

# PSYCHOLOGY 1000: INTRODUCTORY PSYCHOLOGY

## FW 2023-2024, Section 006

*Tuesdays and Thursdays, 10:00am – 11:15am, 4M31*

### Professor

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Office hours: Tuesdays and Thursdays, 11:30am – 12:00pm, or by appointment

### Subject Pool Supervisor

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### Course Description

Introductory Psychology is a full-year course providing a basic overview of the different areas of psychology. Psychology is a very complex field involving the study of behaviour from a biological, cognitive, and social perspective. This course will involve lectures related to the scientific method, the brain and behaviour, sleep, perception, memory, emotion, social interactions, human development, personality, and conditions such as depression and schizophrenia.

### Required Items

Textbook: Krause, M., Corts, D., & Smith, S. (2024). *An Introduction to Psychological Science (4th Canadian edition)*. Toronto: Pearson.

The online version of this textbook is currently available through Pearson Education Canada's website. Please select the "Revel" version of the book. Purchase codes can be accessed at the campus bookstore.

### Course Webpage and Email

The lecture notes, syllabus, and grades can all be found on the course's Nexus webpage. If you are registered for this course, you should be able to access this webpage. It is possible to send messages to your professor using Nexus.

If you wish to use email to contact your professor, please use your assigned University of Winnipeg email address (e.g., [Name@webmail.uwinnipeg.ca](mailto:Name@webmail.uwinnipeg.ca)). If you use a different email address (e.g., hotmail), it is possible that your message will be quarantined by the university's aggressive spam filter and will not be received by the professor.

## Method of Course Delivery

The lectures for this course are scheduled to be delivered in person, although it is possible that health restrictions may require the use of remote learning. Students can find answers to frequently ask questions related to remote learning here:

<https://www.uwinnipeg.ca/covid-19/remote-learning-faq.html>

*In the unlikely event that the professor is unable to attend a lecture (e.g., due to COVID), the lecture will be delivered via Zoom. A Zoom link will be posted to the course Nexus page prior to the lecture. These lectures will be recorded and posted to Nexus.*

## Grade Components

Six (6) exams (95% of the final grade)– these exams will all have equal weighting and will make up 95% of your final grade (so each exam is worth approximately 16% of your final grade). Exams are NOT cumulative. Tests will assess BOTH material from the textbook and the lectures. Please bring your student ID card with you to the exam.

Research Requirement (5% of the final grade) – All students are expected to fulfill the Research requirement by completing six credits worth of psychology experiments or six credits worth of research article reviews. This component of the course is worth 5% of your final grade. Students who complete this requirement will receive all 5%. Students who do not complete this requirement will receive 0%. There are no part marks for partial completion of this component of the course. Please see attached sheets at the end of this course outline for more subject-pool information.

## Grades

Please note carefully that the cutoffs provided below are tentative guidelines that the course instructor will follow, but unofficial grades based on these tentative guidelines below do not necessarily correspond to the official final grades awarded by the University administration. The Department of Psychology, the University of Winnipeg Senate, and the Registrar retain the right to modify grading cutoffs in cases involving unreasonably lenient (or difficult) exams, exceptionally skewed grade distributions, and other unusual circumstances. In most cases official final grades correspond quite closely to the unofficial grades based on the cutoffs provided below. Please be advised that this is not always, or necessarily, the case, however. The following should therefore be interpreted as unofficial cutoffs, not final official grading cutoffs for this course.

A+	94 – 100% (discretionary: usually only 1 - 4 people per course section)
A	87 – 93.5%
A-	80 – 86.5%
B+	75 – 79.5%
B	70 – 74.5%
C+	65 – 69.5%
C	60 – 64.5%
D	50 – 59.5%
F	0 – 49.5%

### Example Final Grade Calculations

Jessica received the following scores on her six exams: 80, 70, 65, 85, 75, and 80. She also completed all of her psychology experiment credits (so, 5% on that component of the course). Her final grade would be: 77%, or a grade of B+.

Bubba received the following scores on his six exams: 65, 73, 81, 59, 70, and 75; but, he did not complete the psychology experiment requirements and therefore receive 0% on that component of the course. His final grade would be: 67%, a grade of C+.

### **Tentative Exam Dates and Readings**

A more detailed, tentative list of lecture topics will be provided separately. The first three exams are tentatively scheduled for the dates listed below. You will be responsible for materials covered in the lectures, as well as for material from the textbook listed below (each chapter of the textbook is divided up into a number of modules):

**EXAM 1:** Thurs., Oct. 5 – Chapters 1-3

**EXAM 2:** Tues., Nov. 7 – Chapter 4-5

**EXAM 3:** Date to be announced (during the Fall 2023 exam period: December 7-20) – Chapters 6-8 (excluding Module 8.1)

**EXAM 4:** Tuesday, February 6 – Chapters 9, 10, and 13

**EXAM 5:** Tues., March 12 – Chapters 11-12

**EXAM 6:** Date to be announced (during the Winter 2024 exam period: April 11-24) – Chapters 14-16)

Calculators, dictionaries, and other hand-held devices cannot be used during exams without the consent of the professor. Students may be asked to show photo identification (such as the University of Winnipeg student card) when writing a test or examination.

### **Missed Exams and Alternative Exam Dates**

If you are ill or have a family emergency, a make-up exam can be scheduled by contacting the professor BEFORE the time of the exam (by telephone or e-mail). If you contact the instructor within 48 hours of missing an exam, it will be possible to write a make-up exam, with a 15% penalty (i.e., if you scored 80% on the make-up exam, it will be listed as 65% on the grade sheet). This penalty is to prevent students from taking an extra two days to study when their peers wrote the exam on time. If the instructor is not contacted within 48 hours of the missed exam, the student will receive a grade of 0 for that test.

Students may choose not to attend classes or write examinations on holy days of their religion, but they must notify their instructors at least two weeks in advance. Instructors will then provide an opportunity for students to make-up work and/or examinations without penalty. A list of religious holidays can be found in the 2023-2024 Academic

Calendar, in the section, **Important Notes**

(<https://www.uwinnipeg.ca/academics/calendar/docs/important-notes.pdf>).

\*\*\**Make-up tests or extra assignments are NOT given on the basis of a “less than expected” grade.*\*\*\*

### **Other Important Dates**

Sept. 5 – Lectures begin for this course

Oct. 9-13 – Fall Semester Reading Week (no classes)

Nov. 30 – Last lecture of the Fall semester *for this course*

Jan. 9 – Lectures begin for the Winter semester *for this course*

**Feb. 16 – Final day to withdraw from courses without penalty**

Feb. 19-23 – Winter Semester Reading Week (no classes)

Apr. 4 – Last Psychology 1000 lecture

Note: Withdrawal from the course prior to the voluntary withdrawal date does not guarantee that the student will receive a tuition refund.

Please note that University is closed for holidays (i.e., there are no classes) on the following dates:

- September 30, 2023 (Truth and Reconciliation Day)
- October 9, 2023 (Thanksgiving)
- November 11, 2023 (Remembrance Day)
- December 23, 2023—January 8, 2024 (December break)
- February 19, 2024 (Louis Riel Day)
- March 29, 2024 (Good Friday)

### **Academic Misconduct**

Students should be familiar with various items in the Regulations and Policies section of the Course Calendar dealing with academic regulations and policies including Senate appeals and academic misconduct (e.g., plagiarism, cheating). The information is available at:

<https://www.uwinnipeg.ca/academics/calendar/docs/regulationsandpolicies.pdf>.

Please note that uploading essays, exams, and other assignments to essay vendor or essay trader sites (file sharing sites that are known providers of essays for use by others who submit them to instructors as their own work) involves “aiding and abetting” plagiarism. Students who do this can be charged with Academic Misconduct. Similarly, the use of AI tools such as ChatGPT for assignments is strictly forbidden.

Students are to read the appropriate items in Section VII of the General Calendar dealing with the Senate regulations on student discipline and grade appeals.

### **Avoiding Copyright Violation**

Course materials are owned by the instructor who developed them. Examples of such materials are course outlines, assignment descriptions, lecture notes, test questions, and presentation slides. Students who upload these materials to file sharing sites, or in any other way share these materials with others outside the same class without prior permission of the instructor/presenter, are in violation of copyright law and University policy. Students must also obtain instructor/presenter permission before photographing or recording slides, presentations, lectures, and notes on the board.

### **Services for Students with Disabilities**

Students with documented disabilities, temporary or chronic medical conditions, requiring academic accommodations for tests/exams or during lectures/laboratories are encouraged to contact Accessibility Services (AS) at 204.786.9771 or <https://www.uwinnipeg.ca/accessibility-services/> to discuss appropriate options. All information about a student's disability or medical condition remains confidential.

### **Respectful Workplace Information**

All students, faculty, and staff have the right to participate, learn, and work in an environment that is free of harassment and discrimination. The UW Respectful Working and Learning Environment Policy may be found online at [www.uwinnipeg.ca/respect](http://www.uwinnipeg.ca/respect).

### **Scent-Free Classrooms**

We ask that you please be respectful of the needs of classmates and instructors/professors by avoiding the use of unnecessary scented products while attending lectures. Exposure to scented products can trigger serious health reactions in persons with asthma, allergies, migraines or chemical sensitivities. Please consider using unscented products and avoiding unnecessary products that are scented (e.g., perfume).

**PLEASE SEE THE RESEARCH REQUIREMENT DOCUMENT TO LEARN MORE ABOUT THE PSYCHOLOGY 1000 RESEARCH REQUIREMENT (see next page).**

## 2023-24, INTRODUCTORY PSYCHOLOGY RESEARCH REQUIREMENT

Psychology is a data-driven discipline. To become better acquainted about how data is gathered and interpreted, all introductory psychology students are required to participate in research studies and/or review selected research articles. This requirement will give you a deeper experiential understanding of the scientific research process. Your time and effort will be greatly appreciated by the Psychology honours students who must complete a research thesis to graduate, and if you are a future honours student, this will give you a taste of what awaits in your final year!

We want your participation to be an interesting learning experience and are interested in your feedback. Concerns and questions about this requirement can always be directed to the **SONA coordinator**, [n.alahakoon@uwinnipeg.ca](mailto:n.alahakoon@uwinnipeg.ca). (Not to your professor.) Ethical concerns related to study participation may be directed to the psychology department research ethics chair: [ethicspsyc@uwinnipeg.ca](mailto:ethicspsyc@uwinnipeg.ca).

In brief, to complete this requirement you must earn at least **6.0 research credits by the end of your course (specific due dates below)**. Your credits are recorded in a program called **SONA**. SONA has a FAQ tab (frequently asked questions) with answers to common questions. At the start of class, you'll receive access to SONA via an email sent to your student webmail. The 6.0 credit requirement or online limits may be adjusted mid-term on a section-by-section basis based on unanticipated factors such as study availability, but will not be adjusted on an individual basis.

In **NEXUS**, you should see a separate course called PSYC1000 Introductory Psychology Research Requirement. This is additional to your lecture class section. You can find everything you need to know about the subject pool requirement in NEXUS. For example, this is where you might access the journal articles you might want to review.

### WHEN TO START AND FINISH

#### **Your 6 research credits must be earned by:**

**Sections entirely in the fall term: December 11, 2023**

*Articles submitted after December 6<sup>th</sup> are not guaranteed feedback before the submission deadline.*

**Sections spanning the fall and winter: April 10, 2024**

*Articles submitted after April 6<sup>th</sup> are not guaranteed feedback before the submission deadline.*

**Sections entirely in the winter term: April 10, 2024**

*Articles submitted after April 6<sup>th</sup> are not guaranteed feedback before the submission deadline.*

#### **Note to students who are enrolled in-person sections**

**To ensure a well-rounded learning experience, a maximum of 3.0 of your 6.0 credits can be earned via online studies.**

Feel free to start looking at SONA as soon as possible. If you log into SONA and don't see studies, then there are simply none available at the moment, or timeslots in current studies are all full ... just keep checking. Throughout the course you may receive emails when a new study is posted. If at the end of term, you find yourself short of credits you can make them up by doing article reviews. *If you drop this course and are still receiving SONA messages, just send the coordinator a quick note to remove you.*

### HOW THIS ASSIGNMENT AFFECTS YOUR GRADE

**The research requirement is worth 5% of the grade in the course and is based on a PASS or INCOMPLETE basis. "PASS" means receive 5% and INCOMPLETE means receive 0%.**

*In other words, when you earn 6.0 research credits in SONA, you PASS and receive the full 5% as your mark for the research requirement. If you have fewer than 6.0 credits at the end of the course you receive 0% as your mark for the research requirement.*

### WAYS TO OBTAIN CREDITS

There are three ways of fulfilling the research requirement. You may choose any combination of the options below to achieve 6 credits.

1. Participation in online or on-campus research studies: You'll view a list of studies posted in SONA and sign-up for a time slot (*not during your PSYC 1000 class time*). Carefully read the study description and requirements, and note any pre-requisites and eligibility requirements (e.g., only red-headed males owning pet turtles). **Studies have variable credit values at the rate of 1.0/hour in 30 minute increments.** For example, studies taking 30 minutes or less are worth 0.5 of a credit and those taking between 31 and 60 minutes are worth 1.0. Some longer or two-part studies are worth more than 1.0 credit, proportional to the time required. *n.b.*, Please cancel any sign-up that you cannot attend—even for on-line studies—to avoid a 'no-show' penalty (see below).
2. Journal Article Reviews: **1.0 credit for each satisfactory review.** In the Research Requirement link in **Nexus** there are 10 articles to choose from, which are listed at the end of this document and are found in your **Nexus** site as reserved readings. Choose an article and answer three questions using the Review Form, in Nexus (instructions are also on the form). **Your review should summarize the research findings in the article and provide evidence from the article.** They are graded on a PASS/FAIL basis, and the credit for each satisfactory review is posted in your SONA account. **Use of AI tools is prohibited.**
3. Observation of Research Studies: The observer-only option is for students who want to complete and learn about the procedures of a research study but prefer to not have their results used for research. Observers do everything that active study participants do, however, they must inform the researcher in advance (or as soon as is practicable) that they are opting for only observer status. The researcher will then not use their results.

Although this option is available for most studies, some studies cannot accommodate observers.

### **INITIAL SETUP**

**If you're registered in the class, then a SONA account will be automatically set up for you.** During the first week of classes **your @webmail.uwinnipeg.ca** will receive a message containing a user ID and a temporary password to activate your SONA account. Your very first login will require that temporary password and you'll create your own password to use going forward. (The procedure is the same for a forgotten password.) In SONA, for anonymity, you will be known to researchers only by a unique 5-digit Identity Code and you'll need to know this ID number when participating in any study. Activating your account also involves completing a short pre-screen questionnaire that asks various background and demographic questions (e.g., gender). These responses may be used when studies are recruiting specific groups of participants. These questions are optional but completing them may increase your eligibility for some studies.

***If you do not receive an e-mail with your user ID on the specified dates below, contact the coordinator, not your professor!***

***Fall, Fall-Winter students: September 20, 2023***

***Winter students: January 18, 2024***

### **MISSED APPOINTMENTS**

To respect people's time, and to not disadvantage other students who could take your spot, please cancel appointments that you cannot attend – **including studies on-line.** You don't need to give a reason to cancel/remove your signup before the timeslot closes. Researchers will also try to email participants if a study is cancelled, so try to look out for those. Appointment reminders are automatically e-mailed to you the night before your session.

Therefore, if you do not cancel before your appointment SONA will *assess you a no-show penalty* (a credit takeaway) equal to the credit value of the study. Cancelling in SONA is easy as long as it is before the cancellation deadline. Cancelling in advance also allows you to sign up for any future timeslot which might be available for that study.

If for some reason you cannot cancel before the appointment deadline, as soon as possible contact the study researcher via SONA or the SONA coordinator by e-mail explaining the circumstances. You may receive an "excused" no-show instead.

### **CALCULATION OF CREDITS AND PENALTIES**

The 'Credits Earned' number shown on your SONA profile is your running total, including any credit penalties assessed against you. The 'Credits Needed' number is



the assignment's total credit requirement, *not* the amount of credits *that you still need*. The number of credits you still need is the difference between credits earned and credits needed. A credit-penalty is the loss of that study's credit value due to a no-show. For example, if you signed up for a study but you didn't show up and you didn't cancel in SONA, then the result is two-fold, no credit is earned for that study, *plus* the credit value for that missed study is *deducted* from your account. **You will not be able to receive credit twice for the same study.**

Your 6.0 credits may be earned via SONA (participation or observation) and/or Article Reviews. Once you have 6.0 credits, you are done and it's best if you leave the spots for others because there is no grading benefit to completing >6 credits. Once classes are finished your requirement results (pass or incomplete) will be reported to your professor.

### SELECTION OF JOURNAL ARTICLES TO REVIEW

1. Berridge et al., C. W. (2016). Liking, wanting, and the incentive-sensitization theory of addiction. *American Psychologist*, *71*, 670–679.
2. Dolinski, D. et al (2017). Would you deliver an electric shock in 2015? Obedience in the experimental paradigm developed by Stanley Milgram in the 50 years following the original studies. *Social Psychological and Personality Science*, 1-7. DOI: 10.1177/1948550617693060
3. Fredrickson, B. (2003). The value of positive emotions: The emerging science of positive psychology is coming to understand why it's good to feel good. *American Scientist*, *91*, 330-335.
4. Haslam, N. (2015). Biogenetic explanations of mental disorder: The mixed-blessings model. *Current Directions in Psychological Science*, *24*, 399–404.
5. Melzack, R. (1992, April). Phantom limbs. *Scientific American*, 120-126.
6. Nairne, J.S. et al. (2017). Remembering the living: Episodic memory is tuned to animacy. *Current Directions in Psychological Science*, *26*, 22–27.
7. Rapp, D.M. (2016). The consequences of reading inaccurate information. *Current Directions in Psychological Science*, *25*, 281-285.
8. Rodier, P.W. (2000, February). The early origins of autism. *Scientific American*, 56-63.
9. Soto, C. J. et al. (2015). Personality traits in childhood and adolescence: Structure, development, and outcomes. *Current Directions in Psychological Science*, *24*, 358–362.
10. Steele, C. M. (1999, August). Thin ice: "Stereotype threat" and Black college students. *The Atlantic Monthly*, 44-54.

Students are encouraged to attend one of the following sessions (via Zoom) to learn more about the Introductory Research Requirement or to clarify any questions you may have.

**Session 1: Friday, September 8, 2023- 2:00- 3:00 p.m.**

<https://us06web.zoom.us/j/83630410445>

Meeting ID: 836 3041 0445

Passcode: 1000

**Session2: Monday, September 11, 2023- 12:30-1:30 p.m.**

<https://us06web.zoom.us/j/87604169130>

Meeting ID: 876 0416 9130

Passcode: 1000

**Session 3: Tuesday, September, 12, 2023- 2:00-3:00 p.m.**

<https://us06web.zoom.us/j/82472445765>

Meeting ID: 824 7244 5765

Passcode: 1000