

# Ψ INTRODUCTION TO PSYCHOLOGY

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|------------------------|---|
| <b>Course Title:</b>   | Introduction to Psychology  |
| <b>Course Number:</b>  | Psychology 101  |
| <b>Semester Units:</b> | 3   |
| <b>Instructor:</b>     | Katarina Olea; Doctor of Behavioral Health  |
| <b>Office:</b>         | Room 807 B  |
| <b>Office Hours:</b>   | By Appointment  |
| <b>Phone:</b>          |   |
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| <b>Required Text:</b>  | Myers, David G. <u>Exploring Psychology</u> , 2011.<br>8 <sup>th</sup> Edition, New York: Worth Publishers. |

## **Course Description:**

This course is designed to introduce you to the main concepts and theories of psychology. This course surveys psychology as both a science and an applied discipline. Topics to be covered include research methods, physiological, developmental, states of consciousness, learning, emotions, stress and health, personality, abnormal and social psychology.

## **Course Objectives:**

The objectives of this course are: **1)** To critically think about and gain knowledge of the main theories and concepts of each sub-field of psychology; and **2)** To leave this course with a basic understanding of psychology, not only in the academic sense, but also an understanding of the everyday or practical nature of psychology.

## **Course Format:**

This course will consist of a combination of lectures, class discussion, assigned readings, videos, group and individual projects and performance on quizzes and exams.

## Course Requirements.

**Attendance and Class Participation.** You are expected to attend class and stay for the whole period. You will be expected to demonstrate an understanding of the assigned reading by actively participating in class discussions. If you miss a class, it is your responsibility to get class notes from a fellow student. If you are going to miss a class, please contact me **before** class to let me know. You may be dropped from class if you are absent consecutively for the equivalent of one week of instruction, but **DO NOT** count on the instructor dropping you. If you want to drop the class, it is your responsibility. **Please check your I.V.C. e-mail and/or Blackboard before class in case the instructor will not be attending class that day.**

**Written Project** There will be one written project and a presentation of that project during this semester. The written portion will be 3–5 pages and will be worth 25 points and the oral presentation will be between 3– 5 minutes in length, must include a power point presentation and will be worth 25 points. **No late papers will be accepted. I DO NOT accept papers by e-mail.**

**Exams.** Two(2) exams will be given. One will be a midterm exam and the other a Final exam. Exams can consist of multiple choice, fill in the blank, short answer and essay questions from the textbook, lectures and videos. No make-up exams will be given unless you have contacted me **PRIOR** to the exam and let me know you will not be able to take the exam. If you contact me prior to the exam, you will have one week to make-up the exam. Each exam will be worth 100 points. **Please bring a scantron and a #2 pencil to each examination.**

**SLO's.** 1. Students will be able to identify basic parts and functions of the neuron and lobes of the brain; 2. Students will be able to identify different parenting styles and their effect on human development; and 3. Students will be able to identify major psychological disorders, key symptoms, and the main strategies used for treatment.

## Grading System.

|             |                 |    |                   |
|-------------|-----------------|----|-------------------|
| 90–100% = A | Exams           | 2@ | 100 pts. 200 pts. |
| 80–89% = B  |                 |    |                   |
| 70–79% = C  | Written Project | 1@ | 50 pts. 50 pts.   |
| 60–69% = D  |                 |    |                   |
| 0–59% = F   | Participation   |    | 50 pts. 50 pts.   |

TOTAL: 300 pts.

**Special Accommodation.**

Should a student enrolled in the course require a special accommodation due to a disability in order to complete the requirements of the course, please advise the instructor immediately or contact the Disabled Student Programs and Services at (760) 355-6312.

**Academic Dishonesty.**

Please read and understand this section fully. Academic dishonesty (cheating) of any type will not be tolerated in my classroom. If a student is caught committing any type of academic dishonesty he or she will be given a 0 for the assignment/exam and will be reported to the Student Affairs office for further handling of the matter. In addition, unless you have made prior arrangements with the instructor, leaving during the class period or while watching a movie will be counted as an absence. If you get up and leave during class, please do not return. Coming in and out is disruptive to the other students as well as myself. Also, no cell phones should be answered during class or examinations.

## TENTATIVE COURSE SCHEDULE

| <b>Date</b>   | <b>Topic</b>   | <b>Reading Assignment</b> |
|---|--|---------------------------|
| 08/20/13  | Introduction to Class  |                           |
| 08/22/13-08/27/13                                     | Thinking Critically with Psychological Science                   | Chapter 1                 |
| 08/29/13-9/03/13                                      | The Biology of the Mind  | Chapter 2                 |
| 09/05/13-09/10/13                                     | Consciousness & The Two Track Mind                               | Chapter 3                 |
| 09/12/13-09/17/13                                     | Nature, Nurture & Human Diversity                                | Chapter 4                 |
| <b>TOPICS FOR PAPER DUE (1-2 PARAGRAPHS 09/17/13)</b> |  |                           |
| 09/19/13-09/24/13                                     | The Developing Person  | Chapter 5                 |
| 09/16/13  | Sensation and Perception   | Chapter 6                 |
| 10/01/13  | Learning   | Chapter 7                 |
| 10/03/13-10/08/13                                     | Emotions, Stress & Health  | Chapter 11                |
| <b>10/10/13</b>                                       | <b>MID TERM EXAM</b>   |                           |
| 10/15/13-10/17/13                                     | Personality  | Chapter 12                |
| 10/22/13-10/24/13                                     | Psychological Disorders  | Chapter 13                |
| 10/29/13-10/31/13                                     | Therapy  | Chapter 14                |
| <b>11/05/13</b>                                       | <b>ROUGH DRAFT OF WRITTEN ASSIGNMENT DUE</b>                     |                           |
| 11/07/13-11/12/13                                     | Social Psychology  | Chapter 15                |
| 11/17/13  | STUDENT PICK   | ****                      |
| 11/19/13-11/21/13-11/26/13                            | <b>WRITTEN ASSIGNMENTS (11/19/13) AND ORAL PRESENTATIONS DUE</b> |                           |
| <b>12/03/13</b>                                       | <b>FINAL EXAM</b>  |                           |

**This instructor reserves the right to make announced modifications to this course outline**

*FORMAT FOR TOPIC PAPERS*

NAME  
 DATE  
 CLASS AND SECTION

TOPIC OF PAPER (EX: EATING DISORDERS IN ADOLESCENCE)

**BODY OF WORK**

- DESCRIBING YOUR TOPIC
- WHY YOU CHOSE IT
- IF/HOW IT RELATES TO FUTURE CAREER GOALS
- WHERE YOU PLAN TO GET YOUR RESEARCH/INFORMATION
- 1-2 PARAGRAPHS TYPED, DOUBLE SPACED, TIMES NEW ROMAN, FONT 12

*WRITTEN PORTION OF PROJECT MUST INCLUDE THE FOLLOWING:*

TITLE PAGE

OUTLINE (Should follow the order of your oral presentation)

BODY OF WORK/RESEARCH SECTION

YOUR OPONION/THOUGHTS

CONCLUSION

REFERENCE PAGE

DOUBLE SPACED, TIMES NEW ROMAN, FONT 12

*SUGGESTED TOPICS:*

- Eating disorders
- Depression
- Phobias
- Borderline personality disorder
- Seasonal affective disorder
- Schizophrenia
- Antisocial personality disorder
- Profile a type of therapy (i.e., cognitive behavioral therapy, group therapy, psychoanalysis)

- Dreams
- False memories
- Attention span
- Perception
- Language
- Problem-solving
- Judgment
- Prejudice and discrimination (i.e., homophobia, sexism, racism)
- Social cognition
- Person perception
- Attitudes
- Social control and cults
- Persuasion, propaganda and marketing
- Attraction, romance and love
- Nonverbal communication
- Pro social behavior
- Leadership
- Something in the media that relates to psychology ( a person, event, crime, etc)
- A different topic ( must be approved first)