

PSY 1010: Introduction to Psychology, Spring 2020

Welcome students!

I am excited about teaching Introductory Psychology! I hope that you find it a rewarding academic experience and learn more about how Psychological science helps us understand ourselves and others.

When we know 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, it can give us insight into our own lives. In this class, we'll discover how psychology has impacted society and the potential it has to not only improve our personal well-being, but also address the problems that plague our 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 psychological research, the biology of mind, memory, learning, social psychology, development, psychological disorders, cognition, perception, consciousness, stress, and well-being. As you learn more about psychology, you will discover that *PSYCHOLOGY IS EVERYWHERE!*

This syllabus has important information regarding the weekly schedule, topics for each class, and grading. Please pay particular attention to the weekly schedule as it lists when tests are scheduled, and assignments are due. Make sure to contact me if you have any questions.

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 (please allow 24-48 h for a response; expect delays on weekends and/or holidays).

Course location: WSU Davis Campus, Bldg. 2, room 103

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.” 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” 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. 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: 15 points (required)

Pre-lecture reading assignments: 220 points, 20 points each/11 weeks (lowest assignment dropped)

In-class discussion assignments: 45 points (5 pts each class; drop 3 lowest scores)

Signature assignment: 100 points (required)

Research participation: 100 points (required)

Weekly reading quiz: 10 points each, 120 points total

5 Exams (50 multiple choice): 100 points each (lowest score dropped), 400 points

TOTAL: 1000 points

Assignments

Pre-lecture reading assignments

Before we begin to discuss a topic for the week, you will submit responses to a set of questions about your reading. Due dates are listed in the syllabus and on Canvas; 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.

BRING A PRINTED COPY of your answers to class with you. In class, you will meet in small groups to discuss your responses and areas of confusion. After your discussion, you will tell me where you want to direct most of our attention. My hope is that answering these questions (and, returning to the text to develop your answer further) will encourage you to be a more active and focused reader for our course, and will help you be more successful on the exams.

In-class discussion assignments

When you attend class, you'll be given a class discussion sheet. After you discuss your responses to the Pre-lecture reading assignments with your group, you will answer the questions on the back of the discussion sheet. You will turn in your answers after class. Your three lowest discussion scores will be dropped. This means you can miss three class discussion, for whatever reason, without penalty.

Signature assignment

Please consult Canvas for a complete description of the requirements for this assignment.

Research participation

Students enrolled in Psych 1010 are required to participate in 2.5 hours of research approved by the Psychology department. Every 15 minutes of participation counts as 1 credit. You will need a total of 10 credits, worth 100 points. Each semester, research is conducted on a wide range of psychological phenomena (e.g., learning, perception, social behavior, psychological testing, and biological bases of behavior). In order to participate, you will need to create an account through Sona Systems. Once you create an account, you will be able to see all available research projects. All credits earned for participation will be tracked in Sona.

Here is the link to the research requirements and a tutorial for registering and signing up with Sona:

<https://www.weber.edu/psychology/RequirementsConsequences.html>

Weekly reading quizzes

Weekly reading quizzes will be administered through Canvas. Each quiz will open after class and close on Friday of the same week at 5:00 pm. Each quiz will have 10 questions. You will be allowed unlimited attempts until the due date on each quiz. Your highest score will be recorded in the gradebook. These quizzes will help you check your understanding of key concepts from the Pre-lecture reading assignments and lectures. The questions are similar in format to those you will see on your exams.

Exams

There will be 5 non-cumulative exams, each composed of 50 multiple choice questions and worth 100 points, given on the dates listed in the schedule. **No make-up exams will be given for any reason;** however, the lowest of your 5 scores will be dropped. Exam questions will primarily be based on the assigned textbook readings and class lectures but may also include other materials distributed in class or posted on Canvas. Many exam questions will require application, rather than recall, of course material.

You will take each exam at a WSU testing center using ChiTester. You will have 3 days to complete each exam. 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) Here's some general guidelines that will help you succeed in this course:

Come to class prepared by keeping up on your reading. Please respect the Instructor and your classmates by keeping off-topic conversation to a minimum during class. 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 may not be able to 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://www.youtube.com/watch?v=MPHJMIOwKjE>

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>

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>

Did you know that 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/>

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 AND laptop in class (12 class meetings, 24 points possible). This is voluntary, so you may keep your phone for personal reasons.

As you come to class, keep your laptop put away (remember you need to bring a PRINTED COPY of your Pre-lecture reading assignment to class) AND leave your phone on the front table. Sign next to your preprinted name on the class roll and write your name on a sticky note to attach to your phone. During break you may use your phone, but return it 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: https://www.weber.edu/ppm/Policies/6-22_StudentCode.html)

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: <https://www.weber.edu/codepurple>

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>

Anticipated Weekly Schedule: Spring 2020

Week	Date	Topic	Textbook reading	Assignments due every Tuesday at 5:00 pm*	Quizzes due every Friday by 5:00 pm
Theme: Psychological science relies on empirical evidence adapting as new data develop.					
1	1/7	Introduction & perspectives	xxx-xxxv & Chp 1 (1-17)	*Using Psych to Learn Psych (DUE 1/10 by 5:00 pm)	No quiz
2	1/14	Research methods	Chp 1 (1-17)	1/14	1/17
3	1/21	Research methods	Chp 1 (18-27) & Appendix C	1/21	1/24
		EXAM 1: 1/22, 1/23, 1/24			
Theme: Psychology explains general principles that govern behavior, while recognizing individual differences.					
4	1/28	Biology of Mind	Chp 2 (29-50)	1/28	1/31
5	2/4	Memory	Chp 7	2/4	2/7
6	2/11	Learning	Chp 6	2/11	2/14
		EXAM 2: 2/12, 2/13, 2/14			
Theme: Psychological, biological, social, and cultural factors influence mental processes and behavior.					
7	2/18	Social Psych	Chp 11	2/18	2/21
8	2/25	Development	Chp 3 (67-95)	2/25	2/28
		SPRING BREAK 3/2 – 3/6			
9	3/10	Psychological disorders & therapy	13 (375-385, 394-405, 406-413)	3/10	3/13
		EXAM 3: 3/11, 3/12, 3/13			
Theme: Our perceptions filter experience of the world through an imperfect personal lens.					
10	3/17	Cognition	Chp 8 (221-237)	3/17	3/20
11	3/24	Perception	Chp 5	3/24	3/27
		EXAM 4: 3/25, 3/26, 3/27			
Theme: Applying psychological principles can change our lives in positive ways.					
12	3/31	Consciousness	Chp 2 (50-63)	3/31	4/3
13	4/7	Stress & Health	Chp 10	4/7	4/10
14	4/14	Signature Assignment & Class presentations		Signature Assignment due 4/14 by 5:00 pm	No quiz
		EXAM 5: 4/20, 4/21, 4/22			

