

INTRODUCTION TO PSYCHOLOGY

Fall 2019

PSY101, Section: 04, CRN: 13394, 3 credit hours

MWF, 9:00 to 9:50am, LOCATION: Au Sable Hall room 2302

Professor: Thomas J. Coleman III

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Office Hours: *MW 10:00 to 10:50am and 3:00 to 3:50pm (and by appointment).

Appointments must be made via email using your GVSU email account. Students with appointments will be given priority during office hours. Please indicate the reason for your visit in the email.

*Through August 26th to December 9th

Course Description: This course offers a general survey of psychology, the scientific study of behavior and experience, including overt actions and mental activity. Content covers how psychologists think and act as scientists and how the study of its subject matter may be integrated at the biological, psychological, and social levels of analysis. A wide range of topics will be covered, with an emphasis on understanding theory and applications of psychological principles.

Course Objectives: This course will emphasize the major theories of behavior and mental processes, the empirical methods used by psychologists, and the major findings of psychological research. Upon successful completion, students will: 1) demonstrate an understanding of the history and science of Psychology. 2) be able to identify major psychological theories and use psychological terminology correctly. This includes a basic understanding of the breadth of topics studied by psychologists (such as neuroscience, personality, social behavior, and psychological disorders, etc). 3) be able to critically evaluate the findings of psychological research. This includes an ability to think critically about psychological phenomena, and an awareness of how empirically-validated psychological principles apply to daily life; 4) be able to recognize examples of how psychological concepts are applied to daily life; 5) recognize ethical issues and develop ethical reasoning.

Instructor's Note: To complete this course successfully, you should come to class having completed the assigned readings and accompanying exercises in the book. Class lectures and discussions are primarily meant to supplement the textbook. This means that while lectures will generally follow the structure and content in your book, I will not be regurgitating the text back to you. In other words, the lectures are a chance to extend and enhance your knowledge of psychology beyond what you see in print.

PREREQUISITES/COREQUISITES: None.

REQUIRED COURSE TEXTS AND MATERIALS: *Psychology: OpenStax College*. This textbook is freely available as a download from the web. The web address is <https://openstaxcollege.org/textbooks/psychology>. If you have trouble using this address, just use Google and enter in the search terms “OpenStax Psychology.” If you prefer, a paper copy of the text (ISBN: 9781938168352) is also available to you for purchase at the GVSU bookstore.

Internet: The textbook includes “Links to Learning” material in each chapter. These links will take you to web sites that should help you study for exams and identify useful and interesting information that is relevant to each chapter.

BLACKBOARD: I will post the syllabus, grades, partial lecture slides, class announcements, and other course information at our class homepage on Blackboard, available at <http://mybb.gvsu.edu/>

Disabilities: If you have a disability, it is up to you to determine if you wish to disclose that information and request classroom accommodations. If you wish to request educational accommodations due to a disability, you should register with the Disability Support Resources (4015 Zumberge; 331-2490), if you haven’t already done so. If you wish to request accommodations, please meet with me to discuss how to best meet your educational needs. This should occur early in the semester rather than later (e.g., after a test).

CLASS ATTENDANCE / MISSED CLASSES: I do not take attendance. This is a university level course and you are adults. While I both appreciate and encourage attendance, I consider this to be a choice that you should feel free to make relative to your life circumstances. Sometimes emergencies happen...I don’t feel as though you should be punished for this. That said, you will likely find that in order to do well on my exams, attendance and a fair amount of studying will be necessary. I do ask that if you miss class for a non-legitimate reason that you do not add to my workload by asking me to re-iterate what you missed. For those who do miss class for a legitimate reason I recommend that you ask a peer for their notes, do the readings and come and see me during office hours if you have any questions.

MISSED EXAM POLICY: Make-up exams will only be administered for “excused absences.” According to the GVSU Class Attendance policy excused absences are: 1) absences of students who miss class due to active participation in an intercollegiate event; 2) absences due to the observance of religious holidays, see PC 9.6, Religious Inclusion Policy; 3) absences due to military duty; 4) absences due to jury duty, or appearance in court or other government hearings; 5) student medical conditions that preclude class attendance; 6) birth or adoption of child; 7) absences due to attendance at an academic and/or professional conference. Instructors have discretion to determine whether absences for other reasons should be treated as excused (e.g. study abroad program).

I expect *advance notice* via email requesting a make-up exam be granted when it is reasonable to do so in the above cases. In other words, intercollegiate events, religious holidays, and jury duty etc. do not appear suddenly like the flu does, and I expect advance notice. In addition, for any of the excused

absences I may also request appropriate documentation to support the students request for a make-up exam.

Email / Communication: The best way to communicate with me about any problems or questions you might have is to briefly mention them to me either before or after a lecture or to send me an email. *Please type your name, course number, and section number into the titles of your emails. All communication should use only your GVSU student email account.* Emails that have no identifying information make me want to spontaneously combust into a ball of fire so hot that it's blue. In the case that you are notifying me about a medical condition, absence, or other important aspect of the course, please do so via email. I will always provide a confirmation note that I have received these types of email within 48 hours. If I have not done so, assume that I have not received your email and send another.

Student Responsibilities:

ACADEMIC INTEGRITY: Grand Valley State University is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of GVSU in this respect. Students are particularly urged to familiarize themselves with the provisions of the *Code of Student Behaviour* (online at <http://www.gvsu.edu/studentcode/index.cfm>) and avoid any behavior which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from GVSU. No student shall represent another's substantial editorial or compositional assistance on an assignment as their own. Furthermore, no student shall submit in any course or program of study, without the written approval of the course instructor, all or a substantial portion of any academic writing, essay, thesis, research report, project assignment, presentation or poster for which credit has been obtained by the student or which has previously been or is being submitted by the student in another course or program of study at GVSU or elsewhere. All forms of dishonesty are unacceptable at GVSU. Cheating, plagiarism and misrepresentation of facts are serious offenses. Anyone who engages in these practices will receive a grade of zero for the exam in question, no opportunity will be given to replace the grade or redistribute the weights, and in the most egregious cases the student may receive up to an "F" for their overall course grade. Any offense will be reported to the university who will determine if further disciplinary action should be taken.

STUDENTS WITH DISABILITIES: If there is any student in this class who has special needs because of a learning, physical, or other disability, please contact me and Disability Support Services (Room 200 STU; 616 331 2490). Furthermore, if you have a physical disability and think you will need assistance evacuating this classroom and/or building in an emergency, please make me aware so that I can develop a plan to assist you.

ACADEMIC SUPPORT CENTER: Students who require additional help in developing strategies for better time management, writing, study or examination skills should contact the Advising Resource Center (200 STU).

General Course Policies: This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

COURSE ASSESSMENTS AND REQUIREMENTS: A total of four exams will be given. The first three will occur during the term before the final exam, and each will consist of 50 multiple choice questions worth a total of 100 points.

At the end of the term, during the period for the final exam, a make-up/optional exam will be given. This exam will consist of 50 multiple-choice questions covering material for the entire course and will be worth 100 points. If you miss one of the first three exams, you must take this final make-up exam if you want to avoid receiving a zero for one of your exam grades. For students who do not miss a previous section exam, this final exam will be an optional opportunity and cannot be made up if it is not taken at the regularly scheduled final exam time.

For students who take the final plus all three previous section exams, course grades will be based on the best three out of four exams. If the lowest grade is made on the final exam, then that grade will be dropped without penalty.

Grading	
Percent	Letter Grade
93.00-100%	A
90.00-92.99%	A-
87.00-89.99%	B+
83.00-86.99%	B
80.00-82.99%	B-
77.00-79.99%	C+
73.00-76.99%	C
70.00-72.99%	C-
67.00-69.99%	D+
60.00-66.99%	D
60% and below	F

EXTRA CREDIT: Students can earn up to 8 points on their final grade by completing 4 credits of enrichment activities of their choosing (2 points per credit). Details and instructions are provided in the last section of this syllabus, and more information will be provided later in the semester. I will also provide one additional opportunity for you to receive extra credit during the semester. This will likely be in the form of participating in an online research study (not listed on SONA), but other possibilities are: extra class work, attendance at a presentation on some aspect of Psychology, or some service activity approved by your instructor (e.g., contribution to a university-wide blood drive).

General Education Assessment: All courses that are part of GVSU's General Education program are required to assess students' strength of knowledge of core components of the course (i.e., theories, methodologies, etc.) as well as key skills that are developed during the course of studying the topical area (i.e., creative thinking, ethical reasoning). Thus, the General Education Assessment for PSY101 will involve a brief quiz, administered via Blackboard, during the last week of the semester. Please monitor Blackboard and the announcements made in class for information regarding how to complete this assessment. Note: This assessment is DIFFERENT from the Course Evaluation, which asks your opinion of various aspects of this course.

Disclaimer: This syllabus is subject to change. Any changes will be announced in class.

Tentative Lecture Schedule		
Read the book chapters <u>before</u> coming to class for the corresponding lecture		
Week 1		
August 26	Meet your professor / Course overview / Review syllabus	Read syllabus
August 28	Chapter 1 – Introduction to Psychology	Read
August 30	Chapter 1 – Introduction to Psychology	Read
Week 2		
September 2	Labor Day (NO CLASS)	Read
September 4	Chapter 2 – Psychological Research	Read
September 6	Chapter 2 – Psychological Research	Read
Week 3		
September 9	Chapter 3 - Biopsychology	Read
September 11	Chapter 3 - Biopsychology	Read
September 13	Chapter 3 - Biopsychology	Read
Week 4		
September 16	Chapter 4 – States of Consciousness	Read
September 18	Chapter 4 – States of Consciousness	Read
September 20	Chapter 4 – States of Consciousness	Read
Week 5		
September 23	Review Lecture	Study for Exam 1
September 25	Exam 1	Study for Exam 1
September 27	Chapter 6 - Learning	Read
Week 6		

September 30	Chapter 6 - Learning	Read
October 2	Chapter 6 - Learning	Read
October 4	Chapter 8 - Memory	Read
Week 7		
October 7	Chapter 8 - Memory	Read
October 9	Chapter 8 - Memory	Read
October 11	Chapter 7 – Cognition and Intelligence	Read
Week 8		
October 14	Chapter 7 – Cognition and Intelligence	Read
October 16	Chapter 10 – Emotion and Motivation	Read
October 18	Chapter 10 – Emotion and Motivation	Read
<u>**FALL BREAK!!! October 20-22**</u>		
Week 9		
October 21	Fall Break (No Classes)	Relax
October 23	Review Lecture	Study for Exam 2
October 25	Exam 2	Study for Exam 2
Week 10		
October 28	Chapter 14 – Health, Stress, & Coping	Read
October 30	Chapter 14 – Health, Stress, & Coping	Read
November 1	Chapter 12 – Social Psychology	Read
Week 11		
November 4	Chapter 12 – Social Psychology	Read
November 6	Chapter 12 – Social Psychology	Read
November 8	Chapter 9 – Life Span Development	Read
Week 12		

November 11	Chapter 9 – Life Span Development	Read
November 13	Chapter 11 – Personality	Read
November 15	Chapter 11 – Personality	Read
Week 13		
November 18	Chapter 11 – Personality	Read
November 20	Chapter 15 – Psychological Disorders	Read
November 22	Chapter 15 – Psychological Disorders	Read
<u>THANKSGIVING BREAK!!! November 27- December 1</u>		
Week 14		
November 25	Chapter 15 – Psychological Disorders	Read
November 27	 **Thanksgiving Break (NO CLASSES) 27-29th**	
November 29		
Week 15		
December 2	Chapter 16 – Therapy and Treatment	Read
December 4	Review Lecture	Study for Exam 3
December 6	Exam 3	Study for Exam 3
Week 16 (Finals Week)		
December 9	NO CLASS	
December 11	<u>Final Exam: Wednesday, December 11, 8:00 am - 9:50 am</u> (cumulative, covers all previous chapters)	
December 13	**NO CLASS / NO OFFICE HOURS**	

Enrichment Activities:
Learning about Psychological Research

In the Enrichment Activities portion of the course, students will become acquainted with the nature and variety of research in psychology. Three kinds of enrichment activities are available:

- *Option 1* involves being a participant in research studies conducted by Psychology Department faculty and students. (Your instructor suggests this option!)
- *Option 2* involves completing activities that will give you first-hand experience with research techniques used in Psychological research.
- *Option 3* involves writing summaries of research studies published in scholarly journals.

Students must earn *four* enrichment activity credits for this requirement. Each article summary (Option 3) is worth 1 credit, while Psychology Department research studies (Option 1) and research technique activities (Option 2) are worth a varying number of credits (the number of credits depends upon how much time it takes to complete the study/research technique activity).

In order to complete Option 1 and 2 activities, you must register for a SONA Systems account (Scheduling System Software).

Once you have an account, you can log in whenever you want and sign up to participate in any available studies/activities for which you qualify. To access SONA Systems, along with downloadable registration instructions, follow this link:

<https://www.gvsu.edu/psychology/be-a-participant-in-research-296.htm> Video tutorials are available at the following link that will walk you through the registration and study sign-up process:

<https://gvsu.hosted.panopto.com/Panopto/Pages/Viewer.aspx?pid=14a9aaf9-814f-4a4c-830e-a9ce013e8887>

SONA Systems maintains a strict policy protecting your privacy and confidentiality. This policy is available for review in the Psychology Office

Option 1: Participation in Psychology Studies

Objective

By participating in psychology research studies, you will experience directly 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). The IRB is an administrative body established to protect the rights and welfare of human research participants.

Step 1: Find a study and sign up

When you log in using your new SONA Systems account, you will see a list of studies. If there are available timeslots there will be a link on the right that will take you to a sign-up page. Before you sign up to participate in a study, review any listed restrictions (for example, "left-handed people only"). If you do not meet the posted eligibility requirements, you will not receive credit for the study.

Step 2: Participate in the study

Some studies on SONA Systems 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). **No more than 2 credits from online studies may count toward your 4 required enrichment credits.** 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.

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

Under 18?

Special rules apply to students who are under 18. A general non-study specific Parent/Guardian Permission form must be completed and placed on file in the Psychology office before you are able to participate in any of the studies. In most instances, having the general non-study specific document on file will allow you to participate in studies. However, it is important to read carefully the eligibility requirements for a study. If you need a study specific Parent/Guardian consent form signed in order to participate, it will say so in the eligibility section of the study description. If you are under the age of 18 when you create your SONA Systems account, you will receive an informative email from Casimir Tokarski, the Psychology Department Laboratory Assistant detailing the steps you will need to take in order to document parental consent. Once your parental consent form is on file, you will see a list of studies for which you are eligible.

Participation opportunity during the first 3 weeks of the semester: Prescreening Survey

An on-line prescreening questionnaire is available for the first three weeks of the semester when you log in to SONA Systems. **This is only available to students who are 18 years of age or older.** It is not necessary to do this survey, but by completing it, you may receive invitations to additional studies later in the semester based on your responses. Thus, completing the pre-screening survey may increase the number of studies you will be eligible to choose throughout the semester. Completing the survey counts as one-half credit toward Enrichment Activities. The survey will appear the first time that you log into the *Study Scheduling System*, and you can access it from your [My Profile](#) page. If you opt to complete the survey, plan to complete it in a single, half-hour sitting. The last date to participate in the prescreening survey is **September 15, 2019**.

Option 2 Research Techniques Activities

Objective

By completing research techniques activities, you will carry out some of the 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 Enrichment Activities 1 & 2, please contact Casimir Tokarski, who can be reached in the Psychology Department Office (2224 Au Sable Hall, 616.331.3262) or by sending an email to psychlab@gvsu.edu.

Option 1 Deadline

The last day to complete Enrichment Activities Types 1 and 2 is **December 3, 2019**.

Option 3: Papers on Psychological Studies in Scholarly Journals

Objective

This option will broaden your understanding of psychological research and how it is conducted. You will select a research article published in a peer-reviewed psychology journal and then write a brief report on the article. To complete the summary, follow these steps:

Step 1: Find a Journal

Scholarly journals are available electronically through the GVSU Library website. Be sure to access the journals *only* through the GVSU Library, not through other websites or other sources.

You can watch a video showing how to search for and access journals by going to <http://libguides.gvsu.edu/psych>. Search for one of the following journals:

Behavioral Neuroscience; Developmental Psychology; Experimental and Clinical Psychopharmacology; Health Psychology; Journal of Abnormal Psychology; Journal of Applied Psychology; Journal of Comparative Psychology; Journal of Consulting and Clinical Psychology; Journal of Counseling Psychology; Journal of Educational Psychology; Journal of Experimental Psychology: General; Journal of Experimental Psychology: Animal Behavior Processes; Journal of Experimental Psychology: Applied; Journal of Experimental Psychology: Human Perception and Performance; Journal of Experimental Psychology: Learning, Memory, and Cognition; Journal of Personality and Social Psychology; Neuropsychology; Psychological Science; Psychology and Aging

Be sure the title of the journal matches *exactly* one on this list. Only articles from the above journals qualify for this assignment. There are other journals with very similar names to those on the list above that do not qualify for this assignment.

Step 2: Select an article

Once you have chosen a journal, you must find an article in the journal. Choose an article that meets the following criteria:

- It must be published in 2018 or 2019
- It must report an empirical study (i.e. one that is based on the collection of data). The article should have sections labeled "Methods" and "Results."

Most articles in the journals listed above will qualify. However, some articles do not qualify for this assignment, so you must check them to be sure they have methods and results.

Download the .pdf file of the article to read it in full.

Step 3: Read the article

Read the abstract, introduction, and conclusions of the article and skim the remainder of it to understand the gist. You are not expected to understand the details of the article; your task is to understand the article's general thrust, content, and conclusions.

Step 4: Write the paper

- First, put the following information in the top left-hand corner of the first page:

Your name

Your student number (G-number)

Your professor's name and the date

- Second, immediately below this, provide a full reference to the article, with the information in the following order: Names of all authors (last name, comma, initials), the year of publication (in parentheses), the exact title of the article, the full name of the journal, the volume number, and the page numbers. Here is a sample of a reference with the information in the proper order:

Lastname, F. and Othername, S.B. (2013) Full title of the article here. *Name of the journal in italics here*, volume number, page range.

If the article you select has not yet appeared in print, instead of page and volume numbers, include the words "Advanced online publication. doi:" and then give the *doi* number. The *doi* number is typically found in the upper right hand corner of the first page of the full-text paper. This reference information must be complete and accurate for you to receive credit for the paper.

- Third, make three headings, copying the exact words of the three questions below:

1. *What question or questions does the article address?*
2. *Why are the question(s) that the article addresses important ones to consider?*
3. *What answers does the article provide?*

Your article summary will consist of answers to these three questions. Under each heading, write a well-organized paragraph of 100 to 300 hundred words to address the question. Do this for each one of the three questions. No separate introduction or conclusion is required; simply answer the three questions.

The Paper Must Be Your Own Work and Written in Your Own Words. Do not just copy or paraphrase the abstract or the paper. Grand Valley State University's policy on plagiarism (described in the catalog and in the Student Code) states "[a]ny ideas or material taken from another source... must be fully acknowledged." This means that your paper must be written strictly in your own words, and it must acknowledge any ideas that you take from another source. Try to avoid quoting from the article, but if you must quote to make a point, take care that the phrases quoted are in quotation marks. All quoted phrases must be in quotation marks, even if the phrases are only two or three words long. Words or ideas borrowed from a source other than the target article should be acknowledged and completely

referenced. If you submit a paper that violates this policy, you may receive a failing grade for the course.

Step 5: Copy of the first page of journal article

Print the first page of the article that you read and staple it to the back of your summary. Make sure that the printout includes the exact name of the journal, the title of the paper, the volume number, the page numbers, and the abstract and first paragraph of the article. If you print from a pdf file, all of the required information will usually be on the first page of the article. If you download the “full text” version of the article from a library database, you may have to print several pages to make sure all the required information is present. If you select an article that has not yet been published in print version, volume and page numbers will typically not be available. In such cases, make sure the photocopy or printout you submit includes the *doi* number of the article, which is usually in the upper right hand corner of the first page of the full-text article.

Step 6: Double-check your paper

Before you turn it in, use this checklist to make sure you have met all the requirements:

- ☐ Did you choose an article from a journal exactly matching one on the list above?
- ☐ Is the article from 2018 or 2019?
- ☐ Does the article report original findings, with methods and results?
- ☐ Does your paper answer the 3 questions in 3 paragraphs of 100-300 words each?
- ☐ Did you include your name, g-number, professor, and date at the top?
- ☐ Did you include a reference?
- ☐ Did you include a copy of the first page of the article?

The papers will be graded on a Credit/No Credit basis. No partial credit will be given. Most papers that receive a failing grade are ones where the writer fails to follow the instructions. Double-check your paper before you submit it, to make sure it conforms *exactly* to all the rules described above.

Submitting Papers for Grading & Deadline

Option 3 papers can be turned in anytime during the semester. The last date to submit papers is **December 3, 2019.**