

# Grand Valley State University

## Psychology 101: Introductory Psychology



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Office Hours:

Tuesdays: 4:00 – 5:00 p.m.

Wednesday: 6:00 – 7:00 p.m.

Or email for an appointment

Co-Director: [Social Cognition Research Laboratory](#)

**Course Description:** General survey of psychology, the scientific study of behavior and experience, including overt actions and mental activity. 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. Fulfills Social and Behavioral Sciences Foundation requirement. Fulfillment of the laboratory credit typically entails serving as a research participant but alternatively can be fulfilled through a directed written assignment.

**General Education:** This course teaches and assesses the General Education student learning outcomes that correspond to Social and Behavioral Sciences as outlined in the General Education handbook.

**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.

**Required Text:**

Myers & DeWall (2021). *Psychology 13<sup>th</sup> edition*. Worth: New York.  
ISBN:9781319348137

\*The 12th edition of this text can also be used.

Research articles, supplemental readings, and lecture notes will be posted on BlackBoard.

**Grade Evaluation:**

	<b>Description</b>	<b>Due</b>	<b>Weight</b>
RCIT task	Task	01.26	1%
Information Literacy	Task/Written Assignment	02.01	6.75%
Neuroscience Assignment	Written Assignment	02.08	6.75%
Effective Learning	Task/Written Assignment	02.15	6.75%
Assessment 1	Quiz (Multiple Choice or/and Short Answer)	02.12	10%
Motivation Assignment	Written Assignment	02.22	6.75%
Life Span and Development Assignment	Written Assignment	02.01	6.75%
Assessment 2	Quiz (Multiple Choice or/and Short Answer)	03.15	10%
Personality Assignment	Task/Written Assignment	03.24	6.75%
Assessment 3	Quiz (Multiple Choice or/and Short Answer)	03.31	10%
Psychological Disorders Assignment	Written Assignment	04.19	6.75%
Assessment 4	Quiz (Multiple Choice or/and Short Answer)	04.26	10%
Research Enrichment	Research participation or alternate activity	04.20	5%
Treatment and Therapy Assignment	Written Assignment	04.28	6.75%

**\*\*\*PLEASE NOTE that updates to this schedule will be posted periodically throughout the semester. Please check blackboard frequently for the most recent version!**

<b>January 19 - 25</b>		
<b>Task</b>	<b>Topic</b>	<b>Reading(s)</b>
RCIT Task (Due January 26)	Getting Acquainted	Syllabus
Information Literacy (Due February 1)	The Field of Psychology	
<b>January 26 – February 1</b>		
Neuroscience of Poverty/Brain Assignment (Due February 8)	Psychology as a Science Biology of Mind	Chapter 1 Chapter 2
<b>February 2 – February 8</b>		
<b>February 8<sup>th</sup> – PreScreen Participation– Highly Encouraged!</b>		
Effective Learning Assignment (Due February 15)	Learning and Memory	Bjork et al., 2013 Chapter 8
<b>February 9 – February 15</b>		
Assessment 1 (Due Friday February 12 at 4:00)  Assessment will be available via BB p.m. and must be completed within the specified time window (TBA)	Review and Assessment  *Students are required to complete course assessments during the assigned time period unless approval has been granted PRIOR to the exam time.	Chapter 1 Chapter 2 Chapter 8 Bjork et al., 2013
<b>February 16 – February 22</b>		
Motivation Assignment (Due February 22)	Motivation Self-Esteem Need to Belong	Greenberg & Arndt 2012 Chapter 11(pp. 1074 – 1085) Chapter 11 (pp. 1137 – 1155)
<b>February 23 – March 1</b>		
Life Span and Development Assignment (Due March 1)	Human Diversity (Nature versus Nurture) Lifespan and Development	Chapter 4 Chapter 5
<b>March 2 – March 8</b>		

Assessment 2 (Due Friday March 15 at 4:00)	Review and Assessment	Greenberg & Arndt 2012 Chapter 11 (pp. 1074 – 1085) Chapter 11 (pp. 1137 – 1155) Chapter 4 Chapter 5
<b>March 9 – March 15</b>		
<b>March 10: DESIGNATED DAY OFF</b>		
	Consciousness Thinking	Chapter 3 (pp. 312 – 331) Chapter 9 (pp. 926 – 963)
<b>March 16 – March 22</b>		
Personality Assignment (Due March 24 at 4:00)	Personality Emotion and Stress	Chapter 14 Chapter 12 (pp. 1157 – 1220)
<b>March 23 – March 29</b>		
	Social Psychology	Chapter 13
<b>March 30 – April 5</b>		
<b>April 1: DESIGNATED DAY OFF</b>		
<b>April 2: DESIGNATED DAY OFF</b>		
<b>April 5: DESIGNATED DAY OFF</b>		
<b>April 6 – April 12</b>		
Assessment 3 (Due Wednesday March 31)  Assessment will be available via BB at 4:00 p.m.	Review and Assessment	Chapter 3 (pp. 312 – 331) Chapter 9 (pp. 926 – 963) Chapter 12 (pp. 1157 – 1220) Chapter 13 Chapter 14
<b>April 6 – April 12</b>		
Psychological Disorders Assignment (Due April 19)	Psychological Disorders	Chapter 15
<b>April 13 – April 19</b>		
Treatment and Therapy Assignment (Due April 28)	Treatment and Therapy	Chapter 16
<b>April 20 – April 26</b>		
<b>April 20 – Last day to Participate in Research Enrichment</b>		
Assessment 4 (Due Monday April 26)  Assessment will be available via BB at 4:00 p.m.	Review and Assessment	Chapter 15 Chapter 16

**Grades will be determined by adjusting the class average to 75% (B) and assigning letter grades based on the below distribution. Thus, your grade in this class is based on your performance relative to the rest of the class.** Notice that the grading distribution below is much more lenient than what most of you are used to. (to avoid ceiling effects in the grading distribution)

**This is a *tentative* grade distribution**

Rating	Letter Grade	Grade Point Value	Percentage Grades
Excellent	A	4.0	90-100%
Excellent	A-	3.7	85-89%
Good	B+	3.3	80-84%
Good	B	3.0	75-79%
Good	B-	2.7	70-74%
Satisfactory	C+	2.3	65-69%
Satisfactory	C	2.0	60-65%
Satisfactory	C-	1.7	55-59%
Poor	D+	1.3	50-54%
Minimal Pass	D	1.0	45-49%
Failure	F	0	0-44%

**Missed Exam/Assignment:**

Unfortunately, many of you do not have adequate health insurance. Because if this, I typically will not require a note from a health professional to document your absence. However, documentation will be necessary if you are absent for the final exam or miss more than one major component of the course. A registered health professional must provide the medical certificate, acknowledge the date of the missed exam/assignment, and provide their contact information. *If you miss any class component, you must report your illness to me within 48 hours of the exam/assignment due date.* For missed exams or assignments, students will be given an extension or have the weight of the missed examination/assignment added to the final examination.

**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 the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the [Code of Student Behavior \(See section 4\)](#) and avoid any behavior which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Cheating, plagiarism and misrepresentation of facts are serious offenses and will be reported to the Office of Student Conduct. Failure in the course and/or expulsion may result from violations of academic integrity.

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

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**Enrichment Activities:  
Learning about Psychological Research**

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In the Enrichment Activities portion of the course, students will become acquainted with the nature and variety of research in psychology. 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 give you first-hand experience with research techniques used in Psychological research.

Students must earn *four* enrichment activity credits for this requirement. Enrichment activities are worth a varying number of credits depending upon how much time it takes to complete the study/research technique activity.

**Enrichment activities use an account in the SONA Systems Scheduling System Software.** You will receive an email at the beginning of the semester containing your User ID and an initial password. Once you have your account, you can log in at any time and sign up to participate in any available studies/activities for which you qualify. If you do not receive an account email by the end of the first day of classes, please contact Casimir Tokarski at [psychlab@gvsu.edu](mailto:psychlab@gvsu.edu) or by phone at 616.331.3262.

To access SONA Systems, along with downloadable registration instructions, follow this link:

<https://www.gvsu.edu/psychology/be-a-participant-in-research-296.htm>. A video tutorial is available at the following link that will walk you through the study sign-up process: <https://gvsu.hosted.panopto.com/Panopto/Pages/Viewer.aspx?pid=14a9aaf9-814f-4a4c-830e-a9ce013e8887&id=c84e8a38-1238-4486-b590-a9cb01307e70&advance=true>

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). 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 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 **February 8, 2021**.

## **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 the Enrichment Activities, 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](mailto:psychlab@gvsu.edu).

### **Enrichment Activity Deadline**

The last day to complete both Enrichment Activities types is **April 20, 2021**.



The mission of the Grand Valley State University General Education Program is to provide a broad-based liberal education experience that fosters lifelong learning and informed citizenship. The program prepares students for intelligent participation in public dialogues that consider the issues of humane living and responsible action in local, national, and global communities.

### **Knowledge Student Learning Outcomes:**

1. Explain how knowledge in the social and behavioral sciences is created and applied
2. Explain major approaches, methods, theories, and substantive findings of the field
3. Evaluate and apply concepts and theories from the social and behavioral sciences to real-life examples.

### **Skills Student Learning Outcomes:**

1. Critical Thinking – use systematic reasoning to examine and evaluate information and ideas and then synthesize conclusions to propose new



perspectives and solutions. Students will:

- Assess relevant information, perspectives and assumptions.
- Construct logical conclusions based on reason and evidence.
- Formulate novel approaches or create innovative interpretations.
- Evaluate the novel approaches or innovative interpretations.

2. Ethical Reasoning – use a decision-making process based on defining systems of value. Students will:

- Recognize ethical issues when presented in a complex situation.
- Demonstrate understanding of key concepts and principles underlying various systems of reasoning.
- Accurately apply ethical theories and terms to situations.
- Demonstrate the ability to deal constructively with ambiguity and disagreement.

*Grand Valley State University educates students to shape their lives, their professions, and their societies.*