

UNIVERSITY OF VICTORIA
PSYCHOLOGY 100A – Section A05 Fall 2021
Introductory Psychology: Biological and Cognitive Emphasis
[Territory Acknowledgement](#)

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Welcome to Introductory Psychology!

Psychology is an exciting and complex scientific discipline, as well as an essential part of various helping professions.

The goals of PSYC 100A and PSYC 100B are to provide an overview of psychology and its most interesting findings through:

- The main areas, findings and methods of modern psychology.
- Different theoretical perspectives and professional orientations within psychology.
- Scientific methods of gathering information and forming conclusions about human behaviour and functioning.
- Some ways psychological principles have been used to help people lead better, healthier lives and solve real world problems.
- How to locate and utilize psychological research information.
- Psychology that will serve as a foundation for taking more advanced courses in psychology and other related disciplines.

PSYC 100A covers the topics of: historical, methodological, evolutionary, consciousness, biological, learning, memory, thinking and language areas of psychology.

PSYC 100B is an introduction to concepts, theories and research findings of modern psychology. Topics include: *human intelligence, personality, child and adult development, health psychology and social relations as well as psychological disorders and psychological treatments.*

While you may wish to take 100B if you have not already done so, you should also be aware that you must complete both PSYC 100A and PSYC 100B if you wish to take any further courses in Psychology at the University of Victoria, as these two courses serve as pre-requisites for most other courses.

In understanding psychology you know that it is considered to be a scientific discipline which requires considerable thought and time to understand psychological research and principles. As we move through the course you will find that some forms of knowledge

build upon others, as such, the material should become more clear to you as you move along.

Students are expected to complete the assigned reading before each lecture, to attend lectures, and take detailed notes from them and to spend several hours a week in mastering the course material. There are many [course resources](#) available to help guide students through the course material, most of these are found through the [BrightSpace](#) site.

Class times: Tues & Thurs 18:00 to 19:20
Lecture Room: FRA 159 (Law Building)

Important Dates:

No classes: Sept 30th – Truth & Reconciliation Day
Nov 11th – Remembrance Day

Last Day to withdraw without Penalty: Oct 31st 2021

Note: Reminder to students that it is your responsibility to check your **registration status** by the drop deadline to ensure you are registered only in courses you have been attending.

The *last day to add courses online is Sept 24, 2021* for courses that begin in the fall term. Undergrad course adds after this date will require an Undergraduate Course Change form and are subject to the approval of the Director of the Academic Advising Centre.

REQUIRED TEXT: Psychology (12th Edition)

by D.G. Myers & C.N. Dewall (2018)

OR

Alternatively students can download a *free* online textbook - **Introduction to Psychology: 1st Canadian edition by C. Stangor & J. Walinga (2020)** - available inside [Brightspace](#) and through [BC Campus Open learning](#) .

Note: *Clickers will NOT be used in this course and the study guide is optional.*

REQUIRED RESOURCE MATERIALS:

An online interactive (Brightspace) site is being developed with additional course materials.

It can be found through a link from my psyc 100A index page:

<http://rgtonks.ca/Courses/IntroA/>

Here you will find links to the [lecture notes](#), audio-podcasts of the lectures and practice quizzes. These, along with grades and activities will also be available through Brightspace.

Additional AV Support Materials:

[You tube](#) has many excellent videos available but use caution in accepting all claims.

Note: Students will not necessarily require any of the optional resource material to pass the course, but many students will find some of the optional material useful as learning aids.

COURSE SYLLABUS:

Wk	Date	Reading	Topic	Special Notes
1	Sept 9	Prologue	Course Introduction	
2	Sept 14 – 16	Appendix A & B	History & Methods	
3	Sept 21 – 23	Ch 1	<i>Methods & Review</i>	
4	Sept 28 – 30		Quiz & Reconciliation Day	Quiz (Prologue, App A&B, Ch 1) Sept 28
5	Oct 5 – 7	Ch 2	Biological	
6	Oct 12 - 14	Ch 2 & 3	Bio & Consciousness	
7	Oct 19 - 21	Ch 3	Consciousness	
8	Oct 26 - 28	Ch 4	Evolution / Review	
9	Nov 2 - 4	Ch 6	Midterm / Sensation	Midterm (Ch. 2, 3, 4) Nov 2
10	Nov 9 – 11	Ch 6	Perception	Nov 11 Reading break
11	Nov 16 - 18	Ch 7	Learning	
12	Nov 23 - 25	Ch 8	Memory	
13	Nov 30 – Dec 2	Ch 9	Language & Cognition & Review	
14	Exam Period			Final Exam (Ch.11, 14 ,15) date tba

Student Evaluation:

Students have the choice to determine which of the two options they would like to follow. Option A involves exams and [take-home activities](#), option B requires exams only. While students will be prompted to commit to option A or B by midterm, the higher grade of the two options will be automatically assigned during the grading process.

Option A

1) Examinations:

There will be 3 examinations:

Quiz	– 20 % - Sept 28 th , 2021
Midterm	– 30 % - Nov 2 nd , 2021
Final	– 30 % - Final Exam period

TOTAL: 80%

The exams will consist of mostly multiple choice and true-false questions with some short answer questions (1 to 5 marks).

2) Take-Home Activities:

There will be seven opportunities for short take-home (on-line) activities, however only the best five will count towards the final grade. These assignments will require students to carryout various activities where students can engage in some practical application of the contents and materials covered in the lecture. Links to the list of these are found on the [course home page](#), the [Resources page](#) or through [Brightspace](#). To hand in your [activities](#) you can do so online through the *Brightspace drop box*, by the specified dates posted.

To minimize difficulties in grading electronic submissions, students are expected to submit a word.docx otherwise it is *important that the assignments are saved in rich text format (.rtf) or text only (.txt) since open office, word perfect, and other formats are often unreadable.*

TOTAL VALUE: 20%

Option B

There will be 3 examinations:

Quiz	– 25 % - Sept 28 th , 2021
Midterm	– 37.5 % - Nov 2 nd , 2021
Final	– 37.5 % - Final Exam period

TOTAL: 100%

• **Note: If you miss an exam due to illness:**

1. Contact Dr. Tonks by email as soon as possible.
2. Submit medical documentation to Dr. Tonks when you return. You do **not** need to submit the *Request for Academic Concession* form if you miss an exam. (That form only applies to final exams written in the final exam period).

3. Upon receipt of acceptable documentation, you will be informed when the make-up exam will be held. You must write the make-up exam at the designated time.

An exam may only be rescheduled for illness, family affliction, or a sports event sanctioned by the University of Victoria. If you miss an exam due to holiday or work commitments you will receive a mark of '0'.

- Make-up examinations are to be scheduled with the make up exam coordinator through Dr. Tonks. & the make-up exams will typically be held on Friday afternoons at 2:30 once properly scheduled.

- Students who miss an exam and do not contact Dr. Tonks within 7 days of the exam date or who do not submit medical documentation within 10 days will be deemed to have not completed a course requirement, and will receive an *N* grade (failure due to not completing a course requirement) for the course.

Students with disabilities who require special arrangements for exams should discuss such arrangements with Dr. Tonks. A referral from the Centre for Accessible Learning is required in order to receive accommodations.

Undergraduate Grading Scale			
Passing Grades	Grade Point Value	Percentage *	Description
A+	9	90 – 100	An A+, A, or A- is earned by work which is technically superior, shows mastery of the subject matter, and in the case of an A+ offers original insight and/or goes beyond course expectations. Normally achieved by a minority of students.
A	8	85 – 89	
A-	7	80 – 84	
B+	6	77 – 79	A B+, B, or B- is earned by work that indicates a good comprehension of the course material, a good command of the skills needed to work with the course material, and the student's full engagement with the course requirements and activities. A B+ represents a more complex understanding and/or application of the course material. Normally achieved by the largest number of students.
B	5	73 – 76	
B-	4	70 – 72	
C+	3	65 – 69	A C+ or C is earned by work that indicates an adequate comprehension of the course material and the skills needed to work with the course material and that indicates the student has met the basic requirements for completing assigned work and/or participating in class activities.
C	2	60 – 64	
D	1	50 – 59	A D is earned by work that indicates minimal command of the course materials and/or minimal participation in class activities that is worthy of course credit toward the degree.
COM	Excluded Grade	N/A	Complete (pass). Used only for 0-unit courses and those credit courses designated by the Senate. Such courses are identified in the course listings.
CTN	Excluded Grade	N/A	Continuing . Denotes the first half of a full-year course.
Failing Grades	Grade Point Value	Percentage *	Description
E	0	0 – 49	Conditional supplemental. Supplemental examinations are not offered by all departments and the allowable percentage may vary by program (e.g. 35-49). Students will be advised whether supplemental will be offered and if the percentage range varies

F	0	0 – 49	when assessment techniques are announced at the beginning of the course. F is earned by work, which after the completion of course requirements, is inadequate and unworthy of course credit towards the degree.
N	0	0 – 49	Did not write examination or complete course requirements by the end of term or session; no supplemental.
N/X	Excluded Grade	N/A	Did not complete course requirements by the end of the term; no supplemental. Used only for Co-op work terms and for courses designated by Senate. Such courses are identified in the course listings. The grade is EXCLUDED from the calculation of all grade point averages.
F/X	Excluded Grade	N/A	Unsatisfactory performance. Completed course requirements; no supplemental. Used only for Co-op work terms and for courses designated by Senate. Such courses are identified in the course listings. The grade is EXCLUDED from the calculation of all grade point averages.

Temporary Grade	Grade Point Value	Percentage *	Description
INC	N/A	N/A	Incomplete . Used only for those credit courses designated by the Senate, to be replaced with a final grade by June 1 for Winter Session courses and by October 1 for Summer Session courses. Such courses are identified in the course listings.
DEF	N/A	N/A	Deferred status granted. Used only when deferred status has been granted because of illness, an accident or family affliction. See Deferred Status .
INP	N/A	N/A	In Progress . Used only for courses designated by Senate, to be replaced with a final grade by the end of the next Winter Session except for TIED courses (identified in the Calendar). In TIED courses the INP must be replaced with a final grade by the end of the subsequent term (including Summer Session) or, where a COOP Work Term, or other activity approved by the academic unit, intervenes, within eight months. If a student fails to complete the second course of a TIED course sequence, then the final grade will be N.
CIC	N/A	N/A	Co-op Interrupted Course . See " General Regulations: Undergraduate Co-op " .
Grade Note			Note
AEG	N/A	N/A	Aegrotat . Transcript notation accompanying a letter grade, assigned where documented illness or similar affliction affected the student's performance or prevented completion of all course work.
WE	N/A	N/A	Withdrawal under extenuating circumstances . The WE registration status will replace a course registration or grade when approved by the Dean following a request for academic concession from a student. This registration status is excluded from the calculation of all grade point averages; it will appear on the official transcript.

* The grading scale for the evaluation of course achievement at the University of Victoria is a percentage scale that translates to a 9 point GPA/letter grade system. The 9 point GPA system is the sole basis for the calculation of grade point averages and academic standing. Standardized percentage ranges have been established as the basis for the assignment of letter grades. The percentage grades are displayed on the official and administrative transcripts in order to provide fine grained course assessment which will be useful to students particularly in their application to graduate studies and for external scholarships and funding. Comparative grading information (average grade [mean] for the class), along with the number of students in the class, is displayed for each course section for which percentage grades are assigned.

PSYCHOLOGY 100--Extra Credit for Research Participation:

Students in this course may earn up to 3 % of extra credit toward their final grade by participating in research studies conducted in the Department of Psychology. Each 15 minutes of participation will earn 0.5 point and up to 6 points may be credited toward this course, with 2 points required for a 1% increase in the student's final grade. Thus, five hours of participation would earn the full 3% extra credit. For details on participating in research studies, go to the Department of Psychology web site ([University of Victoria - Department of Psychology - Research - Participant pool](#)) and click on the [Click here for information on how to register for and use the Pool](#) link near the bottom of the page.

If you have any further questions, be sure to ask!

UNIVERSITY OF VICTORIA
Department of Psychology
Important Course Policy Information
Fall 2021

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 September 2021.

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.

Commitment to Inclusivity and Diversity

The University of Victoria is committed to promoting, providing and protecting a positive and supportive and safe learning and working environment for all its members.

In the Event of Illness, Accident or Family Affliction

- ***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.

OR, you can download the Request for Academic Concession form here:
<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- ***What to do if you miss an exam other than one scheduled during the formal exam period***

Do not apply at Records Services for a “Request for Academic Concession”. Instead submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- ***What to do if you require additional time to complete course requirements***

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 (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.

OR, you can download the Request for Academic Concession form here:
<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

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

https://www.uvic.ca/calendar/future/undergrad/#/policy/Sk_0xsM_V?bc=true&bcCurrent=08%20-%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcltemType=policies. 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.

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 September 2021.

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/tips/plagiarism/>
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. [https://www.uvic.ca/library/research/citation/documents/avoiding%20plagiarism%20guideUpdate Sept 2013.pdf](https://www.uvic.ca/library/research/citation/documents/avoiding%20plagiarism%20guideUpdate%20Sept%202013.pdf)

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/mentalhealth/undergraduate/connecting/index.php>

Counselling Services:

Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students.

www.uvic.ca/services/counselling/

Health Services:

University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives. www.uvic.ca/services/health/

Centre for Accessible Learning:

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations www.uvic.ca/services/cal/. 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: www.uvic.ca/mentalhealth/undergraduate/

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: Sexualized violence resource office in EQHR, Sedgewick C119 Phone: 250.721.8021

Email: svpcoordinator@uvic.ca

Web: www.uvic.ca/svp