

PSYC 336 (01) – Adolescence (CRN 31353)
University of Victoria
Department of Psychology – Summer 2025
Course Syllabus



**University
of Victoria**

We acknowledge and respect the Ləkʷəŋən (Songhees and Esquimalt) Peoples on whose territory the university stands, and the Ləkʷəŋən and WSÁNEĆ Peoples whose historical relationships with the land continue to this day.

COURSE AND INSTRUCTOR INFORMATION

Class time: June 5 to June 27, 2025 Monday to Friday 8:30 to 10:20 am

Instructor: Carolyn Helps, MSc. (she/her)

COURSE DESCRIPTION AND LEARNING OBJECTIVES

This course employs a psychological lens to explore developmental processes during the adolescent phase, including biological, psychological, and social changes and features. We will explore the social and cultural contexts through which these changes are shaped and expressed.

Students who complete this course will be able to:

- Describe and apply major theories of developmental psychology in adolescence
- Recognize normative patterns and changes in biological, psychological, and social functioning during adolescence
- Integrate and discuss research and theory relating to adolescent development
- Communicate scholarly information relating to adolescents to a variety of audiences

Required Textbook: Steinberg, L. (2023). *Adolescence* (13th Edition). McGraw Hill Education. Additional assigned readings will be posted on Brightspace for some topics.

Course prerequisites: PSYC201 and PSYC243

The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you are registered with the Centre for Accessible Learning and anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with me. If you are a student with a disability or chronic health condition, you can meet with a CAL advisor to discuss access and accommodations.

COURSE OUTLINE

June 5 Introduction
June 6 Biological Transitions
June 9 Cognitive Transitions
June 10 Social Transitions
June 11 Families
June 12 Peers
June 13 EXAM #1 (25%)

June 16 School
June 17 Work
June 18 Identity
June 19 Autonomy
June 20 EXAM #2 (20%)

June 23 Intimacy
June 24 Sexuality
June 25 Achievement
June 26 Psychosocial Problems & Resilience
June 27 EXAM #3 (20%)

Note that this schedule is tentative, and changes may occur in the event of unforeseen circumstances. Students will be notified in class and via Brightspace of any changes to the course schedule.

Important Dates for June 2025 Session (“Term 5”):

June 7 Drop date for 100% fee reduction
June 7 Deadline to enroll in course
June 13 Drop date for 50% fee reduction
June 19 Academic Drop Deadline

LEARNING ASSESSMENTS

Exams (non-cumulative) – 65% (June 12, June 20, June 27)

Students will complete three non-cumulative in-class exams in this course. Exams will draw from both textbook and course material from the period following the previous exam only. Exams will consist of a combination of multiple choice and short- or long-answer questions. Due to the condensed nature of the course, ***no makeup exams will be scheduled***. If you must miss an exam due to a valid unforeseeable or unavoidable circumstance (e.g., illness) the value of the missing exam will be replaced by proportionally reweighting the value of the other two exams. Students who miss two exams will receive a grade of “incomplete” in the course.

1-page informational handout – 5% (June 18)

Students will complete a one-page informational handout regarding a topic of their choice relating to an issue in adolescence. The topic should be the same or closely related to the topic chosen for the research essay. The purpose of the assignment is to effectively and briefly communicate an overview of key information about your topic to a lay audience, such as parents or teachers.

Research essay – 20% (June 25)

Students will write a 6- to 7-page research essay on a topic of their choice relating to adolescent development. The essay should integrate at least one major developmental theory of adolescent development discussed in class or covered by the textbook with a review of recent primary research related to the chosen topic.

In class activities – 10% (1% each, of your best 10; due throughout course)

Students will have the opportunity to complete in class activities in most non-exam class periods. Activities may involve individual reflection or partner or small-group discussion and will relate to material covered in chapter and lecture from that day. No make-up activities will be offered for missed classes. To account for students who may need to miss class for unavoidable reasons such as illness, only 10 activities will count towards the final grade. For students who complete more than 10 activities, only their best 10 scores will be applied towards the final grade.

Grading Policy

In accordance with UVic policies, final grade in this course will be based on the total percent score accounting for the above assessments. Grades ending in a decimal of .5 and above will be rounded up to the nearest whole percentage, while grades ending in below .5 will be rounded down.

| | | | |
|--------------|-------------|-------------|----------------|
| A+ 90 – 100% | B+ 77 – 79% | C+ 65 – 69% | F < 49% |
| A 85 – 89% | B 73 – 76% | C 60 – 64% | N = Incomplete |
| A- 80 – 84% | B- 70 – 72% | D 50 – 59% | |

Students who have completed the following elements will be considered to have completed the course:

- Element A: Minimum of 2 out of 3 exams
- Element B: Research Essay

Failure to complete one or more of these elements will result in a grade of “N” regardless of the cumulative percentage of all other elements of the course. N is a failing grade and factors into GPA as a value of 0.

In accordance with the University’s policy on academic concessions, “A student who completes all course requirements is not eligible for an academic concession”. Consequently, students can only request deferrals for the completion of required course components and not for non-essential course components.

UNIVERSITY OF VICTORIA

Department of Psychology Important Course Policy Information Summer Session 2025

Accessible Learning

The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you are registered with the [Centre for Accessible Learning](#) and anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with me. If you are a student with a disability or chronic health condition, you can meet with a CAL advisor to discuss access and accommodations.

Attendance and Absences

Attendance is important. Students are expected to attend all classes in which they are enrolled. Students may be assigned a final grade of N or debarred from writing final examinations if they fail to satisfy a minimum attendance requirement set by the instructor for lectures, laboratories, online course discussions or learning activities, tutorials, or other learning activities set out in the course outline.

Medical documentation for short-term absences is **not required** (approved by Senate). Students who cannot attend due to illness are asked to notify their instructors immediately. If illness, accident, or family affliction causes a student to miss the final exam or to fail to complete any required assignment/assessment by the end of the term students are required to submit a request for academic concession (see below).

Children and Pets

If you need to bring your children or pet to class, please do not hesitate to do so. It is understood that sometimes this is necessary due to care circumstances. However, please aim to have minimal class disturbance so that student learning is not impacted.

Class Recording and Auto-Captioning Statement

The instructor may record class sessions and those recordings may be made available to all students in the class via Brightspace. If you have questions or concerns regarding class recording and privacy, please contact privacyinfo@uvic.ca

Auto-generated captioning may be enabled in this course. Auto-captioning is highly error-prone, especially for specialized terminology and proper names. Students are asked to refer to the audio feed for clarification of any errors. If you find captioning errors that are offensive, please contact your instructor and/or teaching assistant so that they are aware. If you require captions as part of an academic accommodation, please contact [CAL](#).

Commitment to Inclusivity, Diversity, and Respectful Environments in the Classroom and Online

The University of Victoria is committed to providing a positive and supportive and safe learning and working environment for all its members. All members of the university community have the right to this experience and the responsibility to help *create* such an environment. The University will not tolerate racism, sexualized violence, or any form of discrimination, bullying, or harassment.

Please be advised that, by logging into UVic's learning systems or interacting with online resources and course-related communication platforms, you are engaging in a University activity.

All interactions within this environment are subject to the university expectations and policies. Any concerns about student conduct may be reviewed and responded to in accordance with the appropriate university policy.

To report concerns about online student conduct: onlineconduct@uvic.ca

Copyright

All course content and materials are made available by instructors for educational purposes and for the exclusive use of students registered in their class¹. The material is protected under copyright law, even if not marked with ©. Any further use or distribution of materials to others requires the written permission of the instructor, except under fair dealing or another exception in the Copyright Act. Violations may result in disciplinary action under the [Resolution of Non-Academic Misconduct Allegations policy \(AC1300\)](#) or the [Academic Integrity Policy](#), whichever is more appropriate for the situation.

Course Experience Survey (CES)

I value your feedback on this course. Toward the end of term, you will have the opportunity to complete a confidential course experience survey (CES) regarding your learning experience. The survey is vital to providing feedback to the instructor regarding the course and their teaching, as well as to help the department improve the overall program for students in the future. When it is time for you to complete the survey, you will receive an email inviting you to do so. If you do not receive an email invitation, you can go directly to <http://ces.uvic.ca>. You will need to use your UVic NetLink ID to access the survey, which can be done on your laptop, tablet or mobile device. You will be reminded nearer the time, but please be thinking about this important activity, especially the following three questions, during the course.

1. What strengths did your instructor demonstrate that helped you learn in this course?
2. Please provide specific suggestions as to how the instructor could have helped you learn more effectively.
3. Please provide specific suggestions as to how this course could be improved.

Disclaimer

The above schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances.

Grading

In classes that are based on a percentage grading scheme, the following [Undergraduate Grading Scale](#) is used

| Grade | A+ | A | A- | B+ | B | B- | C+ | C | D | F |
|------------|--------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Percentage | 90-100 | 85-89 | 80-84 | 77-79 | 73-76 | 70-72 | 65-69 | 60-64 | 51-59 | < 50 |
| GP Value | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |

Rounding is only applied to the final grade and is rounded up at the 0.5% level (e.g., 84.49% is rounded to 84% and 84.50% is rounded to 85%).

Medical Documentation for absences

No medical documentation for short-term absences is required (Approved by Senate).

If you are seeking a Withdrawal Extenuating Circumstances or an Aegrotat grade, medical documentation may be required if relevant.

Ombudsperson and Academic Concerns

From the course calendar...

Depending on the nature of the academic matter of concern to the student, the order in which the student should normally try to resolve the matter is: first, the course instructor; second, the Chair of the department; third, the Dean of the faculty; and finally, the Senate.

If you are having an academic concern or problem that cannot be resolved with your instructor or the Department Associate Chair, you may wish to consult with the Office of the Ombudsperson (<https://uvicombudsperson.ca>). Current contact information for the office can be found here <https://uvicombudsperson.ca/contact/>.

¹ Syllabi belong to the department through which the course is administered.

Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the [Senate Policy on Academic Integrity](#). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.
3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
6. **Aiding Others to Cheat.** It is a violation to help others or attempt to help others to engage in any of the conduct described above.

The use of a generative artificial intelligence (AI) is strictly prohibited in any submitted work (unless expressly endorsed by the instructor as part of an assignment).

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar Spring 2025.

The definitive source for information on Academic Integrity is the University Calendar

Other useful resources on Plagiarism and Cheating include:

1. The Ombudsperson's office: <https://uvicombudsperson.ca/academic-integrity/>
The [Office of the Ombudsperson](#) is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations. Phone: 250-721-8357; Email: ombuddy@uvic.ca; Web: uvicombudsperson.ca.
2. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>
3. UVic Library Document on [Avoiding Plagiarism](#)

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see the [UVic Calendar](#).

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the [deadlines](#) set out in the current UVic Calendar.

Students who do not attend classes must not assume that they have been dropped from a course by an academic unit or an instructor. Courses that are not formally dropped will be given a failing grade, students may be required to withdraw and will be required to pay the tuition fee for the course.

Request for Academic Concessions

Students can apply for [academic concessions](#) if their course requirements are affected by (i) unexpected and/or unavoidable circumstances (e.g., illness, family affliction, etc.), or (ii) conflicting responsibilities (e.g., service in the armed forces or first responder, representing the university).

- **Request an in-course extension**
If you require more time to complete a course requirement or miss a test or midterm exam, then you will need to complete the [“In-Course Extension Form”](#) and submit it directly to your course instructor. All course requirements must be completed prior to the submission of final grades.
- **What to do if you miss the final exam scheduled during the formal exam period**
Apply at Records Services for a [“Request for Academic Concession”](#), normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record.
- **What to do if you require additional time to complete course requirements beyond the normal term.**
Apply at Records Services for a [“Request for Academic Concession”](#), normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record if the missing work has been deemed required. Note, only required course components may be deferred.

Research Participation Opportunities with the Department of Psychology

The Department of Psychology offers multiple opportunities to participate in research studies over the year. Students are encouraged to learn more about the field of psychology by volunteering in these studies. Information about studies can often be found posted on notice boards around the Department as well as through our Participant Pool webpage at <https://www.uvic.ca/socialsciences/psychology/research/participants/>.

Student Support Services

[Learn Anywhere](#) is the student support portal for a full range of student academic and support services. Services include: [Centre for Academic Communication](#), [Math & Stats Assistance Centre](#), [Counselling Services](#), [Health Services](#), [Library](#), [Ombudsperson](#), and [Computer Help Desk](#)

This classroom is a trans-inclusive space

Please indicate if you have a preferred name and pronoun that you’d like to be used in the classroom. Please e-mail your instructor or your TA if you would like to discuss the climate of this classroom for trans students. Gender neutral bathrooms are available at UVic.

University of Victoria Students' Society (UVSS)

The [UVSS](#) is a social justice based non-profit run by students, for students and is entirely separate from UVic. As an undergrad student, you are already a member! We work on issues affecting students such as affordability, public transit, sexualized violence, sustainability, student employment, and much more. We fund clubs and course unions, and have several advocacy groups. We also have a Food Bank and Free Store, a Peer Support Centre, and run your health and dental plan. We are here to support you, so please reach out to us at [uvss.ca](#)!

Academic Important Dates

Summer session – (May – August)

| | |
|------------------------------------|--------------------------------------------------------------|
| Wednesday, May 7 th | May – August (Term 1) courses begin for all faculties |
| Monday, May 12 th | May (Term 4) and May-June (Term 2) courses begin |
| Monday, May 19 th | University Closed (Victoria Day) |
| Saturday, May 31 st | Fee deadlines for summer |
| Wednesday, June 4 th | May (Term 4) Courses End |
| Thursday, June 5 th | June (Term 5) Courses Begin |
| Monday, June 9 th | First registration date for Winter Session 2025/2026 |
| Friday, June 27 th | May-June (Term 2) and June (Term 5) Courses End |
| Monday, June 30 th | Reading Break May-August (Term 1) sections only (except Law) |
| Tuesday, July 1 st | University Closed (Canada Day) |
| Tuesday, July 1 st | Reading Break May-August (Term 1) sections only (except Law) |
| Thursday, July 3 rd | July (Term 6) and July-August (Term 3) courses begin |
| Friday, July 25 th | July (Term 6) courses end |
| Monday, July 28 th | August (Term 7) courses begin |
| Friday, August 1 st | May-August (Term 1) classes end for all faculties |
| Monday, August 4 th | University Closed (British Columbia Day) |
| Tuesday, August 5 th | May-August (Term 1) examinations begin for all faculties |
| Saturday, August 16 th | May-August (Term 1) examinations end for all faculties |
| Wednesday, August 20 th | July-August (Term 3) and August (Term 7) courses end |

Add and drop dates for standard 2024-2025 Winter Session courses

| Term | Start Date | End Date | 100% Fee Reduction | Add Deadline | 50% Fee Reduction | Academic Drop no Fee Reduction |
|------|------------|----------|--------------------|--------------|-------------------|--------------------------------|
| 1 | May 7 | Aug 1 | May 19 | May 22 | Jun 8 | Jul 2 |
| 2 | May 12 | Jun 27 | May 18 | May 19 | May 29 | Jun 11 |
| 3 | Jul 3 | Aug 20 | Jul 9 | Jul 10 | Jul 21 | Aug 3 |
| 4 | May 12 | Jun 4 | May 15 | May 15 | May 20 | May 27 |
| 5 | Jun 5 | Jun 27 | Jun 7 | Jun 7 | Jun 13 | Jun 19 |
| 6 | Jul 3 | Jul 25 | Jul 5 | Jul 5 | Jul 11 | Jul 17 |
| 7 | Jul 28 | Aug 20 | Jul 31 | Jul 31 | Aug 5 | Aug 12 |

Sexualized Violence Prevention and Response at UVic

UVic takes sexualized violence seriously, and has raised the bar for what is considered acceptable behaviour. We encourage students to learn more about how the university defines sexualized violence and its overall approach by visiting www.uvic.ca/svp. If you or someone you know has been impacted by sexualized violence and needs information, advice, and/or support please contact the sexualized violence resource office in Equity and Human Rights (EQHR). Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out:

Where: Office of Equity and Human Rights, Sedgewick Building, Room C115

Phone: 250 721 8021

Email: svpcoordinator@uvic.ca

Web: <https://www.uvic.ca/sexualizedviolence/>



BE WELL

A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php>

Counselling Services:

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-counsellors>

Health Services:

The Student Wellness Centre also provides a full service primary health clinic for students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-physicians>

Centre for Accessible Learning:

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <https://www.uvic.ca/accessible-learning/index.php>. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being. www.uvic.ca/services/indigenous/students/programming/elders/

Mental Health Supports and Services:

Mental health supports and services are available to students from all areas of the UVic community: <https://www.uvic.ca/student-wellness/wellness-resources/mental-health/>