



Introduction to Psychology (Psyc 110)

Section 2 (TR 11-12:15 pm)
Fall 2018 Syllabus

Dr. Jody Lewis

D-233 Science Building

HOW TO CONTACT ME:

Office hours: Mon & Wed 11-12pm
(You may also drop in at other times or e-mail me for an appointment)
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e-mail: Jody.Lewis@uwsp.edu (note: my e-mail is NOT jlewis@uwsp.edu)

LEARNING OUTCOMES:

University learning outcomes for the Social Sciences GEP. Students will be able to:

1. define the major concepts and methods used by social scientists to investigate, to analyze, or to predict human or group behavior.
2. explain the major principles, models, and issues under investigation by the social sciences.
3. examine how the individual or groups of individuals are influenced by social, cultural, or political institutions both in their own culture and in other cultures.

The professor's learning outcomes. Students will be able to

1. gain an overview of the field of psychology
2. understand the skills needed to study behavior as a science
3. think critically and evaluate scientific findings
4. apply psychological processes to their own lives

MY TEACHING PHILOSOPHY:

- I do not make judgments about a student's character based on their grades/performance in my classes.
- I do care very much about my teaching, how I run a classroom, and will do anything I can to help you get the best possible grade in this course.
- I do not consider myself royalty or genius just because I have a Ph.D. That means I see students as my equals, regardless of how they see me. I do believe, however, that I probably do know a bit more about psychology than my students (otherwise they probably wouldn't be taking my class). So in that sense I think I do deserve a certain level of respect.
- My goal in life is NOT to give busy work, torture students, and make their lives miserable –really, I have better things to do with my time.
- I consider all students adults, which means that I believe that students are able to make decisions for themselves, have a life outside the classroom, and if students need help, they will come to me (I do not chase students around and I don't monitor their attendance closely).
- I think students learn more and get more out of a class when they read the book and come to class and participate in class.
- I expect that students will ask questions in class if they need me to repeat something, clarify what I said, and/or are curious about something
- One of my pet peeves is when a room full of people stare at me like fish (you know, glassy stare, mouth open). I encourage full participation in my classes. This means I expect students to speak up if they have a question and/or something interesting to say. I like to learn from students too.
- Learning should be fun and relaxing, but difficult. Very few of us have sponge-like brains, so you have to work hard if you want to learn something.

PLEASE SHOW RESPECT:

- Please do not take video or audio recordings of me without my permission. I consider this not only CREEPY but a violation of my privacy.
- Please be aware of how the technology you use (e.g. cell phones, tablets, laptops) can be distracting to other students and to the professor. So keep cell phones quiet and be sure that you are not looking at questionable/distracting material on a screen during class.
- Oh, and another pet peeve I have is when students talk loudly to each other during class (especially when it's not related to class). Mostly because that when there is a lot of noise in the classroom I can't concentrate on what I'm supposed to be saying. If you would like to talk during class, please be sure that I can't hear you. Better yet, if you have something interesting to say, share it with everyone.
- Remember that this is your classroom too and you paid to be here. If other students are distracting you from learning –speak up –to them! Often they will listen to you more so than they will listen to me anyway...

CLASS MATERIALS:

Text: Nevid (2015) *Essentials of Psychology: Concepts and Applications*, 4th edition.

You will be responsible for any information provided in the textbook. Most students will not do well in the class if they do not read the textbook. Because we have a limited amount of class time to cover such a large area of study, I will use class time to highlight, clarify, and investigate specific topics in your book. You should read the corresponding chapters before you come to class and be ready to participate.

Internet Sources: Desire to Learn (D2L). This will include the syllabus, lecture outlines, quizzes, outside reading assignments, and anything else I come across that may be interesting and/or useful for class.

COURSE REQUIREMENTS:

Exams: There will be 4 multiple choice exams that will cover material provided in lecture, the textbook, and assigned readings. If you have to miss an exam, you must contact me within 24 hours of the exam (before or after the scheduled exam) to schedule a makeup. You will receive a zero for the exam if you fail to follow these policies.

Online reading quizzes: Eight online multiple-choice reading quizzes will be given over the course of the semester. Quizzes will cover the material before we cover it in class the following week. Details about the policies for taking quizzes are provided on a separate page in the syllabus.

Lecture quizzes: There will be multiple lecture quizzes throughout the semester. The dates of these quizzes will not be announced ahead of time. The primary purpose of the quizzes is to practice for the exams and to reward students for attending class. The paper version of the in-class quizzes will not be graded, and we will spend class time reviewing the answers to the quiz questions. I will randomly select 3 of these questions per unit (12 total) that will count toward your final grade. In order to receive the points for these questions students must answer the graded questions in the quiz section on D2L. Lecture quiz questions on D2L are due at the end of the unit in which they were assigned.

Research participation: Details will be provided on a separate sheet. Failure to fulfill this requirement will result in an incomplete. There are two ways to fulfill the research requirement for this class. You may:

1. Participate in 2 units of experiments
2. Write a review of a psychology journal article

Extra credit: None.

Grading: Your grade is based on the percentage of points earned in the class. You can keep track of your grade throughout the semester on D2L by using the following formula:

$$\frac{\text{\# of points earned so far}}{\text{\# of points available so far}} \times 100 = \text{_____\%}$$

Point distribution:		
Exams (80pts x 4)	320pts	63%
Reading quizzes (20pts x 8)	160pts	32%
<u>Lecture quizzes (2pts x 12)</u>	<u>24pts</u>	<u>5%</u>
Total	504pts	100%

Letter grade cutoffs:	
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	<60%

ADDITIONAL COURSE INFORMATION

Attendance: Attendance is expected in this class. I do not keep a written record of attendance, however, my experience is that students do not perform well in a course if they miss a lot of classes. Please note that you will be responsible for any lecture material, announcements, or schedule changes given during class time.

Academic honesty: I do not tolerate violations of academic honesty such as cheating, plagiarism, and copying/buying papers off the internet. You are responsible for understanding and abiding by the university academic standards. Instances of academic dishonesty may result in the failure of the course. Please see Chapter 14, *Student Academic Standards and Disciplinary Procedures* of the UWSP *Community Rights and Responsibilities*. This can be found at <https://www.uwsp.edu/stuaffairs/Documents/RightsRespons/rightsCommBillRights.pdf>

Disability accommodation: Please contact me and Disability Services during the first two weeks of the semester if you are in need of any additional accommodations (346-3365).

Religious accommodation: Religious beliefs will be accommodated according to UWS 22.03 as long as you notify me within the first three weeks of the beginning of class of the specific dates on which you will request relief.

Tutoring-Learning Center: The center provides assistance such as group and individual tutoring, help with computer skills, and help with writing papers. They are located in 018 LRC (346-3568). They can also be found at <http://www.uwsp.edu/tlc/>

Withdrawal policy: If you decide you no longer want to take the course you must follow the university procedures for officially dropping the course. If you stop attending and do not officially drop the course you will receive an F in the course. See the Registration and Records webpage for information about when the last day is to drop a course (click on Registration Dates and Information). <http://www.uwsp.edu/reg-rec/>

Rules and regulations for online reading quizzes

What will my quizzes grade consist of?

- There will be a total of 8 quizzes over the course of the semester
- Each quiz consists of 10 multiple choice questions (2 points each)
- Your final quiz grade in the class will be based on the percentage of the 160 points earned (8 quizzes worth 20 points apiece)

When should I take a quiz?

- Each quiz will be available for 7 days
- You may take the quiz at the time that is most convenient for you during those 7 days
- Each quiz will be available on D2L starting the **Tuesday** of the week indicated on the syllabus
- You must take the quiz by **10:30 am on Tuesday** of the following week
- I recommend that you take the quiz early, rather than later (i.e. at the last minute) in case something goes wrong with your computer or something comes up in your life

Is there a time limit?

- Once you start a quiz attempt, you will have 10 minutes to complete it. If you do not finish the quiz by 10 minutes, you will receive a zero for that quiz

What chances do I have to get the best quiz grade?

- You can retake each quiz a maximum of 3 times to get the best score. Each time you retake a new quiz, the computer will randomly generate a new set of questions
- Your final score for a given quiz will be based on the attempt/retake with the highest score

Can I makeup my quiz if I forget to take it by the due date?

- No
- Quiz due dates may only be extended for students with legitimate excuses (e.g. illnesses, family emergencies). Students requesting an extension must explain how they were incapable of doing work for the entire week in which the quiz was available.

What material will I be quizzed on?

- Each quiz will cover the reading material for the following week. The content of each quiz is indicated in the syllabus and on the first page of the quiz
- This means that before each quiz you should (1) read the assigned chapter (2) study/skim for important points (3) take the quiz

Can I use any materials when I take the quiz?

- You may use your textbook
- I recommend that you study beforehand so that you can complete the quiz within 10 minutes
- You must complete the quiz individually. You may NOT work together, or get help from others inside or outside of class. GETTING HELP OR WORKING TOGETHER IS CHEATING

How will taking quizzes help me?

- Each quiz will cover the reading assignments so you are prepared for class
- The quizzes give you practice thinking about the material before the exam comes up
- The quizzes give you an idea of what types of questions will be on the exam
- Immediately after you take the quiz, you will be given feedback about how you did
- Quizzes will often help your final grade because it will not just be based on exams

TIPS ON HOW TO SUCCEED IN THIS COURSE (and most college courses)

The following contains advice on how to do well in this course. This information comes from many sources I have read about study and test taking tips and what helped me when I was in college.

Before exams/quizzes:

- Reading before class
 - read the assigned material before coming to class
 - read in a quiet place, sitting up (stay awake!)
 - take notes when reading the textbook (don't highlight or underline)
 - read/use any supplement material your instructor gives you
 - use the SQ3R (Survey, Question, Read, Recite, and Review) method of reading and studying if you have the time Don't know what SQ3R is? Google it! There's a great Wikipedia article about it online.
 - Alternatively, since SQ3R takes a lot of time, you could use my "college-student-lack-o-time" abbreviated version -SRR
 - **Survey** –Before reading, flip through the chapter noting titles, headings, bold faced words, graphs, etc. Gather the information necessary to focus and formulate goals and questions before reading
 - **Read/Question** –Read each section with questions in mind. What are the most important points in the chapter?
 - **Review** –After lecture, reread the sections that the professor focused on the most during lecture. Make sure you can answer the questions in the study guide without looking at the book or notes. Try to anticipate what questions your professor may ask on the exam.
- Engagement during class
 - Attend, pay attention, and participate in each class
 - Minimize texting during lecture –If you are texting your friends you are not paying attention (unless of course, you are texting your friends about the cool stuff you are learning!)
 - take notes in class (summarize what the instructor said, don't just copy the text off the slide). Get the notes from someone if you have to miss class
 - Ask questions if you don't understand the material or an assignment
 - Complete assignments on time

Taking exams:

- The information you need to pass the exams is in class lecture and in the book. If you are doing neither (not coming to class or reading the book) you will not pass the exams.
- Cramming for tests does not work for most people in college
 - make sure you have kept up on the reading material and notes
 - review your notes every day or once a week
 - begin studying at least 5 days before the exam
 - study in small 30-60 minute bouts (do something different during this break between like take a walk, or move to a new study environment)
- Don't just read your notes, elaborate on the material
 - study with another person or group (quiz each other, teach each other)
 - do the practice questions in your book, and make up questions for yourself (quiz yourself)
 - come up with your own examples and practice questions
- Take care of yourself
 - make sure to *sleep* and *eat* before the exam
- Learn from your mistakes
 - meet with the instructor to find out why you missed questions on the exam (it will help you improve your study habits for the next exam)

Tentative Schedule

	DATES	CLASS LECTURE TOPICS –READ MODS BEFORE COMING TO CLASS	QUIZZES/EXAMS DUE DATES
Unit 1: Foundations: History, research methods, and biology			
week 1	T Sept 4 R Sept 6	Syllabus Mod. 1.2: Areas of psychology	Quiz 1 due T Sept 11 by 10:30am (will cover Mod 1.3)
week 2	T Sept 11 R Sept 13	Mod 1.1: History of psychology Mod 1.3: Research methods	Quiz 2 due T Sept 18 by 10:30am (will cover Mods 2.3, 2.4, 2.1)
week 3	T Sept 18 R Sept 20	Mod 1.3: Research methods Mod 2.3: The Brain Mod 2.4: Methods for studying the brain	Lecture quizzes due by exam 1
week 4	T Sept 25 R Sept 27	Mod 2.1: Neurons Exam 1	EXAM 1 on R Sept 27 will cover the syllabus and all modules in this unit
Unit 2: Intelligence, learning, and cognition			
week 5	T Oct 2 R Oct 4	Mod 7.3: Intelligence Mod 2.7: Behavioral genetics	Quiz 3 due T Oct 9 by 10:30am (will cover Mods 5.1, 5.2)
week 6	T Oct 9 R Oct 11	Mod 5.1: Classical conditioning Mod 5.2: Operant conditioning	Quiz 4 due T Oct 16 by 10:30am (will cover Mods 6.1, 6.2)
week 7	T Oct 16 R Oct 18	Mod 6.1: Remembering Mod 6.2: Forgetting	Lecture quizzes due by exam 2
week 8	T Oct 23 R Oct 25	Mod 6.2: Forgetting Exam 2	EXAM 2 on R Oct 25 will cover all modules in this unit
Unit 3: Development, personality, and social psychology			
week 9	T Oct 30 R Nov 1	Mod 9.1: Prenatal development Mod 9.3: Childhood development	Quiz 5 due T Nov 6 by 10:30am (will cover Mods 11.2, 11.5)
week 10	T Nov 6 R Nov 8	Mod 11.2: Personality theories Mod 11.5: Personality tests	Quiz 6 due T Nov 13 by 10:30 am (will cover Mods 12.1, 12.3)
week 11	T Nov 13 R Nov 15	Mod 12.1: Perceiving others Mod 12.3: Group influences	Lecture quizzes due by exam 3
week 12	T Nov 20 R Nov 22	Exam 3 No class 22nd for Thanksgiving break I will <u>not</u> provide makeup exams for folks simply wishing to start their break early.	EXAM 3 on T Nov 20 will cover all modules in this unit
Unit 4: Psychological health and wellness			
week 13	T Nov 27 R Nov 29	Mod 10.1: Stress Mod 10.2: Health	Quiz 7 due T Dec 4 by 10:30am (will cover Mods 13.1, 13.2, 13.4, 13.5)
week 14	T Dec 4 R Dec 6	Mod 13.1: What is abnormal behavior? Mod 13.2: Anxiety related disorders Mod 13.4: Mood disorders Mod 13.5: Schizophrenia	Quiz 8 due T Dec 11 by 10:30am (will cover Mods 14.2, 14.1)
week 15	T Dec 11 R Dec 13	Mod 14.2: Biomedical therapies Mod 14.1: Types of Psychotherapy	Lecture quizzes due by exam 4
week 16	Dec 18 Time: 2:45-4:45	Final The final may NOT be rescheduled unless you have an emergency or if you have at least 3 finals on that day.	EXAM 4 will cover all modules in this unit