



**Psychology 220
Lifespan Development**

Winter Term 1 2024

Monday & Wednesday 2:00pm - 3:30pm
ASC-Floor 1, Room 140

Instructor: Kalee De France, Ph.D.

Email: kalee.defrance@ubc.ca

Office: EME 4115

Office Hours: Mondays 1:00pm – 1:45pm, in person
Office hours via zoom only when requested

Land Acknowledgement

I would like to acknowledge that UBC Okanagan is situated on the territory of the Syilx Okanagan Nation and their peoples. I would also like to note that you are joining us today from many places, near and far, and acknowledge the traditional owners and caretakers of those lands.

Please note that land acknowledgements do not exist in a past tense, or historical context: colonialism is a current ongoing process, and we need to build our mindfulness of our present participation. For example, there are currently more than 30 Drinking Water Advisories in Indigenous communities in British Columbia alone, some of which have persisted for over 12 years.

Teaching Assistants

Your teaching assistants are here to help you with course material in different ways. Please understand the role of your TAs before you contact them to ensure you are connecting with the right person.

Lead TA: Jacqueline Tams (jtams@student.ubc.ca)

Role: Jacqueline is your lead TA. Please contact her with any questions about the course content.

Marking TAs:

LAST NAME A-M: Alisha Davis (davis07@student.ubc.ca)

LAST NAME N-Z: Anthony Polisi (apolisi@student.ubc.ca)

Role: Please contact marking TAs BASED ON YOUR LAST NAME to ask questions about grading and exam reviews.

Academic Calendar Entry

PSYO 220 (3) Lifespan Development

Introduction to the field of lifespan developmental psychology. Examination of the physical, cognitive, and psychosocial development of the individual from conception through later adulthood. [3-0-0] *Prerequisite:* All of PSYO 111, PSYO 121.

Learning Materials

Boyd, Johnson & Bee (2020). Lifespan Development, (7th Canadian Ed.), Don Mills: ON Pearson. ISBN: 9780135413395

NOTE: You DO NOT need the Revel version of this text.

Course Format

The contents of the lectures will be determined by the course schedule (see below). Slides will emphasize the key points of the readings, share new information not covered in the readings, provide information for interactive lecture components, and will offer clarification and explanation of course concepts, including and beyond the readings.

Please note that lectures will include material not included in the readings. All content contained in the readings **and** lectures will be considered eligible for quizzes and exams.

Course Overview, Content and Objectives

This course uses the chronological approach to development across the lifespan and introduces students to the main themes and theories of lifespan development. This course will provide an overview of the physical, cognitive, and social/emotional components of development from infancy to late adulthood. We will also cover the many ways that the field of psychology has created biases in our understanding of lifespan development by highlighting who has been left out of these conversations, and who is not considered when applying research to real life.

Learning Outcomes

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

- Identify the main theories/themes of development across the lifespan, and those that provide alternative perspectives
- Describe the research methodology of lifespan development, with emphasis on Canadian research and policy in each module
- Demonstrate understanding of the physical aspects of development across developmental stages (i.e. infancy, early and middle childhood, adolescence, early, middle, and late adulthood, death and dying)
- Discriminate stages of cognitive development across infancy and childhood
- Examine social/emotional developmental processes across course modules

Assessments of Learning

1. Exams: 85% of your final grade

You will have 3 exams. Exam 1 and Exam 2 (midterms) are in-class and non-cumulative. Each midterm is 25% of your final grade.

Please note that in-class mid-terms will be conducted on Canvas using Lockdown Browser. Therefore, you will NEED to have a laptop in class with you that is compatible with Canvas. If you do not have a device that allows you to access Canvas on the midterm day, you will not be able to complete the midterm.

Exam 3 is your final exam - it is non-cumulative and worth 35% of your grade. This exam will occur during the regular exam period at the end of term. This final exam will be completed using pencil and paper (scantron and short answer).

2. Quizzes: 15% of your final grade

Quizzes will occur approximately once per week (except during exam weeks). Each quiz is worth 2.5% and will review that week's material. There will be 8 quizzes total and the lowest 2 quiz marks will be dropped. You will have 48 hours from when class ends to complete your quiz. You will require internet access to complete the quiz online.

Please note that ALL assessments in this course (exams and quizzes) are closed-book, so you may not have access to any of the course materials, including your notes, during the exam. You are not to use any search engines or other programs. You are not to take screenshots or pictures of quizzes or exams. Nor are you to communicate with anyone – you are to work independently. If you violate these conditions you have engaged in Academic Misconduct and will be subject to the consequences articulated in the Academic Integrity section. Communication with other students (written, text, verbal, etc.) is also not permitted and will constitute Academic Misconduct.

Course schedule

Week	Lecture	Topic	Mandatory Readings	Optional Extra Readings
1	Wed Sept 4: Lecture 1	Syllabus, inclusive approaches to psychology, the lifespan approach, conceptualizing change.	<ol style="list-style-type: none"> 1. Syllabus 2. Chapter 1 of required textbook 3. Racial inequality in psychological research: Trends of the past and recommendations for the future 4. Psychology is too WEIRD 	
	Practice Quiz			
2	Mon Sept 9: Lecture 2	Biological theories of development	Chapter 2	
	Wed Sept 11: Lecture 3	Psychosocial theories of development	Chapter 2	Link is here
	Quiz #1			
3	Mon Sept 16: Lecture 4	Conception and prenatal development	Chapter 3	<ol style="list-style-type: none"> 1. Social inequality and pregnancy outcomes 2. Effects of poverty during pregnancy on child development in Canada 3. How to reduce disparities in racial and ethnic disparities in maternal morbidity
	Wed Sept 18: Lecture 5	Infancy: Physical development	Chapter 4	
	Quiz #2			
4	Mon Sept 23: Lecture 6	Infancy: Cognitive and social development	Chapter 5 + 6	Link is here
	Wed Sept 25: Lecture 7	Catch up on leftover material Exam 1 Review		

5	Mon Sept 30:	NO CLASS		
	Wed Oct 2: Exam 1	Exam 1: Lectures 1-7 and Chapters 1-6		
6	Mon Oct 7: Lecture 8	Early Childhood 1: Social, Emotional, and Personality Development	Chapter 8	The Whole Child: Ackermann's 4 Natural Forces of Development
	Wed Oct 9: Lecture 9	Early Childhood 2: Physical and Cognitive Development	Chapter 7	
	Quiz #3			
7	Mon Oct 14:	NO CLASS		
	Wed Oct 16: Lecture 10	Middle Childhood 1: Physical and Cognitive Development	Chapter 9	Spotlight on middle childhood: Rejuvenating the 'forgotten years'
	Quiz #4			
8	Mon Oct 21: Lecture 11	Middle childhood 2: Social, Emotional, and Personality Development	Chapter 10	Introduction to socioemotional learning in schools
	Wed Oct 23: Lecture 12	Adolescence 1: Physical and Cognitive Development	Chapter 11	
	Quiz: No quiz this week			
9	Mon Oct 28: Lecture 13	Guest Lecture: Denise Lecoy Indigenous perspectives on development	Original People – Chapter 1 (PDF will be sent)	Aljazeera article
	Wed Oct 30: Lecture 14	Adolescence 2: Parenting and Adolescent Development		Parent-adolescent dynamics (from our very own Dr. Jessica Loughheed)
	Quiz #5			

10	Mon Nov 4: Lecture 15	Adolescence 3: Social, Emotional, and Personality Development Exam 2 Review	Chapter 12	Emotion regulation during adolescence
	Wed Nov 6: Exam 2	Exam 2: Lectures 9-16 Chapters 7-12 + Original People – Chapter 1		
11	Mon Nov 11	Reading Week – No Lecture		
	Wed Nov 13	Reading Week – No Lecture		
12	Mon Nov 18: Lecture 16	Early Adulthood 1: Physical and Cognitive Development	Chapter 13	
	Wed Nov 20: Lecture 17	Early Adulthood 2: Social, Emotional, and Personality Development	Chapter 14	
	Quiz #7			
13	Mon Nov 25: Lecture 18	Middle Adulthood 1: Physical and Cognitive Development	Chapter 15	
	Wed Nov 27: Lecture 19	Middle Adulthood 2: Social, Emotional, and Personality Development	Chapter 16	
	Quiz #8			
14	Mon Dec 2: Lecture 20	Late Adulthood: Physical, Cognitive, Social, Emotional, and Personality Development	Chapters 17 + 18	
	Wed Dec 4: Lecture 21	Inequality and Lifespan Development Exam 3 review		

Important Course Policies

Assessment Summary

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Quizzes will occur approximately once per week (except during exam weeks). Each quiz is worth 2.5% and will review that week's material. There will be 8 quizzes total and the lowest 2 quiz marks will be dropped.

You will have 48 hours from when class ends to complete your quiz. You will require internet access to complete the quiz online.

Final grades will be based on the evaluations listed above and the final grade will be assigned according to the standardized grading system outlined in the UBC Okanagan Calendar.

Please note I do not "round up" final grades. It is policy in this course that final grades cannot be adjusted (through extra assignments or otherwise) in order to achieve a passing mark, higher letter grade etc. In order to maintain fairness within this course, requests for additional assignments as well as requests to round or "bump up" final grades will be denied.

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. Further information on Grading Practices can be found in the [Okanagan Academic Calendar](#).

Note on Missed Graded Work

Students who, because of unforeseen events, are absent during the term and are unable to complete tests or other graded work, should normally discuss with their instructors how they can make up for missed work, according to written guidelines given to them at the start of the course (see Grading Practices). Instructors are not required to make allowance for any missed test or incomplete work that is not satisfactorily accounted for. If ill health is an issue, students are encouraged to seek attention from a health professional. Campus Health and Counselling will normally provide documentation only to students who have been seen previously at these offices for treatment or counselling specific to conditions associated with their academic difficulties. Students who feel that requests for consideration have not been dealt with fairly by their instructors may take their concerns first to the Head of the discipline, and if not resolved, to the Office of the Dean.

Further information can be found at: <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>.

IMPORTANT: Students who miss an exam must provide written documentation (i.e., doctor's note) of the absence to the instructor and must arrange to make up the exam before the next scheduled class. Students who do not write the exam by the next scheduled class will receive a "0" for the exam.

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 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.

Final Examinations

You can find the [Senate-approved term and examination dates here](#). 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](#).

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Student Service Resources:

Disability Resource Centre

The Disability Resource Centre (DRC) facilitates disability-related accommodations and programming initiatives to that ameliorate barriers for students with disabilities and/or ongoing medical conditions. If you require academic accommodations to achieve the objectives of a course please contact the DRC at:

UNC 215 250.807.8053

Email: drc.questions@ubc.ca

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

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

Web: www.equity.ok.ubc.ca

Office of the Ombudperson

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

Web: www.ombudsoffice.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 academic integrity, study skills and learning strategies**. Students are encouraged to visit often and early to build the skills, strategies and behaviors that are essential to being a confident and independent learner. For more information, please visit the Hub's website.

LIB 237 250.807.8491

Email: learning.hub@ubc.ca

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

Sexual Violence Prevention and Response Office (SVPRO)

The Sexual Violence Prevention and Response Office (SVPRO) is a confidential place for those who have been impacted by any form of sexual or gender-based violence, harassment, or harm, regardless of where or when it took place. SVPRO aims to be a safer space for all UBC students, faculty, and staff by respecting each person's unique and multiple identities and experiences. All genders and sexualities are welcome.

Nicola Townhome 120, 1270 International Mews 250.807.8053

Email: svpro@okanagan.ubc.ca

Web: www.svpro.ok.ubc.ca

Wellbeing and Accessibility Services (WAS)

Wellbeing and Accessibility Services (WAS) supports holistic student wellbeing in body, mind, and spirit. Students can access nurses, physicians and counsellors for health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. WAS is also home to the Disability Resource Centre, Spiritual and Multi-Faith Services, and Campus Health and Education. If you require assistance with your health, please contact Wellbeing and Accessibility Services for more information or to book an appointment.

UNC 337 250.807.9270

Email: healthwellness.okanagan@ubc.ca

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

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.

UNC 337 250.807.8421 (ext. 1)

Email: jpc.ok@ubc.ca

Web: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-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**.

Web: www.security.ok.ubc.ca