

Introduction to Psychology

PSYC 101-00K

FALL 2011

Course Description

INSTRUCTOR:
Rebecca Rahschulte

OFFICE:
Lawrenceburg
Room 406

OFFICE HOURS:
Mondays 12-3pm
Tuesdays 8-3pm

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This Introduction to Psychology course surveys behavior and cognitive processes as they affect the individual. The course focuses on biological foundations, learning processes, research methodologies, personality, human development and abnormal and social psychology. You will have the opportunity to examine these concepts from multiple psychological perspectives and to reflect upon the applicability of these concepts in

your everyday lives. Course assignments will include small-group activities, written research reports, and individual presentations that will en-



hance your communication skills. Information and activities will demonstrate the applicability of psychological concepts in both your personal and professional lives. You will be expected to demonstrate skills with information literacy surrounding the retrieval, evaluation, and incorporation of psychological research studies from scholarly sources. Are you ready to get “Psyched Up?”

Important Course Details

PREREQUISITES:

ENGL 025 Introduction to College Writing II or ENGL 093 Introduction to College Writing and ENGL 032 Reading Strategies for College II or ENGL 083 Reading Strategies for College and MATH 015 Fundamentals of Algebra I or MATH 044 Mathematics

REQUIRED TEXT:

King, L. A. (2010). Experience Psychology. New York, NY: McGraw-Hill. ISBN: 978-0-07-340547-6
The textbook will be used as a reference tool to supplement classroom-based instructional activities.

TECHNOLOGY REQUIREMENTS: Students will need internet access to check email, visit course website, access blackboard to download lecture notes, study guides, assignments and check important dates.

COURSE COMMUNICATION: The best means of communication between you and your instructor is e-mail. You are expected to check your Ivy Tech e-mail at least every other day for important course related communication. Electronic communication is expected to be professional (refer to the “Resources” tab within Blackboard for guidance on professional electronic communication).

GRADING SCALE:

90-100% = A 80-89% = B 70-79% = C 60-69% = D 59% and below = F



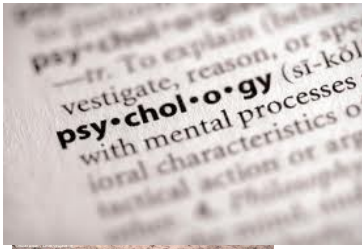
Course Learning Outcomes



Upon successful completion of this course you will be expected to:

1. Apply concepts of research methodology (independent variable, dependent variable, control group, experimental group) to a hypothetical research study. Explain both researcher bias and participant bias and how these can impact the results of psychological research. Review ethical considerations in research with human and animal subjects.
2. Explain the biological perspective of psychology as it applies to the role of the nervous system and endocrine system in regard to behavior and mental processes. Identify and describe the important structures of these systems. Describe different states of consciousness and how these can vary across different situations (i.e., higher-level consciousness, lower-level consciousness, altered state of consciousness, and no consciousness). Outline the different parts of sleep and different sleep disorders. Apply and evaluate strategies for getting a better night's sleep.
3. Explain the behavioral perspective of psychology and relate classical and operant conditioning concepts (including unconditioned stimulus, unconditioned response, conditioned stimulus, conditioned response, positive reinforcement, negative reinforcement, positive punishment, negative punishment, and observational learning) to student-generated scenarios.
4. Explain the cognitive perspective of psychology and describe key aspects that represent cognition (i.e., memory, problem solving, and intelligence). Apply and evaluate the use of memory enhancement techniques and problem solving strategies. Evaluate different types of psychological assessment, including intelligence testing, achievement testing, aptitude testing, and personality assessments. Outline the strengths and limitations of each by applying concepts of reliability and validity.
5. Explain the developmental domains (i.e., physical, cognitive, and social-emotional) and how these change throughout the lifespan.
6. Recognize the symptoms of various psychological disorders (i.e., obsessive compulsive disorder, generalized anxiety disorder, phobias, post-traumatic stress disorder, bi-polar disorder, major depression, schizophrenia, dissociative identity disorder, anorexia nervosa, and bulimia nervosa). Using the major perspectives of psychology (i.e., psychodynamic, behavioral, cognitive, humanistic, and socio-cultural), interpret the causes of these disorders and the treatment options commonly employed by the perspectives.
7. Determine personal sources of stress and current coping mechanisms employed (including self-factors that create resiliency). Reframe current coping mechanisms to align with identified positive coping mechanisms and evaluate the effectiveness of these techniques. Identify the potential short-term and long-term consequences of stress.

Requirements for Evaluation



All of the following requirements must be completed in order to receive a grade for this class. Final grades will be determined on the following basis:

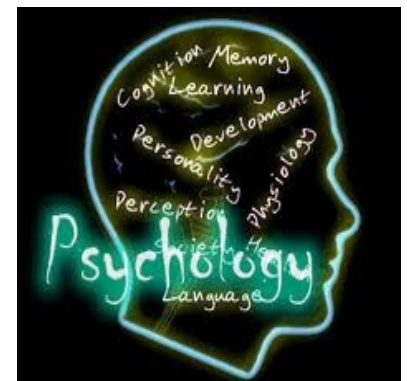
Weekly Chapter Quizzes	140 points (10 points each)
Weekly Homework Assignments	140 points (10 points each)
Weekly Class Attendance	80 points (5 points daily)
Weekly Class Participation	80 points (5 points daily)
Midterm Exam	150 points
Final Exam	150 points
In-Class Presentation	50 points
<u>Research Paper</u>	<u>150 points</u>
TOTAL POINTS	940 POINTS

Weekly Chapter Quizzes

Students will be required to read one assigned chapter weekly and will be required to complete weekly quizzes consisting of 20 multiple choice questions. Quizzes will be available through Blackboard and will not be timed; therefore, students will be allowed to use their textbooks, notes, etc. when completing the weekly chapter quizzes. Once the weekly chapter quiz is completed, the scores are automatically entered into the online gradebook through Blackboard. See the course calendar at the end of this syllabus for exact due dates for reading assignments and quiz dates. Quizzes are to be completed by the due date and will be made inaccessible through Blackboard after the due date. Chapter quizzes are not intended to be punitive in nature, but rather, serve two important functions: (1) they get students comfortable with application-based questions (i.e., applying course content to scenarios), and (2) they help students focus their attention to key chapter concepts.

Weekly Homework Assignments

Students will be required to complete a weekly homework assignment consisting of activities that align with the weekly chapter readings and lecture content. These activities will encourage students to integrate course content into elements of their own lives and to reflect upon the impact of psychology in their personal and professional lives. Activities include: application of memory enhancement techniques, application of stress management strategies, use of problem solving and decision making skills.



Attendance & Participation

Regular attendance is expected at scheduled class meetings. Attendance records are kept by the course instructor and excessive absences may result in unsuccessful completion and awarding of college credit. For each absence, 10 points will be deducted from the student's total points (5 points for attendance and 5 points for participation). Students who arrive late or leave early will be assessed ½ class absence. If a student is absent, it is up to the student to obtain the class notes and information from another student in the class.

If a student misses 2 classes, a student success referral will be filed by the course instructor.

In order to provide you, the student, with a quality education, it is important for you to actively participate in class. Students are required to keep up with the reading assignments and come to class prepared to participate in class discussions and activities. In order to encourage class participation, 5 points will be awarded per class meeting for active in-class participation.

Exams

There will be one midterm exam and one final exam. Exams will consist of 150 multiple choice questions. The midterm exam will cover chapters 1-7 and the final exam will cover chapters 8-14. Exams are necessary for ensuring that requirement course learning objectives have been mastered.

Research Paper

Students will be required to write one research paper in APA format. The topic of your research paper will be a psychological disorder found within the Diagnostic & Statistical Manual (DSM). Research paper topics will be assigned by the course instructor. Students are to provide in-depth information about that topic. This paper will be a minimum of 10 pages in length and will include at least 8 references. Use of magazine articles, newspaper articles, and websites will **NOT** be accepted. Students will be encouraged to use professional journal articles and other professional materials for this paper, many of which can be found in the Virtual Library. Further guidelines for this research paper will be provided. Students will be required to submit two electronic copies of their research paper. One copy will be submitted to www.turnitin.com. The second copy will be submitted through Blackboard (under the "Research Paper" tab). The value added of this assignment is to promote students written communication skills with psychology content. This assignment encourages the retrieval, analysis, and use of scholarly psychological research promoting informational literacy. Additional guidelines and a grading rubric are available under the "Assignments" tab in Blackboard

Presentation

Students will be required to prepare a class presentation based on their research papers. These presentations will be 5-7 minutes in length. Students will utilize Microsoft PowerPoint to present their topics and will be required to provide an outline of the presentation to the instructor. Each student will be required to submit 5 multiple choice questions related to their portion presentation. The value added of this presentation requirement is to promote students' oral communication skills with psychological content. Additional guidelines and a grading rubric are available under the "Assignments" tab in Blackboard. Powerpoint presentations should be submitted via the link provided within Blackboard.

Additional Information

MAKE-UP POLICY:

If the student contacts the instructor prior to the assignment due date, the student will be permitted to make-up the assignment. However, the instructor reserves the right to assess a late penalty on any assignment submitted after the due date.

ACADEMIC INTEGRITY POLICY:

The University Rules, including the Student Code of Conduct, and other documented policies of the department, college, and university related to academic integrity will be enforced. Any violation of these regulations, including acts of plagiarism or cheating, will be dealt with on an individual basis according to the severity of the misconduct.

SPECIAL NEEDS POLICY:

If you have any special needs related to your participation in this course, including identified visual impairment, hearing impairment, physical impairment, communication disorder, and/or specific learning disability that may influence your performance in this course, you should meet with the instructor to arrange for reasonable provisions to ensure an equitable opportunity to meet all the requirements of this course.

At the discretion of the instructor, some accommodations may require prior approval by Disability Services.

COURSE CALENDAR:

The instructor reserves the right to make changes to the calendar as necessary

Week	SLO	Assignments	Date
1	1	Introductions Review Course Syllabus Watch Video on Positive Psychology & Discuss	
2	1	Discuss Chapter 1 – The Science of Psychology Discuss the Belmont Report Homework Assignment: Psychology & Marketing Activity	
3	2	Think-Pair-Share with Homework Assignment Complete Chapter 1 Quiz (due before class) Discuss Chapter 2 – The Brain and Behavior Homework Assignment: APA Monitor Article “That Teenage Feeling”	
4	2&3	Think-Pair-Share with Homework Assignment Complete Chapter 3 Quiz (due before class) Discuss Chapter 4 – States of Consciousness Homework Assignment: National Sleep Foundation Article/Activity	
5	3	Think-Pair-Share with Homework Assignment Complete Chapter 4 Quiz (due before class) Discuss Chapter 5 - Learning Homework Assignment: What Shamu Taught Me About a Happy Marriage Article	
6	4	Think-Pair-Share with Homework Assignment Complete Chapter 5 Quiz (due before class) Discuss Chapter 6 – Memory Homework Assignment: Integration of Memory Enhancement Techniques and Evaluation of Effectiveness	
7	4	Think-Pair-Share with Homework Assignment Complete Chapter 6 Quiz (due before class) Discuss Chapter 7 – Thinking, Language, and Intelligence Midterm Exam Review Homework Assignment: Problem-Solving Application	
8	ALL	Complete Chapter 7 Quiz (due before class) Complete Midterm Exam (Chapters 1-7) Review Research Paper Progress with Instructor	
9	1-5	Discuss Chapter 8 – Human Development Homework Assignment: Developmental Domain Mapping Activity	
10	2,6,7	Complete Chapter 11 Quiz (due before class) Discuss Chapter 14 – Health Psychology Take the following assessment before class (www.livingto100.com) and review results/recommendations. RESEARCH PAPER DUE CLASS PRESENTATIONS (Chapter 12 – Psychological Disorders)	
11	6	Complete Chapter 14 Quiz (due before class) CLASS PRESENTATIONS (Chapter 12 – Psychological Disorders) Final Exam Review	
12	ALL	Complete Chapter 12 Quiz over class presentations (due before class) Complete Final Exam (Chapters 8-12 and 14) Complete Course Evaluation	