



**Renison University College**  
Affiliated with the University of Waterloo  
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uwaterloo.ca/Renison

### **Renison University College Land Acknowledgement**

With gratitude, we acknowledge that Renison University College is located on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe, and Haudenosaunee peoples, which is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.

### **Fall 2018**

**Course Code:** Psych 101R. **Course Title:** Introductory Psychology

**Section 001:** Mondays and Wednesdays 10:00am – 11:20am

**Section 002:** Mondays and Wednesdays 1:00pm – 2:20pm

**Section 003:** Mondays and Wednesdays 4:00pm – 5:20pm

**Class Location:** Renison 2107

**Office Hours:** The 30 minutes following any class period, or by appointment.

### **Instructors**

Christine Logel  
Associate Professor  
Office: REN 1613  
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Sarah McCrackin  
Sessional Lecturer  
Office: REN 1616  
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### **Teaching Assistant**

Hanna Negami  
Office: PAS 2237  
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**Course Overview:** This is a general survey course designed to provide you with an understanding of the basic concepts and techniques of modern psychology as a behavioural science. You will study the theories, principles, and methods of psychology with the goal of understanding how people perceive their environments, how their behaviour is modified by experience, and how their activities are initiated, sustained, and directed.

In this course you will see how research has been applied to test intuitive assumptions about human life. You will find that many of your beliefs about human existence are scientifically

supported; but you will also find many beliefs are refuted by the evidence. As such, another goal of this course will be to encourage you to think critically about your preconceptions so that you can become a better consumer of the psychological information that is available in the media.

We will explore topics ranging from human development throughout the lifespan, to learning and memory, to psychological disorders and the therapies that are used to treat them. Based on those topics, I expect that you will develop a more thorough understanding of yourself and the world that you live in. Hopefully, this class will contribute to your success in your future endeavors.

### **Course Objectives:**

1. To become familiar with the broad range of topics that comprise the discipline of psychology.
2. To become familiar with the methods of investigation used in psychology, and the strengths and limitations of these methods.
3. To develop an understanding of the vocabulary and concepts of psychology that will allow you to study further in advanced courses or through independent reading.
4. To develop the ability to relate the findings of psychological research to your life and to important issues in our society and the world at large.

### **Contacting Professors**

- Prof Logel and Prof McCrackin will hold office hours in the half hour after any class that they teach (i.e., Prof McCrackin will hold office hours after she teaches a lecture but not after Prof Logel teaches a lecture). Students are welcome at any office hours times, not just the ones after their own section's class.
- Send email questions to the appropriate professor (i.e., the one whose lecture topic relates to your question). If you do not get a response within the timeframe you require, please resend the email. We generally answer emails within 24 hours, but we cannot guarantee it.
- Make your email subject line clear about time-sensitivity, urgency, and general topic. This ensures that your very busy professors will read it in an appropriate timeframe. For example:
  - Subject: Time Sensitive and Urgent: I Have Been in a Car Accident on the way to the exam!
  - Subject: Time Sensitive: Brief question about the exam next week
  - Subject: I would appreciate advice on how to improve my grade

Q: Will emailing *both* professors guarantee me a faster response?

A: No. In fact, both profs will assume that the other will answer your question so neither will respond to you. This illustrates the phenomenon of *social loafing*. You'll learn that concept if you take Social Psychology.

Q: Can I play the two professors off of each other like a sitcom Mom and Dad?

A: No. Their answers and policies will be the same. Also, unlike a sitcom Mom and Dad, your professors communicate with each other.

### **Contacting Your Teaching Assistant**

- Aside from contacting your professors, you are also welcome to email Hanna to ask questions about course content, study tips, etc.
- Hanna will hold office hours by appointment. Send her an email if you would like to meet to discuss course material or how one of your tests or assignments was graded.

### **\*\*Important Textbook Information\*\***

**Required text:** Myers, D. G. (2015). *Psychology: 11<sup>th</sup> Edition in Modules*. New York: Worth Publishers.

- You can purchase the e-book if you prefer this to a regular textbook. It is often cheaper than the printed text.
- The campus bookstore has the loose leaf textbook version, which is a much cheaper price than the hardcover version.
- Used textbooks are also much cheaper than new textbooks. Check the used bookstore and internet ads to find used textbooks.
- The Renison library has a copy of the textbook available for short-term use.
- We strongly recommend using the current version of this textbook. If you use the 10<sup>th</sup> edition, or earlier editions, it is your responsibility to figure out how the textbooks differ and how the assigned course material maps on from one addition to the next.
- NOTE: The campus bookstore has the 11<sup>th</sup> edition **without** modules. It is **\*\*exactly\*\*** the same content, but organized into chapters instead of modules. Either version is fine. We have the readings listed below for both modules and chapters, so that they will match whichever you purchase.

**Course website:** The Learn site for this course provides lecture slides, important notices, lists of textbook sections that will NOT be on the tests, and answers to frequently asked questions. You can log into the course site through the Learn system on the UW website.

### **Requirements:**

*Tests.* There will be 4 tests scheduled throughout the term. The first is worth 15% of your course grade. This “mini midterm” gives students experience studying for, and writing, a university midterm. The remaining three midterm tests are each worth 25% of your course grade. They are not cumulative. All tests will include multiple-choice and short-answer questions. There is no final mandatory final exam.

*Optional Final Exam.* If you would like to increase your grade or have missed a midterm test without documentation, you have the option to write the final exam. The final exam will *replace*

*your lowest midterm grade.* If your final exam grade is lower than your midterm grades, it will not replace them. The final exam will be cumulative, covering all the text, lecture, and readings from the entire course. It will include multiple-choice questions only.

*Reflection Paper.* There is one mini paper in this course, worth 5% of your course grade. The paper should be between 500-700 words long. In the paper, you will choose one concept from the material so far in the course and write about how you will apply that concept to your future career or personal life. Papers that are submitted past the due date without documentation of illness or other extenuating circumstances will lose 10% of the paper grade per day.

*Research Participation.* The remaining 4% of your grade will be based on participation in research. You can earn 2% bonus. More information appears later in this syllabus.

*First Week of Class Online Activity.* During the first week of the term, you will have the opportunity to complete a 30-minute online activity. This activity is worth 1% of your grade in the course.

**Class format:** Tests cover lectures and text. The lectures elaborate upon the text material and discuss content that is not in the text. It is recommended that you attend all lectures.

### **Grade Breakdown**

<b>Course Element</b>	<b>Date</b>	<b>Contribution to Course Grade</b>
Test 1	September 24	15%
Test 2	October 22	25%
Test 3	November 12	25%
Test 4	December 3	25%
Reflection Paper	Due November 5	5%
Research Participation	Last day is December 4	4% plus 2% bonus
Online activity	Last day is September 15	1%

## Course Schedule

Date	Topic - Professor	<p><b>NOTE: If you have the modules edition of the text, read the modules below. If you have the chapter version, read the chapters instead.</b></p> <p><b>Readings:</b></p>
Sept 10	Introducing Psychology- Logel and McCrackin	No readings
Sept 12	Developmental Psychology - Logel	Modules 14, 15, 16 OR Chapter 5 (pages 177-212)
Sept 17	Research Methods- Logel	Modules 2, 3, 4 OR Chapter 1
Sept 19	Study Skills Tutorial *Attending the tutorial is 5% of your test 1 grade*	No new readings
Sept 24	<b>TEST 1- Logel</b>	
Sept 26	Consciousness- Logel	Modules 9, 10 OR Chapter 3 (page 100-end of chapter)
Oct 1	Nature versus Nurture- Logel	Modules 11, 13 OR Chapter 4 (pages 133-143 & 151-164)
Oct 3	Neuroscience and Neuroplasticity- McCrackin	Modules 5, 6, 7 OR Chapter 2
Oct 8	<b>Thanksgiving Break</b>	No new readings
Oct 10	<b>Study Break</b>	No new readings
Oct 15	Sensation and Perception- McCrackin	Modules 18, 19 OR Chapter 6 (pages 229-255)
Oct 17	Learning- McCrackin	Modules 21, 22, 23 OR Chapter 7
Oct 22	<b>TEST 2- McCrackin</b>	
Oct 24	Psychological Disorders I - McCrackin	Modules 37, 38, 49, 50, 51, 52, 53 OR Chapter 12 (pages 459-475) and Chapter 15

Oct 29	Psychological Disorders II - McCrackin	No new readings
Oct 31	Therapy I - Logel	Modules 54, 55, 56 OR Chapter 16
Nov 5	Therapy II – Logel <b>Reflection Paper Due by Midnight</b>	No new readings
Nov 7	Health Psychology- Logel	Modules 40, 41 OR Chapter 12 (pages 488-459)
Nov 12	<b>TEST 3- McCrackin</b>	
Nov 14	Memory- Logel	Modules 24, 25, 26 OR Chapter 8
Nov 19	Personality Psychology- Logel	Modules 46, 47, 48 OR Chapter 14
Nov 21	Psychology of Eating- Logel	Modules 33, 34, 36 OR Chapter 11 (pages 419–432 & 448–end of chapter)
Nov 26	Social Psychology I- McCrackin	Modules 42, 43, 44, 45 OR Chapter 13
Nov 28	Social Psychology II- Logel	No new readings
Dec 3	<b>TEST 4- Logel</b>	
To be scheduled	<b>Optional Final Exam – Logel</b>	

## Notes/Policies:

### ***Learn Site***

Please check LEARN every day. We will post announcements, lecture notes, grades, etc.

### ***Late Work***

Late papers without documentation of illness or extenuating circumstances will lose 10% per day

### ***Electronic Device Policy***

Ringling cell phones are a disruption during lecture. Your professors will announce their special cell phone policy in class. Texting can also be a distraction to the people around you. Surfing the web on your laptop, or doing anything other than taking notes for the class, is a substantial distraction to the people around you because they can all see your screen. Laptop wifi must be turned off during class unless instructed otherwise.

## ***Attendance Policy***

To succeed, attend all lectures. Tests will be approximately 50% lecture material, and we will present material not covered in your textbook and expand on important points in the text.

## **Final Examination Policy**

For **Fall 2018**, the established examination period is **December 6-21, 2018**. The schedule will be available in October. Students should be aware that student travel plans are not acceptable grounds for granting an alternative final examination time (see:

<https://uwaterloo.ca/registrar/final-examinations>

## **Accommodation for Illness or Unforeseen Circumstances:**

The instructor follows the practices of the University of Waterloo in accommodating students who have documented reasons for missing quizzes or exams. See

[http://www.registrar.uwaterloo.ca/students/accom\\_illness.html](http://www.registrar.uwaterloo.ca/students/accom_illness.html)

However, Prof Logel and Prof McCrackin encourage students to contact them as soon as possible if they anticipate circumstances that will need accommodation so they can develop a plan together.

## ***Academic Integrity:***

In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. See the [UWaterloo Academic Integrity webpage \(https://uwaterloo.ca/academic-integrity/\)](https://uwaterloo.ca/academic-integrity/) and the [Arts Academic Integrity webpage \(https://uwaterloo.ca/arts/current-undergraduates/student-support/ethical-behaviour\)](https://uwaterloo.ca/arts/current-undergraduates/student-support/ethical-behaviour) for more information.

***Discipline:*** Every student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their own actions. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration, should seek guidance from the course professor, academic advisor, or Academic Dean. When misconduct has been found to have occurred, disciplinary penalties are imposed under the University of Waterloo Policy 71 – Student Discipline. For information on categories of offences and types of penalties, students should refer to [Policy 71 - Student Discipline](#). For typical penalties check [Guidelines for the Assessment of Penalties \(https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/guidelines/guidelines-assessment-penalties\)](https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/guidelines/guidelines-assessment-penalties).

Students should also be aware that copyright laws in Canada prohibit reproducing more than 10% of any work without permission from its author, publisher, or other copyright holder.

Waterloo’s policy on Fair Dealing is available here: <https://uwaterloo.ca/copyright-guidelines/fair-dealing-advisory> Violation of Canada’s Copyright Act is a punishable

academic offence under Policy 71 – Student Discipline.

**Grievance:** A student who believes that a decision affecting some aspect of university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70 - Student Petitions and Grievances](#), Section 4 (<https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-70>). When in doubt, please be certain to contact the department's administrative assistant, who will provide further assistance.

**Appeals:** A decision made or penalty imposed under Policy 70, Student Petitions and Grievances (other than a petition) or Policy 71, Student Discipline may be appealed if there are grounds. Students who believe they have grounds for an appeal should refer to [Policy 72, Student Appeals](#) (<https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-72>).

**Academic Integrity website (Arts):**

[http://arts.uwaterloo.ca/arts/ugrad/academic\\_responsibility.html](http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html)

**Academic Integrity Office (uWaterloo):** <http://uwaterloo.ca/academic-integrity/>

#### **Accommodation for Students with Disabilities:**

**Note for Students with Disabilities:** The [AccessAbility Services](#) office, located on the first floor of the Needles Hall extension (NH 1401), collaborates with all academic departments to arrange appropriate accommodations for students with disabilities, without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the AAS office at the beginning of each academic term.

**Intellectual Property.** Students should be aware that this course contains the intellectual property of the instructor, which can include:

- lecture handouts and presentations (e.g., PowerPoint slides)
- lecture content, both spoken and written (and any audio or video recording thereof)
- questions from various types of assessments (e.g., assignments, quizzes, tests, final exams)
- work protected by copyright (i.e., any work authored by the instructor)

Making available the intellectual property of instructors without their express written consent (e.g., uploading lecture notes or assignments to an online repository) is considered theft of intellectual property and subject to disciplinary sanctions as described in Policy 71 – Student Discipline. Students who become aware of the availability of what may be their instructor's intellectual property in online repositories are encouraged to alert the instructor.

#### **Mental Health Support**



All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health supports if they are needed.

### **On Campus**

- Counselling Services: [counselling.services@uwaterloo.ca](mailto:counselling.services@uwaterloo.ca) / 519-888-4567 xt 32655
- [MATES](#): one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- Health Services Emergency service: located across the creek from Student Life Centre

### **Off campus, 24/7**

- [Good2Talk](#): Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-433 ext. 6880
- [Here 24/7](#): Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- [OK2BME](#): set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 extension 213

Full details can be found online at the Faculty of ARTS [website](#)

Download [UWaterloo and regional mental health resources \(PDF\)](#)

Download the [WatSafe app](#) to your phone to quickly access mental health support information

## **A respectful living and learning environment for all**

1. It is expected that everyone living, learning or working on the premises of Renison University College will contribute to an environment of tolerance and respect by treating others with sensitivity and civility.
2. Harassment is unwanted attention in the form of jokes, insults, gestures, gossip, or other behaviours that are meant to intimidate. Some instances of harassment are against the law in addition to Renison University College policy.
3. Discrimination is treating people differently because of their race, disability, sex, sexual orientation, ancestry, colour, age, creed, marital status, or other personal characteristics. The Ontario Human Rights Code considers actions and behaviours rather than intentions.

### **Sona and Research Experience Marks Information and Guidelines**

Experiential learning is considered an integral part of the undergraduate program in Psychology. Research participation is one example of this, article review is another. A number of undergraduate courses have been expanded to include opportunities for Psychology students to earn grades while gaining research experience.

Since experiential learning is highly valued in the Department of Psychology, students may earn up to 4% of their final mark in this course through research experience (i.e., course work will make up 96% of the final mark and research experience will make up the other 4% for a maximum grade of 100%). In addition, for those students who wish to sample a wider range of these experiences, a further "bonus" of up to 2% may be earned and will be added to the final grade if/as needed to bring your final grade up to 100%. **In total, research experience can be 6% of students' final grade.**

The two options for earning research experience grades (participation in research and article review) are described below. Students may complete any combination of these options to earn research experience grades.

#### **Option 1: Participation in Psychology Research**

Research participation is coordinated by the Research Experiences Group (REG). Psychology students may volunteer as research participants in lab and/or online (web-based) studies conducted by students and faculty in the Department of Psychology. Participation enables students to learn first-hand about psychology research and related concepts. Many students report that participation in research is both an educational and interesting experience. Please be assured that all Psychology studies have been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee.

***How to earn extra marks for your Psychology course(s) this term by participating in studies ...***

- You will earn "credits" which will be converted to "marks" (1 credit = 1%)
- You can schedule your LAB and/or ONLINE studies using the "Sona" website.

***Educational focus of participation in research***

To maximize the educational benefits of participating in research, students will receive feedback information following their participation in each study detailing the following elements:

- Purpose or objectives of the study
- Dependent and independent variables
- Expected results
- References for at least two related research articles
- Provisions to ensure confidentiality of data
- Contact information of the researcher should the student have further questions about the study
- Contact information for the Chief Ethics Officer of the Office of Research Ethics should the student wish to learn more about the general ethical issues surrounding research with human participants, or specific questions or concerns about the study in which s/he participated.

Participation in LAB studies is worth 0.5 participation credits (grade percentage points) for each 30-minutes of participation. Participation in ONLINE studies is worth .25 credits for each 15-minutes of participation. Researchers will record student's participation and will advise the course instructor of the total credits earned by each student at the end of the term.

***How to participate?***

Study scheduling, participation and grade assignment is managed using the SONA online system. All students enrolled in this course have been set up with a SONA account. You must get started early in the term.

For instructions on how to log in to your SONA account and for a list of important dates and deadlines please, as soon as possible go to:

[Participating/SONA information: How to log in to Sona and sign up for studies](#)

***\*\*\* Please do not ask the Course Instructor or REG Coordinator for information unless you have first thoroughly read the information provided on this website.\*\*\****

More information about the REG program in general is available at:  
[REG Participants' Homepage](#)

**Option 2: Article Review as an alternative to participation in research**

Students are not required to participate in research, and not all students wish to do so. As an alternative, students may opt to gain research experience by writing short reviews (1½ to 2 pages) of research articles relevant to the course. Each journal article review is worth 1%. Like with the research participation, 4% (i.e. four journal article reviews) is part of students' course grade, and a bonus of up to 2% (i.e. two additional journal article reviews) can be added as bonus marks. Six journal articles are posted on Learn, along with a template to follow for your review. To receive credit, you must follow specific guidelines. The article review must:

- **Be submitted to the Learn Dropbox before the last lecture in this course. Late submissions will NOT be accepted under ANY circumstances.**
- Be typed
- Use the provided template
- Keep a copy of your review in the unlikely event we misplace the original.