PSY 101: Introductory Psychology

Course Syllabus

Grand Valley State University, Psychology Department

Winter 2024

Instructor Information

Professor:	Paolo Campus, Ph.D.
Office:	2115 Au Sable Hall (ASH)
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Office Hours:	MW 1:00 p.m. - 3:00 p.m. or by appointment. I am also able to meet virtually by request.

Course Communication

Communication regarding assignments, materials, grades, announcements, and any other relevant course content will occur through Blackboard and in class. You are expected to check regularly (i.e., **every day**) both your GVSU email and Blackboard account.

The best way to contact me is via e-mail. I will do my best to reply within 24 hours to e-mails received during business hours (Monday-Thursday, 9:00 a.m. - 5:00 p.m.). I will be in limited contact during weekends, and I won't be able to reply until the following Monday.

For urgent communication, make sure to write "URGENT" in the subject line of the e-mail, and I will do my best to reply as soon as possible. For questions best answered face to face, I will ask you to attend my office hours or set up an alternate time to meet with me.

Course Information

Credits:	3
Prerequisites:	None
Course Format:	Face to Face
Class Meetings Location & Time:	**PSY 101-2:** MWF 12:00 p.m. - 12:50 p.m., HON 148. **PSY 101-8:** MWF 9:00 a.m. - 9:50 a.m., ASH 2302. **PSY 101-9:** MWF 11:00 a.m. - 11:50 a.m., HON 148.

Course Overview

This course is designed to offer an introduction to the field of Psychology, the discipline that studies how and why we think, feel, and behave, through the scientific investigation of mind, brain, and behavior. The course is divided into four learning modules. Each module covers 3-4 chapters of the textbook (see below for details).

1. In the first module we will discuss the scientific foundations of Psychology, including a brief historical perspective, structure and functions of the brain, and common research strategies used by experimental psychologists.

2. In the second module we will discuss the mental processes underlying cognition. Topics include sensation & perception, learning & memory, thoughts & problem solving, emotions & motivation, and human language.

3. In the third module we will discuss topics such as human development, social interactions, personality, and individual differences.

4. In the fourth and last module, we will discuss the categorization, diagnosis, and treatment of psychological disorders, including affective disorders (e.g., depression, bipolar disorder), anxiety disorders, schizophrenia, personality disorders, psychopathy, antisocial behaviors, and substance abuse.

Course Objectives

This course will give you the scientific bases for understanding human nature, including how and why we feel certain emotions, how we handle stress, how we learn new information and how we remember the past and, in general, why we behave the way we behave. Over the course of the semester, we will reflect over a variety of psychological phenomena related to our everyday life, their underlying theories and the research strategies used by psychologists to investigate them. By the end of the semester, we will build a fundamental understanding of the relationship between mental processes, brain functions, and behavioral outcomes. We will discuss the role of nature/nurture interactions in determining individual differences in cognitive, emotional, motivational, and social behaviors and how the unique configuration of these different psychological domains contribute to the emergence of unique personality traits, social skills, and vulnerability/protection to psychopathology.

How to Succeed

To do well in this course, you will have to:

- Read the appropriate chapters in the textbook and the corresponding lecture slides.

- Complete the course assignments (i.e., exams and homework) and enrichment activities (see details below). Exams will contain a mixture of content from the textbook and from class lectures. Therefore, although I will not take class attendance, I strongly recommend you attend classes.

- Make sure to check the course Blackboard page frequently to keep up with announcements, lecture slides, exams, and additional materials/info.

Required Materials

- **Textbook.** Laura King, *Experience Psychology* (5th edition). Your course is participating in the GVSU SAVE program. This means your course material will be delivered to you via a link on the course's Blackboard page. The course is now live for the semester and you may access your course material at this time. You should have received a "Welcome Email" from Verba/VitalSource that explains the GVSU SAVE program. You have been charged for your course material on your GV student account. The deadline to opt-out of the SAVE program is Friday, Jan. 19th. Please be aware, if you opt-out you will be responsible for purchasing the required course material on your own. For the instructions to opt-out, and more information about the program visit the GVSU SAVE website at: https://lakerstore.gvsu.edu/gvsusave. If you have any questions or are experiencing any issues, please contact lakersave@gvsu.edu.

- **Internet Access**: All relevant content, such as announcements, lecture slides, assignments, grades, and other additional information will be posted on the course Blackboard page, available at http://mybb.gvsu.edu/.

- **Computer/Tablet/Smartphone**: Blackboard runs on Windows, Linux, iOS, Android, or any other electronic device with an up-to-date web browser.

- **PDF Reader**: Some material in this course may be presented in PDFs. To view these materials, you will need a PDF reader.

- **Word Processor**: You will need a word processing software (e.g., Microsoft Office, Google Docs, etc.,) to complete some course assignments. Office 365 is available for free for personal computers/devices for qualifying GVSU students.

Methods of Evaluation

Grades will be determined by your scores on three types of assessment:

1. **Exams**.

2. **Weekly Homework**.

3. **Enrichment Activities**.

Exams

The course will have a total of four exams (3 mid-terms + 1 final), one for each learning module. The final exam will not be cumulative and will only cover the fourth learning module. Each exam consists of 60 multiple choices or fill in the blank questions. The questions will be based on the lectures and on the corresponding book chapters. The exams will be available on Blackboard, at least seven days prior to the due date. You can take the exam anytime during this window. Once you start, the exam can't be stopped and resumed , and must be completed within 60 minutes. During each exam, you may access lecture slides, textbook, notes, and the Blackboard page of the course. Use these resources sparingly: because of the time constraints, you won't be able to look up every answer. Therefore, the best strategy for doing well is reading the material in advance. All the exams are open book. However, having 70 minutes to answer 60 questions means you must study for each exam, as you will not have time to look up the answers. Each exam is worth 60 points, for a total of 240 points (60% of the final grade).

Weekly Homework

To keep up with the lectures, encourage continuous learning, and facilitate exam preparation, you will have to complete weekly homework. These homework consist of interactive quizzes and engaging game-like activities available on Blackboard. For each weekly assignment, you must answer a variable number of questions from the textbook

chapter discussed over the previous week. The questions are not designed to be difficult or stressful. They are meant to help you study the material covered in class, and retrieve the corresponding information on the textbook. There is no time limits, and you can stop and resume the activity at any time (your progress will be automatically saved). To complete each homework assignment, you must answer at least 10 questions, after which you will be assigned an initial score. Your goal is to reach a Target Score before the due date. If you don't reach the Target Score after answering the first 10 questions, you can keep answering more questions until you reach it. That means you will always be able to reach the Target Score. However, that may require answering a different number of questions depending on your level of preparation. Each question comes with the textbook page number where you can find the corresponding information. So, before answering, take your time to check the textbook to increase your chances of answering correctly. In case of an incorrect answer, you will be provided with feedback on why your answer is incorrect. You will have to complete a total number of 14 assignments, each worth 10 points, for a total of 140 points available (35% of your final grade).

Enrichment Activities

You will have to complete 4 credits of enrichment activities (EA) of your choice (5 points per credit, for a total of 20 points, or 5% of the final grade). The **last day to complete your EA requirement is April 19th, 2024 @ 5:00 p.m**.

In the 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.

Once you receive your User ID and password, you will be able to immediately earn 0.5 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.

If you have questions regarding any aspect of the Enrichment Activities, please contact Hannah Todd , who can be reached in the Psychology Department Office (2221 Au Sable Hall, 616.331.2424) or by sending an email to psychlab@gvsu.edu. 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

Points Breakdown

You can find below a breakdown of the points assigned and a brief description of the assessments. Further details will be provided in class.

Type of Assignment	Points Each	Total Points	% Of Final Grade
Exams (3 midterms + 1 final)	60	240	60
Weekly Homework	10	140	35
Enrichment Activities	5	20	5
Total		400	100

Grading Scale

Final grades will be determined at the end of the semester by calculating the total points accumulated. Grading cutoff is as follows:

Percentage	Grade
93-100%	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
73-76%	C
70-72%	C-

65-69%	D+
60-65%	D
<=59%	F

Class Policies

GVSU Email and Course Communications. Students are responsible for all communications sent via Blackboard and to their GVSU email accounts. GVSU student email can be accessed by visiting: mail.gvsu.edu and Blackboard at: mybb.gvsu.edu.

Assignments and Assessments. Each student is required to complete all learning activities by the due date deadline, as indicated in Blackboard. No learning activities or assignments are accepted late. All assignments, graded discussions, quizzes, exams etc. are submitted electronically to Blackboard. There are several available computer labs (gvsu.edu/it/lab-hours-66.htm) available for you to complete course work.

Attendance. A large part of the learning in this course comes from not only reading, but attending class and participating in class activities. Therefore, it is to your benefit to take advantage of these learning opportunities. Please note that some exam questions may refer to material covered only in class. You are responsible for all material covered in class whether you attend or not. Be sure to visit the Blackboard page of the course to locate lecture materials you have missed and contact a peer to get more detailed notes. See the university's attendance policy in the online catalog for more information.

Classroom Etiquette. To ensure that everyone has a positive experience, please keep in mind the following:

- Please put your cellphones on silent (not vibrate) for class. Also, please make every effort not to text in class. If it becomes distracting, I will ask you to put your phone away and may need to speak with you privately after class. Although it is easy to become distracted by computers, tablets, and cell phones in class, do try your best to pay close

attention to class instruction. This will make you a better classmate and a more successful student.

- Please arrive to class on time. I will not be able to repeat material if you come in late. After class, be sure to ask a classmate to update you on what you missed.

- You are in a diverse college setting, where your fellow classmates may not share your background, opinions, or rate of learning. Please respect these differences in your classmates and refrain from engaging in disrespectful behavior (e.g., eye rolling, smirking, or teasing). Please also avoid personal conversation during class instruction, as this is both disrespectful and disruptive to your classmates.

University Policies

Last Day to Drop. The last day to drop with a "W" is March 11. Students must initiate drop through Registrar (gvsu.edu/registrar/course-withdrawals-6.htm).

Caring for Students . Your health and your family's health should be your priority. If you are dealing with illness, sick family members, travel difficulties, a bad internet connection, increased anxiety, childcare challenges, or any other issues, please reach out and we will figure out accommodations.

Mental Health. Mental health concerns, including overwhelming stress, excessive worry, difficulty participating in daily activities, and changes in mood, appetite, or sleep patterns can interfere with your academic performance. College student surveys report that roughly 1 out of 3 students screen positive for a current mental health concern (Healthy Minds Study). GVSU values your health and wellness and provides services to support your mental health. If you would like mental health support or are concerned for another member of our campus community, reach out to the University Counseling Center for free resources, self-help options, and services. Also, visit Campus Recreation & Wellness for additional health and wellness programming.

Disability Support Resources. If you need accommodations because of a learning, physical, or other disability, please contact your instructor and Disability Support

Resources (https://www.gvsu.edu/dsr/). Furthermore, if you have a physical disability and think you will need assistance evacuating this classroom and/or building in an emergency situation, please make me aware so I can develop a plan to assist you. Assistive technology computers are available in many GVSU computer labs (https://www.gvsu.edu/dsr/accessible-computer-labs-68.htm). Also, Blackboard has a commitment to accessibility statement (blackboard.com/accessibility.aspx) providing information about accessibility in all of their products.

Student Code of Conduct. Standards of conduct are established in order to generate an atmosphere in which the goals and objectives of the institution can flourish. Individual rights can only be ensured with acceptance of individual and group responsibilities and respect for the rights of others. Individuals attending GVSU automatically place themselves under the applicable rules and regulations of the institution.

Academic Integrity. All course assignments, learning activities, and assessments, are to be authored and completed individually, by the student themselves. Failure to be able to correctly cite, explain and defend your submissions is an indication that it is not your work. While assisting another student in learning is part of the academic process, completing the assigned work as a team or group effort (with the exception of group projects as assigned by the instructor) is not allowed and will be considered Academic Dishonesty. No Academic Dishonesty will be tolerated and such activity may result in failure of a specific assignment, an entire course, or, if flagrant, dismissal from Grand Valley. For further information see the Student Code, and the consequences include penalties established by GVSU's Academic Integrity policy (https://www.gvsu.edu/conduct/academic-integrity-14.htm).

Plagiarism. Any ideas or material taken from another source for either written or oral presentation must be fully acknowledged. Offering the work of someone else as one's own is plagiarism. The language or ideas taken from another may range from isolated formulas, sentences, or paragraphs to entire articles copied from books, periodicals, speeches, or the writing of other students. The offering of materials assembled or collected by others in the form of projects or collections without acknowledgment is also considered plagiarism. Any student who fails to give credit in written or oral work for the ideas or materials that have been

taken from another is guilty of plagiarism. Such activity may result in failure of a specific assignment, an entire course, or, if flagrant, dismissal from Grand Valley. For further information see the Student Code.

Campus Emergencies. In case of fire, immediately proceed to the nearest exit during a fire alarm. Use a staircase, not an elevator. To sign up for campus emergency alerts and to access more information, please visit the GVSU Emergency website (https://www.gvsu.edu/emergency).

Learning Resources. See the "Help & Support" section of Blackboard for help with using Blackboard; a link to the Blackboard Student Mobile App and Blackboard IM; GVSU computer lab hours and locations; GVSU IT Help Desk (https://www.gvsu.edu/it/helpdesk/); accessibility and Disability Support Resources (https://www.gvsu.edu/dsr/).

Changes to the Syllabus. The instructor reserves the right to change the contents of this syllabus. Students will be given notice of relevant changes in class, through a Blackboard announcement, or through GVSU e-mail.

Psych Friends. If you feel you could use some extra help/guidance/support in any academic domain or for your well-being, please consider scheduling an appointment with a mentor through Psych Friends. Psych Friends mentors are upper-level undergraduate peer mentors who are trained to provide support in many areas including: effective study and time management techniques, exam preparation and reflection skills, comprehension of the psychology and behavioral neuroscience major requirements, tips for engaging in the field, strategies for education continuation, methods for maintaining physical and mental health. Schedule an appointment here: https://www.gvsu.edu/navigate. Questions? Email psychfriends@gvsu.edu.

This course is subject to the GVSU policies listed at http://www.gvsu.edu/coursepolicies/