

PSYCHOLOGY 121

Introduction to Psychology: Personal Functioning

(PSYO 121 • Section 101)

January 7 – April 8, 2025

Tuesday & Thursday, 8:00-9:30am

Online Learning

Instructor: Derrick Wirtz, Ph.D.
Office Hours: By appointment via Zoom (email to set up appointments)
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Teaching Assistants

If your last name is A-M: **Kendra Corman** (kmcorman@student.ubc.ca)

If your last name is N-Z: **Carley Paterson** (carley.paterson@ubc.ca)

For course questions, please email the TA assigned to you by last name. If you have a question related to research participation (SONA), email psyc.ubco.research@ubc.ca.

COURSE OVERVIEW

1. **What is Psychology?** Psychology is a uniquely broad and diverse field of study. Most psychologists are scientists, trying to understand why ordinary people think and act the way they do. Just as other sciences seek to uncover fundamental laws and principles about the natural world, psychology tries to discover the laws that describe and predict human thought and behavior. Our focus in this course, the second half of UBC's two-term sequence in Introductory Psychology, is "Personal Functioning," including: emotion & motivation, intelligence, developmental psychology, social psychology, personality psychology, stress and health, psychological disorders and therapies.
2. **Class Format:** To maximize flexibility in individual learning, course lectures are recorded and posted on Canvas. Attendance during live lectures is not required. *Note: While attendance is not required for lectures, our course exams will take place synchronously at the scheduled course time of Tuesday and Thursday, 8:00-9:30am.* Exam dates are listed in the Course Schedule starting on page 4 of this course outline.
3. **Course Schedule:** Check the Course Schedule for reading assignments and dates. Our schedule covers roughly 1 chapter each week. You should plan on spending an equal amount of time completing course requirements as if our course were taking place in a physical classroom.

REQUIRED MATERIALS

- **Textbook:** Psychology, by Schacter, Gilbert, Nock, Johnsrude, & Wegner: 6th Canadian Edition. Access to “Achieve” is **not** required.
- **Required Technology:** This online course requires a computer with a reliable internet connection to access course materials and complete exams.

Course Points & UBC Grading Scale

A. Midterms (2) at 300 pts each	600 points
B. Final Exam	360 points
C. Research Participation	40 points

TOTAL COURSE POINTS	1000 points
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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
00-49 = F

COURSE EXAMINATIONS

- You will have a total of **two midterm exams** (each covering 3 chapters) and a **final exam** (covering 2 chapters plus a cumulative section). Exams may test you on any of the assigned textbook readings—see the daily schedule at the end of this course outline for these readings. Lecture videos reflect textbook readings but there are typically no exam questions specifically based on lectures. The dates for exams are provided under the Course Schedule section at the end of this syllabus. Both of the midterm exams as well as the final exam are completed online during scheduled class time, using Respondus Lockdown Browser.

RESEARCH PARTICIPATION

- PSYO 121 courses include 4% of the final grade as credit from **research activity**. This requirement may be fulfilled either through (a) direct participation in research through the Sona online volunteer subject pool, (b) by completing two written summaries of primary research articles, or (c) by a combination of the two types of activities. Please see **Appendix: SONA Research Activity** at the end of this course outline for more information.

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: <https://okanagan.calendar.ubc.ca/campus-wide-policies-and-regulations/student-conduct-and-discipline/discipline-academic-misconduct/1-expectations-academic-integrity>.

DISABILITY SUPPORT

If you require disability-related accommodations to meet the course objectives, please contact the Coordinator of Disability Resources located in the Student Development and Advising area of the student services building. For more information about Disability Resources or academic accommodations, please visit the website at: <https://students.ok.ubc.ca/academic-success/disability-resources/>.

Course Schedule

All readings are from the course textbook. Course examinations are completed online from 8:00-9:30am on the days indicated below. If any changes are made to the syllabus, you will be notified of such a change via Canvas.

Week 1: Intro to Course & Emotion	
Tuesday Jan. 7	<u>Topic:</u> Welcome to PSYO 121 <u>Read:</u> Course Outline
Thursday Jan. 9	<u>Topic:</u> Emotion – Part 1 <u>Read:</u> Chapter 8.0 (Introduction), 8.1 (The Nature of Emotion)

Week 2: Emotion & Intelligence	
Tuesday Jan. 14	<u>Topic:</u> Emotion – Part 2 <u>Read:</u> Chapter 8.2 (Emotional Communication)
Thursday Jan. 16	<u>Topic:</u> Intelligence – Part 1 <u>Read:</u> Chapter 10.0 (Introduction), 10.1 (How Can Intelligence Be Measured?) & 10.2 (What Is Intelligence?)

Week 3: Intelligence & Development	
Tuesday Jan. 21	<u>Topic:</u> Intelligence – Part 2 <u>Read:</u> Chapter 10.3 (Where Does Intelligence Come From?) & 10.4 (Who Is Most Intelligent?)
Thursday Jan. 23	<u>Topic:</u> Developmental Psychology – Part 1 <u>Read:</u> Chapter 11.0 (Introduction), 11.1 (Prenatal: A Womb with a View)

Week 4: Development	
Tuesday Jan. 28	<u>Topic:</u> Developmental Psychology – Part 2 <u>Read:</u> 11.2 (Infancy and Childhood: Perceiving, Doing and Thinking), 11.3 (Infancy and Childhood: Bonding and Helping)

Thursday Jan. 30	<u>Topic:</u> Developmental Psychology – Part 3 <u>Read:</u> Chapter 11.4 (Adolescence: Minding the Gap) & 11.5 (Adulthood: Change We Can't Believe In)
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Week 5: Midterm 1	
Tuesday Feb. 4	No class – use this time to prepare for Midterm Exam 1
Thursday Feb. 6	Midterm 1 (Chapters 8, 10, 11) <i>Note that the midterm will be completed on Canvas using Respondus Lockdown Browser, during scheduled class time</i>

Week 6: Personality	
Tuesday Feb. 11	<u>Topic:</u> Personality Psychology – Part 1 <u>Read:</u> Chapter 12.0 (Introduction), 12.1 (Personality: What It Is and How It Is Measured), & 12.2 (The Trait Approach: Identifying Patterns of Behaviour)
Thursday Feb. 13	<u>Topic:</u> Personality Psychology – Part 2 <u>Read:</u> Chapter 12.3 (The Psychodynamic Approach), 12.4 (The Humanistic-Existential Approach)

Week 7: Midterm Break	
Tuesday Feb. 18	No Class – Midterm Break
Thursday Feb. 20	No Class – Midterm Break

Week 8: Personality & Social Psychology	
Tuesday Feb. 25	<p><u>Topic:</u> Personality Psychology – Part 3</p> <p><u>Read:</u> Chapter 12.5 (The Social-Cognitive Approach), & 12.6 (The Self: Personality in the Mirror)</p>
Thursday Feb. 27	<p><u>Topic:</u> Social Psychology – Part 1</p> <p><u>Read:</u> Chapter 13.0 (Introduction), 13.1 (Interpersonal Behaviour), & 13.2 (Interpersonal Attraction)</p>

Week 9: Social Psychology	
Tuesday Mar. 4	<p><u>Topic:</u> Social Psychology – Part 2</p> <p><u>Read:</u> Chapter 13.4 (Interpersonal Influence)</p>
Thursday Mar. 6	<p><u>Topic:</u> Social Psychology – Part 3</p> <p><u>Read:</u> Chapter 13.4 (Interpersonal Influence)</p>

Week 10: Stress & Health	
Tuesday Mar. 11	<p><u>Topic:</u> Stress & Health – Part 1</p> <p><u>Read:</u> Chapter 14.0 (Introduction), 14.1 (Sources of Stress), 14.2 (Stress Reactions)</p>
Thursday Mar. 13	<p><u>Topic:</u> Stress & Health – Part 2</p> <p><u>Read:</u> Chapter 14.3 (Stress Management), 14.4 (The Psychology of Illness) & 14.5 (The Psychology of Health)</p>

Week 11: Midterm 2	
Tuesday Mar. 18	No class – use this time to prepare for Midterm Exam 2
Thursday Mar. 20	<p>Midterm Exam 2 (Chapters 12, 13, 14)</p> <p><i>Note that the midterm will be completed on Canvas using Respondus Lockdown Browser, during scheduled class time</i></p>

Week 12: Psychological Disorders	
Tuesday Mar. 25	<u>Topic:</u> Psychological Disorders <u>Read:</u> Chapter 15.0 (Introduction), 15.1 (Defining Mental Disorders), 15.2 (Anxiety Disorders), 15.3 (Obsessive-Compulsive Disorder) & 15.4 (Posttraumatic Stress Disorder)
Thursday Mar. 27	<u>Topic:</u> Psychological Disorders <u>Read:</u> Chapter 15.5 (Depressive and Bipolar Disorders), 15.6 (Schizophrenia and Other Psychotic Disorders), 15.7 (Disorders of Childhood and Adolescence), 15.8 (Personality Disorders) & 15.9 (Self-Harm Behaviours)

Week 13: Treatment of Psychological Disorders	
Tuesday Apr. 1	<u>Topic:</u> Treatment of Psychological Disorders <u>Read:</u> Chapter 16.1 (Treatment: Getting Help to Those Who Need It) & 16.2 (Psychological Treatments)
Thursday Apr. 3	<u>Topic:</u> Treatment of Psychological Disorders <u>Read:</u> Chapter 16.3 (Biological Treatments) & 16.4 (Treatment Effectiveness)

Week 14: Conclusion to PSYO 121	
Tuesday Apr. 8	<u>Topic:</u> Concluding PSYO 121 <u>Read:</u> None <i>Last Day of Classes for Term 2</i>

Final Exam
Time and Date to Be Announced

APPENDIX: 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.

This course will offer a maximum of 4 credits. You will only receive 4 credits if you complete at least 4 credits worth of studies with at least one study completed from List A and at least one study completed from List B. If you earn 4 credits only from a single list, you will receive a 0.5 credit penalty and only receive a maximum of 3.5 credits. This penalty is in effect regardless of how many credits have been earned; it deducts from the maximum amount that can be earned for the course.

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:

- a) The American Psychological Society - Psychological Science, Current Directions in Psychological Science, Psychological Science in the Public Interest, or Perspectives on Psychological Science.
- b) The American Psychological Association - www.apa.org/journals/by_title.html has a full listing.
- c) The Canadian Psychological Association - Canadian Psychology, Canadian Journal of Behavioural Science, or Canadian Journal of Experimental Psychology.
- d) 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.