

Introductory Psychology
 PSY 101, Fall 2021
 M,W,F 10- 10:50am, ASH 2302
 Grand Valley State University

Professor: Amanda Dillard, Ph.D.

Office: 2307 Au Sable Hall

Ph: 331-2865

Email: dillaram@gvsu.edu

Office hours: Mondays and Wednesdays 11am-12pm or by appointment.

Course description

Welcome to Introductory Psychology! Psychology is the study of human behavior and mental processes. This course will provide you with an overview of psychology, examining the science from several perspectives including biological, cultural, behavioral, cognitive, and social. Some examples of topics that will be covered are human development, thinking and learning, personality, motivation, emotion, and psychological disorders. Following this course, you will have a comprehensive understanding of what psychology is and its basic areas, primary theories and methods in the field, how psychologists think and test their ideas, and how psychology is relevant to everyday life.

This course is part of GVSU's General Education Program. Introductory Psychology partially fulfills the requirement of the Social and Behavioral Sciences category in Foundations. As part of the General Education Program, the goals of this course are to help students develop a) an understanding of how knowledge in the social or behavioral sciences is created and applied, b) an understanding of the major approaches, methods, theories, and substantive findings of the field, and c) an informed critical stance that will allow students to weigh and apply ideas and claims from the social and behavioral sciences outside of the classroom. The skills goals for this course are critical and creative thinking and ethical reasoning (see the end of this document for more information on these goals).

Required textbook

Myers, David G. & Dewall, C. Nathan. (2021). *Psychology* (13th ed.). New York: Worth Publishers.

Course evaluation

The total points for this class will be 640. You will be evaluated on 4 exams and a Final (each exam is worth 100 points; 500 points total). You will complete 20 in-class exercises (worth 5 points each; 100 points total). You will complete 4 enrichment activities (worth 10 points each; 40 points total).

Exams will use the following grading scale.

A	93-100%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	62-66%
B-	80-82%	F	61% or lower
C+	77-79%		

Note. I reserve the right to curve grades under certain circumstances. However, if I do curve grades, it will only be for your benefit.

Exams

Exams: Exams will be administered in class. They will be non-cumulative, and cover 3-4 textbook chapters as documented in the Course Schedule. Exams will also cover material from lecture (see section on Attendance). Exam questions will include both multiple choice and short answer.

Final exam: The Final exam will be cumulative, covering material from the entire semester. It will also be a combination of multiple choice and short answer. The Final exam date and time is listed at the end of the Course Schedule.

Make-up policy: You are expected to take the exams on the specified dates. If you do not appear for an exam, **and you have not been given permission by me to delay it**, you will receive a zero unless you bring documentation (such as a doctor's note) to excuse your absence. You will have one week after the date of the scheduled exam to take a make-up exam.

Class exercises

There will be approximately 20 in-class exercises (occasionally you may be asked to complete these as homework, in which case they will be due the next class period). Each exercise is worth 5 points. The exercises vary from written responses to something we listen to or watch to small group work or discussion of class topics. The purpose of these exercises is to promote engagement and enhance learning.

Please note that credit for class exercises cannot be made up. If you are not present for any reason, you will not be able to earn credit for a missed exercise. However, all students will be able to drop one missed exercise. In other words, if you miss only one exercise, you can still obtain a perfect score. If you miss two exercises, you will lose points for one exercise, if you miss three, you will lose points for two exercises, etc. **This “freebie” accounts for all reasons for missing so please do not ask me about make-ups.** You also do not need to let me know when you missed an exercise as the “freebie” will simply be added at the end of the semester for an exercise that you missed at any point during the semester.

Enrichment activities

Enrichment activities are to be completed outside of class. These activities are designed to give you the chance to learn more about how psychological research is conducted. There are two options for completing these activities. In Option 1, students participate in psychological research studies. In Option 2, students summarize papers on psychological research from scholarly journals. Within either option chosen, students will complete four activities. Enrichment activities are due the last week of class. Please see the end of this document for more detailed information.

Useful things to know

Reading: Topics in the Course Schedule correspond to your textbook chapters. Reading the assigned chapter before class will help you take better notes in lecture and prepare you for class activities. Reading will also help you perform well on exams because not all assigned reading will be covered in class, but exams will require you to demonstrate that you have read and understood all of the assigned reading.

Attendance: Although I will not take attendance, it is to your advantage to come to class regularly. This is because during class, I may lecture on information that is not in your textbook. There will also be class exercises and, as noted above, there are no make-ups for these. We will also watch films, listen to radio programs, and have class discussions that elaborate on and extend course information. You can expect exams to cover your textbook, lecture, and anything else that we do in class. If you miss a class, it is your responsibility to ask a fellow student for the notes.

Blackboard website: I will post notes, grades, assignments, and any announcements on the website for this class. Notes will be posted under “Course documents”. Grades and assignments will be posted under “Grade

center". Make sure you have access to the BB website or contact the help desk. **Please check your grades and assignments on the website OFTEN.** You have one week after grades are posted to dispute it. Contact me ASAP if you think an error has been made.

Respect. This is a large class so students sometimes feel anonymous. Please do not let this perception make you think it is okay to engage in disrespectful behavior. I expect you to respect me and your fellow students by not talking, texting, or browsing the internet while class is in session. When class begins, you should cease all of these activities. If you do not, I will ask you to leave. If you are asked to leave more than once, you will be dropped from the class. Please understand that talking when I am talking or when your classmates are sharing their insights is bothersome, and you will be asked to leave for these disruptions.

Students with special needs or concerns

If there is any student in this class who has special needs because of a learning, physical, or other disability, please let me know. You should also contact Disability Support Resources (DSR) at (616) 331-2490 or dsrgvsu@gvsu.edu. If you have a disability and think that 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 DSR.

*This course is subject to the GVSU policies listed at <http://www.gvsu.edu/courjanolicies/>
Excused absence policy can be found:*

<http://catalog.gvsu.edu/content.php?catoid=48&navoid=2406&hl=%22attendance%22&returnto=search>

Fall 2021 Course Schedule*

Date	Topic/Chapter
M 30-Aug	Course welcome and introduction
W 1-Sep	Thinking critically with psychological science
F 3-Sep	Thinking critically 2
M 6-Sep	Labor day- No class
W 8-Sep	Thinking critically 3
F 10-Sep	The biology of mind
M 13-Sep	The biology of mind 2
W 15-Sep	Consciousness and the two-track mind
F 17-Sep	Consciousness 2
	Sep 19 th prescreening survey due
M 20-Sep	Wrap up
W 22-Sep	Exam 1

F	24-Sep	Nature, nurture and human diversity
M	27-Sep	Nature and nurture 2
W	29-Sep	Nature and nurture 3
F	1-Oct	Developing through the life span
M	4-Oct	Developing 2
W	6-Oct	Developing 3
F	8-Oct	Sensation and perception
M	11-Oct	Sensation and perception 2
W	13-Oct	Wrap up

F	15-Oct	Exam 2
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M	18-Oct	Learning
W	20-Oct	Learning 2
F	22-Oct	Memory
M	25-Oct	<i>Fall break- No class</i>
W	27-Oct	Memory 2
F	29-Oct	Thinking and language
M	1-Nov	Thinking and language 2
W	3-Nov	Intelligence
F	5-Nov	Wrap up

M	8-Nov	Exam 3
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W	10-Nov	Motivation and work
F	12-Nov	Motivation and work 2
M	15-Nov	Emotions, stress and health

W	17-Nov	Emotions, stress and health 2
F	19-Nov	Emotions, stress and health 3
M	22-Nov	Personality
WF	24-26 Nov	<i>Thanksgiving recess- No class</i>
M	29-Nov	Personality 2
W	1-Dec	Wrap up

F 3-Dec **Exam 4**

M	6-Dec	Psychological disorders	Dec 7 th enrichment activities due
W	8-Dec	Psychological disorders 2	
F	10-Dec	Course review and close	

Final Exam: Monday, Dec 13, 10:00am-11:50am

* This schedule may be adapted.

**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. 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 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 **Sunday September 19, 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.

Enrichment Activity Deadline

The last day to complete both Enrichment Activities types is **Tuesday December 7, 2021.**

This course is part of GVSU's General Education Program.

The goal of the program is to prepare you for intelligent participation in public dialogues that consider the issues of humane living and responsible action in local, national, and global communities.

The program is designed to increase your knowledge and skills in the following areas:

Knowledge Goals:

1. The major areas of human investigation and accomplishment—the arts, the humanities, the mathematical sciences, the natural sciences, and the social sciences.
2. An understanding of one's own culture and the cultures of others.
3. An understanding of how academic study connects to issues in the world.

Skills goals:

1. Written communication is the practice of creating and refining messages that educated readers will value.
2. Oral communication is the practice of effectively communicating verbally with a public audience across a variety of contexts.
3. Critical and creative thinking uses systematic reasoning to examine and evaluate ideas, leading to new ways of thinking or doing.
4. Information Literacy is the process of locating, evaluating, and using multiple forms of information.
5. Quantitative literacy is a competency and comfort in working with numbers.
6. Ethical reasoning is a decision-making process based on defining systems of value.
7. Collaboration is the process of working together and sharing the workload equitably to progress toward shared objectives.
8. Problem solving is the process of designing and evaluating strategies to answer open-ended questions or achieve desired goals.
9. Integration is the process of synthesizing and applying existing knowledge, past experiences, and other perspectives to new, complex situations.

Ensuring that undergraduate students receive a broad general education has been a primary goal of colleges and universities since their inception. In this era of increasing specialization and growing demand for professional expertise, it is vital that we continue to emphasize the value of general learning.

GVSU maintains that a complete education involves more than preparation for a particular career. A career occurs in the context of a life, and a sound general education helps one “make a life” as well as “make a living.” The university is committed to assuring that all undergraduate students, regardless of academic major, receive a broad education rooted in the arts and sciences.

Teaching in the liberal tradition is at the heart of Grand Valley's identity, and this focus is critical in our General Education Program. Liberal education transcends the acquisition of information; it goes beyond the factual to ask important evaluative and philosophical questions. Liberal learning holds the fundamental principles and suppositions of a body of knowledge up to inquiry, question, and discussion. It helps a person recognize the assumptions under which he or she operates and encourages the examination and questioning of those assumptions. Liberal learning begins in the General Education Program and continues through the more specialized studies comprising each student's major and minor areas of study.

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