

COURSE SYLLABUS



COURSE TITLE: PSYC-245: Drugs & Behaviour

CLASS SECTION: 001

TERM: Winter 2023

COURSE CREDITS: 3

DELIVERY METHOD(S): Face to face and online D2L

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Dr. Michael Pollock

EMAIL: If you need to contact me about an urgent personal matter, you can email me at 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: Mondays at 11:30-1:20 and Wednesdays & Thursdays at 11:30-12:20

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.

CALENDAR DESCRIPTION

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

EXCLUSION(S):

Not Applicable

COURSE LEARNING OUTCOMES / OBJECTIVES

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

1. The historical uses of psychoactive drugs worldwide and the history of drug laws from an international perspective.
2. Current Canadian, European and American drug laws.
3. 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.
4. Various models of the cause of drug use and addiction with particular reference to the Reward System model of drug addiction.
5. The basic principles of pharmacology and neuropharmacology with regard to psychoactive substances.
6. The basic biochemical processes in the effects of psychoactive chemicals on the neuron and CNS systems.
7. The basic mechanisms of neuronal functioning that are affected by the introduction of psychoactive substances into the CNS.
8. Psychological effects of various drugs.
9. The basic principles of ethnopharmacology.
10. 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.
11. The basic mechanisms of action, short and long term effects of alcohol, caffeine, marijuana, hallucinatory drugs, nicotine, and other selected drugs.
12. The basic methods of drug abuse treatment in use today.
13. The basic methods of drug education used in various parts of the world.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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

- Note: the Camosun College Bookstore lists on its website (<https://www.camosuncollegebookstore.ca/>) only a digital option for getting this textbook.

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	TOPIC/ACTIVITY	QUIZ/EXAM/ ASSIGNMENT DUE
2023-01-11	Lecture		Introduction	
2023-01-12	Lab		Group Formation	
2023-01-18	Lecture	Ch. 1: Some Basic Pharmacology	Lecture #1. Drugs & Pharmacokinetics	Quiz #1 due day before
2023-01-19	Lab		QuizGame #1	Stage #1
2023-01-25	Lecture	Ch. 4.2: The Synapse; Ch. 4.5: Neurotransmitters	Lecture #2. Pharmacodynamics	Quiz #2 due day before
2023-01-26	Lab		QuizGame #2	Stage #2
2023-02-01	Lecture		Midterm Review #1	
2023-02-02	Lab			Midterm Exam #1 in-class
2023-02-08	Lecture	Ch. 4.3: The Nervous System	Lecture #3. Nervous System	Quiz #3 due day before
2023-02-09	Lab		QuizGame #3	Stage #3
2023-02-15	Lecture	Ch. 2: Behavioral Analysis of Drug Effects; Ch. 3: How We Adapt to Drugs	Lecture #4. Behavioral Analysis & Adaptation	Quiz #4 due day before
2023-02-16	Lab		QuizGame #4	Stage #4
2023-02-22	Lecture		COLLEGE CLOSED	Reading Break
2023-02-23	Lab		COLLEGE CLOSED	Reading Break
2023-03-01	Lecture	Ch. 5: Substance Use and Addictive Disorders	Lecture #5. Addiction & Treatments	Quiz #5 due day before
2023-03-02	Lab		QuizGame #5	Stage #5
2023-03-08	Lecture		Midterm Review #2	
2023-03-09	Lab			Midterm Exam #2 in-class
2023-03-15	Lecture	Ch. 6: Alcohol; Ch. 7: Anxiolytics and Sedative-Hypnotics	Lecture #6. Depressants	Quiz #6 due day before
2023-03-16	Lab		QuizGame #6	Stage #6
2023-03-22	Lecture	Ch. 8: Tobacco and Nicotine; Ch. 9: Caffeine and the Methylxanthines; Ch. 10: Psychomotor Stimulants	Lecture #7. Stimulants	Quiz #7 due day before
2023-03-23	Lab		QuizGame #7	Stage #7
2023-03-29	Lecture	Ch. 11: Opioids	Lecture #8. Opioids	Quiz #8 due day before
2023-03-30	Lab		QuizGame #8	Stage #8
2023-04-05	Lecture	Ch. 12: Antipsychotic Drugs; Ch. 13: Antidepressants	Lecture #9. Antipsychotics & Antidepressants	Quiz #9 due day before
2023-04-06	Lab		QuizGame #9	Stage #9
2023-04-12	Lecture	Ch. 14: Cannabis; Ch. 15: Hallucinogens, Psychedelics, and Club Drugs	Lecture #10. Cannabinoids & Hallucinogens	Quiz #10 due day before

2023-04-13	Lab		QuizGame #10	
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](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

COMPONENT	WEIGHT PER ITEM	NUMBER OF ITEMS	TOTAL WEIGHT
Quizzes	0.5%	10	5%
QuizGames	0.5%	10	5%
Midterm Exam #1	20%	1	20%
Midterm Exam #2	25%	1	25%
Final Exam	36%	1	36%
Research Assignments	1%	9	9%
		TOTAL	100%

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.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

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 as part of their course assignment. 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.

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 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 the student 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.

QUIZGAMES

To help you learn the course concepts, I have created some fun computer programs (called "QuizGames") that incorporate a number of learning science principles (e.g., retrieval practice, metacognition, and immediate feedback). The QuizGames are designed to look and act like casino slot machines in order to keep you engaged while studying the concepts. Since you will remember information better if you spread out your studying over time (distributed practice) rather than just cramming right before an exam (massed practice), each week in lab you will be expected to perform QuizGames (available from D2L Content) related to that week's lecture topic (see the Course Schedule above) and then submit your results to D2L Assignments for marks.

EXAMS

Exams will be in-class, closed book, and will follow the same format as the 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.

RESEARCH ASSIGNMENTS

To provide an opportunity for you to gain first-hand experience in conducting psychopharmacological research, 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, forms, templates, and examples for these assignments are available in D2L Content. Each week, you will work on the project outside of class time and submit your work through D2L Assignments. 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 research assignments but must wait for written instructor approval of proposed methods before data collection takes place. Students granted permission to conduct the research assignments, but who fail to show up to lab and earnestly contribute in a timely fashion to their group's research project, may have their permission revoked by the instructor.

DEADLINES

The Course Schedule above lists the specific dates for when the quizzes/exams/assignments are due. There are no make-up exams for this course. 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 exams, research assignments may be revised and resubmitted for marks throughout the semester, without late penalties, until the last day of labs has passed. The marks from quizzes and QuizGames not completed by their deadlines, and from research assignments not successfully completed by the last day of labs, will automatically be waived and their weight distributed proportionately to the remaining course items.

SCHOOL OR DEPARTMENTAL INFORMATION

Camosun Psychology Club - During the Winter semester, the Psyc Club will be meeting each Tuesday at 3:00pm in Fisher 200. Everyone interesting in discussing psychological questions/problems is welcome! For further information, please contact Dr. Michael Pollock: pollockm@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

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

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 <http://camosun.ca/students/>.

Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

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 Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the

appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

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. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

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 or misconduct 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 and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

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.