Course Syllabus

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PSY490 Course description

The course will present an analysis of biological rhythms from several perspectives. We will address the diverse roles that timing and timekeeping play in optimizing physiological and behavioral processes, regulating thought and action, and enabling anticipation of future events and conditions. Particular attention will be directed toward the temporal opportunities and constraints that are imposed on human behavior and physiology, including the significant impacts on memory, personality, emotional regulation, and the awareness of time. Weekly topics have been chosen by the instructor and placed in a presentation order whereby later topics may refer to the earlier discussions.

Assignments

1 per week. 2-3 page (double spaced) discussion paper on the topic of the week. 10 papers count toward your final mark, and there are 11 opportunities. The lowest mark out of 11 will be dropped before the final mark is calculated.

a. Treat the discussion question according to your own perspective and interests.

b. There are 11 discussions scheduled. The first meeting does not count.

c. The papers should be concise, focused discussions of an aspect of each topic. The introduction presents the "thesis" of the paper, and you need to back up statements with appropriate citations. Include a list of references (3-4 should be sufficient).

d. Discussion leaders. Each student is asked to lead at least one discussion. This is a partnership with the instructor to generate a lively and "on-topic" discussion amongst all the class members. The student is asked to present their perspective. (This is NOT a lecture). Other students may agree, disagree, or bring a different perspective to each topic.

Marking

10 discussion papers (**60%**). As a discussion leader (see part d), you may substitute one paper for this activity. Participation (**15%**). This is an assessment of your overall participation through the term. This is broken down into 2 parts (attendance 5%, discussion and leadership 10%). Attendance but no contributions to discussion, this is still 5 points. The remaining, 10 points are at the instructor's discretion. The points are assigned on the basis of reaching a threshold for participation – not on weekly participation. The remaining **25%** is an in-depth paper (12-15 pages, typed, double spaced) on a relevant topic.

Missed assignments. With proper documentation (see the next paragraph), missed assignments can be made up. A weekly report can be submitted within the next week for full marks. Participation marks cannot be made up, but will be accounted by adjusting the calculation of your final mark.

If you become ill and it affects your ability to do your academic work, consult me right away. Normally, I will ask you for documentation in support of your specific medical circumstances. This documentation can be an Absence Declaration (via ACORN) or the University's Verification of Student Illness or Injury (VOI) form. The VOI indicates the impact and severity of the illness, while protecting your privacy about the details of the nature of the illness. If you cannot submit a VOI due to limits on terms of use, you can submit a different form (like a letter from a doctor), as long as it is an original document, and it contains the same information as the VOI (including dates, academic impact, practitioner's signature, phone and registration number). For more information on the VOI, please see http://www.illnessverification.utoronto.ca. For information on Absence Declaration Tool for A&S students, please see https://www.artsci.utoronto.ca/absence. If you get a concussion, break your hand, or suffer some other acute injury, you should register with Accessibility Services as soon as possible. Please note that students can only use the Absence Declaration on ACORN ***once per semester***. Documentation must be given to me within one week of missing a term test, in any of the forms mentioned above.

Course Summary:

Date	Details
Tue Sep 19, 2023	Assignment 1. Chronotype
Tue Sep 26, 2023	Assignment 2. Circadian disorganization and chronic disease
Tue Oct 3, 2023	Assignment 3. Time memory
Tue Oct 10, 2023	Assignment 4. Social Zeitgebers, social isolation, with special reference to COVID-19
Tue Oct 17, 2023	Assignment 5. Episodic memory
Tue Oct 24, 2023	Assignment 6. Time perception
Tue Oct 31, 2023	Assignment 7. Ultradian rhythms and brain communication
Tue Nov 14, 2023	Assignment 8. Metabolism, nutrition, food entrainment, other biological clocks
Tue Nov 21, 2023	Assignment 9. Sleep, memory and hibernation
Tue Nov 28, 2023	Assignmment 10. Circadian rhythms in the gut microbiome: implications for neuropsychiatric disorders
Tue Dec 5, 2023	Assignment 11. Discussion: Ancient and modern roles of biological clocks, their adaptive advantages, and evolutionary origins
	Assignment 0. Participation
	Assignment 12. Final paper