Introduction to Psychology (PSYC 1010) (CRN: 22188)
Fall 2014
Weber State University- Ogden Campus

Instructor Information
Dr. Melinda Russell-Stamp Office: 354
Phone: 626-6399 E-mail: melindarussellstamp@weber.edu
Office Hours/ Ogden Campus: Monday (10:30-11:30), Wednesday (12:20-1:20), Davis
Campus: Tuesday (11:45-12:45), Thursday (9:30-10:30), or by appointment.

Class Meeting Times and Locations:
Monday, Wednesday, and Friday
11:30-12:20 p.m.
Location: Social and Behavioral Sciences, Rm. 394

Required Readings

Textbook Options
1. Textbook/Access card from bookstore. This package should provide a hard copy
   of the book, the e-book, and the access card to complete your homework.
2. Purchase e-book and access to the homework on-line. This option is less
   expensive but it does not come with the hard copy of the text.
3. If you have purchased the text without the access card, you can purchase access to
   the homework for $20 on-line.

Course Description
This course will introduce you to the diverse and exciting field of psychology. Topics
will include the history of psychology, research methods and ethics, memory, biological
foundations of behavior, stress/health, sleep, learning and behavior change, personality,
developmental, social and abnormal psychology.

Course Goals
This course is intended to give the student an understanding of the many aspects of
psychology.
Goal 1: Students will understand psychology as a scientific discipline. They will also
understand the cognitive and developmental aspects of behavior.
• Exams & Mastery Quizzes

Goal 2: Students will be able to critically apply psychological principles and research
to society:
• Exams, Mastery Quizzes, & In-Class Assignments

Goal 3: Students will share key beliefs, attitudes, and values adopted by scientific
psychologists which include: respect for human diversity, humility regarding limits
of their knowledge, respect for evidence, tolerance for ambiguity, and an
understanding of ethics.
• Exams, Mastery Quizzes, Assignments
Goal 4: Students will exhibit skills to professionally communicate their understanding of terms, concepts, and theories of the discipline to others. Students will also have interpersonal skills necessary to effectively collaborate in groups with others who hold diverse beliefs, opinions, and attitudes.

- In-class discussions and assignments that provide an opportunity to collaborate in groups.

**Methods of Instruction**
Group discussions, small group work, lectures, and videos are some of the instructional methods that will be utilized. Class participation is an expectation in this class. Since each of you comes to this class with unique experiences and perspectives, please share your thoughts, comments, reactions, observations and personal experiences. These efforts can enrich the learning experience for the entire class. Respect for the different ideas and opinions expressed in this class is expected.

**Canvas Enhancement**
On the course site you will be able to access the course syllabus, power point presentations, study guides, the link for Learn Smart homework, course announcements, and your grades. You can access this site by going to your student portal and clicking on the Student Services tab. You should see a list of your courses. Click on “Psych 1010”. The material on the site is not a substitute for attending class. You will be provided with information in class that is not adequately elaborated on in the Power Point handouts. I encourage you to bring the relevant handouts to class since they may aid in note-taking.

**Method of Evaluation**

<table>
<thead>
<tr>
<th></th>
<th>Points Possible</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>50 points</td>
</tr>
<tr>
<td>Exam 2</td>
<td>50 points</td>
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<tr>
<td>Exam 3</td>
<td>50 points</td>
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<tr>
<td>Exam 4</td>
<td>50 points</td>
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<tr>
<td>Exam 5</td>
<td>50 points</td>
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<tr>
<td><strong>Test Total:</strong></td>
<td><strong>250 points</strong></td>
</tr>
<tr>
<td>Homework Assignments</td>
<td>110 points</td>
</tr>
<tr>
<td>(Each chapter is worth 10 points)</td>
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<tr>
<td>Mnemonic Device</td>
<td>10 points</td>
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<tr>
<td>Personality Assignment</td>
<td>10 points</td>
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<tr>
<td>Research Participation</td>
<td>40 points</td>
</tr>
<tr>
<td>In-Class Activities</td>
<td>30 points</td>
</tr>
<tr>
<td><strong>Assignment Total:</strong></td>
<td><strong>200 points</strong></td>
</tr>
<tr>
<td><strong>Total Points:</strong></td>
<td><strong>450 points</strong></td>
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</tbody>
</table>
Final grades will be assigned based on the percent of total points earned as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A</td>
<td>100-93%</td>
</tr>
<tr>
<td>A-</td>
<td>92-90%</td>
</tr>
<tr>
<td>B+</td>
<td>89-87%</td>
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<tr>
<td>B</td>
<td>86-83%</td>
</tr>
<tr>
<td>B-</td>
<td>82-80%</td>
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<tr>
<td>C+</td>
<td>79-77%</td>
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<tr>
<td>C</td>
<td>76-73%</td>
</tr>
<tr>
<td>C-</td>
<td>72-70%</td>
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<tr>
<td>D+</td>
<td>69-67%</td>
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<tr>
<td>D</td>
<td>66-63%</td>
</tr>
<tr>
<td>D-</td>
<td>62-60%</td>
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<tr>
<td>E</td>
<td>59%-0%</td>
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</tbody>
</table>

Exams (see Course Schedule)

- There will be five examinations in this class. Each exam is non-comprehensive and will cover approximately 1/5 of the course material. Study guides for each exam will be available via the course site.
- Exams will be based on in-class lectures and discussions, assigned readings, and videos.
- The format for exams will include 50 multiple choice questions worth 1 point each. Each exam is worth 50 points. Exams are “closed-book” and “closed-note”
- You will take each exam via Chi Tester in one of the designated campus Testing Centers. To take an exam, you must show up on the correct date at the appropriate times (see Course Schedule) with a photo ID. You will not be allowed to take an exam without a photo ID or if you show up after hours. If you would like to make a reservation for the exam you may do so at www.chitester.weber.edu. For information on locations, hours, busy times, policies and more, go to www.weber.edu/TestingCenter.
- Most testing center hours on Ogden campus are:
  - Monday-Thursday 7:30 a.m. – 8:00 p.m.
  - Friday 7:30 a.m. – 4:30 p.m.
  - Saturday 9:00 a.m. – 4:30 p.m.
- It is your responsibility to take the exam during the period it is administered at the Testing Center. Since you will have at least 4-5 days to take each exam, scheduling problems should be rare. If you have a conflict with the exam schedule, you may take an exam early. In this case, please discuss your conflict with me so that we can make arrangements for you to take the exam early. If you do not make arrangements to take an exam early and/or you do not take the exam during the exam period there will be two days during the semester in which makeup exams may be taken. These dates are as follows: Friday, Oct. 10th & Friday, Nov. 21st. Connect homework is due by the deadline specified on the syllabus even if you take a makeup exam at a later date.
- Makeup exams may not be taken on other days so it will be important to plan accordingly.

Learn Smart (Due Dates below)

- Your homework assignments are all completed through Connect Plus, which is a website provided by our textbook publisher. You can access it through our course website on blackboard. Once you have purchased and logged in to Connect Plus, on the right hand side of the page you will see LEARN SMART (and there is a little computer icon). These are training modules that test your knowledge of the
material, and they are how you will complete your homework. For each exam we cover 2 or 3 chapters. You will complete the LEARN SMART study modules for each chapter. The percentage that you score on each chapter will constitute your grade for that homework.

• For example, Exam #1 covers chapter 1. So when you go into Learn Smart, you should complete the study module for chapter 1. If you get a score of 100%, you will earn the maximum of 10 points for that module. If your percentage is in the 90’s, you will earn 9 points, 80’s = 8 points, 70’s = 7 points, 60’s = 6 points, etc.

• Each Learn Smart module can be done a little at a time. You could do 1 question or 40 questions at a time. If you miss questions, it is ok, because then the Learn Smart program will just ask you again later. In order to get 100%, you have to complete all of the concepts correctly by the due date. If you miss 10 questions somewhere, you will just get those concepts again on other questions. The only reason you should NOT get 100% on each homework assignment is if you do not put in the time to do the Learn Smart study modules for each chapter!!

• Please be aware of the due dates (time and day) for each assignment (see below). All homework assignments must be completed by the deadline in order to receive the full credit. So that means that whatever your % correct is for each chapter at the due date will be your grade for that homework assignment.

• To Get Started:

1. Login to Connect Plus (there is no way to complete your homework without that program).
   https://connect.mheducation.com/class/m-stamp-fall-2014-mwf-ogden
2. Click on LEARN SMART Study Modules to begin.
3. Start with Chapter 1 Study Module. Answer questions as you go along, and be honest about whether or not you understand the concepts (this will help you learn the material later).
4. You can do as little or as much as you want each time you login. The program will tell you how many questions you will have left each time you start.
5. You can track your progress to see what concepts you need help with by clicking on the REPORTS tab at the top of the main Connect Plus page. This will let you see what concepts you have mastered, what concepts you need help with, and most importantly it tells you what concepts you THINK you know that you really DON’T know. One of the most common mistakes students make is thinking they understand a concept when they really don’t. Learn Smart will help you figure out what you really do and do not understand, and then it will offer suggestions on how to learn the concepts you don’t understand better!!
6. If you miss concepts while using Learn Smart, it will tell you what page in the book has the concepts, and it will open that page for you in an electronic textbook.
PLEASE remember that late assignments will not be accepted. So please do a little at a time each week and finish your learning modules well ahead of the due date and the exam period!!! The only time that I will extend homework is if the program experiences an outage that impacts the entire class just prior to the deadline.

- The deadlines for the completion of each chapter is listed below:
  Unit 1
  Chapter 1: 8/25-9/16 (6:00 p.m.)
  Unit 2
  Chapter 2: 8/25-10/7 (6:00 p.m.)
  Chapter 4: 8/25-10/7 (6:00 p.m.)
  Chapter 14: 8/25-10/7 (6:00 p.m.)
  Unit 3
  Chapter 5: 8/25-10/28 (6:00 p.m.)
  Chapter 6: 8/25-10/28 (6:00 p.m.)
  Unit 4
  Chapter 8: 8/25-11/18 (6:00 p.m.)
  Chapter 10: 8/25-11/18 (6:00 p.m.)
  Unit 5
  Chapter 11: 8/25-12/11 (6:00 p.m.)
  Chapter 12: 8/25-12/11 (6:00 p.m.)
  Chapter 13: 8/25-12/11 (6:00 p.m.)

Research Participation (Due Date: Dec. 5th)
An important part of taking an Introduction to Psychology course is to understand how knowledge in psychology is acquired. Therefore, 9% (40 points) of your final grade will be based on research participation.

1. You may complete this requirement by participating in approved research projects through the Psychology Department. You may find these studies by going to the Psychology Department Home Page (click “P” on Weber State Web page) to find the Psychology Department. On the Psychology Department Home page you will click on Online Research Board. You should see a listing of current research projects. Some research studies are surveys that you will complete on-line, other projects require that you sign up (clipboards outside Psychology Department) and come to campus to participate in an activity. You can earn anywhere from 1 to 10 credits for each research project depending upon how much time is required. To receive the maximum credit for this assignment, you will need to complete a total of 10 credits. **You can complete up to 4 additional credits for extra credit.**

2. If you are under the age of 18, you will be unable to participate in the research studies. An alternative to research participation if you are under-age or unable/unwilling to participate in research you may complete this research assignment by reading **two** psychology articles and writing a two-page double-spaced summary for each of these articles. Each article and summary is worth 5 credits, therefore you will need to complete two of these to earn 10 credits. These
articles may be found on the Psychology Department Home Page. Once you are on the Psychology Department Home Page, you can click the link for “Introductory Psychology Research Participation” on the left-hand side of the page. Next you will click “Research Participation Alternative” to pull up a listing of possible articles. **You may also complete an extra article summary for extra credit.**

3. Students may fulfill the research requirement by completing a combination of the above alternatives.

### Mnemonic Device Assignment (Nov. 3rd)
This assignment requires you to develop a peg word system to help you remember the 8 stages of Erik Erikson’s Psychosocial Theory. The peg word system is posted on Canvas. You will create a picture/image depicting how each stage can be related to the first 8 steps on the peg word system. This assignment is due on November 3rd. This assignment does not need to be typed, but it does need to be written legibly.

### Personality Assignment (Nov. 10th)
The assignment is posted on Canvas. This assignment requires you to watch a television program of your choice and select a character that you will analyze according to the Big Five Personality Theory. Ratings and examples of each of the personality traits should be provided. This assignment is due on November 10th. This assignment does not need to be typed, but it does need to be written legibly.

### In-Class Assignments
Throughout the semester, you will be asked to participate either alone or in a group in different class exercises. These may include more detailed discussions or thinking exercises designed to help you master the material. There will be approximately 9-10 of these activities and each will be worth 5 points. You must be present for six of these activities to earn the maximum points. Thus, attendance will be of the utmost importance. Due to the nature of these activities, they cannot be made-up if a student is absent.

### Extra Credit: Memory Application (Due Date: Dec. 5th. 16 points)
- Choose one of the memory concepts described in class/text to apply to your studies. Some of the possibilities include: rehearsal, spacing effect, organization (chunking or hierarchies), meaningful learning, verbal mediation, superimposed meaningful structure, keyword method, method of loci, peg word system, context, retrieval cues, minimizing interference, and comprehension monitoring. The purpose of this assignment is to compare your performance on at least two tests. The tests could be from this class or another class that you are taking this spring. For 1-2 tests, you will implement your chosen memory strategy. You will then compare your performance (experience) on the test(s) in which you implemented the strategy to your test performance when you did not use the strategy.
- You should answer the following questions about your experience:
  1. What memory strategy did you choose?
2. How did you implement the strategy? Be specific about what you did. What dates did you implement the strategy?
3. Describe the tests that you are comparing (They should be from the same subject area, i.e. psychology, math)? What were the dates of the exams? What was the format or structure of the exams? Were they comparable?
4. What was the outcome of implementing the memory strategy? (i.e. did your scores improve). You do not have to reveal your grades on the test, instead you may describe the extent to which you did or did not show improvements.
5. To what do you attribute the results of the two tests (i.e. was it using the strategies or other outside variables)
6. Did you enjoy implementing the strategy? Would you use the strategy again? Would you change anything about how you implemented the strategy?
• These questions should be type-written, 12 point font and double-spaced. Your responses to these questions should be approximately 2 pages.

Course Expectations
1. **Absences.** You are responsible for deciding the level at which you will be engaged in this course. While I will not take daily attendance, a portion of your grade is made up of participation points. Students cannot make up these assignments but will be allowed to drop 2-3 this semester without penalty. Students who do well tend to regularly attend class, and students who do poorly tend to regularly miss class. If you do have to miss a class, it is your responsibility to obtain missed notes and /or assignments during the next class period (do not wait until the end of the semester).
2. **Late Work.** AS NOTED PREVIOUSLY, LEARN SMART WILL NOT BE ACCEPTED LATE. Late papers (such as mnemonic & personality assignment) will be deducted 1 point for each day that they are late (including weekends). Hard copies of papers must be turned in to receive credit. If you are going to miss class on the day a paper is due, you may email me a copy of the paper so that I can verify that the paper is done. However, you will need to provide me with a hard copy of the paper as soon as possible in order to receive credit for the paper.
3. **Class Disruptions**
   Students in this course have the right to participate in lecture sessions that are relatively free of any unnecessary noises or other distractions that could impair their ability to take good lecture notes. For this reason, all students attending class will be expected to refrain from the following:
   **Chronic Tardiness.** Students who anticipate being late for class on a regular basis should see me at the beginning of the semester to explain why they will be late. They also should plan to sit in an area of the classroom that will lead to the least amount of class disruption when they arrive.
   **Early Departures.** Students who must leave a class early should discuss their plans with me before the beginning of the class period. Students who
expect to make many such departures should talk to me about their plan at the beginning of the semester.

**Inappropriate Behavior.** Students engaging in horseplay or disruptive, lecture-irrelevant conversations during a class period will be given up to two warnings to stop their behavior. Students are expected to refrain from using their phones during class-time. Behavior that is disruptive to the learning environment may be cause for discipline under the student code.

4. Students must check with the instructor if they would like to have a visitor attend class with them.

5. Any student requiring accommodations or services due to a disability must contact **Services for Students with Disabilities (SSD)** in Room 181 of the Student Services Center (or Room 221 at the Davis Campus). SSD can also arrange to provide course materials (including this syllabus) in alternative formats upon request. Please refer to SSD’s website for more information: http://weber.edu/ssd.

6. **Academic Dishonesty:** As specified in PPM-IV D, cheating and plagiarism violate the Student Code. Plagiarism is “the unacknowledged (uncited) use of any other person’s or group’s ideas or work.” Students found guilty of cheating or plagiarism are subject to failure of a specific assignment, or, in more serious cases, failure of the entire course.

7. **Emergency Closure:** If for any reason the university is forced to close for an extended period of time, we will conduct our class on-line and all deadline changes will be announced over Canvas.
## Course Schedule
### 1010 Introductory Psychology

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Readings/Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/25</td>
<td>Course Overview/Introductions/</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Psychological Perspectives</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>8/27</td>
<td>Careers in Psychology</td>
<td>Film in Class</td>
</tr>
<tr>
<td>8/29</td>
<td>Psychological Perspectives</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>9/1</td>
<td><strong>Labor Day – No Class</strong></td>
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<tr>
<td>9/3</td>
<td>Thinking Critically</td>
<td>Chapter 1</td>
</tr>
<tr>
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<td>Thinking Critically</td>
<td>Chapter 1</td>
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<tr>
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</tr>
<tr>
<td>9/10</td>
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<td>Chapter 1</td>
</tr>
<tr>
<td>9/12</td>
<td><strong>Exam 1 (9/11-9/16)</strong></td>
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<tr>
<td>9/15</td>
<td>Neuroscience &amp; Behavior</td>
<td>Chapter 2</td>
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<tr>
<td>9/17</td>
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<tr>
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<td>9/22</td>
<td>Neuroscience &amp; Behavior</td>
<td>Chapter 2</td>
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<td>9/24</td>
<td>Health Psychology</td>
<td>Chapter 14</td>
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<td>Sleep</td>
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<tr>
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<td>Chapter 6</td>
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<td>10/15</td>
<td>Learning</td>
<td>Chapter 5</td>
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<td>10/17</td>
<td><strong>Fall Break- No Class</strong></td>
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<tr>
<td>10/20</td>
<td>Learning</td>
<td>Chapter 5</td>
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<tr>
<td>10/22</td>
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<td>Chapter 5</td>
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<tr>
<td>10/24</td>
<td><strong>Exam 3 (10/23-10/28)</strong></td>
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10/27 Development Chapter 8
10/29 Development Chapter 8
10/31 Development Chapter 8

11/3 Development Chapter 8
11/5 Personality Chapter 10; Mnemonic Device
11/7 Personality Chapter 10

11/10 Personality Chapter 10; Personality Assignment
11/12 Personality Chapter 10
11/14 Exam 4 (11/13-11/18)

11/17 Social Psychology Chapter 11
11/19 Social Psychology Chapter 11
11/21 Social Psychology Chapter 11

11/24 Social Psychology Chapter 11
11/26 Psychological Disorders Chapters 12 & 13
11/28 Thanksgiving Holiday- No Class

12/1 Psychological Disorders Chapters 12 & 13
12/3 Psychological Disorders Chapters 12 & 13
12/5 Psychological Disorders Chapters 12 & 13; Research Credit & Extra Credit

12/6-12/11 Exam 5- Testing Center

PLEASE NOTE: This syllabus is intended to give the student guidance in what will be covered during the course, and will be followed as closely as possible. However, the instructor reserves the right to modify, supplement, and make changes as course needs arise.