

# PSY101: Introductory Psychology



What's the best way to study? Why do we dream? How can you communicate more effectively with your partner or roommate? Why do toddlers seem so selfish? What's the best coping strategy for stress and anxiety? These are all questions that psychology works to answer. The goal of this course is to give you a broad overview of all the fields in psychology and how they interact with one another. You will learn why humans behave the way that they do from biological, social, developmental, and cognitive perspectives and learn how to integrate these perspectives.

By the time you leave this course, you will be able to:

- Show an understanding of the scientific process in psychology.
- Recognize the major psychological theories and use psychological terminology correctly.
- Critically consider the findings of psychological research.
- Understand examples of how psychological concepts are applied to daily life.

## Format:

In class, you will be doing activities and quizzes in between watching videos and reading a book. The goal of the short videos with activities is to keep your attention because psychological research says our attention span is incredibly short. I will be both presenting the material from the book in a new way and giving you brand new information, which will help you synthesize your newfound knowledge and apply it to everyday situations. The way I set this class up is based on research suggesting that these methods will help you succeed, and helping you succeed is my job as your professor.

There are plenty of ways to get points in this class, from activities to assignments and (finally) on tests. I recognize that not everyone is a good test-taker, so there are lots of opportunities to succeed outside of that for a reason- but it does mean that you must stay on top of your work because there will be things due pretty much every day. To help you keep on track of reading, which is necessary to succeed in this class, you will have book assignments to increase rehearsal (you'll see why this matters later!).

## The Class:

Spring/Summer 2024  
PSY101-02  
Online Asynchronous

## The Professor:

Dr. Natasha Swalve  
[swalven@gvsu.edu](mailto:swalven@gvsu.edu)

## Student Hours:

M/W: 12-2 pm

And we can always set up a meeting if these times don't work!

## The Book:

McGraw Hill- Connect Master

## Points/Grades:

Tests:	400 pts
Video Activities:	120 pts
Book Activities:	110 pts
Assignments:	90 pts
Total:	720 pts

I will round your grade up. You can determine your grade by counting up earned pts and dividing by total.

A: 94-100%	A-: 91-93%
B+: 88-90%	B: 84-87%
B-: 81-83%	C+: 78-80%
C: 74-77%	C-: 71-73%
D+: 68-70%	D: 60-67%
F: 0-59%	

This syllabus is subject to updates and changes throughout the semester

# Class Policies & Expectations

## Exams:

You will take 4 online exams throughout the semester. They will be a combination of multiple-choice, short answer, and essay questions. The goal of these exams is to have you apply the material you've learned, not simply repeat it. Exams must be taken by the deadline; if they are late, I will take off 20% per day.

## Book Assignments:

There is no real way for me to cover all of the material from all of Introductory Psychology in online videos, so reading the book is incredibly important. Because of this, I have assigned book activities as part of your class grade to make sure that you are keeping up with the reading. This will help you with the tests but will also help you with your assignments and future psychology classes as well!

## Assignments:

The goal of this course is to get you to understand how the material relates to your own life. Thus, throughout the semester you will have a variety of assignments on the topics covered in class. These assignments can be turned in late- you will lose 50% of the original grade if they're late by even a minute but I will accept them until the last official day of class. If you need an extension, let me know before it's due- it's not an issue to give you an extension but I cannot give one out after it's due! More information on these assignments is posted on BB Ultra.

## Activities:

There will be daily activities based on the videos from the course. This will help you synthesize the information and stay on track with the coursework. These points can also help if you're not necessarily great at taking tests.

## Emails:

I have a tendency to email back very quickly but, like you, I also have a busy schedule so my guarantee is that I will respond in 48 hours. I work hard to get back to your emails within 24 hours and I hope that you will try as well! If something is an emergency or urgent, put that in the subject line so that I know to try to get back to you sooner (if possible). Please email and do not message- the messenger function is difficult to use on BlackBoard.

## Technology:

Everything required for this class will be posted on Blackboard Ultra, which means that you will need a computer and internet. If you're struggling with having access to a regularly working laptop, please visit [this site](#) for potential help. I use Zoom for virtual meetings and you will be expected to turn things in in either .doc or .pdf form. GVSU provides access to [Microsoft Office 365](#) and the [Zoom business license](#) for free. This course is subject to the GVSU policies listed [here](#).

## Staying On Track:

I have set up this course so that you will have something due every day. This will help you set up a routine, which will make it less likely that you will forget things. However, this can be paced out differently, so I made due dates a little later than the original day in case you're working or have other obligations. If you end up getting behind, let me know as soon as possible and we will come up with a plan to get ahead!

## Academic Integrity:

I understand that you don't come to class expecting to commit academic dishonesty, so make sure to take a look at what constitutes it [here](#). Common examples include using ChatGPT or other AI to complete assignments, presenting work from other students as your own, or taking information directly from others without appropriate citations. Everything you submit has to be in your own voice. If you're having problems with the class and others, come talk to me so we can try to come up with a solution before you reach the point of no return. If you do cheat, you will receive a failing grade for that activity and other consequences as laid out in GVSU's policy. This can be up to receiving an F for the class. You will also be reported to the Office of Student Conduct and Conflict Resolution.

## Accommodations:

If you need accommodations, the office of Disability Support Resources is here to help, and I am as well! I will need a memo outlining accommodations from them first to work with you to make sure we're abiding by all of the federal/state laws. Please contact the Disability Support Resources office by calling 331-2490 or emailing [dsrgvsu@gvsu.edu](mailto:dsrgvsu@gvsu.edu) for additional support. My goal is to have you come out of this class with a thorough understanding of the material, so I want to work with you to achieve that. All information related to accommodations will be confidential. If you wish to speak with me about specific needs, I'm always available via email or in person, depending on your comfort level.

## Psych Friends Peer-to-Peer Mentors

Psych Friends mentors are upper-level psychology and behavioral neuroscience students who are trained to provide support in many areas, such as: effective studying and time management techniques, exam preparation and reflection skills, understanding the PSY and BNS major requirements, potential jobs and careers in the field, the process of applying for graduate school, and how to maintain physical and mental health as a student. Visit <https://www.gvsu.edu/navigate> to schedule an online or in-person meeting today!

## General Education Requirements

### Knowledge Student Learning Outcomes

1. Explain how knowledge in the social and behavioral sciences is created and applied.
2. Explain major approaches, methods, theories, and substantive findings of the field.
3. Evaluate and apply concepts and theories from the social and behavioral sciences to real-life examples.

### Skills Student Learning Outcomes

1. Critical Thinking: Comprehensively evaluate issues, ideas, artifacts, or events before forming a conclusion.
  - States an issue clearly and describes it comprehensively.
  - Uses appropriate evidence that includes relevant context(s), which facilitates a comprehensive analysis or synthesis of the issue.
  - Develops a position that thoroughly takes into account the complexities of an issue, limits of the position, and synthesizes others' points of view.
  - Develops conclusions, implications, and consequences that are logical and reflect an informed evaluation based on strength of evidence.
2. Ethical Reasoning: Apply ethical principles and codes of conduct to decision making.
  - Recognizes ethical issues when presented in a complex, multilayered (gray) context and can recognize interrelationships among the issues.
  - Names the major ethical theory or theories used, presents the gist of said theory or theories, and thoroughly and accurately explains the details of the theory or theories used.
  - Applies ethical theories to a complex issue accurately and considers the full implications of the application.
  - States a position in-depth and effectively defends against other ethical perspectives.

# Course Schedule

Date	What We're Talking About	Read/Watch This	What Should Be Done
5/6 M	Class Introduction	Video 1	
5/7 Tu	What is Psychology?	Ch. 1/Video	Assignment 1 (due 5/8)
5/8 W	Methods	Video	Book Chapter 1 (due 5/10)
5/9 Th	Methods	Video	
5/10 F	Methods	Video	Assignment 2 (due 5/12)
5/13 M	Neuroscience	Ch. 2/Video	Book Chapter 2 (due 5/14)
5/14 Tu	Neuroscience	Video	TEST 1 (DUE 5/19)
5/15 W	Sensation and Perception	Ch. 3/Video	Book Chapter 3 (due 5/16)
5/16 Th	Sensation and Perception	Video	Assignment 3 (due 5/17)
5/17 F	Development	Video	
5/20 M	Development	Ch. 8/Video	Book Chapter 8 (due 5/21)
5/21 Tu	Development	Video	Assignment 4 (due 5/22)
5/22 W	Sleeping and Dreaming	Ch. 4/Video	Book Chapter 4 (due 5/23)
5/23 Th	Drugs	Video	TEST 2 (DUE 5/26)
5/24 F	Learning	Video	
5/27 M	<b>NO CLASS</b>		
5/28 Tu	Learning	Ch. 5/Video	Book Chapter 5 (due 5/28)
5/29 W	Memory	Video	Assignment 5 (due 5/29)
5/30 Th	Memory	Ch. 6/Video	Book Chapter 6 (due 5/30)
5/31 F	Language	Video	Assignment 6 (due 6/2)
6/3 M	Motivation and Emotion	Ch. 7/Video	Book Chapter 7 (due 6/4)
6/4 Tu	Intelligence	Video	TEST 3 (DUE 6/9)
6/5 W	Personality	Ch. 9/Video	Book Chapter 9 (due 6/6)
6/6 Th	Personality	Video	Assignment 7 (due 6/7)
6/7 F	Social	Video	
6/10 M	Social	Ch.10/Video	Book Chapter 10 (due 6/11)
6/11 Tu	Social	Video	Assignment 8 (due 6/12)
6/12 W	Disorders	Ch.11/Video	Book Chapter 11 (due 6/13)
6/13 Th	Disorders	Video	Assignment 9 (due 6/14)
6/14 F	Disorders	Video	
6/17-6/18	<b>Final Exam Week (TEST 4 DUE 6/18)</b>		