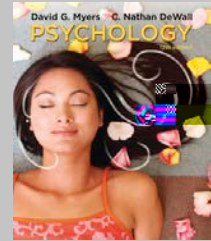




PSYCHOLOGY 100A Section A01 CRN 31294

Introductory Psychology I
Biological and Cognitive Emphasis
Summer: May 9 - June 1, 2022



Psychology 100A - IntroText ()>>BDC ()Tj/ 605/ .7MI and Cognitive Emphygy I

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Psychology 100A Ñ Introductory Psychology I (Biological & Cognitive Emphasis) Section A01, Summer 2022

Welcome to Introductory Psychology! Psychology is an exciting and complex scientific discipline, and is an essential part of the helping professions as well. The main goal of PSYC 100A and PSYC 100B is 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 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 100B if you have completed PSYC 100A, 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 PSYC 100B and well as PSYC 100C.

Psychology is a scientific discipline, and as such, it requires considerable thought and time to develop a deep understanding of psychological research and principles. We expect students to complete the assigned reading before each lecture, to attend the lectures and take detailed notes from them, and to spend several hours a week towards mastering the course material.

Course Contact Information

An Important Note on Email Usage. Please refer to the email protocol on page [16](#) on how and when to use email to contact your course instructor or TA.

Territory Acknowledgement

We acknowledge and respect the "l!k

LECTURE SCHEDULE

(Please note that topics & dates are approximate and subject to change. Changes will be posted course website on Brightspace.)

Date	Topic	Required Readings
May 9 (Mon)	Course Introduction / Consciousness	Chapter 3
May 10 (Tue)	Consciousness	Chapter 3
May 11 (Wed)	Nature, Nurture, and Human Diversity	Chapter 4

You are expected to bring your iClicker to all lectures beginning May 10.

Other Important Dates:

Weekly Activities

For each week of the course, you should engage in the following activities:

- ¥ Complete the assigned reading from the textbook.
- ¥ Complete and submit the Online Quizzes.
- ¥ Attend all lectures, and take notes for study purposes.
- ¥ Bring your own iClicker to class, and use it to submit responses to surveys and problems.
- ¥ (Optional but recommended): Complete the LaunchPad Activities

Why do we cover the text chapters Òout of orderÓ?

- ¥ The Prologue and the first chapters in the textbook deal with the history and organization of the discipline of psychology (Prologue) and research methods in psychology (Chapter 1).
- ¥ Although these are important topics (and we do cover them at the end of PSYC 100A ð the week), they do not deal with the ÒcontentÓ of psychology ð with human thoughts, conscious memories, perceptions, and so on.
- ¥ We feel it is more interesting to start the course with ÒrealÓ psychology ð in this case, the human consciousness, which includes topics such as attention, sleeping and dreaming, and altering consciousness through things such as drugs, hypnosis and meditation.
- ¥ The Ònon-linearÓ ordering of chapters is based on the following Òconceptual mapÓ of the text, and we think it constitutes a more compelling sequence of topics that we hope will help you become engaged in the excitement of psychological science.

COURSE REQUIREMENTS AND MARKING

Your performance in the course will be evaluated based on exams, online quizzes, and class participation as assessed by iClicker responses. The breakdown for each component is as follows:

Grading Component	Marks
Exam 1	20%
Exam 2	20%
Exam 3	20%
Critical Thinking Pieces (TCP)	20%
Online Quizzes	16%
Click4f Participation	4%
TOTAL	100%

In addition, there are bonus points for research participation, up to a maximum of 5%. (See later sections of this outline for details.) Students must write all three required exams; otherwise, you will receive an ÒNOÓ in the class (see section on exams) which is a failing grade. In accordance with the University policy on academic concessions, ÒA student who completes all course requirements is not eligible for an academic concessionÓ. Consequently, students can only request deferrals for the completion of required course components (the three exams) and not for non-essential course components..

Grading (% of total marks)

Effective May 1, 2014, the letter grading system previously used at UVic was discontinued. Your final grade will be a combination of T* [vn4f8m9tage. Your final grade will be rounded at the 0.5% level (e.g., 84.5% rounded to 85; 84.49% will be rounded to 84)

Exam 6 Credit Opportunity

Students in this course may earn up to 5% exam 6 credit toward their final grade by participating in research studies conducted in the Department of Psychology. Each 15 minutes of participation will earn 0.5% and up to 10 points may be credited toward this course, with 2 points required for a 1% increase in student's final grade. Thus, five hours of participation would earn the full 5% exam 6 credit. For details on participating in research studies, go to the Department of Psychology web site's page on the Participant Pool (<http://www.uvic.ca/socialsciences/psychology/research/participants/index.php>)

Students not wishing to participate in research studies may complete a participation option to earn exam 6 credit. Details are on the course website on Blackboard [space].

PSYC 100 EXAM GUIDELINES

Preparing for PSYC 100 Exams

We suggest that you consider the following in preparing for PSYC 100 exams:

- ¥ Do all required readings as scheduled in this course outline.
- ¥ Attend all lectures and take notes from them.
- ¥ Think about the course material in a focused and analytic manner. Try to relate the course material to your life and to other subjects with which you are already familiar.
- ¥ Use the study guides and extra web material.
- ¥ Arrange a study schedule for preparing for the exams, and follow it.
- ¥ Develop a variety of study skills, and consciously apply the techniques that you believe to most appropriate for you in studying for PSYC 100 exams.

What if you do poorly on a PSYC 100 exam?

Many students do extremely well on PSYC 100 exams Ð on most exams there are at least some who achieve 100%, and there are many who demonstrate knowledge in the ÓÁÓ range. The PSY instructors and TAOs would be delighted if all PSYC 100 students achieved their goals in this course. We want to help you to do this.

If you do less well on a PSYC 100 exam than you would have liked or expected, our advice is:

- ¥ Visit the Teaching Assistant and review the exam answer key as soon as possible (to see where you lost marks).
- ¥ Change your study techniques or upgrade your study skills (see Counselling Centre for advice and workshops).
- ¥ Take advantage of opportunities to earn bonus points for research participation in order to improve your final mark.

If you arrange to consult with a PSYC 100 TA or instructor regarding how to improve your exam mark on the next exam, please be prepared to provide the following information to ensure a successful consultation:

- ¥ How did you prepare for the last exam? What was your study schedule? What study techniques did you use? (It is useful to provide samples of your study notes and materials).
- ¥ Did you attend all lectures and take good notes? (It is useful to provide a sample of your lecture notes).
- ¥ Did you do the Online Quizzes? (This is recommended for all students). If not, why not?
- ¥ What advice on improving your study techniques did you receive when you consulted with Counselling Centre? (If you have not consulted with them, you should do so).
- ¥ What did you find out when you reviewed the pattern of your exam answers? Can you use this information to help you change your study techniques?
- ¥ What specific changes are you planning in your exam preparation for the next exam?
- ¥ Have you maximized your research bonus points? If not, why not?

ONLINE QUIZZES

Rationale for the Online Quizzes

Completing the Online Quizzes

- ¥ Brightspace will close the quizzes automatically one week after the first lecture on a specific topic, except the last quizzes which will close just before the last exam. Specific closing times will be listed on the Brightspace website under "Upcoming Events". Please make sure you COMPLETE the quiz by the due time (But try to do them before the exams!)
- ¥ Problems with the Brightspace quiz function should immediately be reported to the instructor.
- ¥ There will be multiple quiz opportunities during the semester. Quizzes will consist of 10 multiple choice questions; there is no time limit on the quizzes, but it is recommended that you complete the quiz within 10 minutes. The quizzes are meant to help you prepare for your in-class exams and timing is important. You may consult your textbook during the quiz (although it is not recommended). You will receive marks for the best 8 of 9 quizzes that you complete. Your best bet is, of course, to do them all. This will allow the best chance for high marks on eight of the nine, and will help you to absorb the material for the exams. The worst strategy is to skip the first one and plan on doing the last eight. The eight-out-of-nine system is designed to give students flexibility in case they have some weeks where personal or other circumstances keep them from completing the quizzes on time. If you discard your flexibility early in the semester and then something comes up later, you find yourself with no other option than to accept a low (or zero) mark on a quiz.
- ¥ You have the opportunity to miss one quiz and still obtain full marks for the Quiz component. This is in place to provide you with an "Extra" Quiz that you can miss in case of illness or personal emergency. Be careful.

Updated iClicker records will generally be posted to the Brightspace Website (Grade link) within two days of a lecture. We hope to have your final clicker totals posted on the Brightspace Grade link s

- ¥ What is the cost of registering my iClicker?
 - ¥ There is no cost. After purchasing your iClicker, it is yours to use in as many classes as required without any additional costs or recurring registration fees
- ¥ Can I use a used iClicker? How do I register a used iClicker?
 - ¥ You can use either a used iClicker 1 or iClicker 2. You register a used iClicker remote in the exact same manner as a new iClicker remote (instructions above). You need not do anything special or different in order to register a used remote.
- ¥ How do I un-register my remote?
 - ¥ There is no need to un-register your remote, even if you will no longer be using it. Registration does not alter the iClicker remote in any way, and the registration database is cleared automatically at the end of each semester
- ¥ I lost my iClicker and had to buy a new one. What do I do?
 - ¥ Email your old serial number to the instructor. Let them know who you are and that you are registering a new iClicker serial number on a certain date. Then, register your new iClicker just like you did your old one.
- ¥ I can't read the serial number on the back of my iClicker. What do I do?
 - ¥ Take your clicker to the Help Desk (Clearihue Building, room A004) and they can run a program which will display your serial number.
- ¥ Are there zeroes or the letter O on my serial number?
 - ¥ Those are zeroes.
- ¥ I registered online but my professor says I have not registered yet?
 - ¥ This could be caused by two possible factors.
 1. Have you voted in class with your remote yet? If you have not voted with your iClicker remote, then your professor's gradebook will not recognize your registration.
 2. You may have entered the incorrect iClicker remote ID. Re-register online using the correct information and the incorrect registration will simply be ignored.

PSYCHOLOGY 100A Ñ BONUS POINTS/EXTRA CREDIT FOR RESEARCH PARTICIPATION

I. Introduction

An important component of this course is for you to learn about research in psychology. Faculty and advanced students in the Department of Psychology will be conducting research throughout the year, performing studies exploring processes such as social interaction, perception, memory, problem solving, and communication. We encourage you to participate in this research, and as part of this encouragement we have arranged for you to earn extra credit toward your course mark by participating in approved research. By participating in such research projects you will experience first-hand how psychological research is done. Once your participation in a study is complete, you will receive a full description of the purpose of the research. In most projects, your participation involves having your responses recorded and measured as you perform a task or complete a questionnaire. A Departmental committee has reviewed and approved all of the projects that are available to you for bonus points. The aim of these research projects is not to evaluate your personal abilities, but to explore various features of human behaviour and how they change under different conditions. Researchers will protect your confidentiality. Your performance (i.e., the responses you make) will have no effect on your marks.

You will receive 0.5 point for each 15 minutes (or part thereof) of participation, up to a maximum of 10 points. You may participate in as many projects as you wish, but you will receive no more than 10 points per term, and you may not carry over points from one term to another. Note that while we have set a maximum of 10 points, the opportunity to earn all 10 points may not be available, as this depends on the number of research projects requiring participants. You may participate in any given project only once. The last day for participation in experiments for extra credit is June 1, 2022.

II. How to Create an Account

If you already created an account for the Psychology Research Participation System at the Sonoma State University at any time since September 2007, please do not create another account. Use your existing account. As a reminder, your User ID is simply the first part of your UVic email address, and you can go to the System site (see web address below) to request that your password be sent to you if you have forgotten it.

If you do not yet have an account, then follow these steps:

1. To use the system, you must have a UVic email address (i.e., one ending in @uvic.ca). If you do not have one on this, go to the Computer Help Desk in Clearihue A004 (located in the section of that building nearest the Library).
- 2.

III. How to Use the System

Go to the Sign-Up Home page (<http://uvic.sona-systems.com/>). Enter your User ID and password and click "Log In." Be sure to use your User ID and password for the web-based experiment sign-up and not your password for your UVic email account.

When you use your account for the first time at the beginning of the term, you will be asked to select one or more courses to which your bonus points should be assigned. Select PSYC 100A or PSYC 100B (if you are taking both PSYC 100A and 100B concurrently, then select both courses) as the course(s) to which bonus points are to be applied.

The first time you use the system you will have to complete a brief questionnaire (pre-test) that all students must complete before participating in any experiments. You will have to complete this questionnaire only once. If you already completed the questionnaire last term, you will not have to complete it again. The questionnaire will prompt you to provide basic demographic data (e.g., age, gender) that are used in some studies to describe individual differences among participants. After completing the questionnaire, you can proceed as follows.

You now have 3 options:

1. My Experiment Sign-Up
Use this option to view available experiments and to sign up for participation. Details are provided in section IV.
2. My Schedule and Credits
Use this option to view information about appointments you have already made to participate in experiments, to cancel appointments, and to review your credit points.
3. My Profile
Use this option to change your password or your contact information, or to add a second address to which reminders, etc. will be sent. It is advisable to include your telephone number as part of your profile in case an experimenter has to cancel a session for which you have signed up. You will receive bonus points.

displayed (because all time slots have already been filled). Keep checking the web site fre to find available time slots.

- ¥ Some studies have restrictions on who may participate. You will not get points if you sign u a study for which you do not meet these restricted criteria.
- ¥ Some studies entail more than a single session (even though for such studies you may be register only for the first session).
- ¥ When you make an appointment, make sure that you record the time, place, project name project telephone number as a reminder. Since the course TAÖs and instructors do not ha specific information as to where and when the research studies are scheduled, you have t track of your own appointments.
- ¥ Please do not sign up unless you are confident that you can and will keep the appointmen
- ¥ You may not sign up for a project that you have already done (even in a previous term).
- ¥ If you used the Sona system in a previous semester, your Sona account will have been re zero (even though you may have residual bonus points left from the previous semester).
- ¥ If you are taking PSYC 100A and 100B concurrently, you may earn up to 10 bonus points each course. If you earn fewer than the full 10 points in each course, you have the option reallocating bonus points earned from 100B to 100A or vice versa (up until the last day for participation, specified above). You can assign credits earned in an experiment to one or t course (not both) and you can change these assignments across courses up until the end term (December 2). Go to the Frequently Asked Questions section after you log on for det Credits earned during a particular term must be applied to a course being taken in that ter

V. Rules for Using the System and Participating in Experiments

Be Patient! Do not click more than once when you are signing up. 9 else tJ T* (eITe yo<k mor), t

hours before your appointment; otherwise you will be treated as a "no-show", and points will be de

ADDITIONAL COURSE INFORMATION

Checking the Total of Your Research Bonus Points Prior to the Last Exam (Exam 3)

- ¥ Please make sure that you have been correctly credited with all your research participation points (as well as from your Web Assignments, if you had submitted them) before writing Exam 4. We cannot change bonus point totals after we have submitted the final marks.

Checking That You Have Completed All Work

- ¥ You have to have written all three exams to receive a passing mark in the course. If you have completed all three exams, or have a valid excuse for missing an exam, you will receive a mark in the course (failure due to non-completion of course requirements.) Note, however, because the research participation and the Web Assignments are not required components of the course, you will not receive an N mark based on non-participation in the research pool or the Web Assignments.

Checking Your Performance Early in the Course

- ¥ If you do poorly on the first exam, treat this result as an early warning signal that you might not be prepared to make the ongoing commitment that success in this course requires. In this situation, you should consider the possibility that you might be better off taking the course on another occasion.

University of Victoria's Policy

- ¥ 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.

UNIVERSITY OF VICTORIA
Department of Psychology

Important Course Policy Information
Summer 2022

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 2022

<https://www.uvic.ca/calendar/future/undergrad/index.php#/programs?expanded=>

Registration Status

Students are responsible for verifying their registration status. Re8(o)-3.g (s)1.9 (t)3.4 (r)-4.6 (a)1.2 (t)3.5 (i)0.7 (7)1.

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&bcltemType=policies

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, ~~counselling~~ 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/
