

PSYC 110: INTRODUCTION TO PSYCHOLOGY

University of Wisconsin-Stevens Point

Fall Semester 2022

PROFESSOR INFORMATION

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Hours: MW 10-11:30am or
by appointment

COURSE INFORMATION

Section / Credits: 1 / 3
Meetings: MWF 9-9:50am
Location: SCI D102
Prerequisites: None
GEP AD / BS: HC / SS

REQUIRED TEXTBOOK

Schacter, D. L., Gilbert, D. T., Nock, M. K., & Wegner, D. M. (2020). *Psychology* (5th ed.). Worth.

The first few chapters are posted on Canvas to give you time to obtain your hard copy from Text Rental. Also, please do not rely on previous editions of the textbook for this course. There have been some notable updates in the most recent edition that will be reflected in the quizzes and exams. Psychology is a science that grows and changes through ongoing research.

COURSE WEBSITE

In this course, Canvas is used to distribute documents, administer quizzes, and post grades. To access Canvas, you will need an internet connection and a web browser (login at this website: <https://www.uwsp.edu/canvas/Pages/default.aspx>) or you can download the Canvas Student mobile app for Android or iOS from your preferred app store. You will need your UWSP login and password to access the website and app. If you would like to learn more about how to use Canvas features (such as discussion boards or quizzes), please review the helpful resources posted on the Canvas website: https://community.canvaslms.com/t5/Canvas-Student/ct-p/canvas_student. If you need technical support, please contact Canvas Support directly by clicking on the Help button in Canvas. They have a number of support options available.

COURSE DESCRIPTION

This course provides an introduction to the essential concepts and principles of *psychology*—the systematic study of thoughts, feelings, and behavior. The course begins with an overview of the science and profession of psychology. It then considers a range of key topics in psychology, such as neuroscience, memory, motivation, development, personality, and social behavior. The course concludes with a look at psychology as applied to health and wellness.

LEARNING OUTCOMES

Upon completing this course, students will be able to:

1. Explain or apply major concepts, theories, or methods used in psychological science to investigate, analyze, or predict human behavior.
2. Examine and explain how social, cultural, or political institutions influence individuals or groups.

COURSE CALENDAR

Module	Dates	Reading	Quiz Due
1: Evolution of Psych. Science	F 9/9, M 9/12, W 9/14	Chapter 1	W 9/14
2 : Methods in Psychology	F 9/16, M 9/19, W 9/21	Chapter 2	W 9/21
3 : Neuroscience and Behavior	F 9/23, M 9/26, W 9/28	Chapter 3	W 9/28
Exam 1, Modules 1-3, W 10/5			
4 : Memory	F 9/30, M 10/3, F 10/7	Chapter 6	None
5 : Learning	M 10/10, W 10/12, F 10/14	Chapter 7	W 10/12
6 : Emotion and Motivation	M 10/17, W 10/19, F 10/21	Chapter 8	W 10/19
Exam 2, Modules 4-6, W 10/26			
7 : Development	M 10/24, F 10/28, M 10/31	Chapter 11	None
8 : Personality	W 11/2, F 11/4, M 11/7	Chapter 12	W 11/2
9 : Social Psychology	W 11/9, F 11/11, M 11/14	Chapter 13	W 11/9
Exam 3, Modules 7-9, W 11/16			
10 : Stress and Health	F 11/18, M 11/21, M 11/28	Chapter 14	W 11/23
11 : Psychological Disorders	W 11/30, F 12/2, M 12/5	Chapter 15	W 11/30
12 : Treatment of Disorders	W 12/7, F 12/9, M 12/12	Chapter 16	W 12/7
Exam 4, Modules 10-12, W 12/14			
Exam 5, Modules 1-12, W 12/21 (Available on Canvas from 2:45-4:45pm)			

Class will not be held on F 11/25 due to Thanksgiving break. Two additional days (W 9/7 and W 11/23) will be used for getting started, catching up, and/or additional activities. This calendar is subject to revision. Any changes will be announced in class, via email, and/or on Canvas.

GRADED ASSIGNMENTS

Quizzes. You must complete eight-of-ten available quizzes on the readings in your textbook (only your best eight will count toward your final grade). Each quiz will consist of 10 multiple-choice questions (10 questions x 1.5 points per question = 15 points) based on one chapter of material. The quizzes will be administered on Canvas and drawn randomly from a pool of questions. You should complete the quiz after reading the chapter and studying the material. You will have 15 minutes to complete a quiz. You are allowed to take the quiz twice if you prefer (each attempt will contain different questions, even for the same student). This provides you with an opportunity to earn a better grade on the second attempt (you will receive the highest of the two attempts) and another chance to complete the quiz if a technology failure occurs. Each quiz will be available on Canvas one week before its due date (Wednesdays at 9pm, except for exam weeks). Since you have two chances to complete a quiz over a week's time, makeup requests are generally not granted unless they clearly fall under the makeup policy. I strongly encourage you to complete ALL of the quizzes. Students who opt out of early quizzes are likely to be disappointed if they earn lackluster scores on later ones. Any skipped quizzes are missed opportunities to learn the material and improve your grade! Please note that two additional quizzes are also offered for students who want extra exam preparation. These quizzes are optional and ungraded.

The quizzes help you out in many ways: they encourage you keep up with readings, prepare for class, practice thinking about the material, offer feedback on your progress, identify topics that you need to review, and reduce the percentage of your grade that is based on exams.

Exams. Five exams will be administered in this course. The four regular exams will cover three weeks of material and will consist of 50 multiple-choice questions (50 questions x 2 points per question = 100 points). These four exams will take place in our classroom. The final exam will cover twelve weeks of material and will consist of 80 questions (80 questions x 1.2 points per question = 100 points). This final exam will take place on Canvas during our final exam period. The final exam is comparable to quizzes (in that it draws from larger question pools), but it only allows one attempt. The lowest of your five exam scores will be automatically dropped; there is no requirement that you complete all five of the exams unless you choose to do so. Given the reality of missed opportunities, I strongly encourage you to complete ALL of the exams.

The exams will provide you with feedback on your progress in learning the course concepts and principles, as well as on applying them to real world examples. When preparing for the exams, I suggest that you practice coming up with your own examples of the concepts. As an academic language, psychology is a knowledge-based skill that you need to use in real life to get the hang of it. Think about young children who use the word "cat" to identify any small mammal (whether dogs, bunnies, or squirrels). It is only through bona fide practice that they get the hang of using words that they are learning through trial-and-error. Coming up with your own examples of key concepts is not only more memorable, it helps you to better prepare for exams. Please check out the Course Resources module on Canvas for additional exam preparation materials.

Research. The research requirement provides you with an in-depth experience with research being conducted in the Psychology Department. This requirement involves participating in two hours (that is, two credits) of psychological research or completing some library research. This requirement does not accrue points toward your grade—it is simply a requirement that must be fulfilled in order to receive a final grade. For more information about this requirement, check out the PSYC 110 Research Requirement handout.

PROGRESS WORKSHEET

For technical reasons, the Canvas grade percentage and dropped assignments will typically be inaccurate until the end of the semester. Thus, I encourage you to use this worksheet to keep track of your progress in the course, rather than relying on Canvas' misleading information.

Quiz Number	Earned / Possible	Exam Number	Earned / Possible
1 (Introduction)	_____ / 15 points	1 (Introduction → Neuroscience)	_____ / 100 points
2 (Methods)	_____ / 15 points	2 (Memory → Emotion)	_____ / 100 points
3 (Neuroscience)	_____ / 15 points	3 (Development → Social)	_____ / 100 points
4 (Learning)	_____ / 15 points	4 (Health → Treatment)	_____ / 100 points
5 (Emotion)	_____ / 15 points	5 (Introduction → Treatment)	_____ / 100 points
6 (Personality)	_____ / 15 points	Exam Total	_____ / 400 points (Add only your four best exam scores)
7 (Social)	_____ / 15 points		
8 (Health)	_____ / 15 points	Quiz Total	_____ / 120 points (Add only your best eight quiz scores)
9 (Disorders)	_____ / 15 points		
10 (Treatment)	_____ / 15 points		
		Final Points	_____ / 520 points

You can use the following grading scale to determine your final course grade:

A = 484-520 points B = 432-451 points C = 380-399 points D = 312-347 points
 A- = 468-483 points B- = 416-431 points C- = 364-379 points F = 0-311 points
 B+ = 452-467 points C+ = 400-415 points D+ = 348-363 points

REMEMBER TO COMPLETE THE RESEARCH REQUIREMENT BY THURSDAY, DECEMBER 15TH IN ORDER TO RECEIVE A GRADE FOR THIS COURSE!

COURSE POLICIES

Assessment. To maintain the integrity of classroom exams, the use of mobile devices will not be permitted during exams without prior documented approval from the Disability Resource Center or other pertinent offices on campus. This includes requests to use mobile devices for foreign language translation assistance. Students found using devices will be dismissed and receive zeroes on their exams. Additional penalties will be considered under the misconduct policy.

Attendance. The professor will not take formal attendance. Nonetheless, consistent attendance is important for performing well in the course. Classes will clarify the readings and include other material that is covered on the exams. If you cannot attend class, be sure to get the slides from Canvas and copy the notes from another student.

Communication. Please contact the professor with your questions or concerns related to this course, as well as other academic and career-related issues. Office hours are the most reliable means of contact. The professor holds around three office hours per week. If you cannot attend office hours, please schedule an appointment. Email is the next most reliable means of contact. The professor generally respond to emails in two business days (not on evenings or weekends). To avoid being snagged by email filters, type PSYC 110 in the subject line. Emails requiring a lot of discussion will be referred to office hours. Other methods of contacting the professor (such as stopping by outside of office hours) are generally unreliable.

Disabilities. UWSP is committed to reasonable accommodations for students with disabilities and temporary impairments. If you have a disability or acquire a condition where you need assistance, please contact the Disability Resource Center as soon as possible. Check out their website for more information: <https://www.uwsp.edu/disability-resource-center/>.

Emergencies. In the event of a *medical emergency*, call 911 or use one of the Red Emergency Phones on the hallway wall across from our classroom. Offer assistance if trained and willing to do so. Guide emergency responders to those in need. In the event of a *tornado warning*, move to the lowest level interior room without windows. See <https://www.uwsp.edu/emergency/Pages/floor-plans.aspx> for floor plans showing the severe weather shelters (such as interior hallways and classrooms). Avoid wide-span structures (such as gyms, pools, or large classrooms). In the event of a *fire alarm*, evacuate the building in a calm manner and meet on the north side of SCI (across the street from MCCH). Notify staff members or emergency command personnel of any missing individuals. In the event of an *Active Shooter/Code React*, run/escape, hide, fight. If trapped, hide, lock doors, turn off lights, spread out, and remain quiet. Call 911 when it is safe to do so. Follow the instructions of emergency responders. See the Emergency Management site for details about emergency procedures: <https://www.uwsp.edu/emergency/Pages/emergency-procedures.aspx>.

Extensions. Extensions will generally only be considered for students who cannot complete assignments on time due to academic, athletic, military, or religious obligations, major illnesses, and comparable reasons. Requests for extensions might require documentation, such as letters from coaches or physicians. In most cases, assignments will need to be completed within one week of the initial deadline to receive credit.

Incompletes. Incomplete grades will only be considered for students in exceptional situations, such as serious medical and emergency situations. They are not for students who feel overwhelmed by routine academic or extracurricular commitments. Requests for incompletes must be accompanied by documentation. In most cases, all coursework must be completed within one regular semester (fall or spring) to avoid receiving an automatic F in the course.

Misconduct. The professor takes all academic misconduct (such as cheating and plagiarism) seriously. The minimum penalty for each instance of misconduct will be a zero for the assignment. Additional penalties will be considered under university policy. Please do not put yourself or others through disciplinary hearings. To read about UWSP's policies, go to: <https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx>.

Professionalism. Respectful behavior in the classroom is necessary for an environment conducive to learning and intellectual exchange. Although I minimize the formality of this course, there are limits that I ask you to respect. Students who—answer cell phones, text message, use their laptop or handheld devices inappropriately (for email, games, internet surfing, listening to music, messaging, completing homework for another class, etc.), carry on conversations with others, habitually arrive late and disturb others as they take their seats, pack belongings before the end of class, habitually leave early and disturb others as they exit doors, sleep and snore, and read newspapers, magazines, or other materials during class—can distract the professor and other students in the class (even when they are trying to be polite or subtle about it). Such disruptions are disrespectful and hinder the experience of everyone in class. Students who are unable to respect these limits may be asked to leave the room until they can show that they are able to give the class their complete attention. If you find that one or more students in the class are hindering your educational experience, please contact me privately as soon as possible.

Safety and Reporting. UW-Stevens Point is committed to the promotion of safe, inclusive, and productive campuses—where people from all backgrounds and perspectives can actively and comfortably contribute to our learning communities. Thus, under federal and state laws, as well as university policies, the professor is required to report acts of an offensive or criminal nature that occur inside or outside of class. This includes acts of sexual harassment and assault, bias and hate crimes, illicit drug use, and violence. Disclosure or description of such incidents, past or current, may be reported to the Dean of Students office (<http://www.uwsp.edu/dos/>) or local authorities. If you would like to report incidents anonymously, please review the options on the Dean of Students' website: <https://www3.uwsp.edu/dos/Pages/Anonymous-Report.aspx>.