TIME: Tuesday & Thursday, 8:30am – 10:20am  
Friday, 8:30am – 9:20am  
LOCATION: Online!  
WEBSITE: CourseSpaces  

INSTRUCTOR: Prof. Adam Krawitz  
EMAIL: akrawitz@uvic.ca  
ONLINE OFFICE HOURS: TBA on CourseSpaces  

TEACHING ASSISTANT: Clea Sturgess  
EMAIL: cleastur@uvic.ca  
ONLINE OFFICE HOURS: TBA on CourseSpaces  

COURSE INSPIRATION & GOALS  
“The question for me is how can the human mind occur in the physical universe? We now know that the world is governed by physics. We now understand the way biology nestles comfortably within that. The issue is how will the mind do that as well?”  

My primary goals for this course are for you to:  
Gain a broad foundation of knowledge in the study of mind and brain;  
Improve your understanding of how scientists investigate mental and neural systems;  
Develop your ability to think scientifically about the mind and brain;  
Increase your appreciation for how the cognitive and neural sciences are applicable to everyday life.  

TERRITORY ACKNOWLEDGEMENT  
We acknowledge with respect the Lkwungen-speaking 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, socio-economic 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  
Prerequisites for this course are: PSYC 100A; and one of PSYC 100B, BIOL 184, or BIOL 186.  

Students are responsible for checking their own registration status. Students will not be added to the course after the Add Deadline on May 17. Students will 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 is May 17, with 50% fee reduction is May 28, and without penalty of failure is June 10. Refer to the UVic Calendar for further dates: https://www.uvic.ca/calendar/dates/  

REQUIRED MATERIALS  

Included with purchase of new textbook at UVic Bookstore. Also for sale online.  
Website: https://sylvius.sinauer.com/
ONLINE COURSE
Since PSYC 251 (A01) Summer 2020 is an entirely online course, a number of things will be different than is typical for PSYC 251 at UVic. While the Spring 2020 term ended online, Summer 2020 is the first term to be online from start to finish. An online course with 150 students is a major undertaking! So, please be patient and flexible as the term unfolds, and be aware that plans might be adjusted as we discover what is and is not effective in this new environment.

An overarching goal is to provide you with the material and the experience of the “normal” PSYC 251 as best we can, so that you will be prepared to transition back into the classroom for future courses as seamlessly as possible, whenever that day comes (hopefully sooner rather than later!).

AVAILABILITY: Our class meets Tuesday & Thursday, 8:30am – 10:20am, and Friday, 8:30am – 9:20am. As per the official UVic policy (https://www.uvic.ca/covid-19/students/classes/):
Students should be available during the time slots indicated for the course in which they are registering.

CLASSROOM: Our online classes will meet using Zoom. We are using UVic’s new enterprise installation of Zoom, which includes enhanced security features to keep our virtual classroom safe and secure. You will need to log in with your UVic Netlink ID, as you do for CourseSpaces. Details about accessing our Zoom classroom will be sent out by email and will be available on CourseSpaces.

RECORDING: Classes will be recorded and posted to CourseSpaces for your reference.

CLASS FORMAT: The typical class will include a combination of lecture, discussion, and question and answer. During the lecture portions, I will share my PowerPoint slides on the screen, and use a stylus to write on them. During the discussion portions, you will be divided into breakout rooms so you can discuss the material with a small number of your fellow students. During the question and answer portions, I will try to address questions that have arisen during the lecture and discussion. Hopefully, this format will break things up, keep us engaged, and maximize understanding!

BREAK: On Tuesdays and Thursdays, we will take a ~5 minute break about half-way through the session.

ZOOM CLASSROOM ETIQUETTE:
Audio: Please keep your microphone off unless you are asking a question or you are in a breakout room. This greatly helps with sound quality and avoids audio feedback.
Video: It is up to you whether to have your video on, but it can be nice to see each other in order to create a more comfortable atmosphere.
General: In general, if we act the same way as we would in a real classroom, we should be fine.

EXAMS: Exams will be online and administered through CourseSpaces. I will discuss the details of how they will work as we approach the first exam.

OFFICE HOURS: I will be holding online office hours through Zoom. The link will be in CourseSpaces. When you enter office hours, you will initially be in the main room, which I will use as a “waiting area”. I will then bring students one by one into a breakout room, which will act as my “office”. This will allow me to answer student’s questions privately. Feel free to chat with other students while hanging out in the “waiting area”!

INTELLECTUAL PROPERTY: You do NOT have permission to post course material, including lecture slides, assignments, or exams, on the Internet or to share this material with anyone else. If you do so, you are committing a violation of academic integrity, as per the UVic Policy on Academic Integrity (https://www.uvic.ca/calendar/undergrad/index.php#policy/Sk_0xsM_V), and may be subject to a zero on the exam or assignment, a failing grade for the course, and/or disciplinary probation or permanent suspension from the University of Victoria.
PSYCHOLOGY 251 (A01) – INTRODUCTION TO MIND & BRAIN – SUMMER 2020

TENTATIVE COURSE OUTLINE

GRADES
Your final letter grade in the course will be determined by your total percent score according to the standard UVic grading scale (see the UVic Calendar for details). Final grades ending with a decimal point of 0.5 or above will be rounded to the next higher whole number, and grades ending with a decimal point below 0.5 will be rounded to the next lower whole number. The minimum percentage necessary for each grade is as follows:

<table>
<thead>
<tr>
<th>LETTER GRADE:</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>
</tr>
</thead>
<tbody>
<tr>
<td>MINIMUM %:</td>
<td>90</td>
<td>85</td>
<td>80</td>
<td>77</td>
<td>73</td>
<td>70</td>
<td>65</td>
<td>60</td>
<td>50</td>
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</tbody>
</table>

EVALUATION
Your grade will be based on the following items:

<table>
<thead>
<tr>
<th>ITEM</th>
<th>DATE</th>
<th>% OF GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zoom Participation</td>
<td>throughout</td>
<td>5</td>
</tr>
<tr>
<td>Lab Activities</td>
<td>throughout</td>
<td>20</td>
</tr>
<tr>
<td>Exam 1</td>
<td>Fri., May. 29</td>
<td>25</td>
</tr>
<tr>
<td>Exam 2</td>
<td>Fri., June 12</td>
<td>25</td>
</tr>
<tr>
<td>Exam 3</td>
<td>Fri., June 26</td>
<td>25</td>
</tr>
<tr>
<td>Extra Credit</td>
<td>by Fri., June 26</td>
<td>(up to 2)</td>
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</tbody>
</table>

= 100%

The exams are required course components. Failure to complete all 3 exams will result in an N grade.

ZOOM PARTICIPATION (5%): The use of Zoom Polls in the online classroom will give you opportunities to participate in class, compare your thoughts with those of other students, and provide me with feedback on the level of understanding in the class. You will not be evaluated on the answers you give, just on participation.

Zoom participation credit for a class is earned by responding to at least one Zoom Poll that day. Credit will be given for each class, except for the first class and exam days, thus there are 17 available classes. You can miss Zoom participation in up to 3 classes and still receive full credit. If you miss participation in more than 3 classes, your grade will be based on the number of days you participated divided by 14.

LAB ACTIVITIES (20%): For each topic, a lab activity will give you hands-on experience and active engagement with the material, supported by online resources. The labs will be accessed through CourseSpaces and will be completed online. Credit will be divided evenly over the lab activities. Detailed instructions on how to access and complete the activities will be provided on CourseSpaces. Each lab will be due at 6pm. If you experience technical difficulty with a lab that will prevent you from completing it on time, you must contact the instructor before the relevant deadline in order to receive credit.

EXAMS (75%): Exams will evaluate your understanding of the material presented in lectures, lab activities, and the textbook. Exams will contain questions on the following topics:

Exam 1: Foundation: Neurons, Foundation: Brains, and Perception
Exam 2: Action and Attention
Exam 3: Long-Term Memory, Language, and Emotion

All 3 exams will be administered online through CourseSpaces. You are responsible for taking examinations as scheduled. If you miss an exam for a valid reason (e.g. illness or accident) you may be permitted to take a make-up test at the instructor’s discretion. Unexcused missed examinations will be assigned a score of zero. If you will need time beyond the end of the term, you must apply to the Office of the Registrar to request a deferral (see the UVic Calendar for guidelines: https://www.uvic.ca/calendar/undergrad/index.php#/policy/HJjAxiGO4).
EXTRA CREDIT (UP TO 2%):

**Research Participation:** Experience research being carried out here at UVic, while simultaneously helping out our scientific community with data collection. Earn up to 2% toward your final grade by participating in research studies in the Department of Psychology. Each 15 minutes of participation will earn 0.25 credits and **up to 2 credits** may be counted toward this course. Each credit increases your final grade by 1%, thus 2 hours (i.e. 2 credits) of participation will earn the full 2%. For details, go to the Psychology Research Participation System web page ([https://www.uvic.ca/socialsciences/psychology/research/participants](https://www.uvic.ca/socialsciences/psychology/research/participants)) and follow the instructions for students. You are encouraged, but not required, to participate in studies pertaining to this class. The last day for earning and assigning credits towards this course is **Friday, June 26**.

**Alternative Activity (Article Reviews):** If you want to earn extra credit, but do not wish to be a research participant, article reviews are an alternative. You will gain research experience by writing reviews of recent journal articles that report original research relevant to the course. Each review will be worth 1% extra credit and a maximum of 2 reviews will be accepted (i.e. you can earn a total of 2% extra credit). You must send an email to the TA no later than **Monday, June 22**, indicating you wish to use this option, and submitting the chosen journal article(s) for approval. Completed reviews must be submitted in printed form no later than **Friday, June 26**. Details and requirements are on CourseSpaces.

**Note:** You can mix Research Participation and Article Reviews, but the combined total cannot exceed 2%.

**Course Experience Survey (CES)**

Near the end of the term, you will receive an email inviting you to complete the CES online. **Please complete the CES.** You can complete it at any time through the last day of classes.

I value your feedback on this course! The more students that complete the survey, the more meaningful and informative the results will be. The CES provides vital information that I will use to improve this course in the future. It will also be used by the Department of Psychology to evaluate my performance as an instructor. I will not receive the results until after I have submitted marks for this course. Responses are anonymous unless you choose to say things in optional open-ended comments that identify you.

**Tips for Success**

Please consider the following suggestions for maximizing success:

- Take care of yourself and do your best to maintain a **healthy lifestyle** by eating well, exercising, getting enough sleep and taking some time to relax.
- Attend, participate, and engage in **class**.
- Use the posted **lecture slides** for note-taking, reference, and studying.
- Take the **lab activities** seriously, and make sure you understand how to arrive at the correct answers.
- Read the **book chapters** to augment the lecture material.
- When you are studying, don’t just reread, actively **self-test**.
- Focus not just on facts, but also on **concepts, methods**, and logical arguments.
- **Don’t cram**, rather, spread out you study time over days and weeks.
- Organize a **study group** using the Student Discussion Forum on CourseSpaces.
- If you struggle in the course, **seek help sooner rather than later** – we want you to succeed!
SOURCES OF ASSISTANCE
Please make use of the following resources as needed:

COURSE MATERIAL: Do you have questions about course material? Or do you just want to chat about the course? Please feel free to contact Prof. Krawitz or the TA during office hours or by email.

COURSE MARKS: Do you have questions about the marking of an exam or lab activity? First, review the course material, including the answer key (if applicable), to determine the explanation yourself. Second, if you still have questions, visit the TA during office hours. Third, if talking to the TA does not resolve the issue, visit Prof. Krawitz during office hours.

ZOOM, KALTURA, ETC…: For issues using Zoom, Kaltura, or other tools associated with the transition to online classes, visit UVic’s Learn Anywhere site: https://onlineacademiccommunity.uvic.ca/learnanywhere/

SYLVIIUS ONLINE: For questions about content, contact Prof. Krawitz or the TA. For technical problems, refer to Sinauer Technical Support: https://sylvius.sinauer.com/#help or email: support@sinauer.com

COURSESPACES, EMAIL, NETLINK ID, LAB COMPUTERS: For technical matters, please contact the Computer Help Desk: helpdesk@uvic.ca, (250) 721-7687, or visit the University Systems Help Centre: https://www.uvic.ca/systems/support/

PSYCHOLOGY RESEARCH PARTICIPATION SYSTEM: Email the coordinator: p100res@uvic.ca, or refer to the documentation at: https://www.uvic.ca/socialsciences/psychology/research/participants/

LEARNING ASSISTANCE PROGRAM: Are you struggling with understanding course material or finding effective study methods? You may want to consult with the tutors and learning strategists at the Learning Assistance Program (fees may apply): https://onlineacademiccommunity.uvic.ca/lap/

ACADEMIC ACCOMMODATION: Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodation, please feel free to contact me and/or the Centre for Accessible Learning (CAL) as soon as possible. The CAL staff members are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations: https://www.uvic.ca/services/cal/

ENGLISH AS AN ADDITIONAL LANGUAGE: If English is not your first language and you are having trouble because of that, please contact the English Language Centre: https://continuingstudies.uvic.ca/elc/

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. https://www.uvic.ca/services/counselling/

ELDERS’ VOICES: The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being: https://www.uvic.ca/services/indigenous/students/programming/elders/

MENTAL HEALTH AND WELL-BEING: Most students at one time or another struggle with mental health issues (anxiety, depression, insomnia, substance abuse, etc.). UVic has a wealth of resources to help students through those tough times: https://www.uvic.ca/mentalhealth/

Students are expected to familiarize themselves with the Department of Psychology Important Course Policy Information (attached).
This course consists of a series of main topics. Each topic will include a textbook reading, lectures, and an online lab activity. After the introductory topics on neurons and brains, each topic will focus on a key cognitive process. As we learn about these cognitive processes, we will also encounter key brain areas, research methods, and overarching concepts. We will grapple with the interrelationships between these ideas (and others) throughout the term:

**OVERARCHING CONCEPTS:**
- Neural computation
- Neural representation
- Neuroplasticity
- Cognition as construction
- Interactive processes
- Hierarchical organization
- Converging methods
- Levels of analysis

**COGNITIVE PROCESSES:**
- Perception
- Action
- Attention
- Long-Term Memory
- Language
- Emotion

**BRAIN AREAS:**
- Sensory cortex
- Motor cortex
- Amygdala
- Basal ganglia
- Cerebellum
- Hippocampus
- Thalamus

**RESEARCH METHODS:**
- Single-unit recording
- ERPs
- fMRI
- Lesions
- Electrodermal activity
- Reaction time
- Cognitive modelling

**COGNITIVE PROCESSES:** Constituent parts of our mind. While they are often studied as distinct entities, we should not assume they are separable in terms of theoretical conception, mental realization, or neural implementation.

**BRAIN AREAS:** Anatomical components of our brain. These areas are highly interconnected and function as an interactive, dynamical system. The implementation of each cognitive process depends on many brain areas.

**OVERARCHING CONCEPTS:** These high-level principles describe concepts that hold true across multiple cognitive processes and brain areas, and provide organizing principles for understanding mind and brain.

**RESEARCH METHODS:** Types of data, including behavioral, computational, and physiological measures, collected to study the relationships between cognitive processes and brain areas informed by overarching concepts.
<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READING</th>
<th>LAB</th>
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<tbody>
<tr>
<td>Tue., May 12</td>
<td>0. COURSE INTRODUCTION</td>
<td>Chpt. 1</td>
<td></td>
</tr>
<tr>
<td>Thu., May 14</td>
<td>1. FOUNDATION: NEURONS</td>
<td>Chpt. 3</td>
<td>LAB 1. Due 6pm, Fri., May 15</td>
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<td>Fri., May 15</td>
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<tr>
<td>Tue., May 19</td>
<td>2. FOUNDATION: BRAINS</td>
<td>Chpt. 2</td>
<td>LAB 2. Due 6pm, Thu., May 21</td>
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<td>Thu., May 21</td>
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<tr>
<td>Fri., May 22</td>
<td>3. PERCEPTION</td>
<td>Chpts. 4, 5, &amp; 6</td>
<td>LAB 3. Due 6pm, Wed., May 27</td>
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<td>Tue., May 26</td>
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<tr>
<td>Thu., May 28</td>
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<tr>
<td>Fri., May 29</td>
<td>EXAM 1 (Foundation: Neurons, Foundation: Brains, and Perception)</td>
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<tr>
<td>Tue., June 2</td>
<td>4. ACTION</td>
<td>Chpt. 7</td>
<td>LAB 4. Due 6pm, Thu., June 4</td>
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<td>Thu., June 4</td>
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<tr>
<td>Fri., June 5</td>
<td>5. ATTENTION</td>
<td>Chpt. 8</td>
<td>LAB 5. Due 6pm, Tue., June 9</td>
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<td>Tue., June 9</td>
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<tr>
<td>Thu., June 11</td>
<td>6. LONG-TERM MEMORY</td>
<td>Chpt. 9</td>
<td>LAB 6. Due 6pm, Tue., June 16</td>
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<tr>
<td>Fri., June 12</td>
<td>EXAM 2 (Action and Attention)</td>
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<td>Tue., June 16</td>
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<tr>
<td>Thu., June 18</td>
<td>7. LANGUAGE</td>
<td>Chpt. 11</td>
<td>LAB 7. Due 6pm, Fri., June 19</td>
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<td>Fri., June 19</td>
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<tr>
<td>Tue., June 23</td>
<td>8. EMOTION</td>
<td>Chpts. 13 &amp; 14</td>
<td>LAB 8. Due 6pm, Wed., June 24</td>
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<td>Thu., June 25</td>
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<tr>
<td>Fri., June 26</td>
<td>EXAM 3 (Long-Term Memory, Language, and Emotion)</td>
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</table>
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_OxsM_V?bc=true&bcCurrent=08%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemType=policies](https://www.uvic.ca/calendar2020-05/undergrad/index.php/#/policy/Sk_OxsM_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](https://www.uvic.ca/services/counselling/success/study/index.php)
2. The Ombudsperson’s office: [https://uvicomбудsperson.ca/tips/plagiarism/](https://uvicomбудsperson.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: uvicomбудsperson.ca.
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