

INTRODUCTION TO PSYCHOLOGY

PSY 101 - Fall 2018

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Section 13: MWF 9:00-9:50am, LOH 174

Section 21: MWF 10:00-10:50am, LOH 174

Section 17: MWF 11:00-11:50am, LOH 174

Office Hours: MW, 1:00-2:00pm, also by appointment

Office Location: Au Sable Hall 2115

Office Phone: 616 331 8514 (email is recommended)

I. Course Overview

This class serves as a wide-ranging introduction to the field of Psychology. Psychology is broadly the scientific study and understanding of human behavior, but takes many forms across many sub-disciplines. Some of the main goals of this class are to give you an understanding, history, and detail of these different areas in psychology, how psychological research works, and what research in these areas has informed us about the human experience.

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.

II. About Your Instructor

- A. Contacting me.** The best way to contact me is via e-mail. I typically check e-mail throughout the day, but only during normal business hours (9 am - 5 pm). If you send me an email in the evening, you should not expect to get a response until the next business day.
- B. Office hours.** Office hours are listed above, but I am available to meet with you during other times, if you make an appointment with me by e-mail.
- C. My expertise.** I am trained as an industrial/organizational psychologist with a focus on quantitative methods. I earned a Ph.D. and a master's degree from Michigan State University and a bachelor of arts from Illinois Wesleyan University. I have conducted research in the areas of testing, psychological measurement, data quality and cleaning, motivation, feedback systems, perceptions of weather, and personality.

III. Required Reading

Required Text: *Discover Psychology 2.1a: A Brief Introductory Text for Introductory Psychology*. (2014) by R. Biswas-Diener & E. Diener (Eds.) <http://noba.to/6mgaxw9z>

Take note, the above textbook is not available for purchase in the bookstore, because it is an open-source, non-profit, and most importantly, a free textbook. A free pdf of the textbook can be downloaded from the above website, and a print version of the book can be ordered, also from that website, for around \$20. You may choose to use either or both of these - you don't have to order a print copy if you don't want to, but the option is there if you do.

Link to print edition:

<http://www.lulu.com/shop/noba-project/discover-psychology-21a-a-brief-introductory-text-for-introductory-psychology-curran/paperback/product-23770189.html>

Also, take note that this version of the textbook is one created specifically for this class, distinct from the more general 2.0 version of this textbook. Make sure you are accessing the textbook through the link in this syllabus, or searching for that version through the title provided here. If you have questions, ask!

Other Required Readings: Additional required readings (if necessary) will be posted on the course website.

V. Evaluation

- A. Blackboard Quizzes.** In order to incentivise reading assigned materials and coming to class for lecture, there will be online quizzes (on Blackboard) throughout the semester. In general, there will be a quiz on Blackboard following each week that did not contain an exam. That quiz should be posted by Friday of each week, and be completed before 11:59pm the Sunday before the next week of class. These quizzes will be short, and should be fairly easy if you have been keeping up with class material.
- B. Reading Quizzes.** The readings for this class are meant to help supplement what you get out of lecture, and doing the readings before each class is a valuable way to get as much out of this class as possible. Roughly once a week throughout the semester I will start or end the class with a very short quiz over the assigned readings for that day. These quizzes are meant to check for very basic understanding of the ideas in the assigned readings.
- C. Exams.** There will be 3 exams throughout the semester, and a cumulative final exam during finals week. The exams during the semester will be non-cumulative, and cover only the material

picking up where the prior exam ended.

D. Research Participation: 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 credits worth of enrichment activities.

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 two weeks of the semester. Completing this survey counts as one half of one 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, 30 minute 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, September 9th.

Participating in Studies

You will 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 under 18, please contact the professor, or the lab coordinator (at psychlab@gvsu.edu), for information about permission requirements before participating in studies.

Need Help?

If you need assistance registering for studies, please contact Casimir Tokarski in the Psychology Department Office (2224 Au Sable Hall, 616.331.2195) or by sending an email to psychlab@gvsu.edu.

Deadline

The last day to participate in studies is Tuesday, December 4th.

Alternative to Research Participation

If for any reason you do not want to participate in the above research, an alternative exists that involves writing a series of papers on existing psychological research. If you want to engage in this option instead of research please contact the instructor for more information. Take note that this alternative assignment is not an effective solution for finding yourself at the end of the semester without having participated in research, as the alternative is likely to be more time consuming than simple participation. More information can be found in supplementary documentation on blackboard, or by contacting the instructor.

Any assignments completed this way are due Monday, November 19.

E. Papers. The website and editors who compiled our textbook have additional chapters on the same website that supplement the

material in our textbook. Our textbook draws from this full set of chapters, but there are many that we are not using. Those extra chapters can be found on blackboard.

From this list of chapters that are not in our regular textbook, you can choose any 4 chapters that sound interesting to you. They cannot all be from the same main category (e.g., Psychology as Science, Biological Basis of Behavior, etc), as the goal is to give you a range of different information.

For each of these chapters, you will be required to read the chapter, then write a short paper (at least 500 words, approx. 2 pages) describing and summarizing that chapter. These papers will be due throughout the span of the semester.

F. Other homework. This component of the course will be a combination of small assignments as assigned throughout the semester. This will include assignments handed out in class or assigned on blackboard.

G. Late policy. Unless otherwise noted above, the late policy for written work is as follows. Work may be submitted early, via Blackboard, for any assignment. The deadline for all assignments, unless otherwise specified, is 11:59pm, the day before the class it is due. **Work that is submitted past the deadline FOR ANY REASON receives a one full letter grade (10%) deduction per day late (e.g., a paper that earns a B is worth a C if 0-24 hours late; a paper that earns a B is worth a D if 24-48 hours late).** Furthermore, no work may be submitted after the official close of the semester without an approved course extension. (Such extensions are granted in only the most extreme, and documented, circumstances.)

H. Point breakdown by category.

ASSIGNMENT	POINTS	% OF TOTAL
Blackboard Quizzes	60	12%
In-class Quizzes	60	12%
Papers	15 + 15 + 15 + 15	12%
Homework	20	4%
Research Partic.	50	10%
Exams (3x)	50 + 50 + 50	30%
Final Exam	100	20%

VI. Grading Scale

GRADE	PERCENT
A	94%-100%
A-	90%-93%
B+	87%-89%
B	84%-86%
B-	80%-83%
C+	77%-79%
C	74%-76%
C-	70%-73%
D+	67%-69%
D	60%-66%
F	<60%

THESE ARE FIRM CUT-OFFS. I round up to the nearest percent (e.g., 86.5% rounds up to 87% and equals a B+, but 86.4% rounds down to 86% and equals a B). The point categories listed above reflect this rounding. DO NOT attempt to negotiate grades with me. It is your responsibility to make sure your grade ends up where you want it to be. I have provided ample extra credit opportunities for students who wish to improve their grades. Students who want to improve their *learning* (and therefore their grades) should see me *early* in the class for assistance. I will *not* negotiate grades with you, but I will do everything in my power to help you put in the necessary work to be as successful as you desire.

VII. Disability Accommodation

Any student in this class who has special needs because of a learning, physical, or other disability, please contact me and Disability Support Services (DSS) at (616) 331-2490. Furthermore, if you have a disability and think you will need assistance evacuating this classroom and/or building in an emergency, please make me aware so that the university and I can develop a plan to assist you. It is the student's responsibility to request assistance from DSS.

VIII. Academic Honesty

Unless otherwise noted, all work for this course should be independently completed. Students should take special care to provide proper citation of sources when submitting written work. Adopting words, passages, or ideas without citation is plagiarism and will be treated as such per GVSU guidelines. Furthermore, students should not self-plagiarize, that is, reuse their own work from another course.

The following are statements provided by the university and can be found in the Student Code, Sections, 223.00 and 223.01.

"Students will do original work and will not take or receive the efforts of another person on any test or assignment, use unauthorized resources on

quizzes or tests, plagiarize, or give/sell other students papers or assignments not authorized by the instructor. You are responsible for making yourself aware of and for understanding the policies and procedures that pertain to academic integrity. To that end, be sure to familiarize yourself with the GVSU Student Code (Section 223.00 and 223.01) related to academic integrity. Furthermore, be sure to reference sources at all times. If you are uncertain about such an issue prior to submission of an assignment, project, or test, please see me so we can eliminate that uncertainty.

No student shall knowingly plagiarize or copy the work of another person and submit it as his/her own. Offering the work of someone else as one's own is plagiarism. Any ideas or material taken from another source for either written or oral presentation must be fully acknowledged. The language or ideas taken from another may range from isolated formulas, sentences, or paragraphs to entire articles copied from the internet, books, periodicals, speeches, or from the writing of other students. The offering of materials assembled or collected by others in the form of projects or collections without acknowledgement also is considered plagiarism. In short, 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."

IX. Our Social Contract

In order for this course to function optimally, we both have parts to play, and when we each do our part, everyone benefits.

As professor, I promise to always do my very best to select interesting and thought-provoking course material. I will prepare course materials to the best of my abilities, and I will make decisions about the course according to the learning goals I have outlined here. I will act fairly - holding every student to the same high standard and providing equal opportunities for success.

As student, you promise to prepare diligently for class, to always contribute to the best of your abilities, to never cheat or act dishonestly, and to treat your classmates and me with the highest respect. You will do your best to attend class and be on time. You will not ask me to grant you special privileges that aren't available to the rest of your classmates, in order that I may adhere to my promise to be fair and just to all of you.

X. General Education Learning Goals

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.

PSY 101 Introductory Psychology

Foundations - Social and Behavioral Sciences

Student Learning Outcomes:

1. Explain how knowledge in the social and behavioral sciences is created and applied.
2. Explain the major approaches, methods, theories, and substantive findings of the field.
3. Weigh and apply ideas and claims from the social and behavioral sciences outside the classroom.
4. 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 proposed ideas or approaches.
5. 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.
 - Participate in activities that engage them in ethical reasoning.
 - Demonstrate the ability to deal constructively with ambiguity and disagreement.

XI. Course Calendar

Wk.	Date	Topics	Reading/Homework/Due
1	8/27	Introduction/Syllabus Psychology and Science Psychology Research	-
	8/29		Read: Chapter 1
	8/31		Read: Chapter 2-3
2	9/3	Labor Day	NO CLASS
	9/5	Biology and Behavior	Read: Chapters 4-5 Quiz 1
	9/7		Read: Chapter 6
3	9/10	Developmental Psych	Read: Chapter 7 Quiz 2
	9/12		Read: Chapter 8
	9/14		Read: Chapter 9 Due: Paper 1
4	9/17	Sensation & Perception Consciousness	Read: Chapter 10 Quiz 3
	9/19		Read: Chapter 11
	9/21		Exam 1
5	9/24	Learning & Memory	Read: Chapter 12
	9/26		Read: Chapter 13
	9/28		Read: Chapter 14

6	10/1	Cognition, Language, & Intelligence	Read: Chapters 15 Quiz 4
	10/3		Read: Chapter 16
	10/5		Read: Chapter 17 Due: Paper 2
7	10/8	Emotion & Motivation	Read: Chapter 18 Quiz 5
	10/10		Read: Chapter 19
	10/12		Read: Chapter 20
8	10/15	Personality 1	Read: Chapter 21 Quiz 6
	10/17		-
	10/19		Exam 2
9	10/22	Personality 2	Read: Chapter 22
	10/24		Read: Chapter 23
	10/26		Due: Paper 3
10	10/29	Psychological Disorders & Therapies 1	Read: Chapter 24 Quiz 7
	10/31		Read: Chapter 25
	11/2		Read: Chapter 26
11	11/5	Psychological Disorders & Therapies 2	Read: Chapter 27 Quiz 8
	11/7		Read: Chapter 28
	11/9		Read: Chapter 29
12	11/12	Social Psychology	Read: Chapters 30-31 Quiz 9
	11/14		Read: Chapter 32
	11/16		Read: Chapter 33 Exam 3
13	11/19	Flex Day	Read: TBD
	11/21	Thanksgiving Break	NO CLASS
	11/23		
14	11/26	Other areas of Psychology	Read: Chapter 34
	11/28		Read: Chapter 35
	11/30		Read: Chapters 36-37 Due: Paper 4
15	12/3	Psychological Health and Well-Being (Happiness, etc.)	Read: Chapter 38 Quiz 10
	12/5		Read: Chapter 39
	12/7		Read: Chapter 40
16		CUMULATIVE FINAL EXAM	FINAL EXAM*

* For final exam times check here: <https://www.gvsu.edu/registrar/academiccalendar.htm>

Reminder: As with every course, this course is subject to the GVSU policies listed at:
<http://www.gvsu.edu/coursepolicies/>