

# INTRODUCTION TO PSYCHOLOGY

PSY 101 – Fall 2020

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## I. Course Overview

This class serves as a wide-ranging introduction to the field of Psychology. Psychology is broadly the scientific study and understanding of behavior and cognition, but takes many forms across many sub-disciplines. Some of the main goals of this class are to give you an understanding, history, and detail of these different areas in psychology, how psychological research works, and what research in these areas has informed us about the human experience.

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

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

## II. About Your Instructor

- A. Contacting me.** The best way to contact me is via e-mail. I typically check e-mail throughout the day, but only reliably during normal business hours (9 am – 5 pm). If you send me an email in the evening, you should not expect to get a response until the next business day. I will try my best to get to emails as quickly as possible, but there so very many of you. If you have simple questions about the class or content it is very likely that you will get a faster reply from one of your TAs, especially around exams when many of you are emailing all at once - feel free to use the TAs for simple questions about the course and content.

Also, before you ask simple questions about the course (e.g., when is something due, when are the exams, when is the final, how many points is something worth), **make sure you've read the syllabus!** The answer to many questions that professors are asked is 'it is in the syllabus.' There are also many things I don't know off the top of my head without looking at the syllabus myself.

- B. Office hours.** Office hours are listed above, but I am available to meet with you during other times, if you make an appointment with me by e-mail.

### III. Required Reading

**Required Text:** *Discover Psychology 2.1a: A Brief Introductory Text for Introductory Psychology*. (2014) by R. Biswas-Diener & E. Diener (Eds.) <http://noba.to/6mgaxw9z>

Take note, the above textbook is not available for purchase in the bookstore, because it is an open-source, non-profit, and most importantly, a free textbook. A free pdf of the textbook can be downloaded from the above website, and a print version of the book can be ordered, also from that website, for around \$20. You may choose to use either or both of these - you don't have to order a print copy if you don't want to, but the option is there if you do.

Link to print edition:

<http://www.lulu.com/shop/noba-project/discover-psychology-21a-a-brief-introductory-text-for-introductory-psychology-currant/paperback/product-23770189.html>

Also, take note that this version of the textbook is one created specifically for this class, distinct from the more general 2.0 version of this textbook. Make sure you are accessing the textbook through the link in this syllabus, or searching for that version through the title provided here. If you have questions, ask!

**Other Required Readings:** Additional required readings (if necessary) will be posted on the course website.

### IV. Evaluation

- A. Exams.** There will be 3 exams throughout the semester, and a cumulative final exam during finals week. The exams during the semester will be non-cumulative, and cover only the material picking up where the prior exam ended. The final exam is cumulative over the entire semester.
- B. D2L Quizzes.** In order to incentivise reading assigned materials and coming to class for lecture, there will be online quizzes (on D2L) throughout the semester. Quizzes should be posted by Friday of each week, and be completed before 11:59pm the Sunday before the next week of class. These quizzes will be short, and should be fairly easy if you have been keeping up with class material. You may take quizzes as many times as you want before the deadline, and your score will be the highest score you achieve.
- C. Papers on Alternate Chapters.** The website and editors who compiled our textbook have additional chapters on the same website that supplement the material in our textbook. Our textbook draws from this full set of chapters, but there are many that we are not using. Those extra chapters can be found on D2L in a pdf.

From this list of chapters **that are not in our regular textbook**, you should choose any 3 chapters that sound interesting to you. They cannot all be from the same main category (e.g., Psychology as Science, Biological Basis of Behavior, etc), as the goal is to give you a range of different information. Note: you are picking **chapters**, not **sections**.

For each of these chapters, you will be required to read the chapter, then write a short paper (at least 500 words, approx. 2 pages) describing and summarizing that chapter. These papers will be due throughout the span of the semester, **each on one chapter**.

You should make sure to write this paper in your own words, and not just copy directly from the textbook and other sources. A good tip is to read the chapter, take some notes, and then write the paper using (but not directly copying) those notes. Write in your own words about what you read, don't just copy what you read.

- D. Homework assignments and other papers.** This component of the course will be a combination of small assignments as assigned throughout the semester. This will include assignments handed out in class or assigned on D2L. These assignments will always be mentioned in class slides, so if you miss class it is up to you to make sure you are keeping up to date on D2L. A fixed component of these assignments are discussion questions:
- E. Discussion Questions:** In addition, to incentive doing course readings and being prepared for class, students will submit 1 discussion question about the next week's assigned readings each Sunday before 11:59pm. These should contain a question that you have about the upcoming topics after doing the readings.

This should not just be simple definitional questions, like 'what is social psychology?', but more about something that you actually have a question about that is not easily found in the text.

- F. Research Participation:** Learning about Psychological Research.

Students are required to participate in activities designed to acquaint them with the nature and variety of research in psychology. Students must participate in seven (7) credits worth of enrichment activities. Students may choose to do up to three (3) extra credits worth of enrichment activities for extra credit.

### **Objective**

The objective of this assignment is for you to gain direct experience with psychology research studies and what it is like to participate in them. In class, we shall discuss the social psychology of psychology research and how experimental designs take into account the expectations and beliefs of the participants. By participating in studies yourself, you can gain an understanding of the strengths and limits of psychological research. Psychology Department faculty and their research assistants perform the studies, all of which have been reviewed and approved by the university's Institutional Review Board.

### **Online Registration**

To participate in studies, you must register on the Study Scheduling System, accessible from the Psychology Department website (<https://msu-psychology.sona-systems.com/>). The

vendor maintains a strict policy protecting privacy and confidentiality. (This policy is available for review in the Psychology Office.) Navigating the Study Scheduling System is straightforward, and if you need guidance, detailed instructions are available on the Psychology Department website.

## **Participating in Studies**

You will register for studies on the Study Scheduling System. Before you sign up to participate in a study, review any listed restrictions (for example, “left-handed people only”). If you sign up for a study and you do not meet the posted eligibility requirements, you will not receive credit for the study.

Arrive before the scheduled time, as studies start punctually. You will be given a description of what participating in the study will involve, and you will be asked for your consent before the study begins. If you then choose not to participate, you may leave without penalty. You can check to see that you have received credit by selecting My Schedule/Credits, where credits are typically posted within a week after you participate in a study.

If you sign up for a study but cannot attend, please cancel your session on-line.

## **Under 18?**

Special rules apply to students who are under 18. If you are under 18, please contact Audra Jeffrey ([jeffre22@msu.edu](mailto:jeffre22@msu.edu)), for information about permission requirements before participating in studies.

## **Need Help?**

If you need assistance registering for studies, please contact Audra Jeffrey ([jeffre22@msu.edu](mailto:jeffre22@msu.edu)). Your instructor generally cannot be of help with the SONA system, as instructors only get information about SONA participation at the end of the semester, and do not have access to student records or participation information during the semester.

## **Deadline**

The last day to participate in studies is when the SONA system closes for the semester, which can be as early as the Friday before the last week of classes. Do not wait until this time, as many studies finish before this and you may not have any opportunities to participate left. Get this done quickly so that you don't have to continue to worry about it.

## **Alternative to Research Participation**

If for any reason you do not want to participate in the above research, an alternative exists that involves writing a series of papers on existing psychological research. If you want to engage in this option instead of research please contact the instructor for more information. Take note that this alternative assignment is not an effective solution for finding yourself at the end of the semester without having participated in research, as the alternative is likely to be more time consuming than simple participation. More information can be found by contacting the instructor.

Any assignments completed this way are due at the end of week 12. This alternative to

research is not meant to be a failsafe for those who completely forget about this component of the grade all semester, but rather for those who choose not to participate in research (for whatever reason).

**G. Late policy.** Unless otherwise noted above, the late policy for written work is as follows. Work may be submitted early, via Blackboard, for any assignment. The deadline for all assignments, unless otherwise specified, is 11:59pm, the day before the class it is due. **Work that is submitted past the deadline FOR ANY REASON receives a one full letter grade (10%) deduction per day late (e.g., a paper that earns a B is worth a C if 0-24 hours late; a paper that earns a B is worth a D if 24-48 hours late).** Furthermore, no work may be submitted after the official close of the semester without an approved course extension. (Such extensions are granted in only the most extreme, and documented, circumstances.)

**H. Point breakdown by category. (Note: Points in D2L will not always match these points)**

ASSIGNMENT	POINTS	% OF TOTAL
D2L Quizzes	75	15%
Papers on Chapters	20 + 20 + 20	12%
HW Assignments & Other Papers	120	24%
Research Participation	50	10%
Exams (3x)	40 + 40 + 40	24%
Final Exam	75	15%

## V. Grading Scale

GRADE	PERCENT
4.0 (A)	90%-100%
3.5 (B+)	85%-89%
3.0 (B)	80%-84%
2.5 (C+)	75%-79%
2.0 (C)	70%-74%
1.5 (D+)	65%-69%
1.0 (D)	60%-64%
0.0 (F)	<60%

**THESE ARE FIRM CUT-OFFS.** I round up to the nearest percent (e.g., 89.5% rounds up to 90% and equals a 4.0, but 89.4% rounds down to 89% and equals a 3.5). The point categories listed above reflect this rounding. **DO NOT** attempt to negotiate grades with me. It is your responsibility to make sure your grade ends up where you want it to be. I have provided ample extra credit opportunities for students who wish to improve their grades. Students who want to improve their *learning* (and therefore their grades) should see me *early* in the class for assistance. I will not negotiate grades with you, but I will do everything in my power to help you put in the necessary work to be as successful as you desire.

## VI. Disability Accommodation

Michigan State University is committed to providing equal opportunity for participation in all

programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at [rcpd.msu.edu](http://rcpd.msu.edu). Once your eligibility for an accommodation has been determined, you will be issued a Verified Individual Services Accommodation ("VISA") form. Please present this form to the instructor at the start of the term and/or two weeks prior to the accommodation date (test, project, etc.). Requests received after this date may not be honored. Please contact the professor to coordinate what accommodations will be made in your individual case for this class.

## **VII. Academic Honesty**

**Unless otherwise noted, all work for this course should be independently completed. Students should take special care to provide proper citation of sources when submitting written work. Adopting words, passages, or ideas without citation is plagiarism and will be treated as such per MSU guidelines. Furthermore, students should not self-plagiarize, that is, reuse their own work from another course.**

**Doing work with another student and then turning in the same (or slightly altered) work, using the work of another student to complete your own work, submitting another student's work as your own, having another student do your work, or copying direct wording from another student or other source, are only some examples of cases that are essentially definitions of plagiarism. If no one has ever told you this, now I have. Copy-pasting anything while completing an assignment is quite possibly plagiarism, and it is not hyperbole to say that while you are in college you should think deeply about what you are doing any time you copy-paste anything for a class assignment.**

**Copy-pasting things from the internet 'as a start' for completing assignments is one of the worst strategies you could ever hope to apply in a classroom setting, and doing so will likely also lead to some degree of plagiarism. YOUR WORK IS YOUR WORK.**

**Penalties for plagiarism and cheating include a range of outcomes, up to and including automatic failure of the course. Please read that again. If you commit an academic integrity violation, you may simply fail the course, regardless of how much of it you have completed, or in what capacity.**

**Penalties for academic integrity violations generally start in the range of a 'double zero' - a zero for the assignment that counts worth double. This is meant to make academic integrity violations more impactful than simply not doing the work at all. Please read that again. If you cheat on an assignment, the grade you will receive will be worse than if you turned in nothing at all.**

**In addition to all of the above, plagiarism and cheating are reported to the university and a record of these events is held by the university. There is an office of the university specifically dedicated to this, and one of your goals in college should be never interacting with it. This goal is relatively simple to achieve: maintain appropriate standards of academic integrity and honesty.**

The Spartan Code of Honor states, "As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do." In addition, Article 2.III.B.2 of the Student Rights and Responsibilities (SRR) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." The (insert name of unit offering course) adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations.

(See Spartan Life: Student Handbook and Resource Guide and/or the MSU Web site: [www.msu.edu](http://www.msu.edu).)

Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, lab work, quizzes, tests and exams, without assistance from any source. You are expected to develop original work for this course; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the [www.allmsu.com](http://www.allmsu.com) Web site to complete any course work in this course. Students who violate MSU academic integrity rules may receive a penalty grade, including a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the Academic Integrity webpage.)

## **VIII. Our Social Contract**

In order for this course to function optimally, we both have parts to play, and when we each do our part, everyone benefits.

As professor, I promise to always do my very best to select interesting and thought-provoking course material. I will prepare course materials to the best of my abilities, and I will make decisions about the course according to the learning goals I have outlined here. I will act fairly – holding every student to the same high standard and providing equal opportunities for success.

As student, you promise to prepare diligently for class, to always contribute to the best of your abilities, to never cheat or act dishonestly, and to treat your classmates and me with the highest respect. You will do your best to attend class and be on time. You will not ask me to grant you special privileges that aren't available to the rest of your classmates, in order that I may adhere to my promise to be fair and just to all of you.

## **IX. Limits to confidentiality.**

Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, students should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. All instructors are mandatory reporters in these cases, and are obliged by contract not to maintain confidentiality as such. As the instructor, I must report the following information to other University offices (including the MSU Police Department) if you share it with me:

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child,
- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting you are encouraged to make an appointment with the MSU Counseling Center.

**X. Course Calendar (Tentative, subject to change)**

<b>Wk.</b>	<b>Date</b>	<b>Topics</b>	<b>Reading/Homework/Due</b>
1	9/2	Introduction/Syllabus Psychology and Science Psychology Research	<b>Read:</b> Syllabus
			<b>Read:</b> Chapter 1-3
2	9/7	Biology and Behavior The Brain	<b>Read:</b> Chapters 4-6
3	9/14	Developmental Psychology	<b>Read:</b> Chapters 7-9
4	9/21	Sensation & Perception Consciousness	<b>Read:</b> Chapters 10-11
5	9/28	Learning & Memory	<b>Read:</b> Chapters 12-14
			<b>Due: Paper 1</b>
6	10/5	Decision Making I Cognition, Language, & Intelligence	<b>Read:</b> Chapters 15-17
			<b>Exam 1</b>
7	10/12	Emotion & Motivation Culture	<b>Read:</b> Chapters 18-20
8	10/19	Personality I	<b>Read:</b> Chapters 21-22
			<b>Due: Paper 2</b>
9	10/26	Personality II Psychological Measurement	<b>Read:</b> Chapters 23
10	11/2	Psychological Disorders & Therapies I	<b>Read:</b> Chapters 24-26
			<b>Exam 2</b>
11	11/9	Psychological Disorders & Therapies II	<b>Read:</b> Chapters 27-29
			<b>Due: Paper 3</b>
12	11/16	Social Psychology Decision Making II	<b>Read:</b> Chapters 30-33
13	11/23	Other areas of Psychology Current and future issues in Psychology	<b>Read:</b> Chapter 34-37
14	11/30	Psychological Health Positive Psychology Happiness	<b>Read:</b> Chapters 38-40
			<b>Exam 3</b>
15	12/7	TBD	<b>Read:</b> TBD



16		CUMULATIVE FINAL EXAM See below for date/time*	FINAL EXAM
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**Note:** Quizzes are due at the end of each week (Sunday 11:59pm) over prior week's material

**Note:** Discussion Questions are due at the end of each week (Sunday 11:59pm) over the next week's assigned readings.

**Note:** Homework for the week is generally due at the end of each week (Sunday 11:59pm) setting up the next week's content.

\*All final exam times are normally set by the university, but since we are asynchronous, all work for your final exam will instead be due by noon on the Tuesday of finals week.