Psychology 191 (A01) – Contemporary Society: Practical Applications
Spring 2019 (January-April) M, Th: 8:30 am - 9:50 am MacLaurin (MAC) D116

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Office hours: T, 1:30 pm

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E-mail: drexler@uvic.ca
Office hours: M, 2:00 pm

What is this course about?
This course is designed to give students preliminary insight into Psychology as a practice using the bio-psycho-social model. Topics will include identifying daily stressors, how we think, feel and interact with those stressors, and some of the coping mechanisms we use to negotiate the difficulties that arise.

Lectures will be used to emphasize and clarify topics in the text, as well as provide additional information not covered in the textbook.

This course will also have an on-line component using CourseSpaces. You will need your netlink ID and password to log-in. Lecture slides will be posted the morning of the class, while quizzes and Reflection Pieces (see below) will be done on-line.

- There are no pre-requisites for this course.

Please note that the course drop deadline is February 28th! It is the student’s responsibility to check their registration status by the drop deadline to ensure they are registered only in courses they have been attending!

Materials: What you will need for this course

Required text:
(Both the TA and the Instructor have desk copies available for browsing).

How will your progress be evaluated?

<table>
<thead>
<tr>
<th>Grading Criteria</th>
<th>A+</th>
<th>A</th>
<th>A-</th>
<th>B+</th>
<th>B</th>
<th>B-</th>
<th>C+</th>
<th>C</th>
<th>D</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100</td>
<td>85-89</td>
<td>80-84</td>
<td>77-79</td>
<td>73-76</td>
<td>70-74</td>
<td>65-69</td>
<td>60-64</td>
<td>50-59</td>
<td>&lt;50</td>
<td></td>
</tr>
</tbody>
</table>
Final grades will be based on the following criteria:

<table>
<thead>
<tr>
<th>Percent of Grade</th>
<th>Evaluation Tool</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>Syllabus Quiz</td>
<td>No access to materials until this is complete</td>
</tr>
<tr>
<td>25%</td>
<td>Mid-term #1</td>
<td>Monday, Feb 4th</td>
</tr>
<tr>
<td>30%</td>
<td>Mid-term #2</td>
<td>Monday, March 11th</td>
</tr>
<tr>
<td>15%</td>
<td>Mid-term #3</td>
<td>Thursday, April 4th</td>
</tr>
<tr>
<td>16%</td>
<td>Quizzes</td>
<td>Posted on CourseSpaces</td>
</tr>
<tr>
<td>12%</td>
<td>Reflection Pieces</td>
<td>Posted on Coursespaces</td>
</tr>
<tr>
<td>2%</td>
<td>In-Class Activities</td>
<td>Surprise!</td>
</tr>
<tr>
<td>2%</td>
<td>Bonus</td>
<td>Thursday, April 4th</td>
</tr>
</tbody>
</table>

**Midterms (70%)**
Midterms will consist of a mixture of multiple choice, true/false, fill in the blank and short-answer questions. Content will be derived from both the textbook and lecture materials.

**Midterm Policies**

1. **"The Iris Special":** In order to alleviate some test anxiety, the weight of your best mid-term between the first two will be given the 30% while the weight of your worst mid-term will be given 25%. Midterm 3 will remain at 15% regardless.

2. **Midterm Absences:** You are responsible for attending exams as scheduled. If you miss an exam due to illness/accident or a death in the family, you must supply:
   - documentation for your absence (e.g. doctor’s note, obituary, etc.) within 5 days of missing the exam.
   - Except in extreme circumstances (i.e. life-threatening illness) documentation dated after two days past the midterm date WILL NOT BE ACCEPTED. All documentation must include a statement that there is evidence for the students' illness on the day of the midterm.
   (for an example, please see the UVic Health Services documentation).
   - Medical documentation must be provided by an M.D., not a practitioner (i.e. physiotherapists, chiropractors, midwives, etc.)

   If documentation is approved, then a make-up examination will be scheduled for the Friday following the missed midterm. Please note that make-up exams will not necessarily include the same content as the midterm.

   If documentation is not accepted, you will receive a “0” for the midterm. Students who do not provide any documentation will receive an “N” in this course.

**“Quizzes” (8 x 2% = 16%)**

In order to encourage effective learning strategies, each chapter will be accompanied by an on-line quiz that will remain available for one week. Whereas the goal of the Quizzes is to have students familiarize themselves with material while avoiding cramming for the Midterm, the week window will allow students to suit their individual practices by responding to the quiz before OR after the relevant class. As a result, no extensions, make-ups or substitutions will be permitted; failure to complete a relevant quiz will result in a “0” for the associated 2%. 
Reflection Pieces (3 x 4% = 12%)

In order to better understand Psychology as a practice, you will be required to apply a concept from each section to your own life. In these “Reflective Pieces” you will be required to summarize a research article investigating the disorder or intervention of a concept, and then discuss the findings with respect to your own experiences.

• All submissions must be submitted as .docx OR .pdf; submissions in any other format will not be accepted and given “0”.
• Deadlines represent the last possible submission date, however you may submit your Reflection Piece earlier.
• For “how-to” instructions, please see Coursespaces.

In-Class Activities (4 x 0.5% = 2%)

In order to demonstrate the relevance of course content to students’ own lives, in-class activities will be used to help engage students as a means of making abstract concepts more concrete. Whereas attendance will not be taken, the importance of coming to class and engaging in these activities will be emphasized; students will be required to complete and submit 4 in-class activities.

Bonus (2%)
4 SONA credits, OR Research Project (see Coursespaces for instructions and deadlines).

What is Expected of You.

Conduct yourself appropriately. We are all very diverse and have different values, beliefs, and opinions. Please maintain an open mind to these differences when interacting with others, and remain respectful at all times.

Respect also includes creating an environment conducive to learning, which means being on time, not leaving class early, turning cell phones off, listening, not speaking to others during lecture, and only using computers to take notes and not to check e-mail or surf the web. Please note, in order to facilitate an optimal learning environment, individuals using laptops will be asked to sit in a designated area (“laptop land”).

What Else Can You Do to Do Well in This Course?

Check the study tips. In line with tried-and-true methods of learning theory, there are several study methods you can engage in to optimize your learning. These tips are posted on Coursespaces for your convenience.

Attend office hours. If you’re having a hard time understanding something, please don’t struggle on your own – we’re here to help! Office Hours are open to everyone and you do not need an appointment to drop in. If you can’t make office hours, you can always e-mail us to set up alternative times to meet.

We are available to help. If you have any questions regarding course content, or would like to discuss course material, we are available to help via e-mail and office hours. When e-mailing the Instructor or the TA:

• please include “Psyc191” in your subject headline or we may not receive it!
• please make sure to put your name and student number in the e-mail so we can appropriately follow-up on your inquiry
• do not contact us via the Coursespaces messaging system
Whereas both the Instructor and TA are available to help with the understanding of the material, or discuss more general topics about psychology, the TA has no power to change grades or postpone due-dates; the TA is a learning resource.

*Tentative Course Schedule

<table>
<thead>
<tr>
<th>Sun</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sat</th>
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<tbody>
<tr>
<td>6th</td>
<td>7th Introductions</td>
<td>8th</td>
<td>9th Q1 opens</td>
<td>10th Chapter 3</td>
<td>11th</td>
<td>12th</td>
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<tr>
<td>13th</td>
<td>14th Chapter 3</td>
<td>15th Q1 closes 10:00 pm</td>
<td>16th Q2 opens</td>
<td>17th Chapter 2</td>
<td>18th</td>
<td>19th</td>
</tr>
<tr>
<td>20th</td>
<td>21st Chapter 2</td>
<td>22nd Q2 closes 10:00 pm</td>
<td>23rd Q3 opens</td>
<td>24th Chapter 5.1, 5.3</td>
<td>25th</td>
<td>26th</td>
</tr>
<tr>
<td>27th</td>
<td>28th Chapter 6</td>
<td>29th</td>
<td>30th</td>
<td>31st Chapter 6</td>
<td>1st Q3 closes 10:00 pm</td>
<td>2nd</td>
</tr>
<tr>
<td>3rd</td>
<td>4th Midterm 1</td>
<td>5th</td>
<td>6th Q4 opens RP1 due 11:59 pm</td>
<td>7th Chapter 7</td>
<td>8th</td>
<td>9th</td>
</tr>
<tr>
<td>10th</td>
<td>11th Chapter 7</td>
<td>12th Q4 closes 10:00 pm</td>
<td>13th Q5 opens</td>
<td>14th Chapter 9</td>
<td>15th</td>
<td>16th</td>
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<tr>
<td>17th</td>
<td>18th – 22nd Reading Break</td>
<td>23rd</td>
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<tr>
<td>24th</td>
<td>25th Chapter 9</td>
<td>26th Q5 closes 10:00 pm</td>
<td>27th Q6 opens</td>
<td>28th Chapter 11</td>
<td>1st</td>
<td>2nd</td>
</tr>
<tr>
<td>3rd</td>
<td>4th Chapter 11</td>
<td>5th</td>
<td>6th</td>
<td>7th Ch 13.4</td>
<td>8th Q6 closes 10:00 pm</td>
<td>9th</td>
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<tr>
<td>10th</td>
<td>11th Midterm 2:</td>
<td>12th</td>
<td>13th Q7 opens RP2 due 11:59 pm</td>
<td>14th Chapter 4</td>
<td>15th</td>
<td>16th</td>
</tr>
<tr>
<td>17th</td>
<td>18th Chapter 4</td>
<td>19th</td>
<td>20th</td>
<td>21st Chapter 13.5</td>
<td>22nd Q7 closes 10:00 pm</td>
<td>23rd</td>
</tr>
<tr>
<td>24th Q8 opens</td>
<td>25th Chapter 16</td>
<td>26th</td>
<td>27th</td>
<td>28th Chapter 16</td>
<td>29th</td>
<td>30th</td>
</tr>
<tr>
<td>31st</td>
<td>1st Chapter 1.5</td>
<td>2nd Q8 closes 10:00 pm</td>
<td>3rd</td>
<td>4th Midterm 3</td>
<td>5th</td>
<td>6th RP3 due 11:59 pm</td>
</tr>
</tbody>
</table>

*Dates and topics are approximate and subject to change.
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 pages 313-317 of the UVic Calendar September 2018.

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

Refer to the Syllabus.

- **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 formal examination period. 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.
  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://web.uvic.ca/calendar2018-
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. **Being an Accessory to Offences.** This means that helping another student to cheat (for instance, by showing or communicating to them answers to an assignment, or by allowing them to view answers on an exam) is an academic offence.

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 (on p. 46 in September 2018).

**The definitive source** for information on Academic Integrity is the University Calendar (p. 45-47 in September 2018) ([https://web.uvic.ca/calendar2018-09/undergrad/info/regulations/academicintegrity.html#](https://web.uvic.ca/calendar2018-09/undergrad/info/regulations/academicintegrity.html#))

**Other useful resources on Plagiarism and Cheating include:**

1. The Study Solutions Office: [https://www.uvic.ca/services/counselling/success/study/index.php](https://www.uvic.ca/services/counselling/success/study/index.php)
2. The Ombudsperson’s office: [http://www.uvss.uvic.ca/ombudsperson/pubsquides/plagiarism.pdf](http://www.uvss.uvic.ca/ombudsperson/pubsquides/plagiarism.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: sypcoordinator@uvic.ca
    Web: www.uvic.ca/svp