



# PSYO 121 - 104: SYLLABUS

**Semester:** Winter 2024  
**Instructor:** Maya Pilin, Ph.D.  
**Location:** Online  
**Days:** Tuesdays and Thursdays  
**Time:** 12:30pm to 2pm



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## What Will I Learn in this Course?

### Topics Covered

1. Development
2. Social Psychology
3. Emotion and Motivation
4. Stress and Health
5. Personality
6. Psychological Disorders
7. Treatment of Psychological Disorders

### Textbook

- Schacter, D. L., Gilbert, D. T., Nock, M., & Johnsrude, I. (2023). *Psychology* (6th Canadian ed.). Macmillan Education.
- Additional required readings will be provided on Canvas

### Your Learning Goals

1. Gain a working understanding of each of the seven psychology topics covered within the course by attending lectures and completing textbook readings.
2. Develop your ability to critically appraise psychology-related information that you encounter in the world by judging its accuracy.
3. Grow your communication skills by learning to communicate complex topics to your peers in writing.

### The American Psychological Association's (APA) Learning Goals and Outcomes

<https://www.apa.org/ed/precollege/about/learning-goals.pdf>

Goal	Outcome	Course Application
Goal 1: Knowledge Base	1.1. Describe key concepts, principles, and overarching themes in psychology 1.2. Develop a working knowledge of psychology's content domains 1.3. Describe applications of psychology	Lecture content will introduce several areas of psychological research.
Goal 2: Scientific Thinking & Critical Inquiry	2.2. Demonstrate psychology information literacy	Through completing supplementary readings, students will critically appraise the accuracy of psychological information presented to the general public.
Goal 3: Ethical & Social Responsibility in a Diverse World	3.1. Apply ethical standards to evaluate psychological science and practice	Lecture content for each chapter will discuss ethical standards and evaluate the ethical standards of past research in psychology.

Goal 4: Communication	4.1. Demonstrate effective writing for different purposes	Through in-class and out-of-class activities (e.g., discussion posts) students will develop skills in writing for academic purposes.
Goal 5: Professional Development	5.5. Develop meaningful professional direction for life after graduation	Through lecture content, students will learn about careers within psychology (e.g., clinical psychology).

## How Does the Online Format Work?

### *Required Equipment*

1. **A laptop or tablet:** You must use a laptop or tablet to write your exams.
2. **Strong Wi-Fi connection:** Having a weak wi-fi connection will not be accepted as an excuse for not being able to write your exams.

### *Zoom Etiquette*

<b>Being on Time</b>	Class is hybrid. This means that, during some classes, you are expected to be in class on Zoom during the designated times (more info on this below). It is disruptive when you come in late. If you enter the call late, you will be placed in a Waiting Room. I will admit you to the class at a convenient time.
<b>Interacting</b>	Even though it is a Zoom class, you will still be expected to participate and to interact with your classmates. Activities will be held during class times that will enhance your understanding of the material.
<b>Asking Questions</b>	Most of our in-class time will be group activities rather than lectures. However, we will often finish the activities 10-15 mins early. Don't hesitate to stick around the Zoom call and ask any questions you may have.
<b>Technical Issues</b>	For all exams, it is the responsibility of the student to ensure that any technical issues are reported to the instructor immediately. If you cannot connect with the instructor, please document the issue or technical concern via a screenshot. This is the only circumstance in which it is appropriate to document (i.e., screenshot) exam material. Failing to report technical issues in a timely manner, may result in the issue not being resolved and may negatively impact your grade.

### *Academic Integrity in an Online Classroom*

The examinations in this course are all open-book, i.e., you have access to any of the course materials, including your notes, during the exam. It is important to note, however, that you will likely not have enough time to look up the majority of the answers, so preparation prior to the examination is beneficial. You should prepare for these exams as if you had to do them under supervised conditions so studying for them will be necessary if you wish to succeed. You are NOT allowed to discuss questions and answers with your peers. You are NOT allowed to use any search engines.

**Artificial Intelligence (AI):** You may not use AI (e.g., ChatGPT) on any assignment or exam in this course. Most importantly, AI will not be helpful for any assignment or exam as it provides vague answers that will not allow you to get a passing grade according to the rubrics. I will be checking your work for evidence of AI use. If I suspect you of cheating and you cannot show me

directly from your notes or readings where information you wrote on an exam or assignment came from, you will receive a zero.

## How Will My Learning be Assessed?

### Weight of Assessments

Assignment	Weight
Exam 1	20%
Exam 2	20%
Exam 3 (Final Exam)	30%
Out-of-Class Activities	10%
In-Class Activities	13%
Syllabus Quiz	3%
SONA	4%

Your final grade will be determined based on UBC grading practices.

90-100	85-89	80-84	76-79	72-75	68-71	64-67	60-63	55-59	50-54	0-49
A+	A	A-	B+	B	B-	C+	C	C-	D	Fail

### Exams

- **When:** The exams will be written during scheduled class times on Canvas. Please note that Exam 3 will be written during the final exam period.
- **How:** Each exam will be made up of multiple-choice, fill-in-the-blank, true or false, and matching questions. The exams are open book. You are allowed to use your own notes and the textbook, but you are not allowed to use search engines or to collaborate with anyone. You will not enter the Zoom room to write the exams, but your TA/prof will be available via Zoom to clarify questions and assist with technical issues.
- **What:** They will cover course material, including textbook chapters, extra readings, videos, and lecture content. The exams, including the final exam, will *not* be cumulative.

Exam	Chapter Content	Weight
Exam 1	Chs. 11 & 13	20%
Exam 2	Chs. 8 & 14	20%
Exam 3 (Final Exam)	Chs. 12, 15, & 16	30%

### Out-Of-Class Activities

- **When:** To be completed by 11:59pm PST on the in-class activity date for the relevant chapter. More info on deadlines on the class schedule below.
- **How:** These activities will be completed on Canvas.
- **What:** Activities will consist of discussion board posts, short quizzes, and other quick activities that are developed to test your understanding of the chapter content.

### *In-Class Activities*

- **When:** Dates for in-class activities are listed on the course schedule below. There will be one in-class activity for each chapter. Each activity will be due at the end of class time.
- **How:** You will log onto Canvas at the designated class time. I will briefly explain the activity and you will be placed into a break-out room to complete it.
- **What:** The in-class activities will be relevant to the content of the chapter covered within the previous lectures. You will complete activities in a group of approximately three students. You will be graded as a group. Your lowest grade (1 activity) will be dropped.

### *Syllabus Quiz*

- **When:** January 25<sup>th</sup>, 2024, 11:59pm
- **How:** To be completed on Canvas.
- **What:** The quiz will contain multiple-choice questions. All of these questions can be answered by reading your syllabus. You are encouraged to keep the syllabus open so that you can refer to it as you answer questions. You may complete this quiz as many times as you want before the deadline to earn your full marks.

### *SONA*

- See SONA pages below.

## What is the Schedule for the Course?

Here's a legend to help you understand this schedule:

	Class is optional – you don't need to be on Zoom, but you can be
	Class is mandatory – you must be on Zoom to complete activity
	Pre-recorded lecture – no Zoom class available
	No class
	Exam - you can come into the Zoom if you have questions

Date	Course Content	Relevant Deadline
Jan 9 <sup>th</sup>	Syllabus Review	
Jan 11 <sup>th</sup>	Chapter 11: Development	
Jan 16 <sup>th</sup>	Chapter 11: Development	
Jan 18 <sup>th</sup>	Chapter 11: Development: In-Class Activity	Ch. 11 Out-Of-Class Activities
Jan 23 <sup>rd</sup>	Chapter 13: Social Psychology	
Jan 25 <sup>th</sup>	Chapter 13: Social Psychology: In-Class Activity	Syllabus Quiz Ch. 13 Out-Of-Class Activities
Jan 30 <sup>th</sup>	Exam 1 (Chapters 11 & 13)	
Feb 1 <sup>st</sup>	Chapter 8: Emotion and Motivation	
Feb 6 <sup>th</sup>	Chapter 8: Emotion and Motivation: In-Class Activity	Ch. 8 Out-Of-Class Activities
Feb 8 <sup>th</sup>	Chapter 14: Stress and Health	
Feb 13 <sup>th</sup>	Chapter 14: Stress and Health: In-Class Activity	Ch. 14 Out-Of-Class Activities
Feb 15 <sup>th</sup>	Exam 2 (Chapters 8 & 14)	
Feb 20 <sup>th</sup>	Reading Week	
Feb 22 <sup>nd</sup>	Reading Week	
Feb 27 <sup>th</sup>	Chapter 12: Personality	
Feb 29 <sup>th</sup>	Chapter 12: Personality	
Mar 5 <sup>th</sup>	Chapter 12: Personality: In-Class Activity	Ch. 12 Out-Of-Class Activities
Mar 7 <sup>th</sup>	Chapter 15: Psychological Disorders	
Mar 12 <sup>th</sup>	Chapter 15: Psychological Disorders	
Mar 14 <sup>th</sup>	Chapter 15: Psychological Disorders	
Mar 19 <sup>th</sup>	Chapter 15: Psychological Disorders: In-Class Activity	Ch. 15 Out-Of-Class Activities
Mar 21 <sup>st</sup>	Exam Review (Exams 1 & 2)	
Mar 26 <sup>th</sup>	Chapter 16: Treatment	
Mar 28 <sup>th</sup>	Chapter 16: Treatment	
Apr 2 <sup>nd</sup>	Chapter 16: Treatment	
Apr 4 <sup>th</sup>	Chapter 16: Treatment: In-Class Activity 1	
Apr 9 <sup>th</sup>	Chapter 16: Treatment: In-Class Activity 2	Ch. 16 Out-Of-Class Activities
Apr 11 <sup>th</sup>	Q&A	
<b>Final Exam Date TBD during Final Exam Period (April 15<sup>th</sup> to April 26<sup>th</sup>, 2024)</b>		

## What are the Course Policies?

### *Appropriate Class Behaviour*

Here are some guidelines for behaving respectfully in class:

- **Do your best to arrive on time.** I understand that life happens, but arriving in class on time, even in an online course, is expected.
- **Participate.** Take the opportunity to answer in-class questions. Please be kind and respectful of your classmates' opinions as you do so.
- **Ask Questions:** Email your prof or your TAs or stick around on Zoom after the in-class activities to ask questions.

### *Communication*

- I will reply to your e-mail within 48hrs on business days (Monday to Friday).
- If I have not responded to your e-mail within 48hrs, please don't hesitate to remind me via e-mail or to chat with me right after lecture.
- Using my first name (Maya, pronounced "Mah-ya") or Dr. Pilin are both appropriate, either via e-mail or 'in-person' (i.e., on Zoom).

### *Office Hours*

- Office Hours will be held weekly on Tuesdays at 11am to 12:30pm via Zoom. Instructions for accessing office hours are posted on Canvas. If you need an alternative time, please e-mail me and I will schedule a time to speak with you.
- You are more than welcome to attend office hours just to introduce yourself, to ask questions about writing, to ask questions about careers in psychology, or of course to ask questions about the course. You do not have to book an appointment with me, just pop into the Zoom room!

### *Canvas*

- I will use Canvas to post your grades, provide announcements, and to post recorded lectures. Please be sure to check Canvas regularly.

### *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 University's policies and procedures, may be found in the Academic Calendar at <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

### *Grading Questions and Policies*

If you believe that I have made an error in grading (e.g., entered a grade incorrectly on Canvas), you are of course encouraged to e-mail me and let me know so that I can make a correction. To do so, please contact me via e-mail by April 12th, 2024, so that I have time to make any corrections prior to entering your final grade.

In this course, you are encouraged to advocate for yourself and your grades. This means that if you have a question about how an assignment was graded (e.g., you would like to dispute your grade), please e-mail me and let me know. I may request to meet with you in-person or via Zoom so that we can go over your assignment. Again, please e-mail me to ask such questions by April 12<sup>th</sup>, 2024. Please note that I do not adjust any grade in order to maintain fairness for the course.

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>

### *Final Examination Policy*

The examination period for Term 2 of 2023W is April 15th – April 26th. 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>

*Late and Missed Assignment Policies (i.e., the When Life Happens section)*

What Happened	What You Do	What We Will Do
You're sick on the day of any of the exams.	<ul style="list-style-type: none"> <li>• Email your prof or TA within 24hrs of the exam and let us know that you are sick.</li> <li>• Email us documentation of illness (i.e., a doctor's note) within 48 hours of the exam.</li> <li>• <b>NOTE: Regulations on missing the final exam (Exam 3) are different from the above and are listed under the "Final Examination Policy" section of the syllabus.</b></li> </ul>	<ul style="list-style-type: none"> <li>• We will confirm that we received your note.</li> <li>• We will shift the worth of the missed exam to the next one.</li> <li>• The next exam will test you on the current material <i>and</i> the material you missed.</li> <li>• <b>NOTE: Regulations on missing the final exam (Exam 3) are different from the above and are listed under the "Final Examination Policy" section of the syllabus.</b></li> </ul>
You're sick during an in-class activity	<ul style="list-style-type: none"> <li>• If this only happens once, you don't have to let us know, since your lowest in-class activity grade will be dropped.</li> <li>• If you are dealing with an ongoing illness and have to miss activities twice, please email us documentation of illness (i.e., a doctor's note) within 48 hours of the second missed activity.</li> </ul>	<ul style="list-style-type: none"> <li>• You will receive a zero, but your lowest in-class activity grade will be dropped.</li> <li>• If you have to miss two in-class activities, the weight of the second missed activity will be shifted to the next exam.</li> </ul>
You need more time for an out-of-class activity because you were ill that week	<ul style="list-style-type: none"> <li>• Email your prof or TA before the deadline of the out-of-class activity and provide us with a doctor's note.</li> </ul>	<ul style="list-style-type: none"> <li>• We will grant a reasonable extension.</li> </ul>

## What are the On-Campus 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 Earllene Roberts, the Diversity Advisor for the Disability Resource Centre located in the University Centre building (UNC 214).

**UNC 214**      250.807.9263

email: [earllene.roberts@ubc.ca](mailto:earllene.roberts@ubc.ca)

Web: [www.students.ok.ubc.ca/drc](http://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.

**UNC 216**      250.807.9291

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

Web: [www.equity.ok.ubc.ca](http://www.equity.ok.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.

**UNC 337**      250.807.9270

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

Web: [www.students.ok.ubc.ca/health-wellness](http://www.students.ok.ubc.ca/health-wellness)

### *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](http://www.security.ok.ubc.ca)*

## Who's Teaching This Course?

### *Your Instructor*

My name is Maya Pilin and I'm so excited to be teaching this course! I earned my Ph.D. in Psychological Science at UBCO in 2023 and my Master's in Psychological Science at UBCO in 2019. Before that, I got my Honours B.A. in Psychology at the University of Ottawa. My primary research is in the fields of substance use and forensic psychology.

### **Fun Facts**

- I have a pug/cocker-spaniel mix named Dora
- I've travelled to 34 countries
- In my spare time, I'm either listening to musical theatre soundtracks or Taylor Swift (no, I didn't get tickets to the Eras tour)

### *Contact Information*

E-Mail: [mayapilin@alumni.ubc.ca](mailto:mayapilin@alumni.ubc.ca)

## 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.

#### *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.

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. 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](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*.

#### 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.

