



Université d'Ottawa | University of Ottawa

Unité scolaire | Academic Unit

Faculté des sciences sociales | Faculty of Social Sciences

## Introduction to Psychology: Foundations

PSY 1101F

Heather Poole, PhD

Fall 2019

### COURSE OUTLINE

**Class schedule:** Mondays, 1:00-2:20  
Wednesdays, 11:30-12:50  
Montpetit (MNT) 203

**Professor:** Heather Poole, Ph.D.  
**Office hours:** Tuesdays 10:00-1:00  
VNR2026

**To avoid long wait times for you, all office hours are by appointment only**  
([www.calendly.com/heatherpoole](http://www.calendly.com/heatherpoole)).

### SUPPORT STAFF FOR THE COURSE

**Teaching assistant:** Sarah Zak    [szak024@uottawa.ca](mailto:szak024@uottawa.ca)  
Meetings by appointment, as per *Who Do I Ask* framework

**Course co-ordinator:** Jean-Philippe Thivierge    [jthivier@uottawa.ca](mailto:jthivier@uottawa.ca)

**Co-ordinator's assistants :** Audrey DaCosta    [arena030@uottawa.ca](mailto:arena030@uottawa.ca)  
Emma Grant    [egran052@uottawa.ca](mailto:egran052@uottawa.ca)

**School of Psychology:** Vanier Building, Room 3002 TELEPHONE: 562-5801

**Please contact the coordinator or his assistants with regard to final exam deferral. For any questions concerning midterms or course content, contact the teaching assistant assigned to your section.**

## **COURSE QUESTIONS AND EMAIL POLICY**

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This course has multiple facilitators and systems designed to support you. It is important that you contact the appropriate individual with questions. To determine who you should contact for a given question, please refer to the *Who Do I Ask* framework provided on Brightspace.

If the framework indicates that you should email Dr. Poole, please ensure that all emails contain:

- A title referring to your name and the course (e.g., Smith: Exam absence for PSY1101F)
- Professional language throughout
- **Your full name and student number at the end**

I will do my best to ensure that all questions posted on Brightspace or sent by email receive a response within two working days or by the next class if it takes place within the 48 hours of your post/email. Please note that I reserve the right to not respond to an email if the language is not appropriate.

### **Appointment booking for Dr. Poole:**

#### Automatic system (fastest):

1. Go to [www.calendly.com/heatherpoole](http://www.calendly.com/heatherpoole)
2. Click on Dr. Poole Office Hours to see my availability.
3. Select an available meeting time. Please try to book an appointment during the office hours listed above. The system will automatically notify me that you wish to meet then.

#### By email (slower):

If you cannot attend any of the times listed on my Calendly site or if you need to book a longer meeting, email me at [hpoole@uottawa.ca](mailto:hpoole@uottawa.ca) to make an appointment. Please do not email me with requests to meet before checking my availability on Calendly.

## **OFFICIAL COURSE DESCRIPTION**

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Object and method of psychology. Historical perspective. Nervous system, consciousness. Sensory processes, perception, cognition, memory, language, and thought. Emotions, motivation. Learning.

## **GENERAL COURSE OBJECTIVES**

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The goals of this course are to provide an overview of the vast field of psychology and to illustrate the scientific methods used to study behavior.

## **TEACHING METHODS**

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Classes will be primarily lecture-based. Lectures will include interactive components and will go beyond material that is presented in the textbook to include recent research and interesting applications of the material. Interactive demonstrations and activities will also occur in class.

You are expected to attend lectures. Lecture slides will be available before class on Brightspace and **will be provided in pdf format only**. Note that posted slides will be a skeleton of the lecture, not complete slides, so you will need to attend class to understand the material fully. You must attend and participate in class to succeed in this course.

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## ORGANIZATION OF THE COURSE

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Each student is assigned to a specific section: A, B, C, D, E, or F. Due to the large number of students registered in this course (over 3500), we have to control the registration in the different sections. When you register, you are automatically assigned to one section. If, for a serious reason, you wish to change section, you should meet, before the deadline, with an academic advisor of your faculty.

A professor and a teaching assistant are assigned to each section. Each Intro professor follows a similar procedure. Thus, all Intro sections are substantially the same in content and approach.

## TEXTBOOK

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The textbook is entitled "**Psychology**" (11th Edition), by **David G. Myers**. It is available at the University Bookstore or you may be able to find a used copy. We strongly suggest that you buy your own copy; it is a recent document on modern psychology and it covers the course program efficiently and pleasurably.

## ASSESSMENT SUMMARY

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The passing mark for this course is 50%. The final exam, identical for all English sections, is worth 45% of your final grade. This exam, containing 100 multiple-choice questions, will be based on the textbook only. The date of the final exam is set by the central administration of the University, and it is usually scheduled at the end of the exam period. **THEREFORE, WE STRONGLY SUGGEST THAT YOU CONSULT THE EXAM SCHEDULE BEFORE PLANNING ANY TRIPS OR HOLIDAYS.**

Of the remaining 55%, four marks will be attributed to participation in research projects (see below), and the allocation of the remaining 51% will be determined by each professor.

## ABSENCE FROM EXAMS

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### *Midterms and Tests*

For **midterms and tests**, arrangements should be made with your **professor**. Absence must be justified by a medical certificate, which must be presented to your professor within **5 working days** following the exam. **GOING ON HOLIDAYS IS NOT A VALID REASON. MISREADING THE EXAM SCHEDULE IS NOT A VALID REASON.**

### *Final exam*

Arrangements regarding the **final exam** must be made with the **course coordinator or his assistants**. Absence from the final exam must be justified by a medical certificate together with a copy of the Request for a Deferred Mark form (DFR), which may be obtained at your academic secretariat, duly completed. These must be presented to the course coordinator or his assistants within **5 working days** following the exam. **GOING ON HOLIDAYS IS NOT A VALID REASON. MISREADING THE EXAM SCHEDULE IS NOT A VALID REASON.**

## STUDENT CARDS AT EXAMS

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**IN ORDER TO BE ADMITTED TO ANY EXAM, YOU MUST PRESENT YOUR STUDENT CARD.**

## **Policy on language quality and late submissions**

Class attendance is necessary to successfully complete this course.

You will also be judged on your writing abilities. It is recommended to take the appropriate measures to avoid mistakes such as spelling, syntax, punctuation, inappropriate use of terms, etc. You may be penalized up to 15%, to the professor's discretion.

Late submissions are not tolerated. Exceptions are made only for illness or other serious situations deemed as such by the professor. *There will be a penalty for late submissions.* University regulations require all absences from exams and all late submissions due to illness to be supported by a medical certificate. DFR forms must be completed for missed midterms and final exams. The form can be obtained at <https://socialsciences.uottawa.ca/students/undergraduate-forms> . Once completed, the form with supporting documentation (ex. medical certificate) will automatically be sent to the academic unit which offers the course. The request must be completed within five working days of the exam and must respect all the conditions of Academic Regulation I-9.5 (<https://www.uottawa.ca/administration-and-governance/academic-regulation-9-evaluation-of-student-learning>).

The Faculty reserves the right to accept or refuse the reason. Reasons such as travel, jobs, or any misreading of the examination timetable are not acceptable.

## **Religious accommodations**

If you need any kind of religious accommodations, please read the following very carefully and make sure to abide by the timelines listed below:

### ***Academic Regulation I-15: Religious Accommodations***

#### **"...Procedure for making a request"**

4. A student who wishes to make a request for an accommodation based on his or her religious observance must do so by submitting a written or electronic request to the professor responsible for the course or to the appropriate authority designated by the faculty. The request for accommodation must identify the nature of the religious observance and the requested accommodation. The student is expected to assist the professor or designated authority in efforts to implement reasonable accommodation, including in identifying solutions that may be reasonably pursued to address the request.
5. The following timelines should be observed when a request for accommodation is initiated:
  - a. for an academic requirement published in the course syllabus or otherwise communicated during or before the first class: within two weeks of the start of the course;
  - b. for an academic requirement communicated after the first class: within five working days of the requirement being communicated to the class; and

c. for a final examination: within five working days of the publication of the final examination schedule.

**PLEASE NOTE** that the timeline stated in section "a" of the regulation applies in this case to the test and two midterms. For the final exam, check section "c" above.

The University of Ottawa does not tolerate any form of sexual violence. Sexual violence refers to any act of a sexual nature committed without consent, such as rape, sexual harassment or online harassment. The University, as well as student and employee associations, offers a full range of resources and services allowing members of our community to receive information and confidential assistance and providing for a procedure to report an incident or make a complaint.

For more information, visit [www.uOttawa.ca/sexual-violence-support-and-prevention](http://www.uOttawa.ca/sexual-violence-support-and-prevention)

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## SCHEDULE

Note: This is a tentative schedule. The professor reserves the right to make changes to this schedule as the term progresses.

DATE	TOPIC	ASSIGNED READING
Sept. 4	Introduction and overview of course	Syllabus, Brightspace site, Time Management (pp. xlv-lviii)
Sept. 9	History of Psychology	Prologue (pp. 1-17)
Sept. 11	Thinking critically	Chapter 1 (pp. 19-49)
Sept. 16	Thinking critically	Chapter 1 (pp. 19-49)
Sept. 18	The biology of the mind (neuronal and hormonal systems)	Chapter 2 (pp. 51-65)
Sept. 23	<b>TEST</b>	<b>BRING YOUR STUDENT CARD</b>
Sept. 25	The biology of the mind (Brain)	Chapter 2 (pp. 66-89)
Sept. 30	The biology of the mind (Brain)	Chapter 2 (pp. 66-89)
Oct. 2	Sensation and perception	Chapter 6 (pp. 229-277)
Oct. 7	Sensation and perception	Chapter 6 (pp. 229-277)
Oct. 9	Review activities	All chapters listed above
Oct. 14	Reading week	Catch up on your readings and study for the midterm
Oct. 16	Reading week	Catch up on your readings and study for the midterm
Oct. 21	<b>MIDTERM 1</b>	<b>All material covered so far BRING YOUR STUDENT CARD</b>
Oct. 23	Consciousness and the two-track mind	Chapter 3 (pp. 91-131)
Oct. 28	Consciousness and the two-track mind	Chapter 3 (pp. 91-131)
Oct. 30	Learning	Chapter 7 (pp. 279-315)
Nov. 4	Learning	Chapter 7 (pp. 279-315)
Nov. 6	Memory	Chapter 8 (pp. 317-353)
Nov. 11	Memory	Chapter 8 (pp. 317-353)
Nov. 13	What drives us	Chapter 11 (pp. 419-457)
Nov. 18	<b>MIDTERM 2</b>	<b>All material covered since Midterm 1 BRING YOUR STUDENT CARD</b>
Nov. 20	What drives us	Chapter 11 (pp. 419-457)
Nov. 25	Emotions, stress, and health	Chapter 12 (only pp. 459-487)
Nov. 27	Emotions, stress, and health	Chapter 12 (only pp. 459-487)
Dec. 2	Catch-up/Review class	Catch up on your reading!

### **Resources for you**

#### **FACULTY MENTORING CENTRE** - <http://socialsciences.uottawa.ca/mentoring>

The goal of the Mentoring Centre is to help students with their academic and social well-being during their time at the University of Ottawa. Regardless of where a student stands academically, or how far along they are in completing their degree, the Mentoring Centre is there to help students continue on their path to success.

A student may choose to visit the Mentoring Centre for very different reasons. Younger students may wish to talk to their older peers to gain insight into programs and services offered by the University, while older student may simply want to brush up on study and time management skills or learn about programs and services for students nearing the end of their degree. In all, the Mentoring Centre offers a place for students to talk about concerns and problems that they might have in any facet of their lives. While students are able to voice their concerns and problems without fear of judgment, mentors can garner further insight in issues unique to students and find a more practical solution to better improve the services that the Faculty of Social Sciences offers, as well as the services offered by the University of Ottawa.

#### **ACADEMIC WRITING HELP CENTRE** - <http://www.sass.uottawa.ca/writing/>

At the AWHC you will learn how to identify, correct and ultimately avoid errors in your writing and become an autonomous writer. In working with our Writing Advisors, you will be able to acquire the abilities, strategies and writing tools that will enable you to:

- **Master the written language of your choice**
- **Expand your critical thinking abilities**
- **Develop your argumentation skills**
- **Learn what the expectations are for academic writing**

#### **COUNSELLING SERVICE** - <http://sass.uottawa.ca/en/personal>

There are many reasons to take advantage of the Counselling Service. We offer:

- Personal counselling
- Career counselling
- Study skills counselling

#### **HUMAN RIGHTS OFFICE** - <https://www.uottawa.ca/respect/en>

##### **Mandate:**

To provide leadership in the creation, implementation and evaluation of policies, procedures and practices on diversity, inclusion, equity, accessibility and the prevention of harassment and discrimination.

##### **Contact information:**

1 Stewart St. (Main Floor – Room 121) - Tel.: 613-562-5222 / Email: [respect@uOttawa.ca](mailto:respect@uOttawa.ca)

#### **ACCESS SERVICE** - <http://sass.uottawa.ca/en/access>

The University has always strived to meet the needs of individuals with learning disabilities or with other temporary or permanent functional disabilities (hearing/visual impairments, sustained health issues, mental health problems), and the campus community works collaboratively so that you can develop and maintain your autonomy, as well as reach your full potential throughout your studies. You can call on a wide range of services and resources, all provided with expertise, professionalism and confidentiality.

If barriers are preventing you from integrating into university life and you need adaptive measures to progress (physical setting, arrangements for exams, learning strategies, etc.), contact the Access Service right away:

- in person at the University Centre, Room 339
- online
- by phone at 613-562-5976

**Deadlines for submitting requests for adaptive measures during exams**

- midterms, tests, deferred exams: seven business days before the exam, test or other written evaluation (excluding the day of the exam itself)
- final exams:
  - November 15 for the fall session
  - March 15 for the winter session
  - Seven business days before the date of the exam for the spring/summer session (excluding the day of the exam itself).

**CAREER DEVELOPMENT CENTRE** - <http://www.sass.uottawa.ca/careers/>

Career Development Centre offers various services and resources in career development to enable you to recognize and enhance the employability skills you need in today's world of work.

**STUDENT RESOURCES CENTRES** - <http://www.communitylife.uottawa.ca/en/resources.php>

The Student Resources Centres aim to fulfill all sorts of student needs.

***Beware of Academic Fraud!***

Academic fraud is an act committed by a student to distort the marking of assignments, tests, examinations, and other forms of academic evaluation. Academic fraud is neither accepted nor tolerated by the University. Anyone found guilty of academic fraud is liable to severe academic sanctions.

Here are a few examples of academic fraud:

- engaging in any form of plagiarism or cheating;
- presenting falsified research data;
- handing in an assignment that was not authored, in whole or in part, by the student;
- submitting the same assignment in more than one course, without the written consent of the professors concerned.

In recent years, the development of the Internet has made it much easier to identify academic plagiarism. The tools available to your professors allow them to trace the exact origin of a text on the Web, using just a few words.

In cases where students are unsure whether they are at fault, it is their responsibility to consult the *“Writing and Style Guide for University Papers and Assignments.”* It can be found at: <http://socialsciences.uottawa.ca/undergraduate/writing-style-guide>

Persons who have committed or attempted to commit (or have been accomplices to) academic fraud will be penalized. Here are some examples of the academic sanctions, which can be imposed:

- a grade of “F” for the assignment or course in question;
- an additional program requirement of between 3 and 30 credits;
- suspension or expulsion from the Faculty.

For more information, refer to the *Student’s Guide to Academic Integrity*:

<http://www.uottawa.ca/vice-president-academic/sites/www.uottawa.ca.vice-president-academic/files/academic-integrity-students-guide.pdf>

and Academic Integrity Website (Office of the Vice-President Academic and Provost)

<http://web5.uottawa.ca/mcs-smc/academicintegrity/home.php>