

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

**Winter, 2020**

**Section 16: TR 10:00 am -- 11:15 am, 114 Lake Michigan Hall  
Section 13: TR 11:30 am – 12:45 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](mailto:quammej@gvsu.edu) (**recommended**)  
**OFFICE HOURS:** TR 1:00 pm – 2:15 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*. (4<sup>th</sup> 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 may be administered during class time, as homework to be done outside of class and turned in, or online within Blackboard or REVEL. Online assignments will announced ahead of time and I'll give you a deadline by which to complete them on your own. In-class quizzes and assignments will be unannounced. I'll let you miss a few quizzes and

assignments 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 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.

## **ACCOMODATION 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
1/7 (T)	Introduction to Psychological Science	Syllabus; Ch. 1 (Intro, 1.1, 1.2)
1/9 (R)	Roots of Psychology & Scientific Thinking	Ch. 1 (1.3, 1.4)
1/14 (T)	Psychological Methods	Ch. 2 (Intro, 2.1, 2.2)
1/16 (R)	Biological Bases of Behavior I	Ch. 3 (Intro, 3.1)
1/21 (T)	Biological Bases of Behavior II	Ch. 3 (3.2)
1/23 (R)	Biological Bases of Behavior III	Ch. 3 (3.3, 3.4)
1/28 (T)	Arousal & Emotion	Ch. 11 (Intro, 11.1, 11.2)
1/30 (R)	Consciousness & Sleep Cycle	Ch. 5 (Intro, 5.1, 5.2)
<b>2/4 (T)</b>	<b>EXAM 1 (Ch. 1, 2, 3, 5, 11)</b>	
2/6 (R)	Sensation & Perception I	Ch. 4 (Intro, 4.1, 4.2)
2/11 (T)	Sensation & Perception II	Ch. 4 (4.6)
2/13 (R)	Sensation & Perception III	Ch. 4 (4.3, 4.4, 4.5)
2/18 (T)	Learning & Conditioning I	Ch. 6 (Intro, 6.1)
2/20 (R)	Learning & Conditioning II	Ch. 6 (6.2, 6.3)
2/25 (T)	Cognition: Memory I	Ch. 7 (Intro, 7.1)
2/27 (R)	Cognition: Memory II	Ch. 7 (7.2, 7.5)
<b>3/1-3/8</b>	<b>SPRING BREAK</b>	
3/10 (T)	Cognition: Thinking & Judgment	Ch. 8 (Intro, 8.1, 8.2)
<b>3/12 (R)</b>	<b>EXAM 2 (Ch. 4, 6, 7, 8)</b>	
3/17 (T)	Personality & Psychological Measurement I	Ch. 14 (Intro, 14.1)
3/19 (R)	Personality & Psychological Measurement II	Ch. 14 (14.5, 14.6)
3/24 (T)	Development I	Ch. 10 (Intro, 10.1, 10.2)
3/26 (R)	Development II	Ch. 10 (10.3, 10.4)
3/31 (T)	Social Psychology I	Ch. 13 (Intro, 13.1, 13.4)
4/2 (R)	Social Psychology II	Ch. 13 (13.2, 13.3, 13.5)
4/7 (T)	Psychological Disorders I	Ch. 15 (Intro, 15.1, 15.2)
4/9 (R)	Psychological Disorders II	Ch. 15 (15.3, 15.4, 15.5)
<b>4/14 (T)</b>	<b>EXAM 3 (Ch. 10, 13, 14, 15)</b>	
4/16 (R)	Synthesis and Review for Final	

<b>4/21 Thursday, 10:00am-11:50am (Section 13)</b>	<b>FINAL EXAM (Cumulative)</b>
<b>4/23 Tuesday, 10:00am-11:50am (Section 16)</b>	

**SOME OTHER IMPORTANT DATES:**

- 1/10 (Friday)**                    5:00pm drop deadline for 100% tuition refund.
- 1/26 (Sunday)**                    Last day to take **prescreening survey** for enrichment activities.
- 1/31 (Friday)**                    5:00pm drop deadline for 75% tuition refund.
- 3/6 (Friday)**                    5:00pm drop deadline for grade of “W”.
- 4/9 (Thursday)**                    5:00pm deadline to submit **Option 3 article summaries** for enrichment credit.
- 4/14 (Tuesday)**                    Last day to **participate in studies** for enrichment credit.

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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. Three 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.
- *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 **January 24th**.

## **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](mailto:psychlab@gvsu.edu).

### **Option 1 & 2 Deadline**

The last day to complete Enrichment Activities Types 1 and 2 is **April 14**.



## 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, 2019 or 2020
- 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 **April 14, 2020**.