
Psychology 451D (A01) – Advanced Biological Psychology: Stress

Spring 2021 (Jan-April)

T & Th, 6:00-7:20 pm

Online (Zoom & Brightspace)

COURSE INFO

Instructor: Dr. I. Gordon

E-mail: igordon@uvic.ca

Office hours: T, 5:00 – 5:50 pm (Zoom)

Summary

This course will focus on the effects of stress on aspects of cognition. Topics will include the physiological manifestations of stress, changes in brain anatomy and cognition during stress, and the effects of different kinds of coping on brain and behaviour. As a seminar-level course, class will be highly interactive with student-led discussions, presentations, activities, and reflections and thus attendance is mandatory.

Learning Objectives

By the end of this course, you will ...

- understand the effects of stress at a physiological and cognitive level.
- know in what ways coping strategies affect the brain and mind.
- develop communication skills (speaking, writing).
- advance science literacy through assessing and critiquing ideas.

REQUIREMENTS

Registration

Before you take this course, you must have **completed** the following:

- PSYC 300A (or STAT 255 or STAT 260)
- PSYC 351D OR Two of: PSYC 351A, PSYC 351B, PSYC 351C

And *completed or taking concurrently*:

- PSYC 300B (or STAT 256 or STAT 261)

*The last day to add courses is **January 22nd**, and the final course drop deadline is **February 28th**. It is the student's responsibility to check their registration status by these deadlines to ensure they are registered only in courses they have been attending.*

Materials

Readings

There is no textbook for this course. Readings will be provided on Brightspace and/or can be accessed through UVic Libraries free of charge. Assigned readings will need to be completed prior to class and can be found on Brightspace.

Online Resources

1) Brightspace: <https://bright.uvic.ca> You will need your netlink ID & password.

Here you will find:

- General resources (instructions, sign-ups)
- Readings, lectures, recordings/videos
- Discussion forum, assignment portals
- Final Exam

2) Zoom:

<https://uvic.zoom.us/j/81565291399?pwd=TGNOc0sxcIINNS9LQTJWTzNhSU5kZz09>

You will need your netlink ID & password.

This virtual communication module will be used for class lectures and office hours. Installation instructions can be found on Brightspace.

Course Format

This course will be *synchronous*.

Lecture/Discussions will be held via Zoom on Tuesdays and Thursdays (class time). It is expected that students who sign-up for the course are available during class time; participation is graded and will be based on a series of discussions, activities, and responses to presentations. Lectures/Discussion will be recorded and posted thereafter on Brightspaces for further access.

Each topic will be accompanied by a Discussion Forum and a Personal Reflection component. **You are responsible for completing the necessary Discussions and Reflections** as per the requirements (see below). These will be accessible through Brightspace.

Intellectual Property Notice

All course content and materials are made available by instructors for educational purposes and for the exclusive use of students registered in their class. The material is protected under copyright law, even if not marked with a ©. **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.** Dissemination of course materials is considered a Violation of Academic Integrity.

- You do not have my permission to share the course materials.
 - Do not use your classmates' email for any commercial reasons.
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Evaluations

Evaluation Tool	Percent of Grade	Date(s)
Participation	20%	Throughout
Discussion Forum	15% (5 x 3%)	Throughout
Personal Reflection	10% (2 x 5%)	Throughout
Presentation	15%	Date of Topic (see schedule)
Research Paper	20%	Apr 9 th , 4:30 pm
Final Exam	20%	TBD Take-Home

- You must complete both the Paper and Final Exam to receive credit for the course. **Students who do not complete these two components will receive an "N" grade.**
- If you do not complete the Discussion Forums, Personal Reflections, Presentation and/or do not show up to class, you will be given a grade of 0 (zero) for the associated component and this will be used in calculating your final grade.

A+	A	A-	B+	B	B-	C+	C	D	F
90-100	85-89	80-84	77-79	73-76	70-72	65-69	60-64	50-59	0-49

Participation (20 x 1% = 20%)

Seminar-level courses are designed to engage students while creating an atmosphere for intellectual development. As such, students are encouraged to discuss topics, ask questions, and work together in group activities in a cordial manner.

- You will be graded on the quality of your participation, such that you will receive 0 = no presence, 0.5 = attendance, 0.75 = meeting expectations, 1 = exceeding expectations.
- There is a total of 22 sessions, giving students the opportunity to miss 2 classes with no grade penalty.

Discussion Forums (5 x 3% = 15%)

The goal of this activity is to give students an opportunity to think more deeply about the material, and to generate ideas for in-class discussion. Each topic will be accompanied by a Forum in which students will either create a topic for discussion, and/or respond to others' questions.

- You will be graded on the quality of your question/response, such that you will receive 0 = no posting, 1 = superficial content, 2 = meeting expectations, 3 = exceeding expectations.
- There will be a total of 10 Forums lasting an entire week, giving students the opportunity to miss 5 discussions with no grade penalty.

Personal Reflection (2 x 5% = 10%)

Higher-level psychology courses are meant to encourage a more sophisticated understanding of concepts by applying our understanding to real-life situations. As such, you will be required to complete 2 Personal Reflections in which you will relate course content to your personal experiences.

Instructions and grading rubric will be posted on Brightspace. There is a total of 10 topics to choose from, thus students can reflect on any 2 they wish however the reflection can only be submitted the week of the topic.

Presentation (15%)

A more advanced approach to academia requires the ability to communicate ideas and facilitate dialogue. The goal of this activity is to help students cultivate the skills necessary for explaining ideas and responding to thoughtful questions. Each group will give a 30-minute presentation associated with that week's topic, and then facilitate a class discussion and/or activity for the remainder of the class. More detailed instructions can be found on Brightspace.

- Students will sign up for the topic of their choosing no later than Jan 28th.
- Students who are not presenting will be required to provide questions in order to obtain their participation mark.

This activity will also tie-in to the required Research Paper (see below).

Research Paper (5% + 15% = 20%)

In academia, researching a topic is an active process that requires active engagement and synthesis. Whereas the presentation will reflect your understanding of the topic, this paper is meant to foster your ability in critically thinking and hypothesizing. As a group, you will integrate your topic with another concept (within or outside of the course), design an experiment, and provide a brief description of anticipated findings. Detailed instructions can be found on Brightspace.

- Students will provide a brief research proposal outlining their paper no later than March 4th.
- The paper is due on Friday, Apr 9th at 4:30 pm.

Final Take-Home Exam (20%)

You will be asked to integrate and apply the knowledge you obtained in this course in an open-book, take-home exam. You will have 2 days to complete a series of essay questions. More details to follow in class.

The Final Exam is subject to the University's policy on missed examinations; please see "[What to do if you miss the final exam scheduled during the formal exam period](#)" below.

POLICIES

Respect

We are all very diverse and have different values, beliefs, opinions and cultural backgrounds. Class time is meant to discuss ideas, and you may encounter opinions that you do not share with others. Maintaining an open mind refers to listening, considering other's perspectives and experiences, and accepting those ideas *even if you do not agree with them*.

Respect also includes creating a safe environment conducive to learning, which means optimizing everyone's needs while also not distracting, hindering, or impeding other's ability to listen, learn and study. This holds for virtual environments as well – just because there is a screen between you and others does not invalidate proper interpersonal behaviour. Some tips for on-line environments include:

- Mute your microphone if you are not speaking (to reduce background noise)
- Turn your camera on when possible (to create a sense of community and engagement)
- Use the "raise hand" feature rather than typing questions/comments in the chat box (to reduce distractions as well facilitate better dialogue)
- Use the chat field/whiteboard for constructive comments (be respectful and mature)
- Make sure to review your comments before posting them, and/or to be as polite as possible when speaking with your camera off (the lack of nonverbal cues may colour your comments differently to unknowing listeners)
- Try to be patient and understanding with others (technological limitations are not other's fault, and sometimes a comment wasn't meant the way it was interpreted)

Extraneous Circumstances

Life happens! If you find yourself in a position where completing course requirements is not possible, or if something comes up that's affecting your progress/abilities, please come speak to me **BEFORE** a due date. Extensions/exemptions will not be granted on or after a deadline.

Contacting Me

Office Hours

No appointment is needed if you will be attending regular office hours (denoted above). If you would like to book an appointment outside this time, please e-mail me.

E-mail

When e-mailing the Instructor or the TA, please...

- include "psyc451D" in your subject headline or the e-mail will not reach me!
- include your name and student number at the bottom of the e-mail
- allow 24 hours (1 day) for a reply before resending the e-mail again
- do not contact me through Brightspace instant messenger; I will not reply

*Tentative Course Schedule

Week	Tuesday	Thursday	Due
1	Jan 12 th Introduction	Jan 14 th Topic: How does Stress affect physiology?	
2	Jan 19 th -21 st	Hormones	Disc/PR Fri 22 nd 10:00pm
3	Jan 26 th -28 th	Feeding Behaviours	Disc/PR Fri 29 th 10:00pm
4	Feb 2 nd -4 th	Sleeping	Disc/PR Fri 5 th 10:00pm
5	Feb 9 th -11 th	Topic: How does Stress affect psychology?	
6	Reading Break – No classes		
7	Feb 23 rd Cognition; Memory	Feb 25 th Presentation	Disc/PR Fri 26 th 10:00pm
8	Mar 2 nd Cognition; Attention	Mar 4 th Presentation (R. Proposal 10:00 pm)	Disc/PR Fri 5 th 10:00pm
9	Mar 9 th Emotions	Mar 11 th Presentation	Disc/PR Fri 12 th 10:00pm
10	Mar 16 th	Topic: How do we cope with Stress?	
11	Mar 23 rd Coping: Physiologically	Mar 25 th Presentation	Disc/PR Fri 26 th 10:00pm
12	Mar 30 th Coping: Psychologically	Apr 1 st Presentation	Disc/PR Fri 2 nd 10:00pm
13	Apr 6 th Coping: Emotionally	Apr 8 th Presentation	Disc/PR Fri 9 th 10:00pm R. Paper Fri 9 th 4:30pm
TBD Take-Home Exam			

*Dates and topics are approximate and subject to change

**UNIVERSITY OF VICTORIA
Department of Psychology**

**Important Course Policy Information
Winter 2020-2021**

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 2020.

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 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://www.uvic.ca/calendar/future/undergrad/#/policy/Sk_0xsM_V?bc=true&bcCurrent=08%20-%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemType=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. **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 September 2020.

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

Other useful resources on Plagiarism and Cheating include:

1. The Study Solutions Office: <https://www.uvic.ca/services/counselling/success/study/index.php>
2. The Ombudsperson's office: <http://www.uvss.uvic.ca/ombudsperson/pubsguides/plagiarism.pdf>
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.
3. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>

4. https://www.uvic.ca/library/research/citation/documents/avoiding%20plagiarism%20guideUpdate_Sept_2013.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