UNIVERSITY OF VICTORIA

PSYC 243 (A01)

Introduction to Lifespan Spring 2025 CRN: 22726

Class Time: 11:30am-12:50pm (MR) Class Room: Building: David Turpin Building (DTB) Room: A120

Instructor: Jamie Knight, PhD (she/her)	Email: jknight@uvic.ca (Include PSYC 243 in the subject line) Office Hours: by appointment
TA: Violet Cieslik	Email: vcieslik@uvic.ca (Please include PSYC 243 in the subject line) Office Hours: listed on Brightspace

TERRITORY ACKNOWLEDGEMENT

We acknowledge with respect the Lkwungen peoples on whose traditional territory the university stands and Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

COURSE DESCRIPTION:

Many remarkable changes occur from before birth (prenatal) to death. This course will cover a broad swath of foundational concepts of lifespan development psychology, such as sensitive periods, developmental stages and transitions, and trajectories of change across the lifespan.

REQUIRED MATERIALS:

- <u>**Textbook:**</u> Essentials of Life-Span Development 2nd Ed. By John W. Santrock, Catherine Mondloch, Susan Chuang
- Course Website: On BrightSpace; <u>https://bright.uvic.ca/</u>
- iClicker Student app: For attendance

All course materials including lecture slides, assignments, announcements, and grades will be posted on BrightSpace (sign in in with your NetLink ID).

Prerequisites: PSYC 100A and 100B.

Please check your registration status to ensure you are registered and have the required prerequisites before the drop deadline: February 28th, 2025.

Drop deadlines can be found here: <u>https://www.uvic.ca/calendar/future/undergrad/</u> index.php#/policy/BJxDO92eP

COURSE FORMAT:

This course is in person. This outline provides you with general information on the objectives, evaluation, and schedule. It is your responsibility to attend class and to check BrightSpace for current information.

Attendance: Attendance is essential for success in this course. If you miss a class, it is your responsibility to review materials posted on BrightSpace and connect with peers for notes.

Learning Outcomes:

Upon completion of the course, my goal is for you to achieve the following learning outcomes:

- 1. Better understand the major characteristics and changes relevant to physical, cognitive, and socio-emotional changes across the lifespan and to be able to communicate this knowledge to professionals and members of the community.
- 2. Describe the different theoretical perspectives that guide research in developmental science, evaluate an issue from different perspectives, and identify limitations or confounding factors to topics related to development.
- 3. Further develop your writing, and in particular improve your ability to write about key topics in lifespan development

Evaluation	Percentage of Grade	Date	
Exam 1	20%	January 30	
Exam 2	20%	February 27	
Exam 3	20%	March 27	
Final Exam	15%	April 3rd	
In-Class Activies	10%	TBD	
Assignments	15%	TBD	

EVALUATION AND GRADING

Evaluation of your grade will be based upon: (a) in-class exams, (b) in-class activities, (c) assignments, and (d) a cumulative final exam. Completion of the three exams and the final exam are the required components of the course.

The expectations for each are briefly outlined below.

Exams

This course includes three in-class exams and one cumulative in-class final exam worth 15% of your grade. Your final in-class exam grade will be calculated using your two highest in-class exam scores, with the lowest score dropped to account for unexpected circumstances such as illness or personal emergencies.

Missed Exams.

If you miss an in-class exam due to illness, accident, or family emergency, you must notify me via email as soon as possible. The dropped exam policy accommodates one missed exam and encompasses all one the above reasons. Missing more than one in-class exam will result in a grade of "N" for the course. No makeup exams will be offered.

Final Exam

The final exam is mandatory. If you cannot attend, you must apply for a 'Request for Academic Concession' through the Office of the Registrar within 10 working days of the exam date. If a concession is granted, an alternative exam date must be arranged. Failure to take the final exam will result in a grade of 'N.

Further details on the format and content of the exams will be provided on Brightspace.

In-Class Activities

Participation in in-class activities (10% of your final grade) is evaluated based on attendance, contributions to group discussions, asking thoughtful questions, and active engagement. Participation requires attendance; if you do not attend, you will not receive marks.

Assignments

Short written assignments will supplement course content. Assignments submitted late will incur a penalty of 5% per day, up to a maximum of 25%. Assignments more than 5 days late will not be accepted unless prior arrangements are made. Extensions may be granted in exceptional circumstances; please contact me as early as possible if you anticipate a delay.

GRADES

Students who have completed the following required elements will be considered to have completed the course: in-class exams and the final exam. 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. Your final letter grade in this course will be based on the total scores for all exams, assignments, and in-class activities. The final grade will be rounded once at the end of the course: scores with a decimal of 0.5 or higher will be rounded up (e.g., 89.5 becomes 90), while scores below 0.5 will not be rounded (e.g., 89.4 remains 89).

Failure to complete one or more of the exams 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 (in-class and final exams) and not for non-essential course components (assignments, in-class activities). You must apply to the Office of the Registrar to request a deferral (see the UVic Calendar for guidelines).

Undergraduate Grading Scale					
Passing Grades Grade Percentage Description Value Use Only * Value V			Description		
A+ A A-	9 8 7	90 - 100 85 - 89 80 - 84	Exceptional, outstanding and excellent performance. Normally achieved by a minority of students. These grades indicate a student who is self-initiating, exceeds expectation and has an insightful grasp of the subject matter.		
B+ B B-	6 5 4	77 – 79 73 – 76 70 – 72	Very good, good and solid performance. Normally achieved by the largest number of students. These grades indicate a good grasp of the subject matter or excellent grasp in one area balanced with satisfactory grasp in the other area.		
C+ C	3 2	65 - 69 60 - 64	Satisfactory, or minimally satisfactory. These grades indicate a satisfactory performance and knowledge of the subject matter.		
D	1	50 – 59	Marginal Performance. A student receiving this grade demonstrated a superficial grasp of the subject matter.		
СОМ	Excluded Grade		Complete (pass). Used only for 0-unit courses and those credit courses designated by the Senate. Such courses are identified in the course listings.		

ADMINISTRATIVE NOTES:

It is your responsibility to: (a) check your registration status by the drop deadlines to ensure you are registered in the course; (b) familiarize yourself with the Department of Psychology's Course Policy information (attached below); and (c) understand the University's Policy on Academic Integrity (www.web.uvic.ca/calendar2014/FACS/UnIn/UARe/PoAcI.html).

Attendance and Waitlist Policy: Students who do not attend all classes during the first week (or by the waitlist deadline) may be dropped from the course to allow waitlisted students the opportunity to enrol.

Email Etiquette: Before sending an email, please consult the course outline and class materials, as many common questions are addressed there or discussed in class. Questions of a general nature should be asked during class so that everyone can benefit from the response. Emails asking questions already covered in class or the course materials may not receive an individual reply. For questions of a personal nature or specific course-related concerns, I encourage you to speak with me before or after class, or to book an appointment for further discussion.

Respect for Diversity: 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.

TENTATIVE SCHEDULE

Week	Date	Торіс	Reading		
1	Monday, January 6	Introduction to Lifespan Development	Chapter 1		
	Thursday, January 9	Introduction to Lifespan Development			
2	Monday, January 13	13 Biological Beginnings			
	Thursday, January 16	Biological Beginnings			
3	Monday, January 20	Physical and Cognitive Development in Infancy	Chapter 3		
	Thursday, January 23	Physical and Cognitive Development in Infancy			
4	Monday, January 27	Socioemotional Development in Infancy	Chapter 4		
	Thursday, January 30	Exam 1			
5	Monday, February 3	Physical and Cognitive Development in Childhood	Chapter 5		
	Thursday, February 6	Physical and Cognitive Development in Childhood			
6	Monday, February 10	Socioemotional Development in Childhood	Chapter 6		
	Thursday, February 13	Socioemotional Development in Childhood			
7	Monday, February 17	No Class – Family Day			
	Thursday, February 20	No Class – Reading Break			
8	Monday, February 24	Physical and Cognitive Development in Adolescence	Chapter 7		
	Thursday, February 27	Exam 2			
9	Monday, March 3	Socioemotional Development in Adolescence	Chapter 8		
	Thursday, March 6	Socioemotional Development in Adolescence			
10	Monday, March 10	Physical and Cognitive Development in Early Adulthood	Chapter 9		
	Thursday, March 13	Physical and Cognitive Development in Early Adulthood			
11	Monday, March 17 Socioemotional Development in Early Adulthood				

This is a TENTATIVE Outline—the most current information will be on BrightSpace

Week	Date	Торіс	Reading
	Thursday, March 20	Socioemotional Development in Early Adulthood	
12	Monday, March 24	Physical and Cognitive Development in Middle and Late Adulthood	Chapter 11
	Thursday, March 27	Exam 3	
13	Monday, March 31	Socioemotional Development in Middle and Late Adulthood	Chapter 12
	Thursday, April 3	Final Exam (on last day of class)	

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. <u>https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-counsellors</u>

Health Services:

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

Centre for Accessible Learning:

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <u>https://www.uvic.ca/accessible-</u> <u>learning/index.php</u>. 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: <u>https://www.uvic.ca/student-wellness/wellness-resources/mental-health/</u>

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/

UNIVERSITY OF VICTORIA

Department of Psychology Important Course Policy Information Spring 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 <u>Centre for Accessible Learning</u> 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

<u>Attendance is important</u>. 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 <u>CAL</u>.

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 courserelated 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+	А	A-	B+	В	B-	C+	С	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 round 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 (<u>https://uvicombudsperson.ca</u>). Current contact information for the office can be found here <u>https://uvicombudsperson.ca/contact/</u>.

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 <u>Senate Policy on Academic</u> <u>Integrity</u>. 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:

- The Ombudsperson's office: <u>https://uvicombudsperson.ca/academic-integrity/</u> The <u>Office of the Ombudsperson</u> 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: <u>ombuddy@uvic.ca</u>; Web: <u>uvicombudsperson.ca</u>.
- 2. UVic Library Resources: <u>http://www.uvic.ca/library/research/citation/plagiarism/</u>
- 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 <u>ARE NOT</u> 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 <u>deadlines</u> 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 <u>academic concessions</u> 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 "<u>In-Course Extension Form</u>" 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 "<u>Request for Academic Concession</u>", 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 "<u>Request for Academic Concession</u>", 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. <u>Note, only required course components may be deferred</u>.

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 <u>https://www.uvic.ca/socialsciences/psychology/research/participants/</u>.

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 email 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 <u>UVSS</u> 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

Spring session – second term (January – April)

Wednesday, January 1 st	University Closed (Winter Break)
Monday, January 6 th	Second term classes begin for all faculties
Sunday, January 19 th	Last day for 100% reduction of second term fees for standard courses. 50% of tuition fees will be assessed for courses dropped after this date.
Wednesday, January 22 nd	Last day for adding courses that begin in the second term
Friday, January 31 st	Last day for paying second term fees without penalty
Sunday, February 9 th	Last day for 50% reduction of tuition fees for standard courses
Monday, February 17 th	University Closed (Family Day)
February 17 th – 21 st	Reading Break for all faculties
Friday, February 28 th	Last day for withdrawing from second term courses without penalty of failure
Monday, March 10 th	First registration date for Summer Session 2025
Friday, April 4 th	Last day of classes for all faculties
Monday, April 7 th	Second term examinations begin for all faculties
Friday, April 18 th	University Closed (Good Friday)
Monday, April 21 st	University Closed (Easter Monday)
Friday, April 25 th	Second term examinations end for all faculties

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
Second term	Jan 6	Apr 4	Jan 19	Jan 22	Feb 9	Feb 28