Introduction to Psychology (Winterim 2023)

Instructor

Dr. Erica Weisgram

Email

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Office Hours

10-11am M-F via email or Zoom by appointment

Course Overview

Psychology is the science of behavior and mental processes. The goal of this course is to provide students with a general understanding of psychology as a scientific discipline. Throughout the course students will learn about psychological concepts and theories, research methods used in the field, and how psychology can be applied to contexts outside the classroom. By actively engaging with course material through in-class activities, lab activities, and writing assignments, students will gain a comprehension of and appreciation for the scientific study of behavior and mental processes.

Required Text

Exploring Psychology (11th Edition) by David Myers and Nathan DeWall. ISBN-10: 1-319-10419-3.

Course Objectives

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

1. Identify and describe historical, biological, cognitive, and social perspectives within psychology.
2. Identity and describe various psychological disorders and therapies used in their treatment.
3. Apply major concepts in psychology to examples in the media, popular culture, and in their own lives.
4. Identify and describe various research methodologies used in the study of psychology as a science.
5. Summarize and evaluate current research in Psychology.

Assignments

You will meet the outcomes listed above through a combination of the following assignments in this course:

Discussions, Written Activities, Chapter Quizzes, Exams

Course Schedule

Week	Dates	Subject	Assignments
Day 1	January 3	Introduction and History (Chapter 1)	Discussion #1 Written Activity #1 Chapter 1 Quiz
Day 2	January 4	Biological Psychology (Chapter 2)	Discussion #2 Chapter 2 Quiz
Day 3	January 5	Developmental Psychology (Chapter 4)	Written Activity #2 Chapter 4 Quiz
Day 4	January 6	Gender and Sexuality (Chapter 5)	Discussion #3 Chapter 5 Quiz
Day 5	January 7	EXAM 1	**EXAM 1 DUE JAN 8 11:59pm**
Day 6	January 9	Sensation and Perception (Chapter 6)	Discussion #4 Chapter 6 Quiz
Day 7	January 10	Learning (Chapter 7)	Chapter 7 Quiz
Day 8	January 11	Memory (Chapter 8)	Written Activity #3 Chapter 8 Quiz
Day 9	January 12	Cognition and Intelligence (Chapter 9)	Discussion #5 Chapter 9 Quiz
Day 10	January 13	EXAM 2	**Exam 2 DUE JAN 14 11:59pm**
Day 11	January 16	Social Psychology (Chapter 12)	Written Activity #4 Chapter 12 Quiz
Day 12	January 17	Personality Psychology (Chapter 13)	Written Activity #5 Chapter 13 Quiz
Day 13	January 18	Psychological Disorders (Chapter 14)	Chapter 14 Quiz
Day 14	January 19	Therapy (Chapter 15)	Chapter 15 Quiz
Day 15	January 20	EXAM 3	**EXAM 3 DUE JAN 20 11:59pm**

Exam Schedule

Exam	Dates Open	Chapters Covered
Exam 1	January 7-8	Chapters 1,2,4,5
Exam 2	January 13-14	Chapters 6-9
Exam 3	January 19-20	Chapters 12-15

Assignments

Discussions: Students will participate in 5 discussions across the course. To receive full credit for each discussion, you must first post a thorough answer to the given prompt—the content must be thoughtful and detailed. In addition, you must post TWO replies for each discussion. These must be more detailed/reflective than "I agree…" and should further the discussion. These posts and replies will be submitted to Canvas by 11:59pm on the date indicated on the syllabus. NO LATE DISUCSSION POSTS ARE ALLOWED because the conversation will end at the due date.

Activities: Throughout the term, students will complete activities to practice concepts related to the topic at hand. This may include analysis of popular press articles, worksheets practicing concepts, etc. Instructions for each activity are available on Canvas. These activities will be submitted to Canvas by 11:59pm on the date indicated on the syllabus. **Late papers will receive a 10% late penalty.**

Chapter Quizzes: Chapter quizzes will occur throughout the term. These chapter quizzes will consist of 15 multiple choice questions. Each student will have **two attempts** to complete each quiz and the highest score will be recorded. Questions are randomly generated for each attempt (and each student) and thus you may not have the same questions in both attempts. There are twelve quizzes available throughout the course; the ten highest scoring quizzes will be recorded. **Given the already generous opportunities of having multiple attempts and THREE "freebies," students will not have the opportunity to make up quizzes after the deadline has passed.** I recommend students take as many quizzes as possible and save one's "freebies" for any emergencies that may arise (i.e., computer crashes, family emergencies, illness, etc).

Exams: There will be three exams given throughout the term with the last exam taking place during the last day. All exams will cover material presented in videos, content on Canvas, and the textbook. The three exams will be 50 multiple choice questions (50 pts. total). If a student is unable to take the exam on the scheduled date for a University-Approved Reason (such as illness, family emergency, etc.), arrangements may be made beforehand to take a make-up the exam at another time (within 3 days of the original deadline). All No Shows (students who do not notify the instructor of an absence before the exam and do not complete the exam by the deadline) will receive a 0 on the exam and will not be allowed to take the test at an alternate time. Exams will not be comprehensive.

Viewing Grades in Canvas

Points you receive for graded activities will be posted to Grades in Canvas. Click on the Grades link to view your points. Grades will be posted 48-72 hours after the assignment is due.

Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total points earned (standard rounding practices apply) and are assigned as follows:

Letter Grade	Percentage
A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	60-66%
F	0-59%

*Note: There will be no extra credit offered in this class, nor will the instructor increase or "bump up" a students' grade at their request (via email or otherwise). Points/grades must be earned through the assignments listed above.

Student Expectations

In this course you will be expected to complete the following types of tasks.

- communicate via email
- complete basic internet searches
- utilize various websites
- download and upload documents to the LMS
- read documents online
- view online videos
- participate in online discussions
- complete quizzes/exam online
- upload documents to Canvas to submit an assignment
- participate in a/synchronous online discussions

Technology

Protecting your Data and Privacy: UW-System approved tools meet security, privacy, and data protection standards. For a list of approved tools, visit this website. https://www.wisconsin.edu/dle/external-application-integration-requests/

Tools not listed on the website linked above may not meet security, privacy, and data protection standards. If you have questions about tools, contact the UWSP IT Service Desk at 715-346-4357.

Here are steps you can take to protect your data and privacy.

- Use different usernames and passwords for each service you use
- Do not use your UWSP username and password for any other services
- Use secure versions of websites whenever possible (HTTPS instead of HTTP)
- Have updated antivirus software installed on your devices

Course Technology Requirements

- View this website to see minimum recommended computer and internet configurations for Canvas.
- You will also need access to the following tools to participate in this course.
  - A stable internet connection (Don't rely on cellular, not having a stable internet connection is not a reasonable excuse for late work or inability to take quizzes or exams. If your home environment does not have stable wi-fi, please visit a location that does like your local public library.)

UWSP Technology Support

- Visit with a Student Technology Tutor
- Seek assistance from the IT Service Desk (Formerly HELP Desk)
  - IT Service Desk Phone: 715-346-4357 (HELP)
  - IT Service Desk Email: techhelp@uwsp.edu

Netiquette Guidelines

Netiquette is a set of rules for behaving properly online. Your instructor and fellow students wish to foster a safe online learning environment. All opinions and experiences, no matter how different or controversial they may be perceived, must be respected in the tolerant spirit of academic discourse. You are encouraged to comment, question, or critique an idea but you are not to attack an individual. Working as a community of learners, we can build a polite and respectful course community.

The following netiquette tips will enhance the learning experience for everyone in the course:

- Do not dominate any discussion.
- Give other students the opportunity to join in the discussion.
- Do not use offensive language. Present ideas appropriately.
- Be cautious in using Internet language. For example, do not capitalize all letters since this suggests shouting.
- Popular emoticons such as 😊 can be helpful to convey your tone but do not overdo or overuse them. Be professional.
- Avoid using vernacular and/or slang language. This could possibly lead to misinterpretation.

- Never make fun of someone's ability to read or write.
- Share tips with other students.
- Keep an "open-mind" and be willing to express even your minority opinion. Minority opinions have to be respected.
- Think and edit before you push the "Send" button.
- Do not hesitate to ask for feedback.
- Using humor is acceptable when done in a professional manner. Sexist, racist, ableist, or other types of humor that disparage another social identity will not be tolerated.
- Please respect students' rights to confidentiality. Do not screenshot discussion posts or other students' works and post on the internet or social media.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the term so that we can help you find a solution.

Understand When You May Drop This Course

It is the student's responsibility to understand when they need to consider unenrolling from a course. Refer to the UWSP Academic Calendar for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to attend class, or (2) documented and severe physical/mental illness/injury to the student or student's family.

Incomplete Policy

Under emergency/special circumstances, students may petition for an incomplete grade. An incomplete will only be assigned if a student has a small portion of work left incomplete (e.g., final exam). All incomplete course assignments must be completed by the end of the following semester.

Inform Your Instructor of Any Accommodations Needed

If you have a documented disability and verification from the Disability and Assistive Technology Center and wish to discuss academic accommodations, please contact your instructor as soon as possible. It is the student's responsibility to provide documentation of disability to Disability Services and meet with a Disability Services counselor to request special accommodation *before* classes start.

The Disability and Assistive Technology Center is located in the Collins Classroom Center and can be contacted by phone at (715) 346-3365 (Voice) (715) 346-3362 (TDD only) or via email at datctr@uwsp.edu.

Statement of Policy

UW-Stevens Point will modify academic program requirements as necessary to ensure that they do not discriminate against qualified applicants or students with disabilities. The modifications should not affect the substance of educational programs or compromise academic standards; nor should they intrude upon academic freedom. Examinations or other procedures used for evaluating students' academic achievements may be adapted. The results of such evaluation must demonstrate the student's achievement in the academic activity, rather than describe his/her disability.

If modifications are required due to a disability, please inform the instructor and contact the Disability and Assistive Technology Center at datc@uwsp.edu or (715) 346-3365.

UWSP Academic Honesty Policy & Procedures

Student Academic Disciplinary Procedures

UWSP 14.01 Statement of principles

The board of regents, administrators, faculty, academic staff and students of the university of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the university of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.

UWSP 14.03 Academic misconduct subject to disciplinary action.
  (1) Academic misconduct is an act in which a student:
    (a) Seeks to claim credit for the work or efforts of another without authorization or citation;
    (b) Uses unauthorized materials or fabricated data in any academic exercise;
    (c) Forges or falsifies academic documents or records;
    (d) Intentionally impedes or damages the academic work of others;
    (e) Engages in conduct aimed at making false representation of a student's academic performance; or
    (f) Assists other students in any of these acts.

  (2) Examples of academic misconduct include, but are not limited to: cheating on an examination; collaborating with others in work to be presented, contrary to the stated rules of the course; submitting a paper or assignment as one's own work when a part or all of the paper or assignment is the work of another; submitting a paper or assignment that contains ideas or research of others without appropriately identifying the sources of those ideas; stealing examinations or course materials (including posting quiz/exam questions on the internet); submitting, if contrary to the rules of a course, work previously presented in another course; tampering with the laboratory experiment or computer program of another student; knowingly and intentionally assisting another student in any of the above, including assistance in an arrangement whereby any work, classroom performance, examination or other activity is submitted or performed by a person other than the student under whose name the work is submitted or performed.

Religious Beliefs

Relief from any academic requirement due to religious beliefs will be accommodated according to UWS 22.03, with notification within the first three days of class.

Course Communication

E-mail will be the official mode of communication for this course. Students should feel free to e-mail the instructor at any point with questions about course content. Students can generally expect a prompt response within 48 hours during the business week. (However, e-mails sent past 5pm may not be read until the next business day.) When e-mailing, please put "PSY 110" in the subject line to prevent being sorted into Junk Mail by the e-mail filter.

Mandatory reporting

Under several federal and state laws, and according to several university guidelines, I am required to report acts of a criminal or offensive nature. This includes acts of sexual harassment and assault, bias and hate crimes, illicit drug use, and acts of violence. Any disclosure or description of these incidents – both current and in the past – may be reported to the Dean of Students office (http://www.uwsp.edu/dos/) or the local authorities. Due to recent legislation, if any disclosure of unreported neglect or abuse of a child, elder, or disabled individual is made to a University instructor, he or she is required to report such information to the appropriate administrative or law enforcement officials. This includes instances of sexual assault of an adult.

Readings in Psychology (not required)

-Here is a list of some books that may be of interest to those interested in Psychology:

Psychology and the Real World: Essays Illustrating Fundamental Contributions to Society (2011). Edited by: Gernbacher, Pew, Hough, & Pomerantz. Worth Publishers.

50 Great Myths of Popular Psychology: Shattering Widespread Misconceptions about Human Behavior. (2010). By: Lilenfeld, Lynn, Ruscio, & Beverstein. Wiley.

Forty Studies that Changed Psychology: Explorations into the History of Psychological Research (6th Edition) By: Roger Hock. Prentice Hall.

A few books by Malcolm Gladwell including: *Tipping Point*, *Blink*, and *Outliers*

Stumbling on Happiness by Daniel Gilbert

Grit by Amanda Duckworth

Thinking Fast and Slow by Daniel Kahneman

Pink Brain, Blue Brain by Lise Eliot

Whistling Vivaldi by Claude Steele

The Man who Shocked the World (Milgram Biography) by Thomas Blass

Love at GOON Park by Deborah Blum

Resources for students

Tutoring-Learning Center: http://www.uwsp.edu/tlc/

Counseling Center: http://www.uwsp.edu/counseling/

Psychology Club: http://www.uwsp.edu/psych/Pages/stuOrgs.aspx