

Tuesdays & Thursdays
2:30-3:50 PM
EV2: Room 2002

Overview

Adolescents were not wrong when they complained that adults didn't understand them. Fortunately, new research in neuroscience is shedding light on why adolescents think and act the way they do. Attitudes and beliefs about adolescents as disruptive and irrational risk-takers are being challenged. Instead, adolescence is now seen as a period of **dynamic brain development**, equal in importance to that of infancy and early childhood. Adolescence is an "age of opportunity," a time when the brain can be shaped toward a meaningful and joyful adulthood.

Parents justifiably worry about the risks of adolescent development. There are good reasons for their worry. To develop fully, as we will see in our textbook and lecture materials, adolescents have to move away from their parents' influences. They have to move toward being independent from their families at a time when their physical, cognitive, social, and emotional development is in a state of rapid change.

Parents want and need reliable, up-to-date, *objective* knowledge about adolescent development. They want to know "what the research says" when they are forming their own opinions. Here is where you come in: In designing this course I imagined you as taking leadership roles in gathering and conveying information to help parents maximize their adolescents' amazing developmental potential.

My hope is that this course will help you to develop both *the knowledge AND the skills* that you, with a degree in Psychology from UW, can use to take on **information leadership roles** in society - for the benefit of adolescents. Your *knowledge* this term will come from lectures and our textbooks and from guided explorations of various types of evidence and expert opinion. Your *skills* will come from developing, discussing, debating, and critiquing your knowledge about adolescence.

Learning Objectives

1. **To learn skills** for systematically gathering trustworthy evidence from diverse sources: experiments, surveys, expert opinion, and so forth
2. **To apply your skills** to issues of adolescent brain and behavioural development
3. **To become skilled at mobilizing** trustworthy knowledge in an effective manner

Professor

Dr. Kathleen Bloom

<http://www.psychology.uwaterloo.ca/people/faculty/kbloom/index.html>

Room: **PAS 3269**

Office hours: **by appointment**

You can reach me anytime by email at : psy470-2@uwaterloo.ca. I answer emails frequently throughout the workweek. Phone messages are not reliably received or answered.

If you need to tell me something that relates to personal matters such as physical or mental health (**not about course procedures or content**), email me at: kbloom@uwaterloo.ca. We can arrange a face-to-face appointment too, if you wish.

When you have questions about course procedures including the Midterm or course content, please ask them on our LEARN discussion board: **Ask the Prof**. I read, comment, and respond to questions as quickly as possible. The best part is that your questions and my responses will benefit *the entire class* if you post them on LEARN! I can guaranty that if YOU have a question other students in the class have that same question. They will be grateful that you asked and I responded. So thanks!

Teaching Assistant

Anna Hudson

psy470-2@uwaterloo.ca

Anna is a PhD student in our department's Cognitive Neuroscience program. She will be working directly with teams of students in class.

Anna will also have office hours to assist individuals and teams, and answer your questions about your assignments, marks, and so forth. Please see Anna in:

Room: PAS 2248

Day/time: Tuesdays 1:00-2:00 PM

If you are in another class during Anna's office hours, email her at psy470-2@uwaterloo.ca for an appointment and she'll do her best to accommodate your schedule. If you are not in a class, you will need to meet with Anna during her office hour, on email, or at her convenience. Thanks.

Required Readings

1. Siegel, D. J. (2015). *Brainstorm: The power and purpose of the teenage brain*. New York, New York: Tarcher/Penguin
2. Steinberg, L. (2015). *Age of Opportunity: Lessons from the new science of adolescence*. New York, New York: Mariner/Houghton, Mifflin, Harcourt.

You will also need to explore the internet to find a range of information and resources (e.g., national surveys, research publications, government policies, expert opinion) that will help your compile information on your topic. This work will be shared by your team. The *Resources Guidelines* gives you suggestions for pursuing various forms of knowledge as you develop your knowledge base.

Choice of Topics for Psych 470

	Issue A	Issue B
1	Perpetrators & bystanders of cyber bullying	Victims of cyber bullying
2	Using social media to relieve loneliness & distress	Using social media to develop empathy
3	Social media that impairs health	Social media that improves health

4	Hypersexualized social media self-presentation	Gender stereotyping on social media
5	Hypervigilance and cyber electronic intrusion	Unrestrained self-disclosure on social media

How you will be marked

1. Midterm exam covers the lectures and assigned readings* (40%).
2. Presentation of Resources** (15%)
3. Presentation to Parents** (25%)
4. Participation: individual and team activities, feedbacks (20%)
5. Attendance on non-presentation days: 1 point will be deducted from your final GRADE in the course for each class you missed in whole or in part
6. Attendance on the 8 presentation days: 1.5 points will be deducted from your final GRADE in the course for each presentation day you missed in whole or in part

*The Midterm exam will be completed ONLINE on 13 October. The maximum time allowed to take the Midterm? TBA. It can be started anytime between the hours of 8AM and 3PM but once started it cannot be stopped and restarted.

** Please note that Presentations will be audio recorded for marking purposes only and then destroyed.

Students assume all risks for computer resources when completing the Midterm. **Failures of personal laptops, internet connectivity, and so forth are not the responsibility of the course and no exceptions will be made. Our University offers many facilities for RELIABLE internet connection and use.** Therefore students are strongly advised to take the Midterm on campus using a computer that is owned and maintained by the University. More information about the Midterm will be forthcoming.

Guidelines/Forms

You are responsible for reading and following the Guidelines and Forms. Prior to deadlines all questions are sincerely welcomed! Questions on the Discussion Board, rather than email, are welcomed contributions to all students.

Policies of the PSYCH 470 course and the University

Please read carefully and ask me for clarifications now, at the start of the course. Thanks.

Accommodation for late or missing work

I rarely allow an accommodation of any sort. Please let me explain why:

Over the years I have come to know hundreds of students. I know that they work very hard in spite of many hardships and stresses. I admire them. Some students are employed for long hours to ease financial constraints. Some students have chronic health problems or stresses and anxieties precipitated by caring for their own children and/or their parents and siblings. Some students are enrolled in very difficult programs of study and yet they spend hours volunteering to help others. I am impressed with what these students achieve. I am proud to have them in my courses. I know how hard they work to do well in university. I congratulate you!

Having taught many hundreds of students, I estimate that over 95% never ask for an accommodation of any sort even though they face many challenges. These students come to class because they know it is their "job" to do so.

Therefore, when an individual student asks for a special accommodation, I have to be certain that it is justifiable. It is much easier for me to grant an accommodation than to deny it, but I must think about all of the other students in the class who never ask for accommodation. I feel that I have an ethical responsibility to all students not just to the students who want special treatment.

Thank you for understanding the following procedures, and for understanding the need to be fair to all students in the class. In return, I will consider each request for accommodations carefully and with as much compassion as possible. Most of all, I hope you have a happy and healthy term!

Exam, Assignments, and Class Attendance

Accommodations will be made only for exceptional circumstances, primarily due to serious **mental or physical health problems or bereavement**, based on the information in a Verification of Illness Form (VIF) by a health professional, and at my discretion. **The University does not allow travel schedule conflicts to be justifiable reasons for accommodation.** *Please remember this fact when, for example, thinking about Thanksgiving/Study break plans.*

A Verification of Illness Form does not guarantee that accommodations will be made for you. It is only the first step toward *possible* accommodation.

If you have an issue that you feel prevents you from attending the exam or completing an assignment on time or attending class and you feel that an accommodation should be made, please contact me at kbloom@uwaterloo.ca before the exam, assignment, or class, and no later than the day of the due date. You must then get a health practitioner to complete the University's **Verification of Illness Form** and you must **provide this form to me by PDF email within 48 hours. I do not accept .jpg and other image formats, only PDFs.** **Sending an image = not sending anything.** A doctor's note that is not written in as Verification of Illness Form is not acceptable.

Once I have received your official UW Verification of Illness Form in PDF format, I will review the contents, dates, and so forth, and consider your request. Should I accept your excuse, you will be required to write a make-up exam or submit the assignment **within 48 hours of the end of the period in which your Verification of Illness Form deems you to be incapacitated.**

To reiterate, if you feel you are unable to complete an exam or assignment or attend class due to illness:

- A. Contact me by email by the deadline (see above) and attach the Verification of Illness form as a PDF.
- B. Do not assume that you are excused simply because you contacted me.
- C. If I am not willing to offer you an accommodation, your grade for the exam or assignment will be zero, or you will receive an attendance deduction.
- D. Know the possible consequences of not showing up for the exam or assignment in advance of requesting formal permission.

An Exception: If you are *hospitalized* due to illness or injury on the day of the exam you should not be worried about contacting me. I will accommodate you based on verification of your situation by a doctor. Contact me at the first available opportunity, and follow your doctor's advice! When you are well, we will negotiate a make-up plan for your absence.

Students who are experiencing extenuating circumstances should also inform their academic advisors regarding their personal difficulties. Further information regarding the Management of Requests for Accommodation Due to Illness can be found on the [Student Medical Clinic](#) website.

What are the penalties for late unexcused submissions?

1. Individual assignments that are marked on a 0-2 scale will receive a 0.
2. Team assignments that are marked on a 0-2 scale will receive a 0. All team members must have copies of the final draft of the team assignment. If your Team Reporter is unable to submit the team assignment as expected, another team member must submit the work. **This means that all team members are ultimately responsible for the submission of team work.**
3. Presentations are classroom activities in which all team members participate. If a team member is not excused by me for missing their presentation, that team member will receive a 50% of the team mark, given that the member participated in the development of the presentation. In contrast, students who receive accommodation (VIF approved) will receive the same mark as the other members of the team.

What about attendance marks? Your team, and the class as a whole, **needs your input**. Attendance is taken **during the first 10 minutes of the class**. Accommodations for absence from class or tardiness will be considered if class procedures are followed (1-4 above). If accommodation is not granted, one mark will normally be deducted from the student's final grade for every day missed in whole or in part, but the penalty will increase to 1.5 marks **if you miss or are late to a Presentation Day without an approved VIF.**

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PSYCH 470 web pages

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Academic Integrity

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo are expected to promote honesty, trust, fairness, respect and responsibility. See the [UWaterloo Academic Integrity webpage](#) and the [Arts Academic Integrity webpage](#) for more information.

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for his/her 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 the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71 – Student Discipline. For information on categories of offenses and types of penalties, students should refer to [Policy 71 - Student Discipline](#). For typical penalties check [Guidelines for the Assessment of Penalties](#).

Concerns About a Course Policy or Decision

Informal Stage. We in the Psychology Department take great pride in the high quality of our program and our instructors. Though infrequent, we know that students occasionally find themselves in situations of conflict with their instructors over course policies or grade assessments. If such a conflict arises, the Associate Chair for Undergraduate Affairs (Richard Eibach) is available for consultation and to mediate a resolution between the student and instructor: Email: reibach@uwaterloo.ca; Ph 519-888-4567 ext. 38790

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70 - Student Petitions and Grievances](#), Section 4. When in doubt, please be certain to contact Richard Eibach, the Associate Chair for Undergraduate Affairs who will provide further assistance; reibach@uwaterloo.ca.

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 is a ground. A student who believes he/she has a ground for an appeal should refer to [Policy 72 - Student Appeals](#).

Accommodation for Students with Disabilities

Note for students with disabilities: The [AccessAbility Services](#) office, located on the first floor of the Needles Hall extension (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 AS office at the beginning of each academic term.

Accommodation for course requirements

- Students requesting accommodation for course requirements (assignments, midterm tests, final exams, etc.) due to illness should do the following:
 - Consult the University’s [examination regulations](#) for information about procedures and policies for requesting accommodations
 - seek medical treatment as soon as possible
 - obtain documentation of the illness with a completed uWaterloo [Verification of Illness Form](#)
 - submit that form to the instructor within 48 hours. Students in Centre for Extended Learning (CEL) courses must submit their confirmation of the illness to CEL.
 - (if possible) inform the instructor by the due date for the course requirement that you will be unable to meet the deadline and that documentation will be forthcoming.

- In the case of a missed final exam, the instructor and student will negotiate an extension for the final exam, which will typically be written as soon as possible, but no later than the next offering of the course.
- In the case of a missed assignment deadline, midterm test, or quiz, the instructor will either:
 - waive the course component and re-weight remaining term work as he/she deems fit according to circumstances and the goals of the course, or
 - provide an extension.
- In the case of bereavement, the instructor will provide similar accommodations to those for illness. Appropriate documentation to support the request will be required.
- Students who are experiencing extenuating circumstances should also inform their academic advisors regarding their personal difficulties.
- Elective arrangements such as travel plans are not acceptable grounds for granting accommodations to course requirements per the uWaterloo Examination Regulations and Related Matters.

Mental Health Services

Mental Health Services aim is to provide holistic programming and services to help you lead a healthy and balanced life. We strive to provide a secure, supportive environment for students of all orientations and backgrounds.

Students suffering from problems with anxiety, depression, problems with sleep, attention, obsessions or compulsions, relationship difficulties, severe winter blues, etc., may make an appointment by phone or in person. Appointments are usually available within two days of initial contact with one of our medical doctors. All contacts are completely confidential.

Contact Health Services

[Health Services Building](#)

Call 519-888-4096 to schedule an appointment

Call 1-866-797-0000 for free 24/7 advice from a health professional

Contact Counselling Services

[Needles Hall Addition, NH 2401](#)

Call 519-888-4567 x 32655 to schedule an appointment

counserv@uwaterloo.ca

Territorial Acknowledgement

We acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples. The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations that includes six miles on each side of the Grand River.

Official version of the course outline

If there is a discrepancy between the hard copy outline (i.e., if students were provided with a hard copy at the first class) and the outline posted on LEARN, the outline on LEARN will be deemed the official version. Outlines on LEARN may change as instructors develop a course, but they become final as of the first class meeting for the term.