.

### **Required Materials:**

Schacter, D. L., Gilbert, D. T., Nock, M. K., & Johnsrude, I. (2023). *Psychology* (6<sup>th</sup> Canadian Ed.). New York, NY: Worth Publishers.

You have two options of purchasing your course materials for this course:

- Purchase either the physical or digital product in-store or online at the UBC Bookstore –for these purchases you **MUST** keep your receipt in order to verify the purchase on the course site.
- Log onto the course site (i.e., *Canvas*) and follow the link to purchase the required materials (please note: you can only purchase the digital product through this option).

### **Assessments of Learning:**

- 1) Exam #1 (20% of grade).** The exam will cover Chapters 1 & 2 of the course, including all lecture and textbook material. This exam will cover two chapters and will be out of 60 marks. This exam will contain a mix of multiple-choice, true/false, and fill-in-the-blank questions. **Students will have 90 minutes (1.5 hours) to complete the examination. The examination**



**will take place during the scheduled class time (i.e., Friday, September 27<sup>th</sup>, 6:30 PM – 8:00 PM PST).**

- 2) Exam #2 (30% of grade).** The exam will cover Chapters 3, 4, & 5 of the course, including all lecture and textbook material. This exam will cover three chapters and will be out of 90 marks. This exam will contain a mix of multiple-choice, true/false, and fill-in-the-blank questions and is not cumulative. Not cumulative means that the previous chapters that have already been tested, will not be tested again. **Students will have 120 minutes (2 hours) to complete the examination. The examination will take place during the scheduled class time (i.e., Friday, November 8<sup>th</sup>, 6:30 PM – 8:30 PM PST).**
- 3) Final Exam [Exam #3] (30% of grade).** The exam will cover Chapters 6, 7, & 9 of the course, including all lecture and textbook material. This exam will cover three chapters and will be out of 90 marks. This exam will contain a mix of multiple-choice, true/false, and fill-in-the-blank questions and is not cumulative. Not cumulative means that the previous chapters that have already been tested, will not be tested again. **Students will have 120 minutes (2 hours) to complete the examination. The examination will take place during the scheduled final exam period, with the date and time to be announced by UBC at a later date.**
- 4) Canvas Quizzes (10%).** These closed-book chapter quizzes will be completed via *Canvas*. Questions will be presented one at a time with the ability to skip questions and come back to previous questions. You are **NOT** permitted to access any of the course materials, including your notes, when completing the quizzes. You are **NOT** to use any search engines or other programs, and you are also **NOT** to communicate with anyone about the quizzes – you are to work independently. Communication with other students (written, text, verbal, etc.) is not permitted. If you violate any of these conditions, you have engaged in Academic Misconduct and will be subject to the consequences articulated in the “Academic Integrity” section of this syllabus. Students will be asked to acknowledge an academic integrity pledge prior to completing the quizzes and submitting the quizzes for evaluation constitutes acceptance of this pledge and its policies. Students are asked to familiarize themselves with the academic integrity pledge found at this link: <https://ctl.ok.ubc.ca/teaching-remotely/final-exams/integrity-pledge/>
- 5) Reflections of Learning (6%).** Students will be asked to complete a 300-word reflection for **TWO** of the assigned course chapters. These reflections will provide the student with an opportunity to reflect on their own learning of the course content. Students will be asked to consider what they found interesting in the chapter and to reflect on the content they found more challenging. These summaries will be due on the first day of final exams, **Sunday December 8<sup>th</sup>, 2024**. Each summary will be worth 3% of the final grade (i.e., 2 chapters each worth 3% = 6%).
- 6) Sona (4%).** A portion of the final grade in this course comes from participating in research activities. This requirement may be fulfilled either through direct participation in research through the Sona online volunteer subject pool (Option 1), by completing two written



summaries of primary research articles (Option 2), **OR** by a combination of the two types of activities.

Research Participation (Option 1): As a participant in one of numerous Psychology Department Subject Pool experiments posted at <http://ubco.sona-systems.com/> you will obtain 0.5% credit for each 0.5 hour of participation. Hence, participation 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](mailto: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.

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

- “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.

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](http://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*.

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* (7<sup>th</sup> ed.). 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. Please email [psyc.ubco.research@ubc.ca](mailto:psyc.ubco.research@ubc.ca) with any questions or concerns that you may have regarding the Sona system, including unassigned credits.

**Course Schedule:**

The below course schedule is considered tentative as the content covered each week may need to be adjusted to accommodate the pace of the course. The examination dates will **NOT** change, however, from what is posted in this course schedule.

DATE	LECTURE TOPIC	TEXTBOOK CHAPTER
Fri. Sept. 6 <sup>th</sup>	Course Overview Chapter 1: Psychology: Evolution of a Science	1
Fri. Sept. 13 <sup>th</sup>	Chapter 2: Methods in Psychology (Part I)	2
Fri. Sept. 20 <sup>th</sup>	Chapter 2: Methods in Psychology (Part II)	2
Fri. Sept. 27 <sup>th</sup>	<b><u>EXAM #1 (CHAPTERS 1 &amp; 2)</u></b>	-----
Fri. Oct. 4 <sup>th</sup>	Chapter 3: Neuroscience and Behaviour (Part I)	3
Fri. Oct. 11 <sup>th</sup>	Chapter 3: Neuroscience and Behaviour (Part II)	3
Fri. Oct. 18 <sup>th</sup>	Chapter 4: Sensation and Perception (Part I)	4
Fri. Oct. 25 <sup>th</sup>	Chapter 4: Sensation and Perception (Part II)	4
Fri. Nov. 1 <sup>st</sup>	Chapter 5: Consciousness	5
Fri. Nov. 8 <sup>th</sup>	<b><u>EXAM #2 (CHAPTERS 3, 4, &amp; 5)</u></b>	-----
Fri. Nov. 15 <sup>th</sup>	<b>MIDTERM BREAK (NO CLASS)</b>	-----
Fri. Nov. 22 <sup>nd</sup>	Chapter 6: Memory	6
Fri. Nov. 29 <sup>th</sup>	Chapter 7: Learning	7
Fri. Dec. 6 <sup>th</sup>	Chapter 9: Language and Thought	9



## ACADEMIC POLICIES AND RESOURCES FOR STUDENTS

### **Final Examination:**

The examination period for Term 1 of Winter 2024 is December 9<sup>th</sup> – December 20<sup>th</sup>. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-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>

### **Grading Practices:**

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among 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>

**IMPORTANT:** Students who miss any examinations or assignment deadlines must provide documentation (i.e., doctor's note) of the absence and must arrange to make up the missed activity before the next scheduled class. Students who do not complete the missed activity by the next scheduled class will receive a "0" for the activity unless other arrangements have been made with the instructor. It is the policy in this course that final grades cannot be adjusted (through extra assignments or otherwise) to achieve a passing mark, higher letter grade etc. To maintain fairness within this course, requests for additional assignments or to round up grades will not be considered.

### **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. **Incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course.** Careful records are kept to monitor and prevent recidivism. A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar  
at: <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,0>

If you choose to use ChatGPT or an AI Writing Tool to aid in the completion of assignments in any way, it is expected that the ChatGPT or AI writing tool be properly referenced using APA style, and a description be included outlining why the ChatGPT or AI writing tool was used/for what purpose, and



how it enhanced your assignment. This description needs to be explicit and accompany all assignments that utilize ChatGPT or AI writing tools. Failure to include a proper reference and description will be considered to be a breach of academic integrity and academic misconduct. If you have any questions about the use of ChatGPT or AI assistants, please reach out to your instructor for clarification. Reminder, anonymize any personally identifiable information in the prompts as a helpful way to protect privacy and confidentiality.

### **Copyright Disclaimer:**

Diagrams and figures included in lecture presentations adhere to Copyright Guidelines for UBC Faculty, Staff and Students (<http://copyright.ubc.ca/requirements/copyright-guidelines/>) and UBC Fair Dealing Requirements for Faculty and Staff (<http://copyright.ubc.ca/requirements/fair-dealing/>). Some of these figures and images are subject to copyright and will not be posted to *Canvas*. All material uploaded to *Canvas* are used with permission of the publisher; are in the public domain; are licensed by Creative Commons; meet the permitted terms of use of UBC's library license agreements for electronic items; and/or adhere to the UBC Fair Dealing Requirements for Faculty and Staff. 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.

### **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.**

LIB 237 250.807.8491

email: [learning.hub@ubc.ca](mailto:learning.hub@ubc.ca)

Web: <https://students.ok.ubc.ca/academic-success/learning-hub/>

### **Centre for Scholarly Communication: Research Writing and Research Data Consultations:**

The Centre for Scholarly Communication is an information hub for research support services at UBC Okanagan and provides **free research writing and research data consultations**. Set up a writing consultation for journal articles, grant proposals, theses, dissertations, coursework, and conference presentations. Or set up a data consultation to explore a variety of approaches for working with research data (including Python, R, etc.): for cleaning and organizing your data, data visualization, modelling, statistical analysis and many other topics related to preparing and analyzing research data from a broad spectrum of disciplines. Enrich your research experience by accessing support early and often. Contact us at [csc.ok@ubc.ca](mailto:csc.ok@ubc.ca)

For information on **booking a consultation**, visit <https://csc.ok.ubc.ca/consultations/>

To access our **self-guided resources**, visit <https://csc.ok.ubc.ca/self-guided-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 Earlene Roberts, the Manager for the Disability Resource Centre located in the University Centre building (UNC 215).

UNC 215 250.807.8053

email: [drc.questions@ubc.ca](mailto:drc.questions@ubc.ca)

Web: <https://students.ok.ubc.ca/academic-success/disability-resources/>

### **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.

UNC 325H 250.807.9291

email: [equity.ubco@ubc.ca](mailto:equity.ubco@ubc.ca)

Web: <https://equity.ok.ubc.ca>

### **Indigenous Programs & Services:**

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

UNC 210 & 212

Web: <https://students.ok.ubc.ca/indigenous-students/>

### **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! You may also contact [geo.ubco@ubc.ca](mailto:geo.ubco@ubc.ca)

### **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.

UNC 328 250.807.9818

email: [ombuds.office.ok@ubc.ca](mailto:ombuds.office.ok@ubc.ca)

Web: [www.ombudsoffice.ubc.ca](http://www.ombudsoffice.ubc.ca)



### **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 ([healthwellness.okanagan@ubc.ca](mailto:healthwellness.okanagan@ubc.ca))

UNC 337 250.807.9270

Web: <https://students.ok.ubc.ca/health-wellness/>

### **UBC Okanagan Walk-In Well-Being Clinic:**

The Walk-In Well-Being clinic offers no-fee, brief, single-session psychological services. Sessions are led by a doctoral student in clinical psychology and supervised by a registered psychologist (UBCO Faculty member). Clinicians can provide support with stress management, sleep, self-care, depression, anxiety, interpersonal issues, substance misuse, coping with academic demands/stressors, and provide options for connecting to additional resources. Virtual or in-person sessions are available at the UBCO Psychology Clinic, located in ASC 167 with or without an appointment, on Tuesdays and Thursdays between 10 am and 3 pm from September to June, excluding campus closures. Phone: 250-807-8241 (ext. 1), email: [ipc.ok@ubc.ca](mailto:ipc.ok@ubc.ca), Web: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

**UBC EFRT:** The UBC Emergency First Response Team (EFRT) is a group of volunteer student responders who shift 24/7 to provide emergency medical first-aid services at the UBC Okanagan campus. The organization is run alongside security and supports the campus community on a day-to-day basis as well as at various campus activities and events. Our responders can be on scene within minutes and can be called through Campus Security's emergency line at 250-807-8111 in case of any emergency. To learn more about who we are, how we recruit new responders, and stay up to date, follow us on Instagram or Facebook @ubcefrt. Need medical support at your event? Check out our website at <https://efrt.ok.ubc.ca/>, or email us any further questions at [ubcefrt@gmail.com](mailto:ubcefrt@gmail.com)

### **Sexual Violence Prevention and Response Office (SVPRO):**

A safe and confidential place for UBC students, staff, and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide. Visit [svpro.ok.ubc.ca](http://svpro.ok.ubc.ca) or call 250.807.9640

### **Independent Investigations Office (IIO):**

If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential, and respectful manner in accordance with the principles of procedural fairness.

You can report your experience directly to the IIO via email: [director.of.investigations@ubc.ca](mailto:director.of.investigations@ubc.ca) or by calling 604.827.2060 or online by visiting [investigationsoffice.ubc.ca](http://investigationsoffice.ubc.ca)



**SAFEWALK:**

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call 250.807.8076

For more information, see: <https://security.ok.ubc.ca>