Psychology 100A - Introductory Psychology |
Biological and Cognitive Emphasis
Summer (May 11 – June 3) 2020,
Section A01
everyday 10:30 a.m.- 12:30 p.m.
Online Course

Instructor: Sepideh Heydari
Office: virtual meeting only
E-mail: heydari@uvic.ca
Office hours: Tuesdays and Thursdays (1 – 2 p.m.)

Teaching Assistant: Helia Sehatpour
Office: contact TA for details
Email: hsehatpour@uvic.ca
Office hours: TBA

My primary goals for this course are for you to
Increase your knowledge of the mental and neural processes that
underly human cognition and perception;
Gain a perspective on how psychologists and neuroscientists investigate psychological processes
Have a good time learning about psychology and all the things that
come with it!

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

RESPECT FOR DIVERSITY
I intend that students from all backgrounds and perspectives be well-served by this course, that
students’ learning needs be addressed both in and out of class, and that students’ diversity be viewed
as a resource, strength, and benefit. I intend to present materials and activities that are respectful of
diversity, including gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and
culture. Please suggest ways to improve the effectiveness of this course for you and your fellow
students. In addition, if any of our class meetings conflict with your religious events, please let me
know so that we can make arrangements for you.
PREREQUISITES & REGISTRATION

Students are responsible for checking their own registration status. Students will not be added to the course after the Add Deadline date. Students may not be automatically dropped for non-attendance, so students deciding to drop the course must do so themselves. The Drop Deadline with 100% fee reduction, with 50% fee reduction, and without penalty of failure is available on UVic website. Refer to the UVic Calendar for further dates: https://web.uvic.ca/calendar/general/dates.html

MATERIALS: WHAT WILL YOU NEED FOR THIS COURSE?

Required text

- A study guide comes included with the book that gives you online resources, including an online version of the text, at the publishers LaunchPad website.

Required App

- iClicker Reef App/Web

Course Website

- All course materials, will be available through CourseSpaces (http://coursespaces.uvic.ca). This site will be your guide on what needs to get done every day. The course outline, and other material will be posted on the course website. You can sign into CourseSpaces using your NetLink ID.

WHAT IS THIS COURSE ABOUT?

Psychology is an exciting and complex scientific discipline, and it is an essential part of the helping professions as well. We designed PSYC 100A and PSYC 100B to provide an overview of:

- the main areas, findings, and methods of modern psychology
- various theoretical perspectives and professional orientations within psychology
- scientific methods of gathering information and forming conclusions from the study of human behaviour and functioning
- psychological principles that serve as a foundation for taking more advanced courses in psychology and related disciplines
- how psychological principles have been used to help people lead better, healthier lives, and to solve real world problems
- how to locate and utilize psychological research information

PSYC 100A focuses on the historical, methodological, biological, learning, and cognitive aspects of psychology. PSYC 100B focuses on human intelligence, personality, child and adult
development, psychological disorders and psychological treatment. You do not have to continue on to PSYC 100A after you have completed PSYC 100B, but you should be aware that if you wish to take any further courses in Psychology at the University of Victoria you will have to complete both PSYC 100A and B.

**WHO DO I GO TO IF I HAVE QUESTIONS?**

We get a lot of e-mails from students in this class. In order for us to answer your questions in a timely fashion, please contact us only after you check if the answer is on the full course syllabus (available on CourseSpaces) or on other documents in CourseSpaces. You can also check if your peers know the answer to your question.

<table>
<thead>
<tr>
<th>If you have questions regarding …</th>
<th>Contact:</th>
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<tbody>
<tr>
<td>Exam scoring, exam accommodation, practice quizzes, forums, and course content.</td>
<td>Teaching Assistant: Helia Sehatpour</td>
</tr>
<tr>
<td>Course content and questions your TA is not able to answer, anything else regarding your experience in the class</td>
<td>Instructor: Sepideh Heydari</td>
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</table>

**GENERAL FORMAT**

For each chapter there will be (1) assigned reading from the textbook, (2) quizzes, and (3) class group activities at the end of some sessions, (4) forum postings that include topics for your critical thinking exercises. In class we will cover material related to the chapter in various forms – through lecture, demonstrations, discussion, and videos with guided questions.

**WHAT WE EXPECT FROM YOU**

Psychology is a scientific discipline, and as such it requires considerable thought and time to develop an understanding of psychological research and principles. We expect students to complete the assigned readings before each class, to attend and engage in the classes, and to spend many hours a week towards mastering the course material.

**Attend class regularly.** Although this is an online course, you are expected to be available and attentive during regular class times. Several individual and group activities are included in the course lectures during different session meetings and it is student’s responsibility to read the materials intended for each session and respond to questions or engage in activities as instructed. Attending class regularly will help you increase your understanding of the material by providing you with opportunities to engage with and discuss the material.

**Prepare for class.** To facilitate discussion and allow you to clarify any questions you may have about the material, you should come prepared for class. Please complete the assigned readings before each lecture. Note for Summer Sessions: This is an intensive 3-week long course. The course requires lots of reading. But course materials and lectures+slides will provide guidance throughout the course to help you with your understanding of the core concepts.
Check the CourseSpaces website everyday. All of the course materials, including lecture notes, will be available through CourseSpaces (http://coursespaces.uvic.ca). This is a fast-paced course and is delivered online. Make sure you check your emails and announcements often everyday to stay ahead of things and not miss important information.

Conduct yourself appropriately. You should listen to and interact with others in a respectful manner. We are all very diverse and have different values, beliefs, and opinions. Please maintain an open mind to these differences. You may argue with others who hold opinions different from your own, but you must remain respectful at all times. Respect also includes creating an environment conducive to learning. Especially during these uncertain times, remember that a lot of people are dealing with different difficulties. Your instructor, your TA, and your fellow classmates are all new to this situation like yourself. Please be patient and considerate in all your affairs and treat discussions, recorded lectures, interactions, virtual office hours, etc. like your regular interactions.

Provide constructive feedback. We are always looking for ways to improve the course to facilitate learning. You are highly encouraged to provide constructive feedback about your experiences in the course. Please see us during office hours to discuss your concerns or suggestions.

Let us know if there are any special circumstances. We learn in different ways and with varying degrees of success. If you know of any factors in your life that hinder your ability to learn up to your potential in this course, please contact the Resource Centre for Students with a Disability (RCSD; http://www.rcsd.uvic.ca) and let us know at once.

WHAT YOU CAN EXPECT FROM US

We are available to help. We are available to help via e-mail and office hours. For e-mail, please include “Psyc 100A:” in your subject headline and before you compose your e-mail, check the course syllabus, notes, with your classmates, and on CourseSpaces for the answer to your question.

Please attend office hours for your more detailed or complicated questions. We will be available during office hours to discuss your grades, understanding of the material, or discuss more generally your interest in Psychology.

We will give and receive feedback. We will be available in office hours to give feedback on the critical thinking exercises and exams. We are also open to receiving constructive feedback about your experiences with the course.

HOW WILL WE EVALUATE YOUR PROGRESS?

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<thead>
<tr>
<th>Percent of grade</th>
<th>Evaluation tool</th>
<th>Dates</th>
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<tbody>
<tr>
<td>21%</td>
<td>Exam 1 (Chapters 3,4,6)</td>
<td>May 20</td>
</tr>
<tr>
<td>21%</td>
<td>Exam 2 (Chapters 7,8,9)</td>
<td>May 28</td>
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<tr>
<td>14%</td>
<td>Exam 3 (Chapters 2,1)</td>
<td>June 3</td>
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<tr>
<td>20%</td>
<td>Research Articles</td>
<td>May 18, 29</td>
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<tr>
<td>18%</td>
<td>Discussions + iClickers</td>
<td>See outline for dates</td>
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<tr>
<td>6%</td>
<td>Practice quizzes</td>
<td>See outline for dates</td>
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</table>
*Although you are expected to complete all course requirements (exams, research questions, and quizzes), you must complete all three exams to receive credit for the course. Students who do not complete all three exams will receive an “N” grade.

In addition, there are bonus points up to a maximum of 5% (See CourseSpaces for details).

**Grading Criteria**

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<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>
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<tr>
<td>90-100</td>
<td>85-89</td>
<td>80-84</td>
<td>77-79</td>
<td>73-76</td>
<td>70-72</td>
<td>65-69</td>
<td>60-64</td>
<td>50-59</td>
<td>0-49</td>
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**Exam Format**

You will write three midterm exams. 20-30% of the exam questions will be based on lecture material (examples, topics, discussions, videos, etc.) that are provided in lecture slides, but are not mentioned in the book; the remainder will be drawn from information in the textbook. Exams will cover only material since the previous exam (i.e., they are not cumulative). The format of all three exams will be multiple-choice and short answer and will be administered online. More information about the format of exams is provided on CourseSpaces.

**Exam Policies**

You are responsible for finishing exams as scheduled. **You will have to write the exams during the scheduled period. Be sure not to schedule any activity that would overlap with exam dates.** If you miss one midterm exam due to illness, accident, or family affliction, you must supply documentation for your absence (e.g., doctor’s note) within 4 days of missing the exam. If your documentation is approved, then we will inform you when the make-up exam will be held. You will have to write the make-up exam at the designated time. All grades will be posted on CourseSpaces following each exam. Please take the time to check this posting to make sure the grade is correct.

**Research articles**

Twenty percent of your grade in Psyc 100A is derived from research questions that you will submit in CourseSpaces by 11:59 pm on their due dates. To give you flexibility, you will be given different exercises and you only need to complete 2 out of those exercises. You have the option to choose which exercises you wish to complete and these grades will count towards your final grade. More information about the exercises will be provided on CourseSpaces. This aspect of the course is designed with the following goals in mind:

- To keep you involved in the course outside of classes and exams.
- To develop skills necessary for writing a paper in psychology.
- To practice critical thinking and an hands on opportunity to apply concepts we learn in class to a topic that interests you.
- To give you an incentive to read and think about the chapters prior to the class where we will discuss that chapter.
- To provide you with an opportunity to ask questions that you did not think of in class and to follow up on issues that we began to discuss in class.
Discussions and iClicker
Eighteen percent of your grade is based on your participation and engagement with course material throughout the course. There will be multiple choice questions or discussion questions on any given lecture sessions and students are responsible for following the guidelines and respond to the questions before the deadline that is specified for those questions on that lecture. This is to ensure you actively engage in course material and understand the taught concept and stay on top of your game. It also gives me as the instructor to find out which areas the students struggle with the most and track participation and attendance.

Practice Quizzes
We will base 6% of your final grade on the practice quizzes. There will be 6 practice quizzes, 2 each week. The days of the quizzes will be announced in advance. Quizzes will take place online and questions will be either from the readings assigned for the day of the quiz, or from the content that was covered on lecture slides.

WHAT ELSE CAN YOU DO TO DO WELL IN THIS COURSE?

Check that you have completed all the work. Keep up with the reading and the critical thinking exercises. These are designed to help you keep up with the reading in our condensed semester.

Check your performance early in the course. Make sure you check your grades, critical thinking exercises, and research participation ahead of time so that any discrepancies can be resolved early on in the semester. It is also important to check your marks on the exams. If you are not getting the marks you want, immediately come to office hours to ask for help improving the way you study the material. At the end of the term, if you are short of your target (pass, C+, A+), there are no extra opportunities to improve your grade.
# Tentative Course Outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Lecture Topic</th>
<th>Activities</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td><strong>Part 1: The Story Our Mind Constructs; Why We Are the Same – and Different</strong></td>
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<tr>
<td>1</td>
<td>Mon May 11</td>
<td>Introduction/Course outline/Ch. 3 Consciousness</td>
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<td>1</td>
<td>Tue May 12</td>
<td>Ch. 3 continued</td>
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<td>1</td>
<td>Wed May 13</td>
<td>Ch. 4 Nature, Nurture, Diversity</td>
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<td>1</td>
<td>Thurs May 14</td>
<td>Ch. 4 continued</td>
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<td>1</td>
<td>Fri May 15</td>
<td>Ch. 6 Sensation and Perception</td>
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<tr>
<td>2</td>
<td>Mon May 18</td>
<td>Holiday (no class)</td>
<td>Research article 1 Deadline</td>
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<td>2</td>
<td>Tues May 19</td>
<td>Ch. 6 continued</td>
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<tr>
<td>2</td>
<td>Wed May 20</td>
<td><strong>Exam 1 (Ch. 3, 4, &amp; 6)</strong></td>
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<td><strong>Part 2: The Architecture of Mind: Storing, Processing and Using Information</strong></td>
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<td>2</td>
<td>Thurs May 21</td>
<td>Ch. 7 Learning</td>
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<td>2</td>
<td>Fri May 22</td>
<td>Ch. 7 continued, Ch. 8 Memory</td>
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<td>3</td>
<td>Mon May 25</td>
<td>Ch. 8 continued</td>
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<td>3</td>
<td>Tue May 26</td>
<td>Ch. 9 Thinking, Language</td>
<td></td>
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<td>3</td>
<td>Wed May 27</td>
<td>Ch. 9 continued</td>
<td></td>
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<tr>
<td>3</td>
<td>Thurs May 28</td>
<td><strong>Exam 2 (Ch. 7, 8, &amp; 9)</strong></td>
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<td></td>
<td>Sat. May 30</td>
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<td>Research article 2 Deadline</td>
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<td><strong>Part 3: Psychology as a Developing Science and Profession</strong></td>
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<tr>
<td>3</td>
<td>Fri May 29</td>
<td>Ch. 2 Biology of Mind</td>
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<tr>
<td>4</td>
<td>Mon June 1</td>
<td>Ch. 2 continued, Ch. 1 Research Methods</td>
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<tr>
<td>4</td>
<td>Tue June 2</td>
<td>Ch. 1 continued</td>
<td></td>
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<tr>
<td>4</td>
<td>Wed June 3</td>
<td><strong>Exam 3 (Ch. 2 &amp; 1)</strong></td>
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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 May 2020 (https://www.uvic.ca/calendar2020-05/undergrad/index.php#/content/5db888a563f365001a66a44b).

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 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 during 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 (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/calendar2020-05/undergrad/index.php#/?policy/Sk_0xsM_V?bc=true&bcCurrent=08%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.

**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 Ombudsman’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.
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