

# COURSE SYLLABUS



COURSE TITLE: PSYC-245-Drugs & Behaviour

CLASS SECTION: 001

TERM: 2024F

COURSE CREDITS: 3

DELIVERY METHOD(S): Face-to-face

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

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## INSTRUCTOR DETAILS

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NAME: Dr. Michael Pollock

EMAIL: If you need to contact me about an urgent personal matter, you can email me at [pollockm@camosun.ca](mailto:pollockm@camosun.ca). Otherwise, for help with course-related material outside of class time, please come see me during my office hours.

OFFICE: Fisher 308B

HOURS: Wednesdays at 12:30am to 2:20pm, and Thursdays at 9:30am to 10:20am

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

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## CALENDAR DESCRIPTION

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This course is an overview of the medical and non-medical use of drugs with cultural influences; a review of the scientific literature on drugs, behaviour, and the CNS; pharmacology, neuropharmacology; a survey of research methods used in psychopharmacology and the biochemical and neurophysiological bases of psychoactive drug action.

PREREQUISITE(S):

All of:

C in PSYC 110

CO-REQUISITE(S):

Not Applicable

EQUIVALENCIES:

Not Applicable

#### COURSE LEARNING OUTCOMES / OBJECTIVES

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Upon completion of this course a student will be able to:

The historical uses of psychoactive drugs worldwide and the history of drug laws from an international perspective.

Current Canadian, European and American drug laws.

The research base of the current debate on drug use, with a focus on the LeDane Commission, and current Senate and House illegal drug uses committee findings.

Various models of the cause of drug use and addiction with particular reference to the Reward System model of drug addiction.

The basic principles of pharmacology and neuropharmacology with regard to psychoactive substances.

The basic biochemical processes in the effects of psychoactive chemicals on the neuron and CNS systems.

The basic mechanisms of neuronal functioning that are affected by the introduction of psychoactive substances into the CNS.

Psychological effects of various drugs.

The basic principles of ethnopharmacology.

The mode of action, etiological models, side effects and patterns of use with regard to the major drugs used to treat mood disorders, anxiety disorders, schizophrenia, and selected other mental disorders.

The basic mechanisms of action, short and long term effects of alcohol, caffeine, marijuana, hallucinatory drugs, nicotine, and other selected drugs.

The basic methods of drug abuse treatment in use today.

The basic methods of drug education used in various parts of the world.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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Hancock, S.D. & McKim, W.A. (2018). *Drugs and Behavior: An Introduction to Behavioral Pharmacology*. (8th ed.). Toronto: Pearson.

- Note: there is only a digital option for getting this textbook through the Camosun College Bookstore (<https://www.camosuncollegebookstore.ca/>).

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

DATE	CLASS	READINGS DUE	LECTURE TOPIC	QUIZ/EXAM/ ASSIGNMENT DUE
2024-09-04	Lecture		Introduction & Overview	
2024-09-06	Lab			
2024-09-11	Lecture	Ch. 1: Some Basic Pharmacology	Lecture #1. Drugs & Pharmacokinetics	Online Quiz #1 due day before
2024-09-13	Lab			In-class Quiz #1 and Assignment #1
2024-09-18	Lecture	Ch. 4.2: The Synapse; Ch. 4.5: Neurotransmitters	Lecture #2. Pharmacodynamics	Online Quiz #2 due day before
2024-09-20	Lab			In-class Quiz #2 and Assignment #2
2024-09-25	Lecture		Midterm Review #1	
2024-09-27	Lab			Midterm Exam #1 in-class
2024-10-02	Lecture	Ch. 4.3: The Nervous System	Lecture #3. Nervous System	Online Quiz #3 due day before
2024-10-04	Lab			In-class Quiz #3 and Assignment #3
2024-10-09	Lecture	Ch. 2: Behavioral Analysis of Drug Effects; Ch. 3: How We Adapt to Drugs	Lecture #4. Behavioral Analysis & Adaptation	Online Quiz #4 due day before
2024-10-11	Lab			In-class Quiz #4 and Assignment #4
2024-10-16	Lecture	Ch. 5: Substance Use and Addictive Disorders	Lecture #5. Addiction & Treatments	Online Quiz #5 due day before
2024-10-18	Lab			In-class Quiz #5 and Assignment #5
2024-10-23	Lecture		Midterm Review #2	
2024-10-25	Lab			Midterm Exam #2 in-class
2024-10-30	Lecture	Ch. 6: Alcohol; Ch. 7: Anxiolytics and Sedative-Hypnotics	Lecture #6. Depressants	Online Quiz #6 due day before
2024-11-01	Lab			In-class Quiz #6 and Assignment #6
2024-11-06	Lecture	Ch. 8: Tobacco and Nicotine; Ch. 9: Caffeine and the Methylxanthines; Ch. 10: Psychomotor Stimulants	Lecture #7. Stimulants	Online Quiz #7 due day before
2024-11-08	Lab			In-class Quiz #7 and Assignment #7

2024-11-13	Lecture	Ch. 11: Opioids	Lecture #8. Opioids	Online Quiz #8 due day before
2024-11-15	Lab			In-class Quiz #8 and Assignment #8
2024-11-20	Lecture	Ch. 12: Antipsychotic Drugs; Ch. 13: Antidepressants	Lecture #9. Antipsychotics & Antidepressants	Online Quiz #9 due day before
2024-11-22	Lab			In-class Quiz #9 and Assignment #9
2024-11-27	Lecture	Ch. 14: Cannabis; Ch. 15: Hallucinogens, Psychedelics, and Club Drugs	Lecture #10. Cannabinoids & Hallucinogens	Online Quiz #10 due day before
2024-11-29	Lab			In-class Quiz #10
2024-12-04	Lecture		Final Review	
2024-12-06	Lab			Assignment Catch-up Day
TBA				Final Exam in-class

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

## EVALUATION OF LEARNING

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COMPONENT	WEIGHT PER ITEM	NUMBER OF ITEMS	TOTAL WEIGHT
Online Quizzes	0.5%	10	5%
In-class Quizzes	3%	10	30%
Assignments	1%	9	9%
Midterm Exam #1	10%	1	10%
Midterm Exam #2	15%	1	15%
Final Exam	31%	1	31%
		<b>TOTAL</b>	<b>100%</b>

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](#) policy for more information.

<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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This introductory course will review the major psychoactive (“mind-altering”) drugs, their effects, and their possible underlying mechanisms of action, as reported in the scientific literature. In particular, we will study a sort of alchemy of the mind – how drugs are able to turn lesser mental states into golden ones (a psychological version of the “philosopher’s stone”), and the limitations/side-effects of our current drugs. The first half of the course will examine the fundamentals of psychopharmacology: drug classifications and names,

pharmacokinetics, pharmacodynamics, analysis of drug effects (both physiological and psychological), consequences of long-term drug use (tolerance/sensitization and harmful side-effects), and the causes/treatments of drug addiction. The remainder of the course will then apply these fundamentals to, as well as explore the history of, the major classes of psychoactive drugs: depressants (e.g., alcohol, anti-anxiety sleeping pills), stimulants (e.g., cocaine, amphetamines, caffeine, chocolate, nicotine), opioids (e.g., pain killers, some cough medicine, heroin), antipsychotic and antidepressant medication, cannabinoids (e.g., marijuana), hallucinogens (e.g., LSD, magic mushrooms, peyote, ecstasy), and dissociative anesthetics (e.g., PCP, ketamine). In addition to studying the concepts associated with these topics, students will have the opportunity to engage in their own independent research. This course is a must for anyone interested in understanding the effects of drugs on our minds and the first-hand experience you will gain in conducting psychopharmacology research will provide you with the skills to critically evaluate research claims for their practical usefulness in your personal and professional life.

## ASSIGNED READINGS

All of the assigned readings for this course are from the course textbook. The Course Schedule above lists the specific chapters and subsections of the textbook that you are to read each week. You should complete these assigned readings prior to class so that you can fully contribute to discussions of the material. Concept notes, available in D2L Content, list the names of the concepts and their associated points (taken from the assigned readings) that you will need to know for quizzes and exams. However, it is recommended that you read all of the information in the assigned readings and not just rely upon these concept notes since the organization, figures, and additional information contained within the course textbook will help improve your overall understanding of the concepts.

## ONLINE QUIZZES

To help ensure you are familiar enough with the concepts from the assigned readings to be able to engage in in-depth discussions of them in class, before each lecture day you should complete in D2L the online quiz for that lecture. All quizzes will cover solely the material from the assigned readings that the concept notes contain. Each quiz will contain 20 questions about randomly chosen concept points on a given lecture topic. Each question on the quizzes will describe one of the concept points and ask for the name of that concept. The format of the quizzes will be matching-type questions, with each question listing alphabetically as answer options the names of all the concepts from the relevant lecture and you will be instructed to match the given concept description with its concept name. Half of the quiz questions will be *knowledge-type questions* which use for descriptions of the concepts the same wording as the points in the concept notes, while the other half of quiz questions will be *understanding-type questions* which reword these points usually in the form of a real-life scenario. You can access each quiz through D2L Quizzes and take it an unlimited number of times up until its deadline (see the Course Schedule above), with only the highest score you achieve recorded as your mark for that quiz. In addition to being worth marks, the quizzes will also help prepare you for exams since they cover the same content from the concept notes, although they use different scenarios for the understanding-type questions.

## IN-CLASS QUIZZES

The format of the in-class quizzes will be the same as the online quizzes described above except that they will be in-class, closed-book (i.e., no notes allowed), and you will only be given a single attempt at each of them.

## EXAMS

Exams will be in-class, closed book, and will follow the same format as the in-class quizzes (as described above) except that they will be longer (~50-100 questions) and cover multiple lecture topics. The content of the questions will cover equally the concepts from each lecture topic that the exam is designed to assess your knowledge/understanding of. You will only be given a single attempt at each exam.

## ASSIGNMENTS - INDEPENDENT RESEARCH (*Optional and special permission required*)

The independent research project is designed to help those who wish to learn how to apply research methods to best answer their own personal psychopharmacological questions/problems. With special permission from the instructor, you may conduct actual research in which you develop and write in stages throughout the semester a psychopharmacological research project involving a longitudinal study of yourself and your group members. Instructions, templates, examples, and other resources for these stages are available in D2L Content. Each week, you will work on your research project outside of class time and then in lab consult with your instructor about it. Since each stage builds on the work of previous stages, you must correctly complete each stage in order to receive marks on subsequent stages, with opportunities given throughout the semester for revisions of previous stages. Groups are encouraged to work ahead on stages but must wait for written instructor approval of proposed methods before carrying out those study methods. Students granted permission to conduct a research project, but who fail to show up to lab to discuss it with the instructor or to earnestly contribute in a timely fashion to their group's research project, may have their permission revoked by the instructor. Students who complete a project that has received instructor approval of each its stages will also be given an exclusive invitation to submit their research report for publication in our department's online journal, the *Journal of Camosun Psychology Research* (JoCPR).

## DEADLINES

The Course Schedule above lists the specific dates for when the quizzes/exams/assignments are due. Failing to take an exam by its scheduled date will result in a score of zero for that exam. Exceptions may be granted at the discretion of the instructor for demonstrated cases of hardship or extenuating circumstances (e.g., a medical emergency). In contrast to the hard deadlines for exams, the marks from quizzes not completed by their deadlines will automatically be waived and their weight distributed proportionately to the remaining course items. Assignments may be submitted for marks past their soft deadlines without late penalties until the last day of labs has passed, at which point the marks from any missed assignments will automatically be waived and their weight distributed proportionately to the remaining course items.

## SCHOOL OR DEPARTMENTAL INFORMATION

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Camosun Psychology Club - Everyone interested in discussing psychological questions/problems is welcome! For further information, please contact the Student Society's Club's Coordinator, Tagg Kelt: [keltt@camosun.ca](mailto:keltt@camosun.ca)

Journal of Camosun Psychology Research – Contact your Psychology Instructor to discover how to publish research in it. <https://cc.arcabc.ca/islandora/object/cc%3Apsycjournal>

American Psychological Association - The hub of our discipline. <https://www.apa.org>

Canadian Psychological Association - The Canadian hub of our discipline. <https://cpa.ca/>

Co-operative Education & Career Services - Learn about how to access a co-op experience for your career. <https://camosun.ca/services/co-operative-education-and-career-services/contact-co-operative-education-and-career>

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>

Support Service	Website
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

### Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>  
Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines: <https://camosun.ca/cal>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.



### Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education).

To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

### Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.

