

PSYCHOLOGY 121
Introduction to Psychology: Personal Functioning
PSYO 121
Summer Session 2, 2024
Online

Instructor: Derrick Wirtz, Ph.D.
Office Hours: By appointment via Zoom (email to set up appointments)
Canvas: <https://canvas.ubc.ca>
E-mail: derrick.wirtz@ubc.ca

COURSE OVERVIEW

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.

Class Format

This online course is asynchronous. To maximize flexibility in individual learning, there is no set course time and you will have the ability to work independently, largely according to your own schedule. *Note:* This means you may disregard our designated course times, except for the midterm exams—which are completed during 24-hour windows that will fall on either a Tuesday, Wednesday or Friday. However, to help you plan and pace your coursework appropriately, there is a Daily Schedule at the end of this course outline which is structured as *if* we were having class on the scheduled days. You may choose to use this schedule if you like, though it is not required.

Daily Schedule

Check the Daily 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 total
B. Final Exam	360 points
C. Research Participation	40 points
<hr/>	
TOTAL COURSE POINTS	1000 points

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 "Daily 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 111 and 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.

Research Participation via 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.

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:

- a) 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;
- b) 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

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

- a) A "recent" article has been published within the past 12 months.

- b) 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.
- c) 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:

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

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/>.

PSYO 121 Daily Schedule

All readings are from the course textbook. If any changes are made to the syllabus, you will be notified of such a change via Canvas.

Week 1	
Tuesday July 2	Today's Topic: Welcome! Textbook Reading: Syllabus / Course Outline
Wednesday July 3	Today's Topic: Emotion Textbook Reading: Chapter 8.0 (Introduction), 8.1 (The Nature of Emotion) & 8.2 (Emotional Communication)
Friday July 5	Today's Topic: Intelligence Textbook Reading: Chapter 10.0 (Introduction), 10.1 (How Can Intelligence Be Measured?) & 10.2 (What Is Intelligence?)

Week 2	
Tuesday July 9	Today's Topic: Intelligence Textbook Reading: Chapter 10.3 (Where Does Intelligence Come From?) & 10.4 (Who Is Most Intelligent?)
Wednesday July 10	Today's Topic: Developmental Psychology Textbook Reading: Chapter 11.0 (Introduction), 11.1 (Prenatal: A Womb with a View), 11.2 (Infancy and Childhood: Perceiving, Doing and Thinking), 11.3 (Infancy and Childhood: Bonding and Helping)
Friday July 12	Today's Topic: Developmental Psychology Textbook Reading: Chapter 11.4 (Adolescence: Minding the Gap) & 11.5 (Adulthood: Change We Can't Believe In)

Week 3	
Tuesday July 16	Midterm Exam 1 (Chapters 8, 10, 11) <i>Exam due at 11:59pm using Respondus Lockdown Browser</i>
Wednesday July 17	Today's Topic: Personality Psychology Textbook Reading: Chapter 12.0 (Introduction), 12.1 (Personality: What It Is and How It Is Measured), & 12.2 (The Trait Approach: Identifying Patterns of Behaviour)
Friday July 19	Today's Topic: Personality Psychology Textbook Reading: Chapter 12.3 (The Psychodynamic Approach), 12.4 (The Humanistic-Existential Approach), 12.5 (The Social-Cognitive Approach), & 12.6 (The Self: Personality in the Mirror)

Week 4	
Tuesday July 23	Today's Topic: Social Psychology Textbook Reading: Chapter 13.0 (Introduction), 13.1 (Interpersonal Behaviour), & 13.2 (Interpersonal Attraction)
Wednesday July 24	Today's Topic: Social Psychology Textbook Reading: Chapter 13.3 (Interpersonal Perception) & 13.4 (Interpersonal Influence)
Friday July 26	Today's Topic: Stress & Health Textbook Reading: Chapter 14.0 (Introduction), 14.1 (Sources of Stress), 14.2 (Stress Reactions), 14.3 (Stress Management), 14.4 (The Psychology of Illness) & 14.5 (The Psychology of Health)

Week 5	
Tuesday July 30	Midterm Exam 2 (Chapters 12, 13, 14) <i>Exam due at 11:59pm using Respondus Lockdown Browser</i>
Wednesday July 31	Today's Topic: Psychological Disorders Textbook Reading: Chapter 15.0 (Introduction), 15.1 (Defining Mental Disorders), 15.2 (Anxiety Disorders), 15.3 (Obsessive-Compulsive Disorder) & 15.4 (Posttraumatic Stress Disorder)
Friday Aug 2	Today's Topic: Psychological Disorders Textbook Reading: 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 6	
Tuesday Aug 6	Today's Topic: Treatment of Psychological Disorders Textbook Reading: Chapter 16.1 (Treatment: Getting Help to Those Who Need It) & 16.2 (Psychological Treatments)
Wednesday Aug 7	Today's Topic: Treatment of Psychological Disorders Textbook Reading: Chapter 16.3 (Biological Treatments) & 16.4 (Treatment Effectiveness)
Friday Aug 9	Today's Topic: Conclusion Textbook Reading: None

Final Exam – Time and Date to Be Determined!