### UNIVERSITY OF VICTORIA PSYCHOLOGY 100B – Section A0 4 Spring 2024 Introductory Psychology: Social and Applied Emphasis CRN 22791

Instructor:	Dr. Randal Tonks
Office: E-mail: Office Hours:	At Home on email rgtonks -@- uvic.ca Wed 18:00-18:30 *Zoom *
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Welcome to Introductory Psychology !

Psychology is an exciting and complex scientific discipline, as well as an essential part of various helping professions.

The goals of PSYC 100A and PSYC 100B are to provide an overview of psychology and its most interesting findings through:

- The main areas, findings and methods of modern psychology.
- Different theoretical perspectives and professional orientations within psychology.
- Scientific methods of gathering information and forming conclusions about human behaviour and functioning.
- Some ways psychological principles have been used to help people lead better, healthier lives and solve real world problems.
- How to locate and utilize psychological research information.
- Psychology that will serve as a foundation for taking more advanced courses in psychology and other related disciplines.

PSYC 100A covers the topics of: historical, methodological, evolutionary, consciousness, biological, learning, memory, thinking and language areas of psychology.

PSYC 100B

Class times: Mon 18:00-19:00 - Online through Zoom

As a FULLY ONLINE COURSE, you will need to keep active every week.

This course is partially asynchronous, which mean s that we will have one hour of

### \$ O W H U Q D W L Y H O \ V W Xfcelon IWe text book - G R Z Q O R D G D Introduction to Psychology: 1st Canadian edition by C. Stangor & J. Walinga (2020) - available inside Brightspace and through <u>https://collection.bccampus.ca/textbooks/introduction-psychology1st-canadianedition-bccampus</u> 190/

# Note: <u>Clickers will NOT be used in this course and the study</u> guide is optional.

**REQUIRED ONLINE RESOURCE MATERIALS:** 

Brightspace site is where you will find all course materials including: Lecture Notes, PRGFDVWV & KDSWHU ,4DXscu]ssion/ForGums/Abd/ExaMns.HGrades will also be posted inside Brightspace.

Additional Online Learning Support Materials:

<u>https://uvic.zoom.us/</u> is where you can set up your own Zoom profile and download the zoom program for video conferencing using your Uvic username and password. This will be used for Office Hours.

Student Evaluation 1) Examinations:

There will be WKU Heldaminations:	Midterm 1	– 20 % - Feb 3, 2021
	Midterm 2	– 25 % - Mar 17, 2021
	Midterm 3	– 25 % - April exam p eriod

TOTAL VALUE: 70%

Exams will be on Brightspace and will mostly consist of multiple choice and true-false TXHVWLRQVZLWKVRPHVKRUWDQVZEHUMIITD& HIMME V WR for each exam and students are expect to start and finish the exam during class time.

• Note: If you miss an exam due to illness :

1. Contact Dr. Tonks by <u>email</u> as soon as possible.

2) <u>Take-Home Activities:</u> There will be six oppor opportunities for short take-KRPH-ORLQQH DFWLYLOWNULHV will each count WRZDUGV\RXU KRZ the best five

2	Jan	18	Ch 10	Intelligence / Development	Podcasts: Intel 'H
3	Jan	25	& K	Development / Review	Podcasts: ' H Y H O
4	Jan <mark>Feb 1</mark>			Midterm1 & K V	Feb 1 Midterm 1 18:00-
5	Feb	8	& K	Personality	Podcasts: 3 H U V
5 6	Feb Feb	8	& K & K	Personality Social	
_		15			3 H U V Podcasts:

### UNIVERSITY OF VICTORIA

### Department of Psychology Important Course Policy Information SpringSession 202

Accessible Learning

The University of Victoria is committed to creating a I(41 (gTVi)-.2 (t)-42g)(ga)-4 (40.9 (o6a a)-4 (40g TVi)-x2g)(75 (p)-6. ersAll members of the university community have the right to this experience and esuch an environment. The University will not tolerate racism, sexualized violence, bullyingr harassment.

gging ibtoric'slearning systems or interacting with online resources and course rms, you are engaging innaversity activity.

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Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorous the Policy on Academic Integrity. 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 oerg (a)-3.e tncergw (r)4T/6y9 (yo)1.9 (

#### Prerequisites

Students who remain inourses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE Not prerequisite from having to complete the prerequisite course(s) if such courses are required for the degree program.

**Program Requirements** 

For more information see the Vic Calendar

**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 deset rout in the current UVic Calendar.

Students who do not attend classes must not assume that they have been dropped from a course by an academic unit or an instructor. Courses that are not formally dropped will be given a failing grade, students may be required to withdraw and will be required to pay the tuition fee for the course.

#### Request for Academic Concessions

Students can apply for <u>academic concess</u> in the income requirements are affected by (i) expected and/or unavoidable circumtances (e.g., illness, family affliction, etc.), or (ii) onflicting responsibilities (e.g., service in the armed forces or first responderepresenting the university).

x Request an incourse extension

If you require more time to complete a course requirement or miss a test or midterm exam, then you will need to complete the <u>Ih-Course Extension For</u> hand submit it directly to your course instructoAll

# **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/undergraduate/housing-student-life/student-life/index.php

## Counselling Services:

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. <u>https://www.uvic.ca/student-wellness/contacts/student-wellness-</u> team/index.php#ipn-counsellors

# Health Services:

The Student Wellness Centre also provides a full service primary health clinic for students. <u>https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-physicians</u>

### Centre for Accessible Learning

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <u>https://www.uvic.ca/accessible-learning/index.php</u>. 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: <u>https://www.uvic.ca/student-wellness/wellness-resources/mental-health/</u>