

**PSY 101 – INTRODUCTION TO PSYCHOLOGY
GRAND VALLEY STATE UNIVERSITY**

Winter, 2019

**Section 06: TR 10:00 am -- 11:15 pm, 114 Lake Michigan Hall
Section 07: TR 8:30 am – 9:45 pm, 114 Lake Michigan Hall**

INSTRUCTOR: Joel Quamme, Ph. D.
OFFICE: 1311 Au Sable Hall
PHONE: 1-2153 (**not recommended**)
E-MAIL: quammej@gvsu.edu (**recommended**)
OFFICE HOURS: TR 11:30 am – 12:45 pm, or by appointment

REQUIRED MATERIALS:

REVEL Student Access code card for: Lilienfeld, S. O., Lynn, S. J., Namy, L. L. (2017). *Psychology: From Inquiry to Understanding*. (4th ed.). Boston: Allyn & Bacon. ISBN-13: 9780134637716

Note: This is an access code to an electronic version of text, available at the university bookstore. Do not purchase a used access code! Only newly-purchased access codes will work.

COURSE DESCRIPTION:

The purpose of this course is to introduce students to the science of Psychology. This course will emphasize the major theories of behavior and mental processes, the contemporary methods used by psychologists, and the major findings of psychological research. This course is designed to give students a basic understanding of the breadth of topics studied by psychologists (such as neuroscience, perception, learning, memory, personality, social behavior, and psychological disorders, among others), as well as foster critical thinking about psychological phenomena, and awareness of how empirically-validated psychological principles apply to daily life.

This course fulfills the Social and Behavioral Sciences Foundation requirement:
<https://www.gvsu.edu/gened/foundations-social-and-behavioral-sciences-277.htm>

COURSE OBJECTIVES:

Upon successful completion of this course, students will be able to:

1. Demonstrate an understanding of the scientific process in Psychology.
2. Identify major psychological theories and use psychological terminology correctly.
3. Critically evaluate the findings of psychological research.
4. Recognize examples of how psychological concepts are applied to daily life.

GRADING

Grades in this class will be computed from performance on 4 *exams*, a number of *quizzes and assignments*, and completion of 4 *enrichment activity credits*. These components of the course will count toward your grade in the following proportions:

	Points	Percent
Top 3 Exams	360 (120 Each)	60% (20% each)
Lowest Exam	60	10%
Quizzes and assignments	132	22%
4 Enrichment Activities	48 (12 each)	8% (2% each)

Grading scale. The percentage of total credit you earn will be converted to a letter grade according to the following scheme; any adjustments to this scale below will be announced in class:

A	100-93	B+	87-89	C+	77-79	D+	67-69
A-	90-92	B	83-86	C	73-76	D	60-66
		B-	80-82	C-	70-72	F	0-59

EXAMS

There will be 4 exams in this course. The first 3 exams will be non-cumulative, and each will cover about 1/3 of the total course material. The final exam will be cumulative across all course material. Each exam will consist of multiple-choice questions. Exams altogether count for 70% of your grade. However, I will weigh your top three exam scores more highly than your lowest score. Each of your best three exam scores will count for 20% of your grade. Your lowest exam score will count for 10% of your grade.

Missing exams. Opportunities to make-up a missed exam are allowed solely at my discretion. My policy is to allow make-up exams **ONLY** in the case of *unavoidable* absences such as an emergency or illness. I will excuse your absence and allow you to make up the exam if you can provide me with documentation (e.g., doctor's note, in the case of an illness) that your absence was unavoidable. If you know in advance you must miss an exam, *check with me first* to find out if your absence will be excusable. If you miss an exam due to an emergency or other unforeseen circumstance, notify me by phone or e-mail *as soon as possible* afterward. Make-up exams may or may not be the same exams given to the rest of the class.

What to expect from exams. Exams will cover the content of all course activities both in class (such as lectures, videos, demonstrations), and outside of class (book readings and assignments). Everything covered in the course is fair game for the final exam. *In order to be prepared for a test, it is important to attend class AND keep up with the reading assignments.* Although there is a lot of overlap between the readings and in-class content, some of the material you need to know for the test will only come from the readings, and some will come only from lecture. I will post study objectives on Blackboard to help you summarize and organize the material we've covered as you study and review on your own.

QUIZZES AND ASSIGNMENTS

In addition to exams, there will be a number of quizzes and assignments throughout the semester. All together, these will count toward 22% your grade. They will all be administered online, within Blackboard or REVEL. I will announce them ahead of time and give you a deadline by which to complete them on your own. I'll let you miss a few without penalty, or if you do all of them, I'll drop your lowest

few scores. The exact number you can miss will be decided a little later in the semester (it depends on how many I end up assigning). I'll give you more details about quizzes and assignments in class.

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. Completing the quiz will result in 12 points and will count as part of the assignment score. I will announce this assessment once it is available and give you a deadline at that time.

ENRICHMENT ACTIVITIES

The final 8% of your grade will be based on activities outside class designed to enrich your academic experience. You must complete four such activities to receive full credit – you will get 2% of your grade per activity you complete. See the "Enrichment Activities" section at the end of the syllabus for more detailed information.

ATTENDANCE

I do not record or grade your attendance directly. However, your grade may suffer if you do not attend class regularly. First, you will miss much critical information from lectures or discussions that do not appear in readings but *will* be tested on exams. I will make lecture slides available on Blackboard, but (as you will discover) these slides not will not include all of the details covered in class! If you do need to miss class for some reason, be sure to get notes from somebody.

EMERGENCY CLOSINGS

If for any reason the university cancels class on an exam day (e.g., severe weather), the exam will be moved to the next class meeting.

ELECTRONIC DEVICES

Please turn all cell phones, pagers and other electronic devices with audible signals or alarms OFF during class time.

ACCOMMODATION FOR DISABILITY

Any student in this class who has special needs because of a learning, physical, or other disability, please contact me or Disability Support Resources (DSR) at 331-2490. 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.

GVSU COURSE POLICIES

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

CLASS SCHEDULE

We will try to stick to this schedule, but it may need to be modified later in the course. Exam dates will not change unless class is cancelled *on the date of the exam*.

DATE	TOPIC	READING
1/8 (T)	Introduction to Psychological Science	Syllabus; Ch. 1 (Intro, 1.1, 1.2)
1/10 (R)	Roots of Psychology	Ch. 1 (1.3, 1.4)
1/15 (T)	Methods in Psychology	Ch. 2 (Intro, 2.1, 2.2)
1/17 (R)	Biological Bases I	Ch. 3 (Intro, 3.1)
1/22 (T)	Biological Bases II	Ch. 3 (3.2)
1/24 (R)	Biological Bases III	Ch. 3 (3.3, 3.4)
1/29 (T)	Arousal & Emotion	Ch. 11 (Intro, 11.1, 11.2)
1/31 (R)	Consciousness & Sleep	Ch. 5 (Intro, 5.1, 5.2)
2/5 (T)	EXAM 1 (Ch. 1, 2, 3, 5, 11)	
2/7 (R)	Sensation & Perception I	Ch. 4 (Intro, 4.1, 4.2)
2/12 (T)	Sensation & Perception II	Ch. 4 (4.6)
2/14 (R)	Sensation & Perception III	Ch. 4 (4.3, 4.4, 4.5)
2/19 (T)	Learning & Conditioning I	Ch. 6 (Intro, 6.1)
2/21 (R)	Learning & Conditioning II	Ch. 6 (6.2, 6.3)
2/26 (T)	Memory & Cognition I	Ch. 7 (Intro, 7.1)
2/28 (R)	Memory & Cognition II	Ch. 7 (7.2, 7.5)
3/3-3/10	SPRING BREAK	
3/12 (T)	Thinking & Reasoning	Ch. 8 (Intro, 8.1, 8.2)
3/14 (R)	EXAM 2 (Ch. 4, 6, 7, 8)	
3/19 (T)	Personality & Psychological Measurement	Ch. 14 (Intro, 14.1)
3/21 (R)	Personality & Psychological Measurement	Ch. 14 (14.5, 14.6)
3/26 (T)	Development I	Ch. 10 (Intro, 10.1, 10.2)
3/28 (R)	Development II	Ch. 10 (10.3, 10.4)
4/2 (T)	Social Psychology I	Ch. 13 (Intro, 13.1, 13.4)
4/4 (R)	Social Psychology II	Ch. 13 (13.2, 13.3, 13.5)
4/9 (T)	Psychological Disorders I	Ch. 15 (Intro, 15.1, 15.2)
4/11 (R)	Psychological Disorders II	Ch. 15 (15.3, 15.4, 15.5)
4/16 (T)	EXAM 3 (Ch. 10, 13, 14, 15)	
4/18 (R)	Synthesis and Review for Final	

4/22 Monday, 10:00am-11:50am (Section 07)	FINAL EXAM (Cumulative)
4/24 Wednesday, 8:00am-9:50am (Section 06)	

SOME OTHER IMPORTANT DATES:

- 1/11 (Friday)** 5:00pm drop deadline for 100% tuition refund.
- 1/27 (Sunday)** Last day to take **prescreening survey** for enrichment activities.
- 2/1 (Friday)** 5:00pm drop deadline for 75% tuition refund.
- 3/8 (Friday)** 5:00pm drop deadline for grade of “W”.
- 4/11 (Thursday)** 5:00pm deadline to submit **alternate written assignments** for enrichment credit.
- 4/16 (Tuesday)** Last day to **participate in studies** for enrichment credit.

**ENRICHMENT ACTIVITIES:
LEARNING ABOUT PSYCHOLOGICAL RESEARCH**

Students are required to participate in activities designed to acquaint them with the nature and variety of research in psychology. Students must participate in *four* enrichment activities.

Two kinds of enrichment activities are available. *Option 1* involves participating in research studies, while *Option 2* involves reading and writing about papers that report research in scholarly journals.

OPTION 1: PARTICIPATION IN PSYCHOLOGY EXPERIMENTS

Objective

The objective of this assignment is for you to gain direct experience with psychology research studies and what it is like to participate in them. In class, we shall discuss the social psychology of psychology research and how experimental designs take into account the expectations and beliefs of the participants. By participating in studies yourself, you can gain an understanding of the strengths and limits of psychological research. Psychology Department faculty and their research assistants perform the studies, all of which have been reviewed and approved by the university's Institutional Review Board.

Online Registration

To participate in studies, you must register on the *Study Scheduling System*, accessible from the Psychology Department website (<http://www.gvsu.edu/psychology/>). The vendor maintains a strict policy protecting privacy and confidentiality. (This policy is available for review in the Psychology Office.) Navigating the Study Scheduling System is straightforward, and if you need guidance, detailed instructions are available on the Psychology Department website.

Prescreening Survey

An on-line prescreening questionnaire is available during the first three weeks of the semester. Completing this survey counts as one-half Enrichment Activity. It 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. Several of the studies taking place later in the semester determine eligibility according to the responses on the Pre-Screening Survey, so completing it may increase the number of studies you will be eligible to choose. (You may receive invitations based on the Pre-Screening responses.) The last date to participate in the prescreening survey is **Sunday, January 27th**.

Participating in Studies

Register for studies on the Study Scheduling System. Before you sign up to participate in a study, review any listed restrictions (for example, "left-handed people only"). If you sign up for a study and you do not meet the posted eligibility requirements, you will not receive credit for the study.

Arrive before the scheduled time, as studies start punctually. You will be given a description of what participating in the study will involve, 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 a week after you participate in a study.

If you sign up for a study but cannot attend, please cancel your session on-line.

Under 18?

Special rules apply to students who are under 18. If you are 17 and regularly enrolled at GVSU, you can sign up for studies that allow regularly enrolled students that are under 18 to participate. This information can be found in the study's eligibility requirements. A parental consent form can also be filled out for studies that do not have this requirement. Please contact psychlab@gvsu.edu to get this form. You will need a different parental consent form for each study that requires one. If you are under 18 and not regularly enrolled, please use *Option 2*.

If you have any questions, please contact the Lab Assistant, Casimir Tokarski, at psychlab@gvsu.edu.

Need Help?

If you need assistance registering for studies, 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 participate in studies is **Tuesday, April 16th**.

OPTION 2: PAPERS ON EXPERIMENTS IN SCHOLARLY JOURNALS

A second Enrichment Activity option is to read a selected journal article and then write a brief report on the article.

Summary of the Assignment

Pick a current, empirical article from a psychological journal listed below. 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. Write a brief summary (as detailed below) to document your reading. *Be sure to use your own words. Do not copy or paraphrase the abstract or the paper.*

Objective

This option, like the first, is intended to familiarize you with the nature and variety of psychological research. The objective is to broaden your understanding of psychological research and how it is conducted.

Selecting an Article

Choose a current article published in 2017 or 2018 that reports an empirical study (i.e. one that is based on the collection of data). The large majority of the papers published in the journals listed below are suitable for this assignment, but a few are not. In particular, reviews, meta-analyses, and other comparisons of studies from separate researchers are not appropriate for this assignment. The article you read should have sections labeled “Methods” and “Results.” Note that there are other journals, not acceptable for this assignment, which have misleadingly similar names. Make sure the title of the journal matches *exactly* one on this list:

- 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

Finding the Journals

The journals are available electronically through databases you can access through the GVSU Library website. Base your paper on the “full text” of the paper. You can watch a video showing how to access the journals by going to <http://libguides.gvsu.edu/psych> and then clicking on the *Recommended Journals* tab. Access the journals *only* through the GVSU Library, not other sources or websites, as such materials may be incomplete or from the wrong journal. Once you have located the journal article, select the “full text” version.

Documenting Your Reading

Write a brief, double-spaced paper summarizing the article. The body of your essay should contain three sections, each between 100-300 words. Start each of the three sections with a heading, copying the exact words for each heading described below. No separate introduction or conclusion is required, simply answer the three questions. Under each heading write a well-organized paragraph that specifically addresses the question posed in the heading:

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?*

The Paper Must Be Your Own Work and Written in Your Own Words

At the core of Grand Valley State University’s policy on plagiarism (described in the catalog and in the Student Code) is the principle that “[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.

Required Identifying Information

At the top left-hand corner of the first page of your summary, on separate lines, put your name, your student number (G-number), your professor’s name, and the date. 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) A study of titles of research reports. *Journal of Obscure Psychological Research*, 13, 93-108.

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.

Copy of First Page of Journal Article

To the back of your summary, staple a photocopy or printout of the first page of the full-text version of the article that you read. Make sure that the photocopy 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 copy from the printed journal, all of the required information will usually be on the first page of the article, but 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.

Credit/No Credit Grading of Papers

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 2 papers can be turned in anytime during the semester. The last date to submit papers is **Thursday, 4/11**