

Introductory Psychology
 PSY 101, Fall 2023
 Grand Valley State University

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Office hours: Mondays and Wednesdays 2-3pm, 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.
 E-book. (Blackboard access).

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 (most will occur during class, but some may be assigned as homework). 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 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: Make sure you have access to the Blackboard website for this class or contact the help desk. I will post daily lecture notes and any announcements I have on Blackboard. Assignments and grades will also be posted on BB. **Please check your grades 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 which sometimes makes students 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 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.

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.

Symptomatic illness

Please do not come to class if you are ill or have symptoms of an illness. Instead, please notify me as soon as possible via email.

*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 2023 Course Schedule*

Date	Topic/Chapter
M 28-Aug	Course welcome and introduction
W 30-Aug	Thinking critically with psychological science
F 1-Sep	Thinking critically 2
M 4-Sep	Labor day- No class
W 6-Sep	Thinking critically 3
F 8-Sep	The biology of mind
M 11-Sep	The biology of mind 2
W 13-Sep	Consciousness and the two-track mind
F 15-Sep	Consciousness 2

M	18-Sep	Wrap up
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W	20-Sep	Exam 1
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F	22-Sep	Nature, nurture and human diversity
M	25-Sep	Nature and nurture 2
W	27-Sep	Nature and nurture 3
F	29-Sep	Developing through the life span
M	2-Oct	Developing 2
W	4-Oct	Developing 3
F	6-Oct	Sensation and perception
M	9-Oct	Sensation and perception 2
W	11-Oct	Wrap up
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F	13-Oct	Exam 2
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M	16-Oct	Learning
W	18-Oct	Learning 2
F	20-Oct	Memory
M	23-Oct	<i>Fall break- No class</i>
W	25-Oct	Memory 2
F	27-Oct	Thinking and language
M	30-Oct	Thinking and language 2
W	1-Nov	Intelligence
F	3-Nov	Wrap up
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M	6-Nov	Exam 3
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W	8-Nov	Motivation and work

F	10-Nov	Motivation and work 2	
M	13-Nov	Emotions, stress and health	
W	15-Nov	Emotions, stress and health 2	
F	17-Nov	Emotions, stress and health 3	
M	20-Nov	Personality	
WF	22-24 Nov	<i>Thanksgiving recess- No class</i>	
M	27-Nov	Personality 2	
W	29-Nov	Wrap up	
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F	1-Dec	Exam 4	
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M	4-Dec	Psychological disorders	
W	6-Dec	Psychological disorders 2	
F	8-Dec	Course review and close	Last day to complete enrichment activities
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Final Exam: Monday, December 11, 12:00 pm - 1:50 pm			

* This schedule may be adapted.

**Enrichment Activities:
Learning about Psychological Research**

In the Enrichment Activities (EA) portion of the course, students will be given the opportunity to experience psychological research first-hand. 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 introduce you to a variety of research techniques used in psychological research.

Students must earn **four** EA credits for this requirement. The credit you earn by completing each EA is a function of the amount of time it takes to complete it. For example, by participating in a brief online study (30 minutes or fewer) you would earn ½ of an EA credit whereas an EA that takes one hour to complete would earn 1 credit. Both types of Enrichment Activities will be available in face to face and online formats. You may complete the EA requirement using any combination of EA types, however, **at least two full credits of EAs must be completed in person.**

Enrichment activities are scheduled and offered through the Sona Study Scheduling System. You will receive an email at the beginning of the semester containing your User ID and an initial password, and a link to the Sona system website at <https://gvsu.sona-systems.com>. If you do not receive an email regarding your account by the **end of the first week of class**, please contact Christine Smith at psychlab@gvsu.edu or by phone at 616-331-2424.

SONA Systems maintains a strict policy protecting your privacy and confidentiality. This policy is available for review in the Psychology Office.

Additional details regarding the enrichment activities and an FAQ are available online at <https://www.gvsu.edu/psychology/psy-101-participation-in-research-sona-435.htm>

Screening Instrument: Once you receive your User ID and password, you will be able to immediately earn .5 credits by completing an online prescreening questionnaire. This is a short questionnaire used by some researchers to determine your participation eligibility for studies carried out throughout the semester. You must be 18 or older to complete the prescreen survey. You are not required to complete it, but doing so increases the number of studies you will be able to choose from during the semester. You can complete the prescreen at any time from the My Profile tab on the blue bar at the top of the page, however, completing it early (within the first two weeks of class) ensures that you will have access to the widest variety of EA activities within the Sona System.

Enrichment Activity Deadline

The last day to complete your EA requirement is **December 8th @ 5:00 pm.**

If you have questions regarding any aspect of the Enrichment Activities, please contact Christine Smith, who can be reached in the Psychology Department Office (2221 Au Sable Hall, 616.331.2424) or by sending an email to psychlab@gvsu.edu.