

## **PSY 1010: Introduction to Psychology, Fall 2019**

### **Course Description**

Psychological science helps us understand ourselves and others. Knowing more about how we learn, remember, the impact of social situations on our behavior, the intricate relationship between our brain and our environment, and the factors that guide our developmental journey, can give us insight into our own lives. We can also discover how psychology has impacted society and the potential it has to not only improve our personal well-being, but the world.

During this course, we will tackle this big question: **How does scientific Psychology help us understand our experiences?**

This overarching theme will be woven throughout the content of our course. We will examine many topics during the semester, including social psychology, research, the biology of mind, consciousness, lifespan development, learning, memory, cognition, stress, psychological disorders, and treatment. As you learn more about psychology, you will discover that *PSYCHOLOGY IS EVERYWHERE!*

### **Course Objectives**

By the end of the introductory psychology course, students should be able to:

- Identify basic concepts and research findings, and give examples of psychology's integrative themes.
  - ~ *Psychological science relies on empirical evidence adapting as new data develop.*
  - ~ *Psychology explains general principles that govern behavior, while recognizing individual differences.*
  - ~ *Psychological, biological, social, and cultural factors influence mental processes and behavior.*
  - ~ *Our perceptions filter experience of the world through an imperfect personal lens.*
  - ~ *Applying psychological principles can change our lives in positive ways.*
- Apply psychological principles to everyday life.
- Draw appropriate, logical, and objective conclusions about behavior and mental processes from empirical evidence.
- Evaluate misconceptions or erroneous behavioral claims based on evidence from psychological science.
- Design, conduct, or evaluate basic psychological research.
- Describe ethical principles that guide psychologists in research and therapy.

Course instructor: Kristin Whitlock

Contact information: Use the Canvas inbox (allow 24-48 h for a response; expect delays on weekends/holidays).

Course location: WSU Davis Campus, Bldg. 2, room 320

Class meetings: Tuesday, 5:30-8:10 pm

Office hours: By appointment (email through Canvas)

This course is part of the WSU General Education program. GE courses introduce students to academic disciplines through important “big questions” (BQ). At their core, “big questions” provide students the opportunity to integrate and apply their knowledge of the discipline to address a significant, personal, social, or professional issue. GE courses also introduce students to underlying foundational knowledge and intellectual tools that run through all academic areas and are part of the ongoing preparation to address real world problems.

All WSU General Education courses have “signature assignments” (SA) that require you to integrate and apply course content to address a big question with, for instance, critical or creative thinking, problem solving, or analysis. Signature assignments 1) will address a specific audience, 2) will tackle personal, social, or a professional question or issue, and 3) integrate and apply course content through the use of 4) intellectual tools.

You are enrolled in the WSU General Education course Psychology 1010 which is designed to tackle the following big question (BQ) “How does scientific Psychology help us understand our experiences?” through the signature assignment (SA). I will provide you with more detailed information about the signature assignment for this course on Canvas.

#### **Required materials:**

1. Psychology in Everyday Life, 4th Ed.; David G. Myers (ISBN# 978-1-319-01373-8)
2. Computer/internet access for Canvas/printing capability

#### **General Course Requirements**

You are required to attend and actively participate in all class meetings, and to complete all assigned readings before coming to each class. Because this is a very fast-moving course with a lot of interesting material to cover, 1–2 hours of study per day outside of class time is suggested. Read the syllabus carefully and discuss any questions with me. Adjustments may be made to the class schedule during the semester. Adjustments will be posted on Canvas. By continuing in the course after reading the syllabus, you are indicating that you accept the terms of the syllabus.

#### **Grading**

Grades will be based on the following assessments.

Assignment: Using Psychology to Learn Psychology: 20 points (required)

Write-to-Learn (W2L) Assignments: 720 points (lowest assignment dropped)

Midterm exam (50 multiple choice): 100 points (required)

In-class discussion assignments: 50 points (5 pts each class; drop 3 lowest scores)

Signature assignment: 110 points (required)

**TOTAL: 1000 points**

#### **Assignments**

Due dates are listed in the syllabus; assignments must be submitted through Canvas by the due date. All files will be posted on Canvas. No late work will be accepted including that due to technical or printing problems, trouble with Canvas, and/or your internet connection. I would recommend submitting assignments prior to the due date.

#### **Midterm exam**

The midterm exam will be given on October 16 or 17. Clear your schedules now! **No make-up exams will be given for any reason.**

The midterm exam is composed of 50 multiple choice questions and is worth 100 points (2 points per question). Exam questions will be drawn from chapters 1, 2, 10, & 11. Exam questions will be formulated based on the assigned readings, lectures, handouts, labs, videos, articles, class discussions, demonstrations, assignments, and other materials distributed in class or posted on Canvas.

You will take the exam at a WSU testing center using ChiTester. *You are responsible* for knowing testing center hours and policy. For more information go to: <http://www.weber.edu/testingcenter>

**Grading scale (grades are not rounded):**

Grade	Percentage
A	93-100
A-	90-92
B+	86-89
B	83-85
B-	80-82
C+	76-79
C	73-75
C-	70-72
D+	66-69
D	63-65
D-	60-62
E	59-below

**Classroom Policies and WSU Student Information**

1) Come to class prepared by keeping up on your reading! Complete all assignments and exams on time! Read the syllabus carefully for due dates. Check Canvas often for announcements. See me if you have questions about content or need extra help! Don't wait until the end of the semester if you have a question about your grade. I can't help you then!

2) Focus on learning Psych during class! Multi-tasking is a MYTH! Research demonstrates that multitasking reduces your creativity, concentration, memory and WASTES your time. Check out this TED talk by Dr. Cliff Nass, Stanford University:

<https://stanfordconnects.stanford.edu/watch/how-multitasking-affecting-way-you-think> (Links to an external site.)[Links to an external site.](#)

Researchers have also found that the more you use your cell phone the LOWER your G.P.A. and HIGHER your anxiety levels! Check out the research at:

<https://www.sciencedaily.com/releases/2013/12/131206124425.htm> (Links to an external site.)[Links to an external site.](#)

Being on your phones in lecture can cost you HALF A GRADE on exams! Read about it here:

<https://phys.org/news/2018-07-students-grade-exams.html> (Links to an external site.)[Links to an external site.](#)

Use your laptop computers only for purposes related to the class. Better yet, you will remember MORE from class if you **HANDWRITE** your notes! Check out the research at:

[https://www.scientificamerican.com/article/a-learning-secret-don't-take-notes-with-a-laptop/](https://www.scientificamerican.com/article/a-learning-secret-don-t-take-notes-with-a-laptop/) (Links to an external site.)Links to an external site.

So, DO YOURSELF A FAVOR, please keep cells phones and laptops put away during class.

**3) Extra credit**

To encourage you to go technology free, I will award 2 points extra credit for each class that you go without your phone in class (14 class meetings, 28 points possible). This is voluntary, so you may keep your phone for personal reasons.

As you come to class, you will need to leave your phone on the front table & sign next to your preprinted name on the class roll. Also, write your name on a sticky note and attach it to your phone. During break you may use your phone, but it must return to the front table when we resume class. If you are late to class or leave early, you will forfeit the extra points. If you decide to keep your phone after the break, you will also forfeit the extra points. This is the ONLY extra credit that will be offered this semester.

**4) Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD).** Before accommodations can be made, WSU must document all disabilities. Please start the process early. Go to <http://weber.edu/SSD> for more information about how to contact SSD. SSD can also arrange to provide course materials (including this syllabus) in alternative formats.

**5) Student athletes who will miss class due to team travel must make arrangements with the instructor through Canvas at least 10 days prior to the date of travel.** Written notification from WSU regarding team travel is required before any accommodations will be considered.

**6) Students with a course conflict due to a University-sponsored event or another WSU course must contact the instructor through the Canvas inbox at least 10 days prior to the date of the conflict to request accommodations;** otherwise, no accommodations will be considered. Written documentation from University staff/faculty will be required before any accommodations will be considered.

**7) Act with integrity.** Complete academic honesty is expected in this course. Cheating on written assignments or exams, or plagiarism on written assignments, will result in a failing grade and may result in further action according to University policy (WSU Student Honor Code: [http://www.weber.edu/ppm/Policies/6-22\\_StudentCode.html](http://www.weber.edu/ppm/Policies/6-22_StudentCode.html) (Links to an external site.)Links to an external site.).

**8) If for any reason the university is forced to close for an extended period, look for announcements on Canvas.** Code Purple is a good way to be alerted to campus closures, and you are encouraged to sign up. For more information and to sign up, go to: <http://www.weber.edu/codepurple> (Links to an external site.)Links to an external site.

**9) Central to WSU's mission is the need to embrace and value the diversity of its members.** Every individual has the right to feel safe to express ideas that differ from others. However, all persons must accept the responsibility to demonstrate civility and respect for others. Therefore, expressions or actions that disparage an individual's or group's ethnicity, gender, religion, sexual orientation, marital status, age or disability are contrary to the mission of WSU and are not acceptable.

**10) For help with Canvas, contact WSU Online Technical Support at 801-626-6499 or go online at <https://www.weber.edu/online/canvasTechSupport.html>**