

**Introductory Psychology**  
 PSY 101, Winter 2024  
 Grand Valley State University

**Professor: Amanda Dillard, Ph.D.**

Office: 2307 Au Sable Hall

Ph: 331-2865

Email: [dillaram@gvsu.edu](mailto:dillaram@gvsu.edu)

Office hours: Wednesdays 9-10:30am, or by appointment.

**Course description**

Welcome to Introductory Psychology! Psychology is the study of human behavior and mental processes. This course will provide you with an overview of psychology, examining the field from several perspectives including biological, cultural, behavioral, cognitive, and social. Some examples of topics that will be covered are Human development, Learning, Personality, Emotion, and Psychological disorders. Following this course, you will have a comprehensive understanding of what Psychology is and its basic areas, primary theories and methods, how psychologists think and test their ideas, and how Psychology is relevant to everyday life.

This course is part of GVSU's General Education Program. Introductory Psychology partially fulfills the requirement of the Social and Behavioral Sciences category in Foundations. As part of the General Education Program, the goals of this course are to help students develop a) an understanding of how knowledge in the social or behavioral sciences is created and applied, b) an understanding of the major approaches, methods, theories, and substantive findings of the field, and c) an informed critical stance that will allow students to weigh and apply ideas and claims from social and behavioral sciences outside of the classroom. The skills goals for this course are critical thinking, creative thinking, and ethical reasoning.

**Required textbook**

Myers, David G. & Dewall, C. Nathan. (2021). *Psychology* (13<sup>th</sup> ed.). New York: Worth Publishers.  
 E-book. (Blackboard access).

**Course evaluation**

The total points for this class will be 540. You will be evaluated on 4 tests (each is worth 100 points; 400 points total). You will complete 20 in-class exercises (worth 5 points each; 100 points total). You will complete 4 enrichment activities (worth 10 points each; 40 points total).

Tests will use the following grading scale.

A	93-100%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	62-66%
B-	80-82%	F	61% or lower
C+	77-79%		

*Note.* I reserve the right to curve grades under certain circumstances. However, if I do curve grades, it will only be for your benefit.

## Tests

*Tests:* Tests will be administered in class. They will be non-cumulative, and cover 3-4 textbook chapters as documented in the Course Schedule. Tests will also cover material from lecture (see section on Attendance). Test questions will include both multiple choice and short answer.

*Make-up policy:* You are expected to take the tests on the specified dates. If you do not appear for a test **and you have not been given permission by me to delay it**, you will receive a zero unless you bring documentation (such as a doctor's note) to excuse your absence. You will have one week after the date of the scheduled test to take a make-up test.

## Class exercises

There will be approximately 20 in-class exercises (most will occur during class, but some may be assigned as homework). Each exercise is worth 5 points. The exercises vary from written responses to something we listen to or watch to small group work or discussion of class topics. The purpose of these exercises is to promote engagement and enhance learning.

Please note that credit for class exercises cannot be made up. If you are not present for any reason, you will not be able to earn credit for a missed exercise. However, all students will be able to drop one missed exercise. In other words, if you miss only one exercise, you can still obtain a perfect score. If you miss two exercises, you will lose points for one exercise, if you miss three, you will lose points for two exercises, etc. **This “freebie” accounts for all reasons for missing so please do not ask me about make-ups.** You also do not need to let me know when you missed an exercise as the “freebie” will simply be added at the end of the semester for an exercise that you missed at any point during the semester.

## Enrichment activities

Enrichment activities are to be completed outside of class. It is your responsibility to read about these activities (you must read the end of this document) and complete them; this is not something you do during class, or something we will spend class time on. These activities are designed to give you the chance to learn more about how psychological research is conducted. There are two options for completing these activities. In Option 1, students participate in psychological research studies. In Option 2, students summarize papers on psychological research from scholarly journals. Within either option chosen, students will complete four activities. Enrichment activities are due the last week of class. Please see the end of this document for more detailed information.

## Useful things to know

*Reading:* Topics in the Course Schedule correspond to your textbook chapters. Reading the assigned chapter before class will help you take better notes in lecture and prepare you for class activities. Reading will also help you perform well on tests because not all assigned reading will be covered in class, but tests will require you to demonstrate that you have read and understood all assigned reading.

*Attendance:* Although I will not take attendance, it is to your advantage to come to class regularly. This is because during class, I may lecture on information that is not in your textbook. There will also be class exercises and, as noted above, there are no make-ups for these. We will also watch films, listen to radio programs, and have class discussions that elaborate on and extend course information. You can expect tests to cover your textbook, lecture, and anything else that we do in class. If you miss a class, it is your responsibility to ask a fellow student for the notes.

*Blackboard website:* Make sure you have access to the Blackboard website for this class or contact the help desk. I will post daily lecture notes and any announcements I have on Blackboard. Assignments and grades will also be posted on BB. **Please check your grades on the website OFTEN.** You have one week after grades are posted to dispute it. Contact me ASAP if you think an error has been made.

*Respect.* This is a large class which sometimes makes students feel anonymous. Please do not let this perception make you think it is okay to engage in disrespectful behavior. I expect you to respect me and your fellow students by not talking, texting, or browsing the internet while class is in session. When class begins, you should cease all these activities. If you do not, I will ask you to leave. If you are asked to leave more than once, you will be dropped from the class.

### **Students with special needs or concerns**

If there is any student in this class who has special needs because of a learning, physical, or other disability, please let me know. You should also contact Disability Support Resources (DSR) at (616) 331-2490 or dsrgvsu@gvsu.edu. If you have a disability and think that you will need assistance evacuating this classroom and/or building in an emergency, please make me aware so that the university and I can develop a plan to assist you. It is the student's responsibility to request assistance from DSR.

### **Symptomatic illness**

Please do not come to class if you are ill or have symptoms of an illness. Instead, please notify me as soon as possible via email.

*This course is subject to the GVSU policies listed at <http://www.gvsu.edu/courjanolicies/>  
Excused absence policy can be found:  
<http://catalog.gvsu.edu/content.php?catoid=48&navoid=2406&hl=%22attendance%22&returnto=search>*

## Course Schedule \*

<b>Week</b>	<b>Topic</b>
<b>Week 1:</b> Jan 8 - 12	Course welcome and introduction; Thinking critically with psychological science
<b>Week 2:</b> Jan 15 - 19	<b>MLK Jr. Day - No class on Monday;</b> Thinking critically
<b>Week 3:</b> Jan 22- 26	Biology of mind
<b>Week 4:</b> Jan 29 - Feb 2	Consciousness and the two-track mind
<b>Week 5:</b> Feb 5 -9	<b>Monday Feb 5, TEST 1;</b> Nature, nurture and human diversity
<b>Week 6:</b> Feb 12 - 16	Nature and nurture continued; Developing through the life span

<b>Week 7:</b> Feb 19 - 23	Developing continued
<b>Week 8:</b> Feb 26 - Mar 1	Wrap up; <b>Wednesday Feb 28, TEST 2</b> ; Learning
<b>Week 9:</b> Mar 4 -8	*** SPRING BREAK ***
<b>Week 10:</b> Mar 11 -15	Learning
<b>Week 11:</b> Mar 18 - 22	Memory
<b>Week 12:</b> Mar 25 -29	Thinking
<b>Week 13:</b> Apr 1 - 5	<b>Monday April 1, TEST 3</b> ; Emotion
<b>Week 14:</b> Apr 8 - 12	Personality
<b>Week 15:</b> Apr 15 -19	Psychological disorders ( <i>Last day to complete enrichment activities on Tuesday</i> )

---

**Final exam:** Wednesday, April 24, 2:00 pm - 3:50 pm

---

\* This schedule may be adapted.

\*\*\*\*\*  
**Enrichment Activities:**  
**Learning about Psychological Research**  
 \*\*\*\*\*

In the Enrichment Activities (EA) portion of the course, students will be given the opportunity to experience psychological research first-hand. Two kinds of enrichment activities are available:

- *Option 1* involves being a participant in research studies conducted by Psychology Department faculty and students.
- *Option 2* involves completing activities that will introduce you to a variety of research techniques used in psychological research.

Students must earn **four** EA credits for this requirement. The credit you earn by completing each EA is a function of the amount of time it takes to complete it. For example, by participating in a brief online study (30 minutes or fewer) you would earn ½ of an EA credit whereas an EA that takes one hour to complete would earn 1 credit. Both types of Enrichment Activities will be available in face to face and online formats. You may complete the EA requirement using any combination of EA types, however, **at least two full credits of EAs must be completed in person.**

**Enrichment activities are scheduled and offered through the Sona Study Scheduling System.** You will receive an email at the beginning of the semester sometime during the first week of class containing your User ID and an initial password, and a link to the Sona system website at <https://gvsu.sona-systems.com>. If you do not receive an email regarding your account by the **end of the first week of class**, please contact Hannah Todd at [psychlab@gvsu.edu](mailto:psychlab@gvsu.edu). SONA Systems maintains a strict policy protecting your privacy and confidentiality. This policy is available for review in the Psychology Office.

**Additional details regarding the enrichment activities and an FAQ are available online at <https://www.gvsu.edu/psychology/psy-101-participation-in-research-sona-435.htm>**

**Screening Instrument:** Once you receive your User ID and password, you will be able to immediately earn .5 credits by completing an online prescreening questionnaire. This is a short questionnaire used by some researchers to determine your participation eligibility for studies carried out throughout the semester. You must be 18 or older to complete the prescreen survey. You are not required to complete it, but doing so increases the number of studies you will be able to choose from during the semester. You can complete the prescreen at any time from the My Profile tab on the blue bar at the top of the page, however, completing it early (within the first two weeks of class) ensures that you will have access to the widest variety of EA activities within the Sona System.

### **Enrichment Activity Deadline**

The last day to complete your EA requirement is **April 19<sup>th</sup> @ 5:00 pm.**

### *Some Additional Information about Psychology Department Enrichment Activities (EAs)*

There are two types of Enrichment Activities (EAs). Details regarding each type are listed below.

### **Enrichment Option 1: Participation in Psychology Studies**

By participating in psychology research studies, you will directly experience some of the procedures used in psychological research while also making a valuable contribution to the generation of knowledge within the discipline. All studies have been reviewed and approved by the university's Institutional Review Board (IRB), an administrative body established to protect the rights and welfare of human research participants.

Some studies may be completed online, while other studies will require you to participate in person at a physical location (usually the Psychology Laboratories in Au Sable Hall). Both online and face to face psychology studies use the Sona Study Scheduling System. If the study requires you to attend a session at a particular location, please arrive before the scheduled time, as studies start punctually. If you sign up for a study session but cannot attend, please cancel your session on-line. Online studies must be completed by the study deadline to get credit.

At the beginning of a study session, you will first be given a description of what you will have to do, and then be asked for your consent before the study begins. If you choose not to participate, you may leave the study without penalty. Once you have completed a study, you can check to see that you have received credit by selecting [My Schedule/Credits](#). Credits are typically posted within 24 hours after completion of a study.

**Optional Prescreen:** The prescreen is a short questionnaire used by some researchers to determine your eligibility for future research. **You must be 18 or older to complete the prescreen survey.** You are not required to complete it but doing so may increase the number of studies you will be eligible for throughout the semester. It will take approximately one-half hour to complete, and you will earn ½ of an EA credit for doing so. You can complete the prescreen at any time from the [My Profile](#) tab on the blue bar at the top of the page. If you plan to complete the survey, please plan to complete it in a single half-hour session.

**Under 18 rules:** If you are under 18, you are welcome to participate in activities marked as Enrichment Activity (EA) option 2: Research Techniques without parental/guardian consent forms on file. To participate in Psychology Department research studies (EA option 1: Psychological Studies), you will need to have your parent/guardian complete a permission form and file it with the Psychology department. Please note that some studies require that you be at least 18 years old to participate. If you are under 18 and have a parental consent form on file, the SONA system will display only those studies without an age requirement. obtain the parent/guardian permission form, please email [psychlab@gvsu.edu](mailto:psychlab@gvsu.edu) to obtain a copy of the parent/guardian permission form.

### **Enrichment Option 2: Research Techniques Activities**

By completing research techniques activities, you will engage in activities related to procedures researchers use in their psychological research. For example, you may be asked to watch an exchange between two people and carry out behavioral coding of their interaction. In doing these activities you will gain an understanding of the strengths and limits of various research methods used in psychological science. Research Techniques Activities are listed in SONA Systems along with the research studies. There are no age restrictions on these activities. You may complete each activity only once.

### **Need Help?**

If you have questions regarding any aspect of the Enrichment Activities, please contact Hannah Todd, who can be reached by sending an email to [psychlab@gvsu.edu](mailto:psychlab@gvsu.edu).