

Faculty of Health - Department of Psychology
PSYC 1010 6.0 M: INTRODUCTION TO PSYCHOLOGY
Monday and Wednesday 2:30-5:30pm
Location: Mondays: ACE - 001 (Accolade East)
Wednesdays: Curtis Lecture Hall - F
Winter 2024

Instructor: Dr Rebecca Jubis

Office: Rm 251 B.S.B. (Behavioural Sciences Building)

Office Hours: by appointment

Email: jubis@yorku.ca Be sure to indicate your course, section, and sign with your full name. (please do **not contact me via eClass** – you will not get a response).

Teaching Assistants (TAs): students are assigned to a given teaching assistant (TA) and their contact information is provided on eClass.

Psychology Undergraduate Office: Rm 291 BSB; psyc@yorku.ca or call 416-736-5117

Course Prerequisites: None.

Course Credit Exclusions: please refer to [York Courses Website](#) for a listing of any course credit exclusions.

Course website: eClass.yorku.ca

Course Description:

This course will guide you on a journey to learning about human behaviour and mental processes. Psychology is a very broad field ranging from the study of the biological basis of behaviour to the study of complex social interactions. This course will provide you with a sampling of a wide variety of topics, concepts, theories, and methods of research that form part of contemporary Psychology. Among the topics covered will be: personality, memory, social behaviour, learning, intelligence, and psychological disorders.

Psychology does not have definitive solutions to our personal and societal problems, nor does it have definitive answers to questions like, “What makes me behave the way I do?” Nevertheless, it is a valuable tool for better understanding the causes and consequences of behaviour. Hopefully, this course will provide you with a greater appreciation of the intricacies of human behaviour and the difficulties that psychologists encounter in conducting behavioural research.

Program Learning Outcomes:

Upon completion of this course, students should be able to:

1. Define psychology and explain how it meets the criteria of science.
2. Recognize key concepts, methods, theories and assumptions in psychology.
3. Describe basic characteristics of the scientific method in psychology.
4. Discern differences between personal views and scientific evidence.

REQUIRED TEXT:

David G. Myers and C. Nathan Dewall (2021). Psychology: 13th edition in **MODULES**, Worth Publishers (**NOT the regular chapter version**)

Instructions for accessing the textbook can be found on eClass under “Day1Digital”.

The text is bundled with Achieve, an excellent online resource that helps you study and prepare for tests by including practice quizzes, video activities, flashcards etc. Although there is no obligation to use Achieve, I highly recommend it.

SUMMARY OF COURSE ASSESSMENTS and ASSIGNED MODULES:

(a detailed account can be found at the end of this document.)

ALL TESTS ARE IN-PERSON AND ARE HELD ON WED. AT 2:30pm IN CLH-F.

TEST 1 – Wed, Jan 24 (worth 25%) Modules 1-3; Modules 44-46;

TEST 2 - Wed, Feb 14 (worth 25%) Modules 20-22; Modules 40-43; Modules 7-9; Modules 4-6; Video “Power of the Situation”

TEST 3 – Wed, Mar 13 (worth 26%) Modules 23-25; Modules 26-27; Modules 28-30; Modules 31-34 (but only section 33-6 in Module 33); Modules 35-37; Video “Testing and Intelligence”

TEST 4 – Wed, Apr 3 (worth 20%) Modules 38-39; Modules 47-52; Modules 53-55; Modules 17-19

URPP – (Research Participation) (worth 4%)

Deadline to notify your TA that you want to set up an appointment to discuss any of your tests – Apr. 3

INFORMATION ABOUT COURSE ASSESSMENTS:

There will be 4 tests and URPP participation.

A) TESTS

There will be a total of 4 non-cumulative tests worth 25%, 25%, 26% and 20%, respectively. Tests will consist of multiple-choice and short-answer questions. Test 2 and Test 3 will include one or two multiple-choice questions from an assigned 30-min video (videos are discussed

below). Tests will be based on material from the text and lectures. (Lectures will sometimes contain material not covered in the text but there's considerable overlap.)

DETAILS ABOUT MISSING A TEST

If you miss a test, it must be for a valid reason and you must have appropriate documentation to support your absence.

If you miss a test for medical reasons, your physician must complete an **Attending Physician Statement (APS)** which can be found at:

<http://myacademicrecord.students.yorku.ca/pdf/attending-physicians-statement.pdf> (or downloaded from eClass). To be deemed valid, it must contain the **doctor's signature, office stamp** and be **dated close to the time** of illness. **Alternative medical notes will not be accepted.**

***If you miss a test, you must notify your TA (TA contact information is posted) and COPY ME on that email (jubis@yorku.ca) NO LATER THAN 48 HOURS AFTER THE TEST. (If you fail to do so, you will not be eligible to write a make-up test).**

***As soon as you have obtained your completed APS, email it to your TA and copy me on that email (jubis@yorku.ca).**

***If you miss a second test, you will be given 0% for that test.**

THERE WILL BE ONE SESSION FOR MAKE-UP TESTS NEAR THE END OF THE TERM. The date will be provided at a later time. Please note that the make-up tests are not necessarily the same as the original tests.

B) UNDERGRADUATE RESEARCH PARTICIPATION POOL (URPP)

There are two options: research participation or the “paper stream” option.

A link to URPP information will be set up on our course website as soon as that information becomes available. It will provide you with instructions about how to register with URPP, important URPP rules, as well as important dates and deadlines.

Research Participation

The Department of Psychology requires that students earn 4% of their final grade by participating in research or by analyzing a published research report (see below). This research is conducted by faculty and graduate students and has received ethical approval. This 4% is earned by participating in a total of 4 hrs (4 credits) of research. Each hour of participation is worth 1 credit = 1%. **If you participate in an in-person study (rather than an online one), you will automatically get an extra 1 credit for that study.** If you don't complete the full 4 credits, you will be given marks for what you actually completed.

You are strongly encouraged to partake in this research. Not only does it give you the opportunity to experience what types of studies are conducted in Psychology, but 4% can make a

difference in your letter grade! Do not wait until the last minute to participate because your choices might be limited, and all available studies might be filled.

URPP opens on Jan 8 and the last day to participate in the fall term is Apr 12.

“Paper Stream” Alternative

For this alternative, you must analyze a published psychology research article that will be assigned to you by the URPP office after you **notify them of your preference for this option**. You can earn up to 4% but the actual grade that you will receive will depend upon the quality of your paper.

IMPORTANT: If you choose this option, you must notify URPP (urpp@yorku.ca) of your choice by Feb 12. The due date for the paper is Apr 8.

It is your responsibility to ensure that URPP has assigned you the proper credits (you can simply check your URPP account), and report any discrepancies to urpp@yorku.ca directly.

Be sure to provide your **correct course section** when you register with URPP. Otherwise, you will not receive credit for your participation because they won't recognize you.

MODE OF INSTRUCTION

Lectures

Lectures will be **in-person**, and there will be no posted lecture recordings. I will, however, post slides that pertain to lecture material. I want to emphasize that these **slides should NOT be considered a substitute for attending live lectures**. If you miss a lecture, the slides will give a good indication of what topics were covered in the lecture.

The “topic boxes” on eClass are labeled using the main topic areas in your text (for example, “The Story of Psychology...”, “Biology of Mind”, “Personality” etc). Each “topic box” will contain a pdf file of printable slides from my lectures that relate to the topic.

Question and Answers (Q&A) Sessions

There will be some optional Q&A sessions that will take place via Zoom outside of lecture time, and these sessions will be recorded and posted on eClass. To access them or view the recordings, see the Q&A “topic box” on eClass. The schedule and modules covered will be announced at a later time.

In order to access the live Q&A sessions on Zoom or view the Q&A recordings that will be posted afterward, your Zoom account must be linked to your Passport York account. For instructions on how to do this, go to the following:

https://lthelp.yorku.ca/94581-zoom/signing-in-to-your-zoom-at-yorku-website-dashboard-from-the-main-zoom-website?from_search=50849744

Supplemental Materials:

Under the different topic headings posted on eClass, you will sometimes find additional helpful and interesting resources that relate to course material. These include exercises to test your understanding of the textbook material, and short video-clips that demonstrate some of the concepts presented in the text. (You will not be tested on this material, but I urge you to check it out).

Achieve is an excellent on-line resource that is bundled with your text. Though you are not required to use it, I recommend it because it includes great study tools such as **quizzes, flashcards, video activities** etc.

Zoom:

Should you need to meet with your TA you can do so either in person or via Zoom. If you need help with Zoom, please see: [Zoom@YorkU User Reference Guide](#). **If you want to look over any of your written tests, you will have to meet in person.**

On-Line Open-Forum Discussion:

You can participate in a general discussion forum on eClass where you are free to discuss with classmates, course-related issues or any psychology-related topic or concern.

Videos for Testing Purposes:

You will be required to view one video for Test 2 and for Test 3 (they are relevant to some of the topics that we will be covering). Links to these 30-min long videos are posted on eClass. One or two multiple-choice questions from a given video will be asked on a test and the questions will be quite general in nature. If you have trouble accessing the videos try “googling” the title.

<u>Video #</u>	<u>Title</u>	<u>Test</u>
19	The Power of the Situation	Test 2
16	Testing and Intelligence	Test 3

Important Information about Grades:

If you require a particular grade in this course, please work now towards attaining it. This course does not offer extra assignments or tests at the end of the course to accommodate students who are a few marks short of their desired grade.

A letter grade will be “rounded up” when calculating your overall final grade if your final percentage ends in .50 or higher. For example, if your final grade is 74.50% it will be rounded up from a B to a B+. However, if your final percentage is 74.38% for example, your letter grade will remain a B. You must draw the line somewhere and .50% is the designated cut-off.

Grading as per Senate Policy:

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests will bear

either a letter grade designation or a corresponding number grade:

A+= 90-100, A=80-89, B+=75-79, B=70-74, C+=65-69, C=60-64, D+=55-59, D=50-54, E= 40-49, F=below 40

Add/Drop Deadlines

The deadline to drop the course so that it does not appear on your transcript is March 11.

For a list of all important dates please refer to:

<https://registrar.yorku.ca/enrol/dates/2023-2024/fall-winter>

	Fall (F)	Year (Y)	Winter (W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept 20	Sept 20	Jan. 22
Last date to add a course with permission of instructor (also see Financial Deadlines)	Sept 28	Sept 28	Jan 31
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 8	Feb. 8	March 11
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 9- Dec. 5	Feb. 9 – April 8	March 12- April 8

Add and Drop Deadline Information

There are deadlines for adding and dropping courses, both academic and financial. Since, for the most part, the dates are **different**, be sure to read the information carefully so that you understand the differences between the sessional dates and the [Refund Tables](#).

You are strongly advised to pay close attention to the "Last date to enrol without permission of course instructor" deadlines. These deadlines represent the last date students have unrestricted access to the registration and enrolment system. After that date, you must contact the Psychology Department (psyc@yorku.ca) to arrange permission.

You can drop courses using the registration and enrolment system up until the last date to drop a course without receiving a grade (drop deadline).

You may [withdraw from a course](#) using the registration and enrolment system after the drop deadline until the last day of class for the term associated with the course. When you withdraw from a course, the course remains on your transcript without a grade and is notated as 'W'. The withdrawal will not affect your grade point average or count towards the credits required for your degree.

Academic Accommodations for Students with Disabilities

IF YOU ARE A STUDENT WITH A DOCUMENTED DISABILITY AND HAVE SPECIAL ACCOMMODATIONS, YOU MUST IMMEDIATELY SCHEDULE ALL TESTS WITH THE ALTERNATIVE EXAMS CENTER to ensure that everything is in place when the time comes.

While all individuals are expected to satisfy the requirements of their program of study and to aspire to do so at a level of excellence, the university recognizes that persons with disabilities may require reasonable accommodation to enable them to do so. The university encourages students with disabilities to register with *Student Accessibility Services (SAS)* to discuss their accommodation needs as early as possible in the term to establish the recommended academic accommodations that will be communicated to Course Directors as necessary.

<https://accessibility.students.yorku.ca/>

Excerpt from Senate Policy on Academic Accommodation for Students with Disabilities:

1. Pursuant to its commitment to sustaining an inclusive, equitable community in which all members are treated with respect and dignity, and consistent with applicable accessibility legislation, York University shall make reasonable and appropriate accommodations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. This policy aims to eliminate systemic barriers to participation in academic activities by students with disabilities.

All students are expected to satisfy the essential learning outcomes of courses. Accommodations shall be consistent with, support and preserve the academic integrity of the curriculum and the academic standards of courses and programs. For further information please refer to: [York University Academic Accommodation for Students with Disabilities Policy](#).

Academic Integrity for Students

York University takes academic integrity very seriously; please familiarize yourself with [Information about the Senate Policy on Academic Honesty](#).

It is recommended that you review Academic Integrity by completing the Academic Integrity Tutorial: <https://spark.library.yorku.ca/academic-integrity-what-is-academic-integrity/> and Academic Honesty Quiz: <https://eclass.yorku.ca/course/view.php?id=57158>

Test Banks

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as “Cheating in an attempt to gain an improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or “encouraging,

enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

Course Materials Copyright Information

Course materials, lecture notes, assignments etc are designed for use as part of this course at York University and are the intellectual property of the instructor unless otherwise stated. **You are forbidden to post any of my course materials on any information-sharing site.**

I am the copyright holder for all slides and course recordings. Students do not have permission to duplicate, copy and/or distribute the recordings outside of the class (these acts can violate not only copyright laws but also [FIPPA](#) and intellectual property rights.

Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law. Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement](#).

Calumet and Stong Colleges’ Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students’ [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges’ Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email scchelp@yorku.ca, and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).

- Are you receiving our weekly email (Subject: “Calumet and Stong Colleges - Upcoming events”)? If not, please check your Inbox and Junk folders, and if it’s not there then please contact ccscadm@yorku.ca, and request to be added to the listserv. Also, make sure to add your ‘preferred email’ to your [Passport York personal profile](#) to make sure you receive important news and information.

- **The following are some useful links for you regarding computing information, resources and help:**
- [Student Guide to eClass](#)
- [Zoom@YorkU Best Practices](#)
- [Zoom@YorkU User Reference Guide](#)
- [Computing for Students Website](#)

Continued.....

LIST OF ASSIGNED MODULES FOR EACH TEST (1010M)

THE STORY OF PSYCHOLOGY

Module 1 – What is Psychology?

THINKING CRITICALLY WITH PSYCHOLOGICAL SCIENCE

Module 2 – Research Strategies: How Psychologists Ask and Answer Questions

Module 3 – Statistical Reasoning in Everyday Life

PERSONALITY

Module 44 – Introduction to Personality and Psychodynamic Theories

Module 45 – Humanistic Theories and Trait Theories

Module 46 – Social-Cognitive Theories and the Self

TEST 1 – Wed, Jan 24; Location: Curtis Lecture Hall – F (CLH-F)

Modules 1-3; Modules 44-46

LEARNING

Module 20 – Basic Learning Concepts and Classical Conditioning

Module 21 – Operant Conditioning

Module 22 – Biology, Cognition, and Learning

SOCIAL PSYCHOLOGY

Module 40 – Social Thinking

Module 41 – Social Influence

Module 42 – Antisocial Relations

Module 43 – Prosocial Relations

CONSCIOUSNESS AND THE TWO-TRACK MIND

Module 7 – Basic Consciousness Concepts

Module 8 – Sleep and Dreams

Module 9 – Drugs and Consciousness

THE BIOLOGY OF MIND

Module 4 – Neural and Hormonal Systems

Module 5 – Tools of Discovery, Older Brain Structures, and the Limbic System

Module 6 – The Cerebral Cortex

TEST 2 – Wed, Feb 14; Location: CLH-F

Modules 20-22; Modules 40-43; Modules 7-9; Modules 4-6; Video “The Power of the Situation”

MEMORY

Module 23 – Studying and Encoding Memories

Module 24 – Storing and Retrieving Memories

Module 25 – Forgetting, Memory Construction, and Improving Memory

THINKING AND LANGUAGE

Module 26 – Thinking

Module 27 – Language and Thought

INTELLIGENCE

Module 28 – What is Intelligence?

Module 29 – Intelligence Assessment and Dynamics

Module 30 – Genetic and Environmental Influences on Intelligence

WHAT DRIVES US: HUNGER, SEX, BELONGING, AND ACHIEVEMENT

Module 31 – Basic Motivational Concepts

Module 32 - Hunger

Module 33 – Sexual Orientation ONLY (section 33-6 on pg 399-404)

Module 34 – Affiliation and Achievement

ALSO:

Module 35 – Introduction to Emotion

Module 36 – Expressing Emotion

Module 37 – Experiencing Emotion

TEST 3 – Wed, Mar 13; Location: CLH-F

Modules 23-25; Modules 26-27; Modules 28-30; Modules 31-34 (but only section 33-6 in Module 33); Module 35-37; Video “Testing and Intelligence”

EMOTIONS, STRESS, AND HEALTH

Module 38 - Stress and Illness

Module 39 - Health and Coping

PSYCHOLOGICAL DISORDERS

Module 47 – Introduction to Psychological Disorders

Module 48 – Anxiety-Related Disorders

Module 49 – Depressive Disorders and Bipolar Disorders

Module 50 – Schizophrenia

Module 51 – Dissociative, Personality, and Eating Disorders

Module 52 – Neurodevelopmental Disorders

THERAPY

Module 53 – Introduction to Therapy and the Psychological Therapies

Module 54 – Evaluating Psychotherapies

Module 55 – The Biomedical Therapies and Preventing Psychological Disorders

SENSATION AND PERCEPTION

Module 17 – Basic Concepts of Sensation and Perception

Module 18 – Vision: Sensory and Perceptual Processing

Module 19 – The Nonvisual Senses

TEST 4 – Wed, Apr 3; Location: CLH-F

Modules 38-39; Modules 47-52; Modules 53-55; Modules 17-19

Deadline to notify your TA that you want to set up an appointment to discuss any of your tests – Apr 3.