

California State University, Sacramento

2020 Winter Program

PSY 101 Introduction to Psychology

Course Outline

Course Code: PSY 101

Instructor: Sherry D. Molock, Ph.D.

Home Institution: The George Washington University

Office Hours: Wednesdays TBD

Email: smolock@gwu.edu

Credit: 3

Class Hours: Virtual

This online course will meet from **12/4/20 to 1/8/21**. There will be 30 hours class time for students (@ 6 hours of videos of combined lectures and assignments/week; 8 hours of Virtual office hours by appointment.

Course Description:

Psychology 101 provides you with an introduction to the study of human behavior. It examines the “ABCs” of people: Affect – why we feel the way we do; Behavior – why we act the way we do and Cognition – why we think the way we do. Psychology studies how the mind and the body work together. Psychology can improve our relationships by helping us understand how people think and behave; this knowledge also helps us communicate better. Psychology teaches us how to use research to better understand ourselves, members of different communities and people from diverse cultural backgrounds. It can also help in the identification, treatment, and prevention of mental disorders.

Required Texts: Kalat, J (2016). Introduction to Psychology. New York: Wadsworth Publishing

Course Philosophy:

You and the other students are an important factor in this course, probably more than you currently realize. As your instructor, I will act more like a coach of an academic team than a traditional teacher. Consequently, you will become (if you aren't one already) an independent learner and begin your progress toward becoming a critical thinker and college graduate. Accordingly, I have several expectations that you must meet:

- You will view all of the video lectures for class.
- You will complete the home assignments on time. The assignments are designed to help you critically think about the concepts in your readings and presented in the video lectures and to see the practical application of psychology in our lives.
- As I mentioned earlier, as leader of this academic team, I am eager to assist in your learning. Through the video lectures, I will provide you with real-life examples and experiences. I will clarify any and all concepts that may be confusing. I will help you both in and outside of the class, when needed. I want you to succeed and I am certain that you will. However, do not expect me to teach the test, because I won't! Since you are now in college, you will be expected to rise to even a higher level of personal commitment to your learning. I want you to learn, not simply regurgitate memorized terms, and that requires a focused effort on your part. Class will be both informative and fun. Yes, fun! My goal is for this course to be a great experience in learning!

Helpful Hints to Learning

- Read the material before looking at the lecture on line, answer all questions at the end of each chapter.
- Make notes about confusing concepts/material, as well as personal experiences to ask questions during virtual office hours.
- **Get enough sleep!** Sleep is essential for success. All-nighters seldom help, they generally hinder academic performance.
- In a 4-week summer session, students are expected to spend a minimum of 2-3 hours/day reading and studying the material. Because the summer semester meets 4 times a week for 4 weeks, the course progresses at a faster pace than courses that you typically take during the regular semester. This means you must engage and review the material daily to have the best learning experience. You will not do well in the class if you do not read before viewing the lectures. You will not do well in the class if you try to “cram” or study the material at the last minute. To do well in this class, you must study the material every day. Do not make the mistake of thinking you can wait until the last minute to cram for exams, IT DOESN'T WORK. Do not fall prey to the idea that you cannot and will not study on weekends.
- I really am here to help. We are a team and I want my team to do well!

Course Policies

Email - Please check your email every evening. All correspondence with the class outside of normal hours will be through email.

Unrestricted Joint Effort - For any assignment presented in this course, excluding in-class examinations, you may work with anyone and use any outside sources. However, the final product must reflect your own work and ideas. Any exceptions must be duly noted through proper documentation techniques.

Respect - Please be respectful of your peers' thoughts and opinions when we have virtual office hours. While active discussions are encouraged, part of the course objective is to learn that people have different beliefs and perspectives. You are responsible for keeping your instructor updated on any information pertaining to you regarding this course. Check your email regularly for instructions.

Academic Honesty – I expect nothing less

Course Process and Assignments

I believe the best way to understand psychology is to have repeated exposure to and experience with psychological concepts. Consequently, I have incorporated several different types of assignments, including homework, quizzes, and exams. .

Course Grading

Home Assignments (80 points total) (@18% of grade): you will have 4 small homework assignments that are designed to help you see the practical application of some of the principles that you have learned in class. These assignments will cover the chapters on Research Methods, Learning, Social Psychology and Abnormal Psychology. Each assignment is due by 11:59 PM Beijing time on the date listed on the syllabus, and are worth 20 points each

Quizzes (160 points total): (@36% of grade). There will be a total of 4 quizzes (one each week) to assess how students are progressing in the class before you take your midterm and final exams. Quizzes are multiple choice and short answer questions and are similar to the types of questions you will be asked on your exams. Each quiz is worth 40 points; there are no makeup quizzes or exams.

Examinations (200 points total; @46% of grade): Two examinations occur during the summer session with the following weights:

Midterm: 100 points (23% of final grade) Final: 100 Points (23% of grade)

The Final Exam **is not** cumulative. Examinations will be closed book consisting of multiple-choice and short essay questions. Examinations should be taken on the date assigned in your syllabus. There is a time limit to how long you have to take the exam (1.5 hours). There are no makeup exams. Failure to take an exam on the designated date will result in a zero for that examination.

Course Grading Summary

	<u>Points</u>	<u>%</u>	<u>Score</u>	<u>Cumulative Total</u>
Home Assignments	80	18	_____	_____
Quizzes	160	36	_____	_____
Midterm	100	23	_____	_____
<u>Final</u>	<u>100</u>	<u>23</u>	_____	_____
Total	440			

Grade Grade Points

A	4.0
A-	3.7
B+	3.3
B	3.0
B-	2.7
C+	2.3
C	2.0
C-	1.7
D+	1.3
D	1.0
D-	0.7
F	0.0

Date	Topic	Assignment
12/14	Intro to the Course What is Psychology	Chp. 1 Watch Videos #1: Overview of Syllabus Watch Video for Chp 1
12/15	Scientific Methods in Psychology	Chp. 2 Watch Video for Chp 2 Part 1& Part 2 Homework #1 Research Methods
12/16	Biological Psychology	Chp 3 Watch Video for Chp 3 Part 1 & Part 2 Watch Video Clip on Neurotransmitters Quiz #1: Chps 1-2
12/17	Development	Chp. 5 Watch Video for Chp 5 Part 1 & Part 2
12/18	Learning	Chp. 6 Watch Video for Chp 6 Homework #2: Classical vs Operant Conditioning
12/21	Memory	Chp. 7 Watch Video for Chp 7 Quiz #2: Chps 3-6
12/22	Cognition & Language	Chp. 8 Watch Video for Chp 8
12/23	MIDTERM EXAM	Chps. 1-3; 5-7
12/24	Intelligence	Chp. 9 Watch Video for Chp 9
12/25	Emotional Health & Stress	Chp. 12 Watch Video for Chp 12 Quiz #3: Chps. 8-9
12/28	Social Psychology	Chp. 13

		Watch Video for Chp 13 Part 1 & Part 2 Homework #3: Prejudice & Discrimination
12/29	Personality	Chp. 14 Watch Video for Chp 14 Part 1 & Part 2 Quiz #4: Chps. 12-13
12/30	Abnormal Psychology	Chp. 15 Watch Video for Chp 15 Part 1 Homework #4: Clinical Case Study
12/31	Abnormal Psychology	Chp. 15 Watch Video for Chp 15 Part 2
1/1	FINAL EXAM	Chps. 8-9, 12-15
1/4	Turn in Grades	