

# PSYCHOLOGY 101 – INTRODUCTION TO PSYCHOLOGY

## Fall 2008 – Section 004

**Meetings:** Tuesdays, 6:30pm to 9:20pm, DC 1350

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### **COURSE RESOURCES**

#### *Required Textbook*

- Myers, D. (2007). *Psychology: Myers in Modules* (8<sup>th</sup> Ed.). New York: Worth Publishers.

A *Study Guide* should be included with your new textbook. This resource is not required but is certainly recommended. You can think of this supplement as a study companion while you are reading the textbook – it should enhance your understanding of the text material.

#### *Course Websites*

On the course website, which registered students can find on UW-ACE (<http://uwace.uwaterloo.ca>) you will find each week's PowerPoint slides, additional reading material when appropriate, weekly reviews and other helpful information. This is also where your grades will be posted following each test.

There is also a publisher's website for the text ([www.worthpublishers.com/myers](http://www.worthpublishers.com/myers)) that offers a wide range of helpful items, such as critical thinking exercises, quizzes, study aids, links, and demonstrations. Regular visits to this site will prove beneficial.

### **COURSE DESCRIPTION and GOALS**

Like any other introductory course, Psychology 101 is designed to introduce you to the various subjects within the discipline. As such, we will explore topics ranging from the biological roots of behaviour, to human development throughout the lifespan, to learning and memory to psychological disorders and the therapies that are used to treat them. Based on those topics, I expect that you will develop a more thorough understanding of yourself and the world that you live in. But since psychology is in essence the study of our human experience, our thoughts, our feelings and our interactions with the world, I'll also expect that each of you are coming into this course with some preconceived notions of what psychology is. As such, another goal of this course will be to encourage you to think critically about your preconceptions so that you can become a better consumer of the psychological information that is available in the media.

## ***COURSE GOALS:***

- Become familiar with the broad range of topics that make up the discipline of psychology.
- Become familiar with the methods of investigation used in psychology, including the strengths and limitations of these methods.
- Develop an understanding of the vocabulary and concepts of psychology that will allow you to study further in advanced courses or through independent reading.
- Develop the ability to relate the findings of psychological research to your life and to important issues in our society and the world at large.

## **COURSE REQUIREMENTS**

Participation in Experiments/ Article Summaries	4 %
Weekly Participatory Assignments (complete 8 of 10 @ 2% each)	16 %
Final Assignment	5 %
<u>In-Class Tests (3 @ 25% each)</u>	<u>75 %</u>
	100 %

## ***TESTS***

There will be three tests which will be held in class; one on October 7<sup>th</sup>, another on October 28<sup>th</sup> and the last on November 25<sup>th</sup>. These tests will be *non-cumulative* (i.e., once material has been covered on one test, it will not be examined again). Each of these tests will contain around 80 multiple choice questions, will take less than 2 hours to complete and will be worth 25%. Please be sure to arrive at class on time before a test (ideally, a little early) and bring a couple of soft-lead pencils with you. Answer every question on the exam even if you have to guess (there is no penalty for guessing). **NOTE:** Tests are difficult to reschedule, so rescheduling will **ONLY** be done for an individual in the event of a legitimate problem, which requires documentation (e.g., a doctor's note).

## ***Weekly Participatory Assignments & Final Assignment***

Each week you will be asked to complete a short assignment *online* via the UW-ACE course website. The question(s) on this assignment will relate to recently covered material and will always be in-line with our course goals. These assignments should be completed by midnight on the Friday following lecture. You will receive 2% for each assignment that you complete and submit successfully (up to a maximum of 16%) – if an assignment is not collected from you, you will not receive any credit for that week. These low-stakes assignments will help to ensure that you keep up with your weekly readings and that you follow along with the regular lectures.

Your final assignment will be completed *in class* during the final lecture day (November 18) and this assignment will be marked out of 10. This assignment will involve answering short answer questions and you will be given some choice about which question(s) you answer. Please note that you may use your notes and/or text to complete these assignments.

## ***Experiment Participation***

Psychologists at the University of Waterloo are researchers as well as teachers. As an introductory psychology student, you have the opportunity to participate in the research studies that the professors and graduate students are conducting. Indeed, without your participation,

there would be no psychological research! Because the undergraduate program in Psychology believes that experiential learning is an integral part of your education (and because we need your help ☺) you can learn first-hand about psychology research and related concepts by volunteering in psychological studies being conducted on campus.

You may acquire your experiment participation marks by signing up for research projects being conducted by faculty and graduate students in the Department of Psychology. You can earn up to a total of 6 research credits (1 credit = 1% of your grade). Four credits (4%) are part of your grade and 2 credits (2%) are bonus marks. Each half hour of participation in a study entitles you to .5 participation credits (percentage points). The individual researchers will record your participation and the marks will be added to your final grade.

**NOTE:** Some research is conducted online while other studies require you to appear in person. You can only earn a maximum of 2 credits (2%) with online studies.

All research that qualifies for Experiment Participation marks is administered by the Research Experience Group (REG). A representative will be visiting our class to explain the details. You can also refer to the final pages of this syllabus or <http://uwaterloo.sona~systems.com> for more information.

***An Alternative to Research Participation.*** If you decide that you would prefer not to participate in research, you can opt to read and write a review of an article that is relevant to psychology to earn these marks. Papers (article reviews) should be brief (min 1 page, max 2 pages) assessments of an article from any source, provided it has genuine psychological substance. You should contact your TA to get approval of the article before writing the review. Each article review will entitle you to one percentage point. You may complete any combination of a) participation in research or b) article review, up to a total of 6 credits. To receive full credit, you must follow these specific guidelines when writing an article review:

**1) Article reviews must be submitted on or before the final class (November 25). Late submissions will NOT be accepted under ANY circumstances.**

2) The review must be typed.

3) Fully identify the title, author(s), source, and date of the article. Attach a copy of the article.

4) Identify the psychological concepts discussed in the article and indicate the pages in the Myers textbook that are applicable. Critically evaluate the application or treatment of those concepts in the article. If inappropriate or incorrect, identify the error and its implications for the validity of the article. You may find, for example, misleading headings, faulty research procedures, alternative explanations that are ignored, failures to distinguish factual findings from opinions, faulty statements of cause-effect relations, errors in reasoning, etc. Provide examples whenever possible.

5) Keep a copy of your review in the unlikely event we misplace the original.

### **CLASS EXPECTATIONS**

- Avoid being disruptive or disrespectful to your classmates.
  - Please try to be on time for class. It is very disruptive for everyone to have people walking in late and trying to find a seat.

- Refrain from talking in class. This disturbs the people around you and is inconsiderate. If someone is talking and disturbing you, please feel free to ask them to be quiet.
- Turn off all electronic devices before the start of class – this includes BlackBerrys, cell phones and Ipods.
- Use computers in class for only class-related activities. Checking email, playing games, chatting on MSN etc... is distracting for you and the students sitting behind and around you. If you must use your computer for alternate activities, please sit in the back rows of the classroom.

### **OTHER RELEVANT INFORMATION**

*Students with Disabilities:* The Office for Persons with Disabilities (OPD), located in Needles Hall, Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the OPD at the beginning of each academic term.

*Avoiding Academic Offences:* All students registered at the University of Waterloo are expected to know what constitutes an academic offence, to avoid committing academic offences, and to take responsibility for their academic actions. When the commission of an offence is established, disciplinary penalties will be imposed in accord with Policy #71 (Student Academic Discipline). For information on categories of offences and types of penalties, students are directed to consult the Undergraduate Calendar [http://www.adm.uwaterloo.ca/infocal/UW/policy\\_71.html](http://www.adm.uwaterloo.ca/infocal/UW/policy_71.html). If you need help in learning how to avoid offences such as plagiarism, cheating, and double submission, or if you need clarification of aspects of the discipline policy, see the Arts Faculty Web page: <http://watarts.uwaterloo.ca/~sager/plagiarism.html>.

Students who believe that they have been wrongfully or unjustly penalized have the right to grieve; refer to Policy #70, Student Grievance, [http://www.adm.uwaterloo.ca/infocal/UW/policy\\_70.html](http://www.adm.uwaterloo.ca/infocal/UW/policy_70.html).

### **SOME FINAL ADVICE ON SUCCESS IN PSYCH 101**

- Attend the Lectures!
- Keep Up with the Readings – Try not to fall behind!
- Ask questions in class – Learning is easier when you are actively involved!
- Both the TA and I are always available to help!

## **COURSE SCHEDULE**

There are two sources of material for the course: the textbook and the lectures. The lectures will focus on specific topics and are not meant to provide coverage of all material in the text. Lectures will elaborate and build upon (not duplicate) the text material, therefore, it is recommended that you attend class meetings and complete the readings beforehand. A proposed schedule of lectures and related readings is found below:

<i>Date</i>	<i>Topic</i>	<i>Modules</i>
September 9	Introduction to the Science of Psychology	1 to 3
September 16	Neuroscience and Behavior States of Consciousness	4 to 7 18 to 20
September 23	Developmental Psychology	8 to 11
September 30	Sensation and Perception	12 to 17
October 7	<b>Test One</b> Motivation	34 to 37
October 14	Learning Personality	21 to 23 44 to 46
October 21	Memory	24 to 28
October 28	<b>Test Two</b> Stress	41 to 43
November 4	Social Psychology	55 to 58
November 11	Psychological Disorders and Therapies I	47 to 54
November 18	Psychological Disorders and Therapies II	47 to 54
November 25	<b>Test Three</b>	

## **APPENDIX: Participation in Psychology Research Guidelines for Psychology 101 Section 4, Fall 2008**

Experiential learning is considered an integral part of the undergraduate program in Psychology. Participation in research is one example of this. A number of undergraduate courses have been expanded to include opportunities for Psychology students to volunteer as research participants enabling them to learn first-hand about psychology research and related concepts. Many students report that participation in research is both an educational and interesting experience.

Student participants may earn up to 4 percentage points towards their final mark in Psychology 101 Section 4 by participating in Psychology studies conducted by students and faculty in the Department of Psychology. Participation is worth .5 participation credits (percentage points) for each half hour session. Researchers will record student's participation and will advise the course instructor of the total points earned by each student at the end of the term. Students who do not wish to participate in research may choose an alternative approach to earning the same number of points; this is explained below in "Alternative to participating in research".

Since experiential learning is highly valued in the Department of Psychology and part of this course, students can earn up to 4% of their final grade by participating in these experiments. In addition, for those students who wish to sample a wider range of these experiences a further "bonus" 2% can be earned and will be added to your final grade (i.e., the maximum possible final grade is 102%).

Please note that all Psychology studies have undergone prior ethics review and clearance through the Office of Research Ethics.

### Educational focus of participation in research

To maximize the educational benefits of participating in research, students will receive feedback information following their participation in each study detailing the following elements:

- Purpose or objectives of the study
- Dependent and independent variables
- Expected results
- References for at least two related research articles
- Provisions to ensure confidentiality of data
- Contact information of the researcher should the student have further questions about the study
- Contact information for the Director of the Office of Research Ethics should the student wish to learn more about the general ethical issues surrounding research with human participants, or specific questions or concerns about the study in which s/he participated.

### ***How do I sign up?***

Once you are registered in the course, you will get an account on SONA (our web-based Study Sign-Up system) at <http://uwaterloo.sona-systems.com> . User ID is your Quest ID (eg. j2smith), temporary password is your Student ID (eg 2001234). Log in to your account, read/acknowledge the ORE “Human Subjects/Privacy Policy” then complete a very brief (10 minute) “Prescreen” questionnaire to provide basic demographic info. You won’t receive a credit for this and you may decline if you wish however \*completing it will increase your eligibility for other studies\*. Once you have completed (or declined) the Prescreen questionnaire you should go to “My Profile” and enter your preferred (Alternate) email address. Then you can go to “Study Sign-Up” and select a Psych 101 Section 4-eligible study that interests you and a day/time that fits your schedule. You’ll receive a confirmation email and a reminder the day before the study. Upon completion of the study you are granted your Study Credit and given feedback about the study hypothesis, design and predictions.

### ***When should I sign up?***

Right away, the sooner the better!!! The On-line study “Mass Testing Survey F08” (one full credit) will only be offered for a few weeks and you \*should do this study as soon as possible\*. Researchers often select participants based on their responses and doing this survey increases your eligibility for other studies. Note that you can only do this survey if you have completed the Prescreen questionnaire. Doing both Prescreen and Mass Testing Survey helps you (by providing more qualifying studies and it helps researchers (by identifying more qualified participants) so we would greatly appreciate it if you would do both.

### ***Are there any restrictions to the studies I can sign up for?***

Yes ... i) the study must be eligible for a credit in this class (as noted in the study description) ii) only 2 of your 6 credits can be for On-line studies and iii) you should try to spread your participation out over the term. The last day to participate for credit is December 1 but you can participate for pay until December 19.

### ***Where can I get more information, instructions, help with login problems etc?***

REG website: <http://www.arts.uwaterloo.ca/~regadmin/regparticipant>

REG Coordinator: [regadmin@watarts.uwaterloo.ca](mailto:regadmin@watarts.uwaterloo.ca)

### **Alternative to participating in research**

Remember: Students are not required to participate in research, and not all students wish to do so. As an alternative to participation in research, students may submit short reviews of journal articles relevant to the course material. Each review article counts as one percentage point. See the earlier section of the syllabus for more information about this option.