



## **Hankuk University of Foreign Studies**

### **2025 Winter Session**

### **PSY 101 Introduction to Psychology**

### **Course Outline**

**Course Code: PSY 101**

**Instructor: Sherry D. Molock, Ph.D. and Dr. Job Chen**

**Home Institution: The George Washington University/ Clemson University**

**Office Hours: TBA**

**Email: zhuoc@clemson.edu**

**Credit: 4**

**Class Hours:**

This course will have 60 class hours, including 32 lecture hours, professor 8 office hours, 8-hour TA discussion sessions, 4-hour review sessions, 8-hour extra classes.

#### **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 winter session, students are expected to spend a minimum of 2-3 hours/day reading and studying the material. Because the winter 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 winter 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>
<b>Home Assignments</b>	<b>80</b>	<b>18</b>	_____	_____
<b>Quizzes</b>	<b>160</b>	<b>36</b>	_____	_____
<b>Midterm</b>	<b>100</b>	<b>23</b>	_____	_____
<b>Final</b>	<b>100</b>	<b>23</b>	_____	_____
<b>Total</b>	<b>440</b>	<b>100</b>		

**Grading System (1 ~ 100)**

A+ : 96 - 100	A : 91 - 95
B+ : 86 - 90	B : 81 - 85
C+ : 76 - 80	C : 71 - 75
D+ : 66 - 70	D : 60 - 65
F : 0 - 59	
Pa : Pass	Fa : Fail

**Course Schedule:**

Date	Topic	Assignment
<b>Monday</b>	Intro to the Course What is Psychology	Chp. 1 <b>Watch Videos #1: Overview of Syllabus</b> <b>Watch Video for Chp 1</b>
<b>Tuesday</b>	Scientific Methods in Psychology	Chp. 2 <b>Watch Video for Chp 2 Part 1&amp; Part 2</b> <b>Homework #1 Research Methods</b>
<b>Wednesday</b>	Biological Psychology	Chp 3



		<p><b>Watch Video for Chp 3 Part 1 &amp; Part 2</b></p> <p><b>Watch Video Clip on Neurotransmitters</b></p> <p><b>Quiz #1: Chps 1-2</b></p>
<b>Thursday</b>	Development	<p>Chp. 5</p> <p><b>Watch Video for Chp 5 Part 1 &amp; Part 2</b></p>
<b>Monday</b>	Learning	<p>Chp. 6</p> <p><b>Watch Video for Chp 6</b></p> <p><b>Homework #2: Classical vs Operant Conditioning</b></p>
<b>Tuesday</b>	Memory	<p>Chp. 7</p> <p><b>Watch Video for Chp 7</b></p> <p><b>Quiz #2: Chps 3-6</b></p>
<b>Wednesday</b>	Cognition & Language	<p>Chp. 8</p> <p><b>Watch Video for Chp 8</b></p>
<b>Thursday</b>	<b>MIDTERM EXAM</b>	<b>Chps. 1-3; 5-7</b>
<b>Monday</b>	Intelligence	<p>Chp. 9</p> <p><b>Watch Video for Chp 9</b></p>
<b>Tuesday</b>	Emotional Health & Stress	<p>Chp. 12</p> <p><b>Watch Video for Chp 12</b></p> <p><b>Quiz #3: Chps. 8-9</b></p>
<b>Wednesday</b>	Social Psychology	<p>Chp. 13</p> <p><b>Watch Video for Chp 13 Part 1 &amp; Part 2</b></p> <p><b>Homework #3: Prejudice &amp; Discrimination</b></p>
<b>Thursday</b>	Personality	<p>Chp. 14</p> <p><b>Watch Video for Chp 14 Part 1 &amp; Part 2</b></p> <p><b>Quiz #4: Chps. 12-13</b></p>
<b>Monday</b>	Abnormal Psychology	Chp. 15



		<p><b>Watch Video for Chp 15 Part 1</b></p> <p><b>Homework #4: Clinical Case Study</b></p>
<b>Tuesday</b>	Abnormal Psychology	<p>Chp. 15</p> <p><b>Watch Video for Chp 15 Part 2</b></p>
<b>Wednesday</b>	<b>FINAL EXAM</b>	<b>Chps. 8-9, 12-15</b>
<b>Thursday</b>	<b>Turn in Grades</b>	

