

Course Syllabus
PSY 101 – Sections 3 and 12
Introductory Psychology
Grand Valley State University, Fall 2023

Instructor Information and Course Overview

Professor: Zach Salander

Please Call Me: Mr. or Professor Salander (pronouns: he/him/his)

Phone: 616-331-8514

Email: salandez@gvsu.edu (weekdays—M-F 9am-5pm—response window: ~12-24 hours; weekend—after 5pm on F—response window: ~24-48 hours)

Office: 2112 Au Sable Hall (ASH)

Office Hours:

- Mondays from 3-4:30pm (in my office or over Zoom)
- Wednesdays from 12-1:30pm (in my office or over Zoom)
- By appointment (please contact me and we can discuss other possibilities)

Zoom Information: <https://gvsu-edu.zoom.us/j/6607658845?pwd=SmtRaGJIR0FsMVV5Z3RhY28xNGxhZz09>

Meeting Time and Place

Section 3: Tuesdays and Thursdays, 10-11:15am, Lake Michigan Hall (LMH), Room 114

Section 12: Tuesdays and Thursdays, 4-5:15pm, Lake Michigan Hall (LMH), Room 114

Course Description

Psychology is the scientific study of human behavior and mental processes (i.e., how and why we think, feel, and behave the way we do). In this course, you will be introduced to different theories, research methodologies, and applications of psychology. Hopefully, you will become a scientific thinker and learn to develop an ability to use critical thinking and scientific methods to connect the topics we discuss throughout the semester to real world problems and your own personal experiences.

Learning Objectives

Upon successful completion of this course, students will be able to:

- Identify major psychological theories and concepts and use psychological terminology correctly.
- Demonstrate an understanding of the scientific process in psychology.
- Critically evaluate the findings of psychological research.
- Recognize examples of how psychological concepts are applied to daily life.

Technology Requirements

For this course, we will use the Blackboard Ultra Learning Management System (<https://lms.gvsu.edu/>). Therefore, you are strongly encouraged to seek out regular access to a computer/tablet and a reliable, high-speed internet connection. If you plan to use Zoom (either for this class, another class, and/or if we must transition back to online learning), you'll also want a device with a video camera and microphone. Headphones are a bonus as they can help to keep conversations more private and can help filter out any unwanted noise.

If you do not have access to a computer or reliable internet, please talk with one of your professors and/or consult the "Student Resources" folder on Blackboard. These resources include information about on-campus computer labs, supplemental funding, etc.

Class Format

Class sessions will be face-to-face using a lecture and discussion format. Class attendance is ***strongly encouraged***. During class, I will highlight and elaborate on important concepts from the readings, as well as include new material, conduct demonstrations, show videos, and foster active participation. Put another way, I will not just review what you are assigned to read. Because class sessions and the readings are meant to supplement one another, my advice to you is to complete assigned readings PRIOR to the corresponding lecture/discussion.

****NOTE:** Class sessions will NOT be recorded, nor may you record any part of class without my consent. You may also not share online materials with anyone outside of this class without my consent. If you miss class, you should reach out to your classmates for notes. It is your responsibility to find out about any information presented during class, which could include changes to this syllabus, announcements, assignments, etc. Please, help each other!

Active Engagement with Course Material

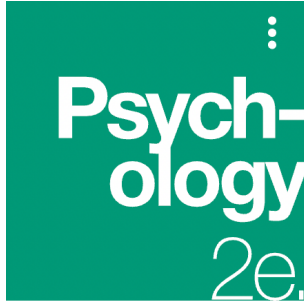
Active engagement is a necessity when it comes to understanding course material. This applies to any of your courses at GVSU, not just PSY 101. My goal is to help you be successful in this course, and I am committed to facilitating your learning throughout the semester. One of my hopes for all of you is that you are putting forth an effort to engage with this course.

Expectations:

1. Read this syllabus and consult it throughout the semester.
2. Read the assigned readings.
3. Complete all assessments on time.
4. Come to class! Doing so will help you to earn a higher grade in the course.
5. Take notes. I recommend you do this during class, but also when you are reading/studying.
6. Keep up with the material and study regularly throughout the week. Please don't try and cram information all at once, nor at the last minute. (Tip: Get sleep before an exam! Your body and brain will thank you/me later.)
 - a. Something to consider: Research suggests students should spend ~2-4 hours *per week* per credit hour they take. PSY 101 is a 3-credit course. This equates to spending ~6-12 hours a week on this class (including time spent in the classroom).
7. Communicate your questions and concerns in a timely manner.

8. Be respectful to everyone!

Course Materials



Textbook

We will be using OpenStax *Psychology* (2nd edition) by Spielman, Jenkins, and Lovett (2020). This textbook **is required**, but it is also **FREE!** <https://openstax.org/details/books/psychology-2e>

Our textbook is pre-loaded into Blackboard and available to you the first day of class.

Course Requirements

1) Exams (300 points)

There will be three non-cumulative exams throughout the semester, and one cumulative final exam (taken during finals week). Each exam will be worth 100 points and will be based on assigned readings (whether covered in lectures or not), class lectures and discussions, videos, and class demonstrations. **You must take three of the four exams offered.** If you take all four exams, your lowest grade will be dropped. If you do not take three exams, you will receive a zero on the missing exam(s). If you have not missed an exam throughout the semester and are satisfied with your grade, you *do not* have to take the cumulative final exam.

****Please put all exam dates in your calendar in advance (see schedule at end of syllabus)****

Make-Up Exam Policy: Because you can drop your lowest exam grade, make-up exams will not be honored except under validated circumstances. Please refer to the “Course Policies and Resources” section later in this syllabus for more information. **You are responsible for knowing it!**

2) Reading Assignments (200 points)

At the end of every chapter is a set of “Review Questions”. The number of questions varies by chapter, but each assignment will be worth 20 points. We will cover 15 chapters throughout the semester; however, **you only need to complete 10 of the 15 reading assignments.** If you complete more than 10, only your highest 10 grades will be counted. Please take note of the following:

- There are five assignments due during Section 1. You must complete at least two before the first exam. If you do not, *two points* will be deducted from *all* subsequent reading assignments turned in.
- There are also five assignments due during Section 2. Like the previous point, you must complete at least two before the second exam. If you do not, *four points* will be deducted from *all* subsequent reading assignments turned in.

- There are five assignments due during Section 3. Like the two previous points, you must complete at least two before the third exam.

****Please put all assignment dates in your calendar in advance (see schedule at end of syllabus)****

Make-Up Assignment Policy: Because you can drop your five lowest assignment grades, make-up assignments will not be honored except under validated circumstances. Please refer to the “Course Policies and Resources” section later in this syllabus for more information. **You are responsible for knowing it!**

Late Assignment Policy: If you turn in an assignment after its deadline (e.g., policies do not apply), you will be penalized two points for each day it is late. After two days have passed, late assignments will no longer be accepted (i.e., they will automatically become a zero; ****updated 09/06**).

3) Short Writing Assignments (SWAs; 60 points)

Periodically throughout the semester, I will assign seven short writing assignments (SWAs). These will be unannounced and graded based on effort. A “10” will be given for a complete, thoughtful, and/or accurate assignment. A “5” will be given for a partially complete assignment. A “0” will be given if an assignment is not completed. **You only need to complete six of the seven SWAs.** If you complete all seven, only your highest six grades will be counted.

Make-Up SWA Policy: Because you can drop your lowest SWA grade, make-up assignments will not be honored except under validated circumstances. Please refer to the “Course Policies and Resources” section later in this syllabus for more information. **You are responsible for knowing it!**

4) Enrichment Activities: Learning about Psychological Research (40 points)

In the Enrichment Activities (EA) portion of this course, you 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.

You 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 EAs 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 complete in person.**

EAs 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 0.5 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 9th @ 5:00pm**.

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.

All PSY 101 students at GVSU are required to earn four EA credits. In our course, each credit will be worth 10 points.

Make-Up/Late EA Policy: The deadline listed above was established by the PSY department and applies to all sections of PSY 101. Given EAs can be completed throughout the semester, there are no make-up opportunities and late activities will not be accepted.

Grading Policy

Final Grading Criteria

A ≥ 93%	B 86.99-83%	C 76.99-73%	D 66.99-60%
A- 92.99-90%	B- 82.99-80%	C- 72.99-70%	F < 60%
B+ 89.99-87%	C+ 79.99-77%	D+ 69.99-67%	

Course Policies and Resources

This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

Withdrawing from a Course

100% Tuition Refund Deadline: 09/01 by 5:00pm

75% Tuition Refund Deadline: 09/22 by 5:00pm

Withdraw with a “W” Grade Deadline: 11/10

Mask Policy

Face coverings, such as masks, must be worn in the classroom at all times under all Alert Levels except 0. When GVSU is under Alert Level 0, students and professors can choose to wear masks in classrooms if they wish and are required to wear masks if exposed to COVID-19 or showing symptoms. Masks are available at campus offices. [GVSU's policy on face coverings](#) is posted on the [Lakers Together website](#). Students unable to wear a face covering due to a medical condition should contact Disability Support Services (DSR) to discuss their situation.

Attendance Policy

Attendance is not required at class sessions, but *strongly encouraged*. If you miss class, you are strongly encouraged to access the PowerPoint outlines, fill these in with notes from your classmates, and contact your professor if you have any questions.

Accommodations for Late Work/Make-Ups

Although attendance at class sessions is not required, your professor is required to monitor missed deadlines and determine standards and a process by which students can make-up missed work. Importantly, if a student misses the deadline for an assessment and they are seeking an accommodation (i.e., permission to turn it in late), they must **contact the professor via email within 48 hours of the deadline with an explanation**. From there, **the professor will grant accommodations based upon 1) the cause for the missed deadline, and 2) the extent to which the student’s ability to complete the assignment was impaired**.

Specifically, the reason for the missed deadline is key. The University makes a distinction between “excused” and “unexcused” absences, and although we aren’t keeping track of absences, this language is useful for characterizing the types of missed deadlines – we can miss deadlines for “excused” reasons (due to something unexpected or beyond our control, despite our best efforts) or “unexcused” reasons. Consistent with University policy, missed deadlines are excused and eligible for accommodations for the following reasons:

- 1) active participation in an intercollegiate event;
- 2) observance of religious holidays,
- 3) military duty;
- 4) jury duty, or appearance in court or other government hearings;
- 5) student medical conditions that limit time or ability to engage with the course material;
- 6) birth or adoption of child;
- 7) attendance at an academic and/or professional conference;
- 8) medical or professional appointments (e.g., job interviews);
- 9) medical conditions of a loved one if the student is serving as a caretaker;
- 10) funerals or memorial services; and
- 11) previously scheduled family celebrations (e.g., weddings, etc.).

As you might guess, unexcused reasons are things like forgetting or mixing up deadlines, failure to properly upload the assignment on Blackboard, leaving campus early for the weekend, etc. Ideally, documentation should be provided and is easily available for most of the reasons listed above, but if documentation is not available, we can discuss that. In general, if you are unsure whether you are eligible for an accommodation or need to provide documentation, just ask! Academic life continues to be strange and challenging, and we all know that the pandemic can have both physical AND psychological impacts on a person. Please reach out if you are struggling.

Blackboard Access

The course Blackboard website is essential to your success. It is the student's responsibility to visit Blackboard regularly and stay up to date with the material posted in this forum. Blackboard will be used in the following ways:

- 1) Grades:** All grades will be posted in the Blackboard Gradebook in a timely manner. For security reasons, I only discuss grades over email if the student initiates that conversation and uses their GVSU email account.
- 2) Assignments/Assessments:** Assignments will be posted in corresponding folders in the Assignments section of BB. These folders will also have a place to upload completed assignments (as Word or PDF documents).
- 3) Announcements:** All major announcements and reminders will be posted on Blackboard. Announcements posted on Blackboard are also sent to students via email.

Classroom Conduct

Please be kind, compassionate, and understanding. We are all capable of conducting ourselves in a civil and respectable manner. In the spirit of academic discourse, you are encouraged to comment, question, and critique ideas from your professor or classmates, but you should not attack an individual or otherwise express disrespect. Think about what you want to say, edit if necessary, then speak (or type). Similarly, please be mindful of how your behavior may impact others, and limit distracting behavior (e.g., side conversations in class, eating, using your computer for things other than taking notes). Cell phones should be silenced in some way during class unless the class session activities require cell phone use or there is an urgent matter that requires you to be available via phone (in which case, let your professor know!). Meals should be eaten before or after class, not during. Let's maintain the social contract of mutual respect. Disrespectful or distracting students will be called out and warned; persistent issues can result in grade deductions.

Diversity Statement

In recognition and affirmation of the worth and dignity of all persons, the instructor of this course is dedicated to upholding the values of diversity and inclusion and to minimizing disparities in access to learning. All students who are willing to learn are equally welcome without regard to age, race, ethnicity, birthplace, sex, gender identity, disability, sexual orientation or identity, socioeconomic status, political party or beliefs, or other group affiliation or personal characteristics. All students are likewise expected to accord each other the same level of respect, bearing in mind that becoming more respectful and inclusive is a journey rather than a destination. We will all have stumbling points along the way, including the instructor, and these are often valuable learning opportunities. If I ever say or do anything insensitive in this course, I

sincerely welcome students to call me out or communicate their discomfort to me in person after class, during office hours, by email, or anonymously.

Accommodations for Students with Disabilities

If you have special needs because of a learning, physical, or other disability, please contact your professor as well as Disability Support Resources (DSR) at (616) 331-2490 for assistance as soon as possible. Even if you have already documented your disability with DSR, please connect with your faculty member to discuss your specific needs. Furthermore, if you have a disability and think you will need assistance evacuating the classroom and/or building in an emergency during in-person meetings, please make your professor aware so that the university can develop a plan to assist you. You may also access resources at <http://www.gvsu.edu/dsr>. The university is eager to work with you to meet your learning goals. All discussions related to disabilities will remain confidential.

Statement on Academic Dishonesty

The following is adapted from the Student Code, Sections 223.00 and 223.01: The principles of truth and honesty are recognized as fundamental to a community of teachers and scholars. This means that all academic work will be done by the student to whom it is assigned without unauthorized aid of any kind.

- a. No student shall knowingly procure, provide or accept any materials which contain questions or answers to any examination or assignment.
- b. No student shall complete, in part or in total, any examination or assignment for another person.
- c. No student shall allow any examination or assignment to be completed, in part or in total, by another person.
- d. No student shall submit work that has been previously graded, or is being submitted concurrently to more than one course, without specific authorization from the instructor(s) of the class(es) to which the student wishes to submit it.
- e. 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 materials 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 writings 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.

Students can (and are encouraged to) study together, but all academic work should be the sole work of the individual student, unless otherwise stated. Also, students should strive to avoid the *appearance* of dishonesty; these are behaviors associated with academic dishonesty (i.e., checking phone during an exam, completing exams together) that raise concerns that you may be potentially dishonest in your work. Any violation of academic integrity, even on a small scale, can result in a failing grade in the course. The University is implementing a new oversight process for cases of academic dishonesty – this process requires all professors to report all cases

to the Office of Student Conduct and Conflict Resolution, which then investigates each case and makes a determination. Doesn't this sound like an anxiety-provoking time suck? Just don't cheat.

Psych Friends Resource

If you feel you could use some extra help/guidance/support in any academic domain or for your well-being, please consider scheduling an appointment with a mentor through Psych Friends. Psych Friends mentors are upper-level undergraduate peer mentors who are trained to provide support in many areas including: effective study and time management techniques, exam preparation and reflection skills, psychology and behavioral neuroscience major requirements, tips for engaging in the field, strategies for education continuation, methods for maintaining physical and mental health. Schedule an appointment here: <https://www.gvsu.edu/navigate>. Questions? Email psychfriends@gvsu.edu

Course Schedule

*** This schedule (including assigned readings) is subject to change. Students are responsible for any changes announced in class or on Blackboard. ***

Section 1

WEEK 1 (08/28 – 09/01):

1. **Tuesday 08/29**
 - a. [Welcome and Course Syllabus/Overview](#)
2. **Thursday 08/31.....Read Chapter 1**
 - a. [Introduction](#)

WEEK 2 (09/04 – 09/08; NO CLASS MONDAY, 09/04):

1. **Tuesday 09/05.....Read Chapter 2**
 - a. [Psychological Research](#)

****Reading Assignment #1 (from Chapter 1) due by 11:59pm on Tuesday, 09/05**

2. **Thursday 09/07**
 - a. [Psychological Research \(cont.\)](#)

WEEK 3 (09/11 – 09/15):

****Reading Assignment #2 (from Chapter 2) due by 11:59pm on Monday, 09/11**

1. **Tuesday 09/12.....Read Chapter 3**

- a. Biopsychology
 - 2. **Thursday 09/14**
 - a. Biopsychology (cont.)
-

WEEK 4 (09/18 – 09/22):

****Reading Assignment #3 (from Chapter 3) due by 11:59pm on Monday, 09/18**

- 1. **Tuesday 09/19**.....**Read Chapter 4**
 - a. Consciousness
 - 2. **Thursday 09/21**
 - a. Consciousness (cont.)
-

WEEK 5 (09/25 – 09/29):

****Reading Assignment #4 (from Chapter 4) due by 11:59pm on Monday, 09/25**

- 1. **Tuesday 09/26**.....**Read Chapter 5**
 - a. Sensation and Perception
-

Thursday 09/28 – Exam #1 (in-class)

****Reading Assignment #5 (from Chapter 5) due by 11:59pm on Thursday, 09/28**

Section 2

WEEK 6 (10/02 – 10/06):

- 1. **Tuesday 10/03**.....**Read Chapter 6**
 - a. Learning
 - 2. **Thursday 10/05**
 - a. Learning (cont.)
-

WEEK 7 (10/09 – 10/13):

****Reading Assignment #6 (from Chapter 6) due by 11:59pm on Monday, 10/09**

- 1. **Tuesday 10/10**.....**Read Chapter 7**
 - a. Thinking and Intelligence
- 2. **Thursday 10/12****Read Chapter 8**
 - a. Thinking and Intelligence (cont.)

b. Memory

****Reading Assignment #7 (from Chapter 7) due by 11:59pm on Friday, 10/13**

WEEK 8 (10/16 – 10/20):

1. *Tuesday 10/17*
 - a. Memory (cont.)
2. *Thursday 10/19*.....*Read Chapter 9*
 - a. Lifespan Development

****Reading Assignment #8 (from Chapter 8) due by 11:59pm on Friday, 10/20**

WEEK 9 (10/23 – 10/27; NO CLASS MONDAY, 10/23 AND TUESDAY, 10/24):

1. *Thursday 10/26*
 - a. Lifespan Development (cont.)

****Reading Assignment #9 (from Chapter 9) due by 11:59pm on Friday, 10/27**

WEEK 10 (10/30 – 11/03):

1. *Tuesday 10/31**Read Chapter 10*
 - a. Emotion and Motivation

Thursday 11/02 – Exam #2 (in-class)

****Reading Assignment #10 (from Chapter 10) due by 11:59pm on Thursday, 11/02**

Section 3

WEEK 11 (11/06 – 11/10):

1. *Tuesday 11/07*.....*Read Chapter 11*
 - a. Personality
2. *Thursday 11/09*
 - a. Personality (cont.)

****Reading Assignment #11 (from Chapter 11) due by 11:59pm on Friday, 11/10**

WEEK 12 (11/13 – 11/17):

1. *Tuesday 11/14*.....*Read Chapter 12*
 - a. Social Psychology
2. *Thursday 11/16*

- a. Social Psychology (cont.)

****Reading Assignment #12 (from Chapter 12) due by 11:59pm on Friday, 11/17**

WEEK 13 (11/20 – 11/22; NO CLASS WEDNESDAY, 11/22):

- 1. **Tuesday 11/21**.....**Read Chapter 14**
 - a. Stress, Lifestyle, and Health
-

WEEK 14 (11/27 – 12/01):

- 1. **Tuesday 11/28**.....**Read Chapter 15**
 - a. Psychological Disorders

****Reading Assignment #13 (from Chapter 14) due by 11:59pm on Tuesday, 11/28**

- 2. **Thursday 11/30**
 - a. Psychological Disorders (cont.)
-

WEEK 15 (12/04 – 12/08):

****Reading Assignment #14 (from Chapter 15) due by 11:59pm on Monday, 12/04**

- 1. **Tuesday 12/05**.....**Read Chapter 16**
 - a. Therapy and Treatment
-

Thursday 12/07 – Exam #3 (in-class)

****Reading Assignment #15 (from Chapter 16) due by 11:59pm on Thursday, 12/07**

Final Exam

Section 3: Thursday 12/14 (in regular classroom), 10-11:50am

Section 12: Tuesday 12/12 (in regular classroom), 4-5:50pm