



ST. JEROME'S UNIVERSITY

St. Jerome's University in the University of Waterloo

Department of Psychology

Psych 101 I Spring 2023

Introductory Psychology

Lectures: Mondays, 6:30pm – 9:20pm EST, Room: AL 116

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

INSTRUCTOR INFORMATION

Instructor: Dr. Rebecca Pister
Office: SH 2110
Student/Office Hours: Mondays from 5:00pm to 6:00pm
Email: rpister@uwaterloo.ca

TA INFORMATION

Teaching Assistant: Eryn Bonney-Brookman
Student/Office Hours: Online Tuesdays from 3:00pm to 4:00pm
Link: <https://uwaterloo.zoom.us/j/91716124673?pwd=RS9RbVVVRTUITOXFVeno0UTI3SDdsZz09>
Email: embonney@uwaterloo.ca

WHAT ARE STUDENT/OFFICE HOURS FOR?

Well, from my perspective as a prof, they're for you. I set aside time each week for you to come in, get to know me, and ask your questions. These hours are a great opportunity for me to get to know you as an individual and provide academic support. I hold my office hours as an open/drop in format meaning anyone can come and if there are too many of you to contain in my small space, we can move to a larger one. If you need to talk to me privately or one-on-one I'll make sure we have that space to ourselves.

Don't know what to talk about during student/office hours? Here are a few ideas

- Your (and my) research interests and academic journey
- Elaboration and clarification on class content or lecture materials
- Helping you prep for assessments and tests
- Skill development and resource recommendations

- Connecting with your peers who also come and drop in
- Share your food or Netflix recommendations with me
- Show up early and we can walk to class together

A NOTE ON EMAILING US:

When emailing, please *include your first and last name and the course code in your message*. Remember, this is a professional setting. Make sure your emails include a proper salutation and introduction. **At the very least, our last names are part of our email addresses. Please use them.**

Proper salutations: Hi Dr. Pister or Hi Professor Pister (for your professor), Hi Eryn (for your TA).

Email responses: You can expect to hear back from one of us **within 48 hours** (excluding weekends. We try to take those off). Please make sure that you email with questions in plenty of time for us to answer them. If you do not hear back within 48 hours, please resend your message. More likely than not, I opened it in the middle of the night when I couldn't sleep and made a note to reply the next day and then forgot because the message was marked as read and I was tired because I didn't sleep.

BEFORE EMAILING, PLEASE READ THROUGH THE COURSE OUTLINE CAREFULLY TO SEE IF THE ANSWER TO YOUR QUESTION IS HERE. I may not answer questions when the answer can easily be found in the syllabus.

COURSE DESCRIPTION

A general survey course designed to provide the student with an understanding of the basic concepts and techniques of modern psychology as a behavioural science.

COURSE OVERVIEW AND APPROACH

If you're like me way back in my first year, a casual understanding of psychology might have led you to believe that psychology is all about analyzing people and using therapy to help individuals who are experiencing mental illnesses. In reality, psychology is about so much more than that. It's the study of human behaviour and experience, with researchers asking questions about why people think, feel, and ultimately behave the way they do. There are also many sub-disciplines from social to developmental to organizational psychology and everything in between, each with a goal of describing, explaining, predicting, and even controlling different behaviours and mental processes.

Like most introductory courses, this course is meant to introduce you to the science of psychology and the breadth of the concepts that fall within the discipline. A good way to think of this course is as a first look at all of the ways that you can study psychology and how it

impacts our daily lives, with each chapter providing a quick, foundational, glimpse into various areas. Each area can be studied in greater depth through the variety of courses offered in the Psychology Department.

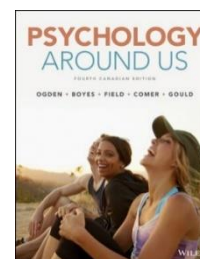
COURSE OBJECTIVES

By the end of this course, you should be able to:

1. Articulate what psychology is and what psychology is not. Think more science and less Magic 8 Ball.
2. Understand the role of psychology in our daily lives and how psychological research has helped create a better understanding of human behaviour by formulating scientific theories with testable hypotheses and creating innovative experiments that can potentially falsify these hypotheses.
3. Utilize critical thinking skills in the process of analyzing and challenging accepted “truths” about human experience and behaviour (e.g., ‘pop’ psychology, ‘common sense,’ intuition).
4. Recognize and differentiate various psychological theories and disciplines.
5. Think critically about the complexity of interactions that impact your own and others’ behaviours, thoughts, and emotions.
6. Develop a deeper understanding of yourself and the people around you.

REQUIRED TEXTS

Comer R., Ogden, N., Boyes, M. & Gould E, D. (2021). Psychology around Us, 4th Canadian Edition. Toronto, ON: Wiley.



Note 1: We will be using WileyPLUS resources in this course. You can purchase the text only or can purchase the text with the WileyPLUS resources for an additional \$4.00. Purchasing the text with the WileyPLUS resources will give you access to the digital version of the text along with a variety of study resources and tools.

Note 2: Older editions or other texts books should be used “at your own risk” – content and page or chapter numbers may differ significantly.

Additional Resources

- Any additional required or optional readings, videos, and other resources will be posted on our course LEARN website
- To the best of my ability, I record and post lectures. Do not depend on these – things can happen with audio quality and other recording issues.
- You may need a calculator for small calculations associated with Chapter 2, the first quiz, and the first test. The calculator on your phone is NOT an acceptable option for the test.

COURSE REQUIREMENTS AND ASSESSMENT

Assessment	Weighting	Location	Due Date
Syllabus Quiz	2%	Online	Ongoing
Online Quizzes (best 5 out of 6)	10%	Online	Ongoing
Test 1	27%	In class	May 29 th
Test 2 (non-cumulative)	27%	In class	June 26 th
Psychology and Me	5%	N/A	July 23 rd
Test 3 (non-cumulative)	25%	In class	July 31 st
Experiential Learning	4%	Online and in lab	August 1 st
<i>Experiential Learning Bonus</i>	2%	<i>Online and in lab</i>	August 1 st
Total	100% + 2% bonus = 102%		

The course requirements and assignments have been developed and selected to assess learning throughout the term. You earn the grade you receive in this course by completing these assessments. **DO NOT** ask me to waive or reweight any of the assessments.

LEARNING ACTIVITIES, ASSIGNMENTS, TESTS, QUIZZES AND EXAMINATIONS

Syllabus Quiz (2%)

Yes, this is a long document. Yes, you have to read it. All of it. The syllabus is a contract between you and your instructor. It outlines all of the important details needed for you to successfully complete the course including due dates, course policies, learning materials, campus resources, and more. To make sure that you have read the syllabus you will be asked to complete a syllabus quiz between the first day of class and the date that the first online quiz opens up. **You will NOT be able to access online quizzes until you have completed the syllabus quiz.** Any quiz deadlines that pass before you complete the quiz will result in a grade of 0% for that quiz. That means that if you do not complete the syllabus quiz, you risk losing out on up to 10% of your final grade. On the other hand, you need to get 100% on this quiz and have unlimited tries to do so, resulting in a guaranteed 2%.

Online Chapter Quizzes (10%)

The online quizzes can be found under the “Quizzes” tab on the LEARN platform. These quizzes are intended to provide you with an opportunity to practice with more challenging material prior to the test (and to encourage you to study!). Only your top 5 Chapter Quiz grades will count toward your final mark. The remaining quiz grade will be removed from the final grade calculation. Online quizzes will be available for a period of 72 hours and will be open book. These quizzes will take approximately 30 minutes to complete. Grades and correct answers will be released once the quiz period has ended.

Online quizzes will not be rescheduled under any circumstances. You have three days to access them. Once a quiz closes you have missed the opportunity to write that quiz and will receive a zero on that quiz.

In-Class Tests (79%)

All tests will be in-class (there is no final) and will not be cumulative (they will only cover the material reviewed since the last test). Tests will include content from both the assigned readings in the textbook and from lecture material. While the lecture material will be guided by the textbook, lectures will include additional materials, videos, and in-class exercises. In-class tests will be closed book and will consist of multiple-choice questions.

Tests will only be rescheduled under very limited conditions; it is your responsibility to read and abide by the following:

1. **You must notify me prior to the test**, by email, if you are unable to write at the scheduled time due to medical or religious circumstances (or at minimum the day of the test). Students who fail to do so will receive a grade of ZERO on the test.
2. You must provide appropriate documentation (see UW Policy Regarding Illness and Missed Tests - a UWaterloo Verification of Illness (VOI) form must be submitted) in order to have a test rescheduled.
3. Rescheduling is at the discretion of the course instructor. VOI form dates will weigh heavily in this decision (e.g., do not expect to write a make-up test one week after your Verification of Illness Form has expired). Tests will typically be scheduled within 2 days of the date on the form.
4. Cheating will not be tolerated.

Psychology and Me (5%)

This is the only written assignment for our course. You will be sharing two examples of how the psychological concepts covered in this course apply to your life. Full details can be found on Learn under the assignments tab.

Experiential Learning (4%) Plus a bonus 2%

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

Contacting the Research Experience Group

Do not contact me with questions about SONA. I don't have the answers. SONA is run centrally through UW and is separate from my work as an instructor. If you have questions after reading through the information below you can contact them at: regadmin@uwaterloo.ca or find additional resources on [their website here](#).

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, students may add up to 6% to their final grade.**

The two options for earning research experience grades; participation in research through online, remotely operated and In Lab studies, as well as article review; are described below. ***Students may complete up to half of the credits through online studies, while the other half will need to be completed through either in lab or remote access studies (similar to In lab but held over video conferencing software.***

Option 1: Participation in Psychology Research

Research participation is coordinated by the Research Experiences Group (REG). Psychology students may volunteer as research participants in remotely operated, 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 Board.

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 remotely operated (replacing in-lab) and 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 Director 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 remotely operated and in-person in lab studies has increment values of 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 at the end of the term the REG Coordinator will provide the course instructor with a credit report of the total credits earned by each student.

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:

[Sona Information on the REG Participants website or you can check the Sona FAQ on the REG website homepage for additional information.](#)

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. The course instructor will specify a suitable source of articles for this course (i.e., scientific journals, newspapers, magazines, other printed media). *You must contact your TA to get approval for the article you have chosen before writing the review.* Each review article counts as one percentage point. To receive credit, you must follow specific guidelines. The article review must:

- **Be submitted before the [last day of lectures](#). Late submissions will NOT be accepted under ANY circumstances.**
- Be typed
- Fully identify the title, author(s), source and date of the article. A copy of the article must be attached.
- Identify the psychological concepts in the article and indicate the pages in the textbook that are applicable. Critically evaluate the application or treatment of those concepts in the article. If inappropriate or incorrect, identify the error and its implications for the validity of the article. You may find, for example, misleading headings, faulty research procedures, alternative explanations that are ignored, failures to distinguish factual findings from opinions, faulty statements of cause-effect relations, errors in reasoning, etc. Provide examples whenever possible.
- Clearly evaluate the application or treatment of those concepts in the article.

Keep a copy of your review in the unlikely event we misplace the original.

BONUS (up to 2% total)

These bonus marks can be earned by participating in the REG research studies (Option 1, see

details above under the Experiential Learning section) or by completing the alternative assignment (Option 2, see details above under the Experiential Learning section).

COURSE SCHEDULE

Week	Date	Topic	Readings
1	May 8 th	Introduction to the course A Brief History and Introduction to Psychology	Chapter 1
<p>Syllabus Quiz: Open now and available until end of term. Must be completed in order to open any of the other quizzes for this course.</p>			
2	May 15 th	Psychology as a Science	Chapter 2 Appendix B
<p>Chapter Quiz 1: Quiz covers Chapter 2 – Psychology as a Science and Appendix B Quiz will open at 11:30 am on Thursday, May 18th, and will close at 11:30 am on Sunday, May 21st</p>			
3	May 23 rd	Neuroscience	Chapter 3
<p>Chapter Quiz 2: Quiz covers Chapter 3 - Neuroscience Quiz will open at 11:30 am on Thursday, May 25th, and will close at 11:30 am on Sunday, May 28th</p>			
4	May 29 th	<p>Part A: 6:30 – 8:00: TEST #1</p> <hr/> <p>Part B: 8:15 – 9:20: Lecture Start Sensation and Perception</p>	<p>Part A: Test Content Chapters 1, 2, 3, and Appendix B along with lecture material</p> <hr/> <p>Part B: Lecture Chapter 5</p>
5	June 5 th	End Sensation and Perception Intelligence	Chapter 5 Chapter 10
6	June 12 th	Learning	Chapter 7
<p>Chapter Quiz 3: Quiz covers Chapter 7 - Learning Quiz will open at 11:30 am on Thursday, June 15th, and will close at 11:30 am on Sunday, June 18th</p>			
7	June 19 th	Human Development	Chapter 4
<p>Chapter Quiz 4: Quiz covers Chapter 4 – Human Development Quiz will open at 11:30 am on Thursday, June 22nd, and will close at 11:30 am on Sunday, June 25th</p>			
8	June 26 th	<p>Part A: 6:30 – 8:00: TEST #2</p> <hr/> <p>Part B: 8:15 – 9:20: Lecture Start Motivation and Emotion</p>	<p>Part A: Test Content Chapters 4, 5, 7, and 10, along with lecture material</p> <hr/> <p>Part B: Lecture Chapter 11</p>
	July 3 rd	NO CLASS THIS DAY	

Week	Date	Topic	Readings
9	July 10 th	End Motivation and Emotion Personality	Chapter 12
Chapter Quiz 5: Quiz covers Chapter 12 - Personality Quiz will open at 11:30 am on Thursday, July 13 th , and will close at 11:30 am on Sunday, July 16 th			
10	July 17 th	Mental Health Stress, Coping, and Health	Chapter 14
11	July 24 th	Psychological Disorders Treatment of Psychological Disorders	Chapter 15 Chapter 16
Chapter Quiz 6: Quiz covers Chapter 16 – Treatment of Psychological Disorders Quiz will open at 11:30 am on Thursday, July 27 th , and will close at 11:30 am on Sunday, July 30 th			
12	July 31 st	Part A: 6:30 – 8:00: TEST #3 <hr/> Part B: Nothing! We're done!	Part A: Test Content Chapters 11, 12, 14, 15, and 16 along with lecture material

IMPORTANT DATES TO REMEMBER

Please note that there are two Monday holidays during this course period. Classes have been rescheduled for those days.

Monday, May 22nd is a holiday. Class will instead take place on **Tuesday, May 23rd**.

Monday, July 3rd is a holiday. Class will instead take place on **Monday, July 31st**.

Students are encouraged to review the [Academic Calendar](#) for information regarding all important dates, deadlines, and services available on campus.

POLICY ON LATE WORK, MISSED ASSIGNMENTS, AND MAKE-UP TESTS

Tests will only be rescheduled under very limited conditions. As only 5 of the 6 chapter quizzes will count toward your final grade, and you have 72 hours to complete each one, any quizzes not completed within that timeframe will not be rescheduled. Remember, you **MUST** complete and score 100% on the syllabus quiz prior to being able to access the chapter quizzes. See additional details under Tests and Quizzes under the Learning Activities, Assignments, Tests, Quizzes and Examinations portion of this document. There is no extension for the Psychology and Me assignment as you have almost the full term to complete it.

ATTENDANCE POLICY

Attendance will not be monitored in this class and you will not earn marks for coming to class. You will, however, do much better on the course assessments if you have attended class and engaged in the lectures each week.

ELECTRONIC DEVICE POLICY

We will be using an online survey platform in this class. You will need a laptop, tablet, or phone if you wish to participate in these activities (it is not mandatory). In the spirit of creating a classroom environment conducive to listening and learning, I ask all students to restrict your laptop use during lectures to note-taking, and to silence your phones and other devices.

INTELLECTUAL PROPERTY

The educational materials developed for this course, including, but not limited to, lecture notes and slides, handout materials, examinations and assignments, and any materials posted to LEARN, are the intellectual property of the course instructors. These materials have been developed for student use only and they are not intended for wider dissemination and/or communication outside of a given course. Posting or providing audio, video, or textual material of course content to third-party websites is prohibited and violates instructors' intellectual property rights, and the [Canadian Copyright Act](#). Recording lectures in any way is not allowed unless specific permission has been granted by instructors.

OTHER IMPORTANT INFORMATION

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. Check www.uwaterloo.ca/academicintegrity/ for more information.

Cheating in any way is unacceptable. If caught, I will inform the associate dean and take the appropriate actions.

Grievance: A student who believes that a decision affecting some aspect of their university life has been unfair or unreasonable may have grounds for initiating a grievance. Read the St. Jerome's University Policy on [Student Petitions and Grievances](#). When in doubt, please be certain to contact the St. Jerome's Advising Specialist, Student Affairs Office, who will provide further assistance.

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing an academic offence, and to take responsibility for their actions. Check www.uwaterloo.ca/academicintegrity/ for more information. 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 instructor, academic advisor, or the Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under the St. Jerome's University Policy on [Student Discipline](#). For information on categories of offences and types of penalties, students should refer to University of Waterloo [Policy 71, Student Discipline](#). For typical penalties, check the [Guidelines for the Assessment of Penalties](#).

Appeals: A decision made or penalty imposed under the St. Jerome's University Policy on

Student Petitions and Grievances (other than a petition) or the St. Jerome's University Policy on Student Discipline may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to the St. Jerome's University Policy on [Student Appeals](#).

Note for students with disabilities: [AccessAbility Services](#), located in Needles Hall (Room 1401) at the University of Waterloo, 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 AccessAbility Services at the beginning of each academic term.

Mental health services

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

On Campus:

- Counselling Services: counselling.services@uwaterloo.ca / 519-888-4567 x32655
- **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: 519-749-4300 x6880
- **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 x213

Full details can be found online on the Faculty of Arts [website](#).

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

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