

# Ψ INTRODUCTION TO PSYCHOLOGY

<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
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<b>Required Text:</b>	Myers, David G. <u>Exploring Psychology</u> , 2011. 8 <sup>th</sup> Edition, New York: Worth Publishers.

## Communicating With Me.

This course uses a “three before me” policy in regards to student to faculty communications. When questions arise during the course of this class, please remember to check these three sources for an answer before asking me to reply to your individual questions:

1. Course syllabus
2. Announcements in Blackboard
3. The “Hallway Conversations” discussion board

This policy will help you in potentially identifying answers before the instructor can get back to you and it also helps your instructor from answering similar questions or concerns multiple times.

If you cannot find an answer to your question, please first post your question to the “Hallway Conversations” discussion board. Here your question can be answered to the benefit of all students by either your fellow students who know the answer to your question or the instructor. You are encouraged to answer questions from other students in the discussion forum when you know the answer to a question in order to help provide timely assistance.

If you have questions of a personal nature such as relating a personal emergency, questioning a grade on an assignment, or something else that needs to be communicated privately, you are welcome to contact the faculty via email. I will usually respond to email 8am to 5pm on weekdays, please allow 24-48 hours for me to respond.

If you have a question about the technology being used in the course, please contact the UTO Help Desk for assistance (contact information is listed below).

**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 is live with an online component. This course will consist of a combination of lectures, class discussion, assigned readings, videos, group and individual projects and performance on quizzes and exams.

**Computer Requirements**

This course requires that you have access to a computer that can access the internet. You will need to have access to, and be able to use, the following software packages:

- A web browser (Internet Explorer or Mozilla Firefox)
- Adobe Acrobat Reader (free)
- Adobe Flash Player (free)
- Microsoft Word
- Microsoft PowerPoint
- Adobe Connect

You are responsible for having a reliable computer and internet connection throughout the course.

**Campus Network or Blackboard Outage**

When access to Blackboard is not available for an extended period of time (greater than one entire evening – 6pm till 11pm) you can reasonably expect that the due date for assignments will be changed to the next day (assignment still due by midnight).

***Course Requirements:*****Attendance/Participation**

*Preparation* for class means reading the assigned readings & reviewing all information required for that week. *Attendance* means coming to live class and logging into the Blackboard and on a regular basis and *participating* in the all of activities that are posted in the course.

**Credit Breakdown: Studying and Preparation Time**

The course requires you to spend time preparing and completing assignments. A three-credit course requires 135 hours of student work. Therefore expect to spend approximately 9 hours a week preparing for and actively participating in this course.

**Late or Missed Assignments**

All assignments must be finished and turned in to complete the course. Unless the instructor is notified BEFORE the assignment is due and provides an opportunity for the student to submit his/her assignment late, points may be taken off for a late assignment.

**Rewrites**

Students may submit their assignments ahead of their due date for review by the instructor as long as the assignment is provided a minimum of three days prior to the course due date. The instructor will provide feedback on the assignment for consideration by the student. Additionally, for students who have submitted their assignments on time, the instructor allows for opportunities to revise/resubmit assignments within one week of receiving feedback from the instructor.

**Submitting Assignments**

All assignments, unless otherwise announced by the instructor, must be submitted via Blackboard (in the Assignments Section). Each assignment will have a designated place to submit the assignment.

**Drop and Add dates**

If you feel it is necessary to withdraw from the course, please see <http://www.imperial.edu/> for full details on the types of withdrawals that are available and their procedures.

### Subject to change notice

All material, assignments, and deadlines are subject to change with prior notice. It is your responsibility to stay in touch with your instructor, review the course site regularly, or communicate with other students, to adjust as needed if assignments or due dates change.

### Grading Scale

The course is based on 475 points. The distribution is as follows:

**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 and True/False questions taken from the textbook, lectures and videos. Each exam will be worth 100 points.

**Written Project.** There will be one written project during this semester. The written project will be 4–5 pages and will be worth 75 points.

**Assignments.** There will be a total of 4 assignments (1–2 pages each) worth 50 points each

**Discussion Forums.** n/a

**Rubric Name.** Discussion grade

**Description.**

This rubric is used to assess your contributions to class discussion.

**Rubric Detail**

Criteria	Levels of Achievement		
	Poor	Competent	Proficient
<b>Initial Post</b>	<p><b>0 Points</b> No post made; or post does not provide specific and/or thoughtful answer to discussion prompt</p>	<p><b>2 Points</b> One-paragraph specific and thoughtful answer to discussion prompt</p>	<p><b>4 Points</b> Two-paragraph specific and thoughtful answer to discussion prompt</p>
<b>Replies</b>	<p><b>0 Points</b> No replies made; or replies lack guidance and/or thoughtful feedback</p>	<p><b>2 Points</b> One reply with guidance and/or thoughtful feedback</p>	<p><b>4 Points</b> Two or more replies with guidance and/or thoughtful feedback</p>

**SLO's.** 1. Students will identify and demonstrate understanding of the physical milestones from conception to death; 2. Students will identify and demonstrate understanding of the cognitive development patterns from conception to death; and 3. Students will identify and demonstrate understanding of Erikson's stages of psychosocial development from conception to death.

**Grading System.**

90-100% = A	Exams	2@	100 pts.	200 pts.
80-89% = B				
70-79% = C	Written Project	1@	75pts.	75 pts.
60-69% = D	Assignments	4@	50 pts.	200 pts.
0-59% = F	.			

TOTAL: 475 pts.

<b>Excellent: Exceeds Expectations</b>		<b>Good: Above Average</b>		<b>Average: Satisfies Minimum Requirements</b>		<b>Passing: Meets Most Requirements</b>		<b>Failing: Does Not Meet Requirements</b>	
<b>A+</b>	<b>100 to 97</b>	<b>B+</b>	<b>89-87</b>	<b>C+</b>	<b>79-77</b>				
<b>A</b>	<b>96-93</b>	<b>B</b>	<b>86-83</b>	<b>C</b>	<b>76-70</b>	<b>D</b>	<b>69-60</b>	<b>E</b>	<b>59-0</b>
<b>A-</b>	<b>92-90</b>	<b>B-</b>	<b>82-80</b>						

**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. 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.

## TENTATIVE COURSE SCHEDULE

<b>Date</b>	<b>Topic</b>	<b>Reading Assignment</b>
02/16/16	Introduction to Class	
02/23/16	Thinking Critically with Psychological Science	Chapter 1
03/01/16	The Biology of the Mind	Chapter 2
03/08/16	Consciousness & the Two Track Mind	Chapter 3
03/15/16 03/22/16	Nature, Nurture & Human Diversity; the Developing Person	Chapter 4 Chapter 5
04/05/16	Sensation and Perception	Chapter 6
04/12/16	Course Review	Chapter 1-6
04/19/16	Learning	Chapter 7
04/26/16	Emotions, Stress & Health	Chapter 11
05/03/16	Personality	Chapter 12
05/10/16	Psychological Disorders	Chapter 13
05/17/16	Therapy	Chapter 14
05/24/16	Social Psychology	Chapter 15
	Review of Psychology	Chapters 1-7 & 11-15
		In Class Presentations
<b>05/31/16</b>	Final Exam	

**This instructor reserves the right to make announced modifications to this course outline  
Please follow the topic each week vs. the chapter**

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*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

4-5 PAGES DOUBLE SPACED, TIMES NEW ROMAN, FONT 12

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*SUGGESTED TOPICS:*

1. Eating disorders
2. Depression
3. Phobias
4. Borderline personality disorder
5. Seasonal affective disorder
6. Schizophrenia
7. Antisocial personality disorder
8. Profile a type of therapy (i.e., cognitive behavioral therapy, group therapy, psychoanalysis)
9. Dreams
10. False memories
11. Attention span
12. Perception
13. Language
14. Problem-solving
15. Judgment
16. Prejudice and discrimination (i.e., homophobia, sexism, racism)
17. Social cognition
18. Person perception
19. Attitudes
20. Social control and cults
21. Persuasion, propaganda and marketing
22. Attraction, romance and love
23. Nonverbal communication
24. Pro social behavior
25. Leadership
26. Something in the media that relates to psychology ( a person, event, crime, etc)
27. A different topic ( must be approved first)

## Course Itinerary Fall 101

Week	Topics/Lessons	Assignments
(1) Introduction to the Course	<ul style="list-style-type: none"> <li>Course overview</li> <li>Introduction to class</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>Familiarize yourself with Course: Syllabus, Course set up, etc.</li> </ul> <p><b><u>Readings:</u></b></p>
(2) Learning Unit 1	<ul style="list-style-type: none"> <li>Thinking Critically with Psychological Science</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>Work on Assignment #1</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 1</li> </ul>
(3) Learning Unit 2	<ul style="list-style-type: none"> <li>The Biology of the Mind</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li><b>Assignment #1</b> Write Your Own Obituary (8/27/15)</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 2</li> </ul>
(4) Learning Unit 3	<ul style="list-style-type: none"> <li>Consciousness and the Two Track Mind</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>Work on Assignment #2</li> </ul> <p><b><u>Readings</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 3</li> </ul>
(5 & 6) Learning Unit 4	<ul style="list-style-type: none"> <li>Nature, Nurture, and Human Diversity; The Developing Person</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li><b>Assignment #2</b> Watch the Documentary: Happy (09/10/15)</li> </ul> <p><b><u>Readings</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 4</li> <li>Myers Textbook- Chapter 5</li> </ul>

Week	Topics/Lessons	Assignments
(7) Learning Unit 6	<ul style="list-style-type: none"> <li>Sensation and Perception</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li><b>Assignment #3</b> Stress (09/24/15)</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 6</li> </ul>
(8) Course Review	<ul style="list-style-type: none"> <li>Course Review</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li><b>MID TERM EXAM (10/01/15)</b></li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Berger Textbook- Chapters 1 -6</li> </ul>
(9) Learning Unit 7	<ul style="list-style-type: none"> <li>Learning</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>Work on Final Written Project</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 7</li> </ul>
(10) Learning Unit 8	<ul style="list-style-type: none"> <li>Emotions, Stress, and Health</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>Work on Final Written Project</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 11</li> </ul>
(11) Learning Unit 9	<ul style="list-style-type: none"> <li>Personality</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>Work on Final Written Project</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 12</li> </ul>
(12) Learning Unit 10	<ul style="list-style-type: none"> <li>Psychological Disorders</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>Work on Final Written Project</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>Myers Textbook- Chapter 13</li> </ul>

Week	Topics/Lessons	Assignments
(13) Learning Unit 11	<ul style="list-style-type: none"> <li>• Therapy</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>• Work on Final Written Project and Assignment #4</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>• Myers Textbook- Chapter 14</li> </ul>
(14) Learning Unit 12	<ul style="list-style-type: none"> <li>• Social Psychology</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>• Work on Assignment #4</li> <li>• <b>Final Project</b> (11/10/15)</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>• Myers Textbook- Chapter 15</li> </ul>
(15) Learning Unit 13	<ul style="list-style-type: none"> <li>• Review of Psychology 101</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Assignment #4</b> Operant Principles (11/17/15)</li> </ul> <p><b><u>Readings:</u></b></p> <ul style="list-style-type: none"> <li>• Myers Textbook- Chapter Chapters 1-7 &amp; 11-15</li> </ul>
(16) Wrap Up of Course- Final Week	<ul style="list-style-type: none"> <li>• Course wrap-up</li> </ul>	<p><b><u>Assignments:</u></b></p> <ul style="list-style-type: none"> <li>• <b>FINAL EXAM</b></li> </ul> <p><b><u>Readings:</u></b></p>