



Introduction to Psychology as a Behavioural Science

[PSYC-1150-91]

Dr. Chantal M. Boucher
(She/Her)

In this video we will cover...



INTRODUCTIONS



WHAT WE ARE GOING
TO COVER IN THIS
COURSE



HOW TO GET YOUR
TEXT



HOW TO ACCESS THE
COURSE
/BRIGHTSPACE



IMPORTANT SECTIONS
OF YOUR SYLLABUS



HOW TO DO WELL IN
THIS COURSE



Who am I?

Assistant Professor, Clinical Psychologist

Department of Psychology, University of Windsor

Training in Ontario, Alberta, Michigan

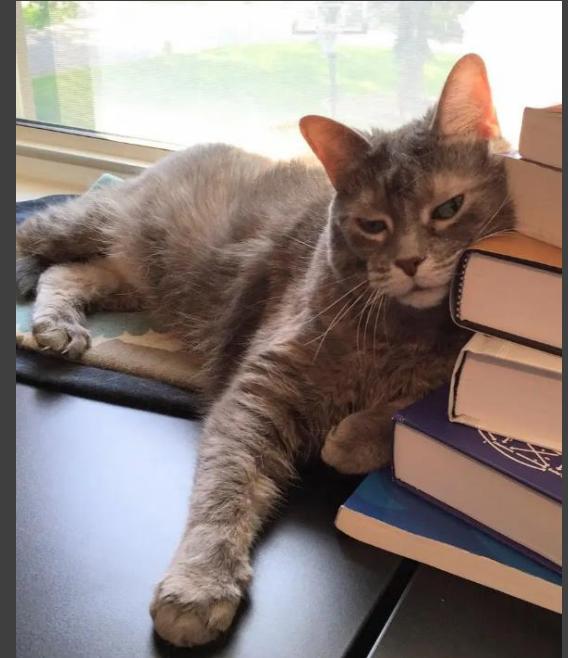
Director of Memory, Emotion, & Therapy Applications (META) Lab

Research interests: memory, emotion, self-reflection, applications for psychotherapy and understanding of psychopathology

Other courses: Advanced Adult Psychotherapy, Introduction to Psychotherapy, Psychological Disorders, Psychopathology

Other interests: yoga, visual arts, animals, anything outside

Teaching philosophy: Be willing to fumble your way through learning. Nobody is expecting perfection, just that you “show up” as you are.



Who are your GAs?

Carly
Biderman

Alexander
Pallottini

Serena
Robinson

Taylor
McEachnie

Kathryn
Reeves

Angela
Wang



Who is your assigned GA?

If Your Last Name Begins With:	Your GA Is:	GA Shared Email: Boucher1150@uwindsor.ca Name GA in Subject Line	GA Virtual Office Hours*
A – B	Carly Biderman	In subject line: "ATTN Carly"	Mon, 11:00 – 12:00
C – F	Taylor McEachnie	In subject line: "ATTN Taylor"	Thurs, 2:00 – 3:00
G – K	Alexander Pallottini	In subject line: "ATTN Alex"	Mon, 5:00 – 6:00
L – O	Kathryn Reeves	In subject line: "ATTN Kathryn"	Fri, 1:00 – 2:00
P – S	Serena Robinson	In subject line: "ATTN Serena"	Wed, 8:30 – 9:30
T – Z	Angela Wang	In subject line: "ATTN Angela"	Tues, 10:00 – 11:00

* There will be no office hours on holidays or during Reading Week, unless previously arranged with your GA. Office hours will be held virtually, using MS Teams, but you may request in-person meetings as needed. To reach us during our office hours, use the links in **Brightspace** → **OFFICE HOURS**. Please email us – Boucher1150@uwindsor.ca – about what you'd like to discuss so we can be prepared for you or feel welcome to just pop in to say "hi". We are here for you! ☺



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Angela
Wang



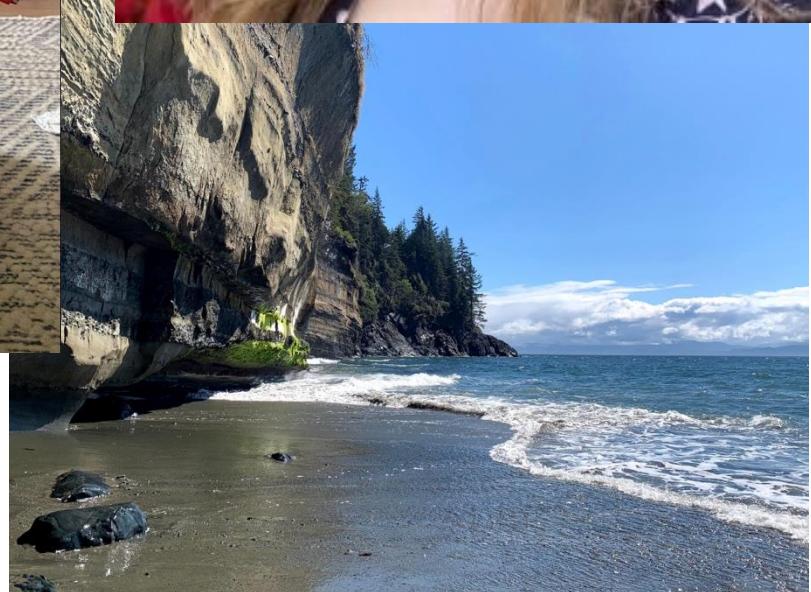
Carly Biderman

Hi Everyone! My name is Carly Biderman, and I am one of your GAs for the Fall 2025 semester. I am a PhD Candidate in the Child Clinical Psychology program at the University of Windsor. My dissertation research looks at the influences of mental health literacy and stigma on mental health treatment-seeking decisions in young adults. In addition to my research, I am currently working as a Clinical Health Psychology Practicum Student at the Children's Hospital in London, Ontario. I love GAing for Intro Psych, and I am looking forward to working with you all this semester!



Taylor McEachnie

Hi! I'm Taylor, and I am a PhD Candidate in Clinical Neuropsychology, and I'm originally from Vancouver Island. I work with Dr. Carlin Miller researching hormones and cognition, with additional research interests in diagnostic experiences, psychosocial adjustment after diagnosis, and accessible treatment. I've faced successes and challenges in my studies, but it's all made better by building a good support network, talking to kind and passionate professors (and GAs), and being mindful about organization and work-life balance. In my spare time, I love being outdoors, plant shopping, doing crosswords, and playing board/video games with my partner, friends, and family. I have a cat named Winston and he is very silly!



Alex Pallottini



I'm a PhD student in the adult clinical psychology program. I graduated from Lourdes University in Toledo, Ohio with an honours Bachelor of Arts degree in psychology, where I was also a varsity baseball player. My research interests are centered around the experiences and impacts of online sexual victimization on sexual minority men. I've also spent time conducting a needs assessment for Windsor-Essex Pride, in which the team explored the specific needs of the 2SLGBTQIA+ community in Windsor-Essex. Clinically, I have experience working with individuals undergoing cancer treatment and transitioning to end-of-life care at Juravinski Cancer Centre in Hamilton, Ontario and I hope to continue working in public health and hospital settings.

Hi! I'm Kathryn (she/her), and I'm a first-year MA student in the clinical psychology program (adult track). I am from Halifax, NS, where I completed my BA (Hons) in Psychology and an MA in Family Sciences at Mount Saint Vincent University. My current research will examine autobiographical memories and morally injurious events, with the goal of gaining a deeper understanding of the closure process. I also research military families, Veterans, and encounters with children recruited into conflict.

I am joined in Windsor by my two cats, Cordelia (wearing her princess crown) and Ophelia (cuddling up with Freud)! While they did not enjoy the 27-hour road trip from Halifax, they are loving the chance to squirrel watch in our new neighbourhood.

Intro to psychology was one of my favourite undergrad courses, and I'm so excited to support your learning this term! There's a lot of material to learn (each chapter of your text could realistically be a complete course in its own right!), but it's also so fun to start to know more about what you want to know more about. My best learning strategies include taking care of your basic self-care needs (sleep, food, water, and social interaction), choosing assignment topics that genuinely interest you, and staying curious. Feel free to reach out with questions, concerns, or if you want emotional support photos of cats.

Kathryn Reeves



Hi everyone! My name's Serena, and I'll be starting my first year in the Adult track of the Clinical Psychology graduate program this fall. I worked with Dr. Boucher while completing my undergraduate degree here at UWindsor, and I will be continuing my research on the effects of self-compassion on unresolved event memories with her as my supervisor (I am a bit biased, but she's the best!). In my free time, I enjoy singing with the Windsor Symphony Orchestra Chorus and working on quilling projects (crafting with rolled up strips of paper). You'll likely hear my biggest piece of advice multiple times, but it can't be stressed enough – start early on your written assignment! Even if it's taking a moment this month to choose a topic and do a cursory article search, you'll be glad you did. Feel free to reach out to me with any questions about the course or about life at the University of Windsor. Wishing everyone the best of luck this year! I hope you find the class as eye-opening as I did. 😊

Serena Robinson



Angela Wang



Hi my name's Angela, and I am pursuing my PhD in Clinical Psychology. My area of research examines psychological help-seeking in Chinese-Canadians, in efforts to clarify the barriers to seeking help and facilitators to overcome these barriers. I have two furbabies — my rabbits Milo and Melon, who I would be happy to introduce you to during my virtual office hours. I tend to have wide-ranging hobbies, but currently I'm loving nature hikes, junk journalling, and concerts! My piece of advice to first years is to ask for help when you need it. So many people on-campus want to help — whether it's your friends, GAs and professors, academic counsellors, therapists, etc. University can feel like a big transition, and it's important to lean on those around you if you need help. :-)

How to reach ALL of us

READ 'Email and Communication Guidance' in Course Outline!

- Compose emails properly. Name GA in subject line, use proper salutation for myself and GAs, close with your full name. For a response from a particular person, include that name in subject line.
- DO NOT wait to email a question about an exam/assignment just before deadlines.
- Please be patient.
- Always be courteous and respectful.
- Practice good writing.
- Only use your UWindsor address.



Course Email:

Boucher1150@uwindsor.ca



Virtual Office Hours:
MS Teams



Office hours*! Come say 'Hi'!



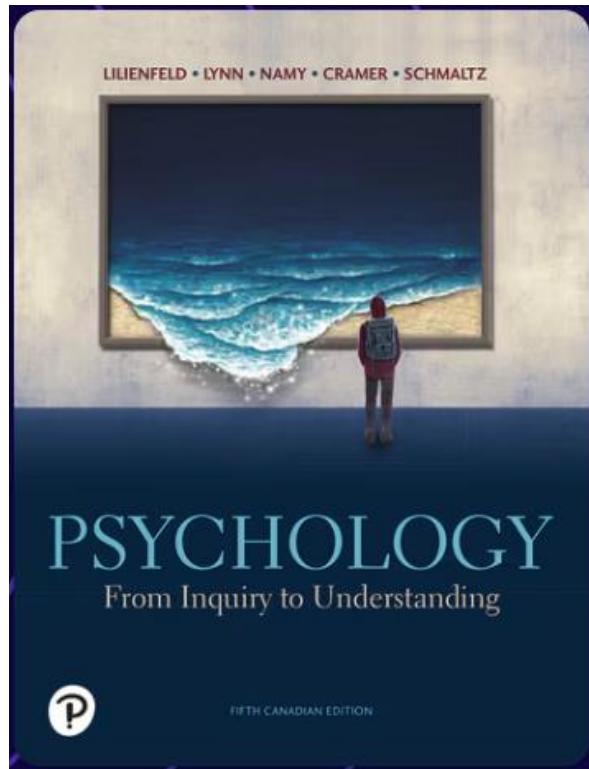
*Except during holidays, reading week, and exam days.

What we will cover in this course:

Chapters 1 – 7, & 11. This is half of the book. The other eight chapters are covered in PSYC-1160 (required for psychology majors).

- CH 1: Psychology & Scientific Thinking
- CH 2: Research Methods
- CH 3: Biological Psychology
- CH 4: Sensation & Perception
- CH 5: Consciousness
- CH 6: Learning
- CH 7: Memory
- CH 11: Emotion & Motivation





Revel Psychology: From Inquiry to Understanding, 5e Canada Version

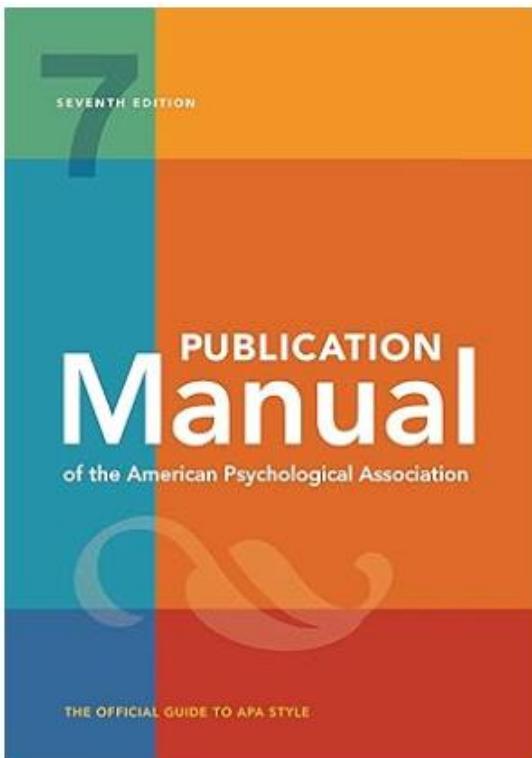
By Scott O. Lilienfeld, Steven Jay Lynn, Laura L. Namy, Ken M. Cramer, Rodney Schmaltz

[Brightspace](#) → [GETTING STARTED](#) → [Access Pearson](#)

Your Required Textbook & How to Get It



Optional Resources for This Course:



APA Manual

- American Psychological Association. (2020). *Publication manual of the American Psychological Association: The official guide to APA style* (7th ed.). American Psychological Association.



Where to Find the Course Materials → **BRIGHTSPACE!**



Everything is on BRIGHTSPACE

brightspace.uwindsor.ca

- **Course:** Intro Psych / Behavioural Science
- **Announcements**
 - Read all of them!
- **Main Modules**
 - Getting started
 - Access to your text!
 - Course outline/syllabus
 - IMPORTANT! Note DUE DATES and create your WEEKLY SCHEDULE
 - Policies & procedures
 - Office hours & links
 - Lectures
 - Resources (APA)
 - Quizzes
 - Exams
 - Written assignment
 - Bonus points, etc.



Brightspace Course Site (brightspace.uwindsor.ca)



Visual Table of Contents Widget ▾

The Visual Table of Contents Widget displays four categories, each with a thumbnail image of a tree and a progress bar:

- GETTING STARTED**: 7/7 Topics Completed
- COURSE OUTLINE**: 0/1 Topics Completed
- OFFICE HOURS**: 1/1 Topics Completed
- LECTURES**: 0/99 Topics Completed

Course Visibility ▾

Announcements ▾

Welcome to Intro Psych! ▾ Edited * X

Hello!

Welcome to Introduction to Psychology as a Behavioural Science (PSYC-1150-91) for Fall 2025!

I am happy to be teaching this course and I really hope to meet you virtually at some point this term. With classes officially starting soon, I realize some of you may be feeling a little antsy and wondering what you'll need to do to get ready for this course. To help with this, I've gone ahead and posted your Week 1 lecture early (one of the benefits of asynchronous learning ;)). In this lecture, I cover introductions to myself and your amazing GAs, how to access your required e-text, how to navigate the course site in Brightspace, the different topics you'll learn about, important sections of your Course Outline/Syllabus, and I'll also offer you some tips on how to do well in this course.

The first thing you'll want to do is log in to Brightspace (brightspace.uwindsor.ca) and click on the title for this



Course Outline

Brightspace → Getting Started

University of Windsor PSYC1150-91-R-2025F|Intro: Psyc / Behav... Chantal Bouché

Course Home Content Announcements Assignments Discussions Quizzes Grades Class Progress Course Tools

Intro Psych: Behavioural Science

Visual Table of Contents Widget ▾

Course Visibility ▾

Announcements ▾

Welcome to Intro Psych!

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The first thing you'll want to do is log in to Brightspace (brightspace.uwindsor.ca) and click on the title for this course (Intro Psych / Behavioural Science). This will take you to the course outline page where you can find all the information you need to succeed in this course.

GETTING STARTED
7/7 Topics Completed

COURSE OUTLINE
0/1 Topics Completed

OFFICE HOURS
1/1 Topics Completed

LECTURES
0/99 Topics Completed

Access Pearson

Clicking this link will bring you directly to Pearson REVEL, which contains your required e-text, interactive learning modules, and chapter quizzes.

Access Pearson External Learning Tool

How to Access Your e-Text/REVEL!

REVEL Information

REVEL is the required digital textbook and platform for this course. The title of the book is, "Psychology: From Inquiry to Understanding, Fifth Canadian Edition." The lectures, quizzes, assignments, and exams are largely based on assigned readings from this book. REVEL is required for completion of quizzes, which will count toward your final grade.

This folder contains information about what REVEL is, how to set up your REVEL account and access your text, and how to reach 24/7 tech support from Pearson.

Upload / Create Existing Activities

Access Pearson External Learning Tool

REVEL Quick Start Guide

(Video) How To Use REVEL?

REVEL Mobile App

REVEL 24/7 Tech Support

Textbooks on Course Reserve @ Leddy Library

Course Resource List

Upload / Create Existing Activities

Textbook icon

Course Outline

Brightspace → Course Outline/Syllabus

University of Windsor PSYC1150-91-R-2025F|Intro: Psyc / Behav... Chantal Boucher

Course Home Content Announcements Assignments Discussions Quizzes Grades Class Progress Course Tools

Intro Psych: Behavioural Science

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The first thing you'll want to do is log in to Brightspace (brightspace.uwindsor.ca) and click on the title for this course (Intro Psych / Behavioural Science). This will take you to the course homepage where you can see what's coming up in the week, assignments, and other course tools.

University of Windsor Faculty of Arts, Humanities and Social Sciences

The University of Windsor sits on the traditional territory of the Three Fire Confederacy of First Nations, which includes the Ojibwa, the Odawa, and the Potawatomi.

PSYC 1150-91 | Introduction to Psychology as a Behavioural Science | Fall 2025
Department of Psychology

Classroom Meeting Time:	This course is <u>asynchronous</u> - Recorded lectures will be posted Mondays by 7:00 pm and may be accessed anytime during the semester (September – December). Deadlines are generally scheduled for Mondays or Fridays by 11:59 pm. All times in this outline are in Eastern Standard Time (EST).
Classroom Location:	Online: https://www.uwindsor.ca/brightspace/

Instructor & GA Information

Course Email: Boucher1150@uwindsor.ca
Use this email address for ALL course-related correspondence.* Will reach Dr. Boucher and all GAs.

*Barring exceptions noted under 'Email and Communication Guidelines'.

Instructor Information	
Name	Dr. Chantal Boucher, Ph.D., C.Psych,
Email	cboucher@uwindsor.ca
Office Hours ¹	Tuesdays, 3:00 – 5:00 pm, or by appointment
Office Location	Virtual: MSTeams See Brightspace → Office Hours for link In person by request: CHS 285

GA Information	
Carly Biderman Taylor McEachnie Alexander Pallottini	Kathryn Reeves Serena Robinson Angela Wang
Boucher1150@uwindsor.ca	
See GA Office Hours in table on p. 3	
Virtual: MSTeams Brightspace → Office Hours for link In person by request: CHS 181	

Course Outline - Know it WELL!

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Course Outline: Assessments

Assessments

Assessment	Worth Value	Due Date
Chapter Quizzes (9 total)	10% (2% for Quiz 1, 1% for each remaining)	QUIZ 1: Ch 1 – Sept 19 QUIZ 2: Ch 2 – Sept 26 QUIZ 3: Ch 3 – Oct 3 QUIZ 4: Ch 4 – Oct 24 QUIZ 5: Ch 5 – Oct 31 QUIZ 6: Ch 6.1 – Nov 7 QUIZ 7: Ch 6 – Nov 14 QUIZ 8: Ch 7 – Nov 21 QUIZ 9: Ch 11 – Nov 28 Will <u>expire at 11:59 PM EST</u> on the day they are due Can access through REVEL or Brightspace → QUIZZES ...
Midterm Exam	30%	Monday, October 6, 12:00 – 3:00 PM EST Will cover content relevant to Chapters 1 – 3 Will have 120 minutes to complete 100 questions To complete, go to Brightspace → EXAMS ...
Written Assignment	20%	Monday, November 10, before 11:59 PM EST To submit, go to Brightspace → WRITTEN ASSIGNMENT ...
Final Exam (Cumulative)	40%	Date TBD Final Exam Period: December 6 – 17 (Exact date/time will be set by Registrar around mid-November. Check Brightspace announcements and UWinsite Student) Will cover <i>all</i> course content, however, post-midterm material (Chapters 4 – 7 & 11) will be more heavily weighted Will have 180 minutes to complete 165 questions To complete, go to Brightspace → EXAMS ...

Notes: More details about these assessments can be found below and on Brightspace. Grades in this course may be curved to comply with the FAHSS Grading Policy.



Course Outline: Bonus Points

To increase your grade or make up for missing work, you can earn up to 3 points MAX in ONE of the following ways:

1. Participate in **Psychology Participant Pool** (*up to 3 points*)
2. Complete **Alternative Written Assignment** (*up to 3 points*)
3. Completing **combination of Participant Pool** (1-2 points) and **Alternative Assignment** (1-2 points) (*combined total of up to 3 points*)
4. Participate in the **Bystander Initiative Workshop** (3 points). Cannot be combined with options above. Partial points will not be awarded.



Bonus points are added to your mark at the end of the term. **One bonus point = 1%.**

NOTE DEADLINES in your Course Outline and on the [Participant Pool Website](#):
<https://uwindsor.sona-systems.com/>



Course Outline: Student Accessibility Services

Student Accessibility Services (SAS) offer a range of programs and services to help make the transition from high school to university as seamless as possible for those with learning disabilities.

They offer transition support programs designed to help students with disabilities at various stages of the transition process.



To understand all services, visit their website:
<https://www.uwindsor.ca/studentaccessibility/>

Phone: 519-253-3000 ext. 3288

Email: sas@uwindsor.ca

Location: Dillon Hall (center of campus)



Course Outline: Student Wellness Resources

IT'S OK NOT TO FEEL OK.

Although I am a clinical psychologist, I cannot be *your* psychologist. But don't worry! There are so many wonderful supports for you as a UWindsor student...

For on-campus mental and physical health supports, call [\(519\) 253-3000](#):

- [Student Health Services](#) at ext. 7002
- [Student Counselling Centre](#) at ext. 4616
- [Peer Support Centre](#) at ext. 4551

24/7 supports are also available!

- [Wellness Together](#) - 1-866-585-0445
- [Good2Talk](#) - 1-866-925-5454
- [Community Crisis Line](#) - 519-973-4435
- [Full List of On- and Off-Campus Health Resources](#)
- [Mental Health and Wellness Resources](#)



ASK FOR HELP.



Course Outline: Academic Support Services

The **Writing Support Desk** is on the main floor of **Leddy Library** and offers one-on-one consultations, workshops, and resources to assist students with various aspects of their academic writing, including:

- Interpreting assignment prompts
- Constructing strong theses and arguments
- Grammar, punctuation, and syntax problems
- Analyzing and integrating sources
- Citing and referencing

Their goal is to teach students how to improve their writing, not to edit the work.

For general workshops, visit <https://www.uwindsor.ca/success/342/workshops>

For more information and to book an appointment, visit <https://www.uwindsor.ca/success/318/writingsupport-desk>



Image from <https://www.uwindsor.ca/success/writingsupportdesk>



Tips for doing well in this course:

Tips for Academic Success in Online Learning:

- Treat an online course like a ‘real’ course.
- Hold yourself accountable.
- Create a study schedule and stick to it.
- Manage time effectively.
- Create a regular study space and stay organized.
- Minimize distractions.
- Figure out how you learn best.
- Be and stay engaged.
- Connect with others.



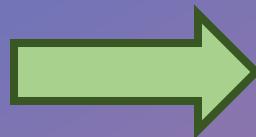
What to do next...

Brightspace → Course Outline → Curriculum & Weekly Schedule

Curriculum & Weekly Schedule

Week	Topics	Readings, Lecture Materials, & Resources
Week 1 Starting Sept 4	Introduction to the Course	Brightspace , Course Outline, Introduction Video Go to Brightspace → COURSE OUTLINE... Brightspace → GETTING STARTED...
		Review optional Bonus Point opportunities and note deadlines . If you choose the Participant Pool , you will need to self-register by Sept 25 11:00 PM . Registration does not mean you must take part in studies, but it leaves you the option of doing so later. Studies are posted throughout the term.
Week 2 Starting Sept 8	Psychology & Scientific Thinking	Chapter 1 Go to Brightspace → LECTURES...
		Quiz 1 (Ch 1) due Friday, Sept 19 , before 11:59 PM EST.
Week 3 Starting Sept 15	Introduction to APA Citing & Referencing	APA Resources in Brightspace APA Workshop Video Go to Brightspace → RESOURCES...
		Knowing APA Style WELL will help you with your Written Assignment . Quiz 1 (Ch 1) due Friday, Sept 19 , before 11:59 PM EST.

Week 6 Starting Oct 6	Midterm Exam Oct 6 at 12:00 PM EST	Chapters 1-3 Go to Brightspace → EXAMS... 100 questions, 120 minutes
		Written Assignment (Research Paper) due Monday, Nov 10 , before 11:59 PM EST.
Week 7 Starting Oct 13	Thanksgiving & Reading Week	Take a Break ☺



Practice Questions!

1. Where can you find the Course Outline?

Brightspace → COURSE OUTLINE

2. How can you purchase and access your textbook?

Directly through *Brightspace* → GETTING STARTED → Access Pearson

3. (T/F) If you have issues or technical difficulties specific to your REVEL e-text, you should contact Pearson Support.

TRUE (24/7!)

4. You can find your Weekly Schedule in _____.

Your course outline/syllabus! Brightspace → COURSE OUTLINE

5. What is the make-up policy for Quizzes?

No make-ups allowed for ANY reason.

6. Where will you go to complete your Quizzes?

Brightspace → QUIZZES (or directly through Pearson REVEL)

7. (Y/N) Will the quizzes you complete in REVEL (your e-text) count toward your final grade?

Yep! ~1%/per quiz

8. What is the deadline for your first Quiz?

Friday, September 19, before 11:59 pm. Will cover content pertaining to Chapter 1.



Practice Questions (Cont'd)

9. Each quiz will contain approximately ____ questions.

25. Should take about 30 mins. Complete on your own in one sitting.

10. Where will you go to complete your Exams?

Brightspace → EXAMS

11. When is your midterm exam?

Monday, October 6, starting at 12:00 pm (for everyone)

12. All of the chapter lectures can be found in _____.

Brightspace → LECTURES → Chapter ____

13. Where will you go to submit your Written Assignment (Research Paper)?

Brightspace → WRITTEN ASSIGNMENT (Instructions will be here too).

14. How many Bonus Points can you earn in this class?

3 bonus points MAX. Four options: Participant Pool, Bystander Initiative, Alt. Assignment, Combo

15. Where will you go for Office Hours?

Brightspace → OFFICE HOURS. Teams links will be here. Try to attend hours for your assigned GA.

16. If you have a question for your instructor or GAs, how should you contact them?

Course email, Boucher1150@uwindsor.ca, or during Virtual Office Hours.



Summary

INTRODUCTIONS

WHAT WE ARE GOING TO COVER IN THIS COURSE

HOW TO ACCESS YOUR TEXT

HOW TO ACCESS THE COURSE (BRIGHTSPACE)

IMPORTANT SECTIONS OF YOUR SYLLABUS

HOW TO DO WELL IN THIS COURSE





Thank you and welcome again to
Introduction to Psychology
as a Behavioural Science

Dr. Chantal M. Boucher