

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, we will be performing experiments and doing activities interspersed with lectures. The goal of this 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 in-class activities to quizzes 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 almost every day. To help you keep on track of reading, which is necessary to succeed in this class, you will have quizzes at the end of each chapter to increase rehearsal (you'll see why this matters later!). If I give extra credit opportunities, the opportunities and due dates will be covered in class.

The Class:
Winter 2024
PSY101:15
TuTh: 1-2:15 PM
Lake Michigan Hall 176

The Professor:
Dr. Natasha Swalve
swalven@gvsu.edu

Student Hours:
2137 Au Sable
M: 12-2 pm
Tu/Th: 11:45-12:45 pm
And always by appointment!

The Book:
Introduction to Psychology: University
of Minnesota.
<https://open.lib.umn.edu/intropsyc/>
FREE ONLINE Y'ALL

Points/Grades:

Tests:	400 pts
Quizzes:	200 pts
Assignments:	100 pts
In-Class Activities:	50 pts
Total:	750 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 exams throughout the semester listed on the schedule, with each one being based on a section of the class. They will be a combination of multiple-choice, short answer, and essay questions that will be taken in class on paper (old school!). The goal of these exams is to have you apply the material you've learned, not simply repeat it. If you're going to miss a test due to an excused circumstance, let me know before the test itself- I won't allow make-up exams if you notify me after the test has started (even by a minute) because it's not fair to other students. I give feedback quickly for your benefit, so all make-ups need to be taken before the next class period.

Quizzes:

You will also have online quizzes. Each quiz is worth 20 points and will be open from the beginning of class, so there will be no make-ups for any reason (seriously). They are posted on Blackboard at the beginning of the semester.

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 in class. These will count towards your daily participation in class so make sure to show up! You will also be tested in Kahoots daily to help reinforce your knowledge. If you're in the Top 3 of the Kahoots at the end of each *section*, you will get 2 points extra credit. These activities are here to help you comprehend the material in low stakes ways.

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).

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](#).

Attendance:

I hope that you will come to every class, and your grade depends on you showing up daily. **You cannot do the in-class activities after that class period in which they're due, so you have to come to class to participate in them and receive points for them.** I will drop the two lowest activities, so you can miss up to two days without missing any points for any reason. If you're going to miss class for a longer period of time (e.g. an extended sickness, athletics, etc.), let me know and we will figure out a plan to stay on track.

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 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!

Course Schedule

Date	What We're Talking About	Read This	Do This
1/9 Tu	Class Introduction		
1/11 Th	What is Psychology?	Ch. 1	Assignment 1
1/16 Tu	Methods	Ch. 2.1	Assignment 2
1/18 Th	Methods	Ch. 2.2	Quiz 1 (Ch 1&2)
1/23 Tu	Biology and Neuroscience	Ch. 3.1/3.2	
1/25 Th	Biology and Neuroscience	Ch. 3.3/3.4	Quiz 2 (Ch. 3)
1/30 Tu	Test 1		
2/1 Th	Sleeping and Dreaming	Ch. 5.1	Assignment 3
2/6 Tu	Sensation and Perception	Ch. 4.1/4.2	
2/8 Th	Sensation and Perception	Ch. 4.3/4.3/4.5	Quiz 3 (Ch. 4)
2/13 Tu	Development	Ch. 6.1/6.2	Assignment 4
2/15 Th	Development	Ch. 6.3/6.4/6.5	Quiz 4 (Ch. 6)
2/20 Tu	Emotions and Motivation	Ch. 10	Assignment 5
2/22 Th	Test 2		
2/27 Tu	Learning	Ch. 7.1/7.2	Assignment 6
2/29 Th	Learning	Ch. 7.3/7.4/7.5	Quiz 5 (Ch. 7)
3/4-3/10	Spring Break		
3/12 Tu	Memory	Ch. 8.1	
3/14 Th	Memory	Ch. 8.2/8.3	Quiz 6 (Ch. 8)
3/19 Tu	Intelligence	Ch. 9.1/9.2	Assignment 7
3/21 Th	Language	Ch. 9.3	Quiz 7 (Ch. 9)
3/26 Tu	Applied Psych (Law and IO)		Assignment 8
3/28 Th	Test 3		
4/2 Tu	Personality	Ch. 11.1/11.2	Assignment 9
4/4 Th	Personality	Ch. 11.3	Quiz 8 (Ch. 11)
4/9 Tu	Social	Ch. 14.1	Assignment 10
4/11 Th	Social	Ch. 14.2/14.3	Quiz 9 (Ch. 14)
4/16 Tu	Disorders	Ch. 12	
4/18 Th	Disorders	Ch. 13	Quiz 10 (Ch. 12/13)
4/22	Test 4: Final Exam Week		