

UNIVERSITY OF VICTORIA  
DEPARTMENT OF PSYCHOLOGY

PSYCHOLOGY 260 (A02) – Introduction to Mental Health &  
Wellbeing  
September to December 2021

Instructor: Dr. Jody L. Bain  
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Office Hours: M/T/W: 10:00 to 11:00 or by appointment

Class time: September 8 – December 6, 2021

(No classes October 11 -Thanksgiving &

November 10-

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complete the prerequisite courses if required for the degree pro  
checking their registration status before the end of the add per  
this deadline.



## EVALUATION:

1. In-class Discussions: There will be five in-class assignments/projects (3% each). These will be in the format of Group Discussions. They will be held on September 17 , October 1, October 15, October 29, November 19, 2021. These cannot be made up.

TOTAL VALUE: 15 %

2. Assignments: There will be two

## Mini Assignment Topics

You will be choosing TWO of these.

Essays are to be three pages in length, double -spaced, and typewritten.  
10% each - TOTAL: 20%

Evaluation: each assignment will be graded on the following criteria:

technical (spelling, typography, semantics):	2 marks
scholarship (convincing presentation):	4 marks
psychological construct:	2 marks
organization:	2 marks

1. Discuss the normal-abnormal continuum including addressing cultural differences in expected symptomatology and diagnosis.
2. Compare and contrast two models that address causality of disordered behaviours (e.g., CBT and classic psychodynamic theory) with regard to strengths and weaknesses.
3. Discuss the drives and needs behind psychiatric deinstitutionalization in Canada and any problems or difficulties that have risen since the closure of many facilities.
4. Discuss the assumptions behind the use of projective and objective tests. Is either form valid to understand personality?
5. Psychopathy, sociopathy, and anti-socials



## ***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&bcItemName=08%20-%20Policy%20on%20Academic%20Integrity&bcType=policies](https://www.uvic.ca/calendar/future/undergrad/#/policy/Sk_0xsM_V?bc=true&bcCurrent=08%20-%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemName=08%20-%20Policy%20on%20Academic%20Integrity&bcType=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. **Aiding Others to Cheat** . It is a violation to help others or attempt to help others to engage in any of the conduct described above.

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 2021.

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

Other useful resources on Plagiarism and Cheating include:

1. The Ombudsperson'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 ap is2.7 (g)-8 (a)-5.1 (n)3.89.2 (84Tc 0ink <:c Ott Jwaeo)9u.7 (r)-r ioe

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, courses, intramurals and teams on campus.

<https://www.uvic.ca/mentalhealth/undergraduate/connecting/index.php>

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#### 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/](http://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

