

PSYC 345A (A01 – CRN 31220)
University of Victoria, Summer 2016
Drugs & Behaviour: Basic Principles

Lecture Times: T&R 12:30-2:20
F 1:30-2:20

Location: Cornett Building B108 on T&R
Cornett Building B135 on F

Instructor: Dr. Michael Pollock

Office: Cornett A215

Office Hours: T&R 11:30-12:20
F 12:30-1:20

Phone: 250-853-3762

(email is preferable*)

Email: pollockm@uvic.ca

Website: <http://coursespaces.uvic.ca>

Teaching Assistant: Hannah van Mook

TA Office: Cornett A050

TA Email: hvanmook@uvic.ca

* Email is the preferable way for contacting me outside of class. However, for questions requiring detailed responses, please ask me them in person during either class time or office hours.

Course Description:

This introductory course will review the major psychoactive (“mind-altering”) drugs, their effects, and their possible underlying mechanisms of action, as reported in the scientific literature. In particular, we will study a sort of alchemy of the mind – how drugs are able to turn lesser mental states into golden ones, and the limitations/side-effects of our current drugs. The first half of the course will examine the fundamentals of psychopharmacology: drug classifications and names, pharmacokinetics, pharmacodynamics, analysis of drug effects (both physiological and psychological), consequences of long-term drug use (tolerance/sensitization and harmful side-effects), and the causes/treatments of drug addiction. The remainder of the course will then apply these fundamentals to, as well as explore the history of, the major classes of psychoactive drugs: depressants (e.g., alcohol, anti-anxiety & sleeping pills), stimulants (e.g., cocaine, amphetamines, caffeine, nicotine), opioids (e.g., pain killers, heroin), antipsychotic and antidepressant medication, cannabinoids (i.e., marijuana), hallucinogens (e.g., LSD, magic mushrooms, peyote, ecstasy), and dissociative anesthetics (e.g., PCP, ketamine).

Lectures will not only cover material presented in the assigned readings but will also show how to apply this information to real-life situations. In addition, in order to make learning of the material as interesting as possible, questions will be posed in class in a fun and engaging environment.

Prerequisites:

Prior training in chemistry or biology is NOT necessary for this course. Instead, the prerequisites are credits in PSYC 100A, PSYC 100B and PSYC 215A or PSYC 251, and most importantly a desire to study the course material.

Text (Required):

McKim, W.A. & Hancock, S.D. (2013). *Drugs and Behavior: An Introduction to Behavioral Pharmacology*. (7th ed.). Toronto: Pearson.

Readings:

Readings are assigned from the required text. You will be expected to follow along with the readings according to the Course Schedule outlined below. Be sure to complete your readings prior to class so that you can fully contribute to discussions of the material.

Course Website:

All lecture notes and online quizzes can be found via the course website on CourseSpaces (<http://coursespaces.uvic.ca>). Having access to the lecture notes allows you the opportunity to just concentrate on understanding the concepts discussed in lecture rather than needing to be preoccupied with having to write everything down.

Class Attendance:

Students are expected to attend all of their classes. If you decide to miss any classes, you are responsible for ensuring that you understand all materials and are aware of any announcements, including those that may alter future course events. All class activities begin promptly.

In-Class Behavior:

Students will be respectful of other students and the instructor. In particular, students will refrain from talking while another student or the instructor is speaking. While discussion of lecture topics in class is strongly encouraged, for this exchange of information to be effective there must be some order, with students waiting their turn to contribute. Students who fail to behave respectfully in class may receive a reduction of grade or be asked to leave.

Academic Honesty:

Students are expected to adhere to the principles of academic honesty that are followed at UVic. Any instances of cheating or plagiarism will be handled according to UVic's Student Conduct policy and may include a severe reduction of grade or failure in the course. Students may work collaboratively during in-class group activities but all submitted work that is worth marks (i.e., quizzes and exams) must be solely the student's own work.

Evaluation:

Your course grade will be based on a weighted average of the percentage points you achieve across the following course components:

Course component	Weight
Participation:	5%
Online Quizzes:	5%
In-class Quizzes:	30%
Midterm Exam:	24%

Final Exam: 36%

In addition, there will be opportunities in class for bonus points.

Each of these components is described in more detail in the sections below. You can check the course website at any time during the semester for your current class standing and you are invited to discuss any concerns about your grade with the instructor.

The following cutoffs in overall percentage points, which are standard at UVic, will be used in calculating final course grades:

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

Final grades that end with a decimal point of 0.5 or above will be rounded to the next higher whole number, and grades that end with a decimal point below 0.5 will be rounded to the next lower whole number.

Participation:

Your learning will be enhanced by actively processing the course information rather than just being a passive recipient of it. Therefore, students will be expected to come to class prepared (i.e., having finished the assigned reading) so that lecture time can be used as an opportunity to have interactive discussions of the material and to engage in group review activities. To receive a participation point for each class you will need to arrive on time and fully participate in class activities for the entire duration of that lecture.

Quizzes:

Online Quizzes – Since your learning will be enhanced by testing yourself and practicing your retrieval of the information from memory (known as the *testing effect*), for each lecture you will be assigned an online quiz about its concepts. These online quizzes will also help you prepare for the in-class quizzes since they both cover the same content. The online quizzes can be accessed through CourseSpaces and be performed on a computer either on campus or off campus. Students may take the online quizzes an unlimited number of times and only the highest mark recorded by the time of that quiz's deadline will be entered into the grades.

In-class Quizzes – Each week there will be a closed-book quiz that will test your knowledge of the material covered in that week's lectures. Half of the questions will test for knowledge by using the same wording as in the concept notes, while the other half of the questions will test for understanding of these concepts by requiring you to recognize the concepts in scenario-type questions.

Examinations:

Exams will be in-class, closed book, and will not be cumulative (e.g., the final exam will only cover material that came after the midterm exam). The format of the exams will be the same as the in-class quizzes: testing both knowledge and understanding of the course concepts.

Deadlines:

The Course Schedule below lists the dates for when the different components of your course grade are due. There will be no make-up quizzes/exams for this course. Failing to take a quiz/exam on its scheduled date will result in a score of zero for that quiz/exam. Exceptions may be granted at the discretion of the instructor for cases of hardship or extenuating circumstances (e.g., a medical emergency) if the proper documentation to show this can be provided. In cases with documented extenuating circumstances, a make-up exam will be provided for missing the midterm exam while marks for missed participation/quizzes will be waived, with the remaining accomplished items for those course components being weighted more heavily. Students who miss the final exam due to illness, accident, or family affliction must apply at Records Services for a “Request for Academic Concession”, normally within 10 working days of the exam.

Bonus Points:

To help create a classroom environment that encourages students for striving to achieve their highest level of performance, in addition to providing participation points for participating in group review activities, in each lecture a bonus point (worth an additional ~0.5% to the course grade) will also be awarded to the group of students that achieves the highest level of performance in these review activities.

Course Experience Survey:

Near the end of term, you will have an opportunity to complete an anonymous survey regarding your learning experience in this class. The survey will be used by the Department of Psychology to evaluate my performance as an instructor. I will not receive the results of this survey until after the marks for this course have been submitted. In order to receive an email inviting you to complete the survey online, please ensure that your current email address is listed on MyPage (<http://uvic.ca/mypage>). An opportunity to complete the survey will also be provided at the beginning of the second to last class for individuals with access to a laptop, tablet, or mobile device in class.

COURSE SCHEDULE			
Week	Date	Lecture	Assigned readings
WK 1		Drugs & pharmacokinetics	Ch.1
	May 10 T	Topic: Introduction & course overview	
	May 12 R	Topic: What makes something a drug and what determines the extent of its effects? Due day before: Online quiz on Drugs & Pharmacokinetics	
	May 13 F	In-class quiz on Drugs & Pharmacokinetics	
WK 2		Pharmacodynamics and Nervous System	Ch.4
	May 17 T	Topic: How do drugs alter your state of mind? Due day before: Online quiz on Pharmacodynamics	
	May 19 R	Topic: How do drugs affect specific parts of your nervous system? Due day before: Online quiz on Nervous System	
	May 20 F	In-class quiz on Pharmacodynamics and Nervous System	
WK 3		Behavioral Analysis & Adaptation and Addiction & Treatments	Ch.2,3,&5
	May 24 T	Topic: How can we accurately determine the effects of drugs on the mind and how do these effects change over time? Due day before: Online quiz on Behavioral Analysis & Adaptation	
	May 26 R	Topic: What causes addiction and how can it be treated? Due day before: Online quiz on Addiction & Treatments	
	May 27 F	In-class quiz on Behavioral Analysis & Adaptation and Addiction & Treatments	
WK 4		Midterm exam	
	May 31 T	Midterm review session	
	Jun 2 R	Midterm review session	
	Jun 3 F	Exam: Midterm exam	
WK 5		Depressants and Stimulants	Ch.6-10
	Jun 7 T	Topic: How do <i>depressants</i> help us <i>decompress</i> ? Due day before: Online quiz on Depressants	
	Jun 9 R	Topic: How do <i>stimulants</i> help to <i>stir us</i> ? Due day before: Online quiz on Stimulants	

	Jun 10 F	In-class quiz on Depressants and Stimulants	
WK 6		Opioids and Antipsychotics & Antidepressants	Ch.11-13
	Jun 14 T	Topic: How do <i>opioids</i> create feelings of <i>utopias</i> ? Due day before: Online quiz on Opioids	
	Jun 16 R	Topic: How do <i>antipsychotics</i> & <i>antidepressants</i> act as <i>antidotes</i> for mental illness? Due day before: Online quiz on Antipsychotics & Antidepressants	
	Jun 17 F	In-class quiz on Opioids and Antipsychotics & Antidepressants	
WK 7		Cannabinoids & Hallucinogens and Final exam	Ch.14&15
	Jun 21 T	Topic: How do <i>psychedelics</i> make things seem <i>angelic</i> ? Due day before: Online quiz on Cannabinoids & Hallucinogens	
	Jun 23 R	Final review session	
	Jun 24 F	Exam: Final exam	

UNIVERSITY OF VICTORIA
Department of Psychology

Important Course Policy Information
Summer 2016

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 378-382 of the UVic Calendar 2015-2016.

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 (See UVic Calendar, 2015-16, p. 59)

- ***What to do if you miss the final exam scheduled on the last day of classes***

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 on the last day of classes***

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. 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 (<http://web.uvic.ca/calendar2016-01/undergrad/info/regulations/academic-integrity.html> , p. 54-57, UVic Calendar 2015-16). 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. **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.
3. **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.
4. **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.
5. **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. 54-57 in 2015-2016).

The definitive source for information on Academic Integrity is the University Calendar (p. 54-57 in 2015-2016) (<http://web.uvic.ca/calendar2016-01/undergrad/info/regulations/academic-integrity.html>)

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>
3. The English Department: <http://web.uvic.ca/wguide/Pages/CitPlagiarism.html>