

# PSYCHOLOGY 101 – INTRODUCTION TO PSYCHOLOGY

Fall 2009 – Section 004

Tuesdays - 6:30pm to 9:20pm - DC 1350

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<i>Course Website:</i>	<a href="http://uwace.uwaterloo.ca">http://uwace.uwaterloo.ca</a>

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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* may be included with your new textbook. The study guide is not required but is certainly recommended. You can think of it as a study companion while you are reading the textbook – it should enhance your understanding of the text material.

### *I-Clickers*

Clickers are small, handheld devices that can increase student participation and engagement in class. They allow students to easily respond to in-class multiple-choice questions and the responses are instantly tabulated so that you can see the class results. Each week you will have the several opportunities to participate in Test Yourself activities in class. While these activities do not count toward your final grade, a portion of the multiple choice questions that we'll go through as a class will find themselves on your midterm tests so participating in these activities should give you a leg up when it comes to upcoming tests.

### *Course Websites*

Registered students can find the course website on UW-ACE (<http://uwace.uwaterloo.ca>). At this site you will find each week's PowerPoint slides, additional reading material when appropriate, your weekly quizzes 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 Quizzes (best 8 of 10 @ 2% each)	16 %
Assignment	5 %
In-Class Tests (3 @ 25% each)	75 %
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	100 %

*Tests*

There will be three tests – all of which will be held in class; one on October 13<sup>th</sup>, another on November 3<sup>rd</sup> and the last on December 1<sup>st</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 and/or re-weighting 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 Quizzes*

Each week you will be asked to complete a short quiz *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 must be completed by midnight on the Friday following lecture. Each quiz will have between 8 and 12 questions and will be worth 2% of your final grade – if an assignment is not collected from you, you will receive a 0 for that week. Your best 8 quiz scores will be used toward your final grade. These low-stakes quizzes will help to ensure that you keep up with your weekly readings and that you follow along with the regular lectures.

*Assignment*

Your assignment will be handed in on our final lecture day (November 24) and will be marked out of 10. For this assignment you will write 2, double spaced pages and you will be given some choice about which question you answer. The topics for your assignment will be discussed following the second test and instructions for its completion will be made clear at the time.

### *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 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 instructor 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 (December 1). 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.

### **OTHER RELEVANT INFORMATION**

**Policy on Missing Tests/Quizzes:** Students who request accommodation for tests or quizzes due to illness should: seek medical treatment as soon as possible and obtain a completed UW Verification of Illness Form: [http://www.healthservices.uwaterloo.ca/Health\\_Services/verification.html](http://www.healthservices.uwaterloo.ca/Health_Services/verification.html). Submit the form to the instructor within 48 hours and when possible, inform the instructor by the due date for the test/quiz that you will be unable to meet the deadline and that documentation will be coming.

In the case of a missed test, the instructor and student will

- a) negotiate an extension for the test, which will typically be written as soon as possible, but no later than the next test.
- b) waive the course component and re-weight remaining term work.

In the case of bereavement, the instructor will provide similar accommodations to those for illness. Appropriate documentation to support the request will be required. Students who are experiencing extenuating circumstances should also inform their academic advisors regarding their personal difficulties.

**Official Version of the Course Outline:** If there is a discrepancy between the hard copy outline (*i.e.*, if students were provided with a hard copy at the first class) and the outline posted on ACE, the outline on ACE will be deemed the official version. Outlines on ACE may change as instructors develop a course, but they become final as of the first class meeting for the term.

**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.

**Concerns About the Course or Instructor (Informal Stage):** We in the Psychology Department take great pride in the high quality of our program and our instructors. Though infrequent, we know that students occasionally find themselves in situations of conflict with their instructors over course policies or grade assessments. If such a conflict arises, the Associate Chair for Undergraduate Affairs (Dr. Colin Ellard) is available for consultation and to mediate a resolution between the student and instructor. Dr. Ellard's contact information is as follows: Email: [cellard@uwaterloo.ca](mailto:cellard@uwaterloo.ca) ; Ph 519-888- 4567 ext 3685

A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. See Policy 70 and 71 below for further details.

**Academic Integrity, Academic Offenses, Grievance, and Appeals:** To protect course integrity, as well as to provide appropriate guidance to students, course outlines in the Faculty of Arts must include the following note on avoidance of academic offenses:

Academic Integrity: in order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility.

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offenses, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offense, or who needs help in learning how to avoid offenses (e.g., plagiarism, cheating) or about 'rules' for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under [Policy 71](#) - Student Discipline. For information on categories of offenses and types of penalties, students should refer to [Policy 71](#) - Student Discipline, <http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm>

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70](#) - Student Petitions and Grievances, Section 4, <http://www.adm.uwaterloo.ca/infosec/Policies/policy70.ht>

Appeals: A student may appeal the finding and/or penalty in a decision made under [Policy 70](#) - Student Petitions and Grievances (other than regarding a petition) or [Policy 71](#) - Student Discipline if a ground for an appeal can be established. Read [Policy 72](#) - Student Appeals, <http://www.adm.uwaterloo.ca/infosec/Policies/policy72.htm>

**Academic Integrity website (Arts)**: [http://arts.uwaterloo.ca/arts/ugrad/academic\\_responsibility.html](http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html)

**Academic Integrity Office (UW)**: <http://uwaterloo.ca/academicintegrity/>

## **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.

## 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 15	Introduction to the Science of Psychology	1 to 3
September 22	Neuroscience and Behavior States of Consciousness	4 to 7 18 to 20
September 29	Developmental Psychology	8 to 11
September 6	Sensation and Perception	12 to 17
October 13	<b>Test One</b> Attention	No Readings
October 20	Memory Personality	24 to 28 44 to 46
October 27	Learning	21 to 23
November 3	<b>Test Two</b> Industrial and Organizational Psychology	No Readings
November 10	Social Psychology	55 to 58
November 17	Psychological Disorders and Therapies I	47 to 54
November 24	Psychological Disorders and Therapies II	47 to 54
December 1	<b>Test Three</b>	

## **Appendix - Participation in Psychology Research**

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.

Since experiential learning is highly valued in the Department of Psychology, students may earn up to 4% of your final mark in this course through research experience (i.e., your course work will make up 96% of your final mark and REG credits will make up the other 4% for a maximum grade of 100%). In addition, for those students who wish to sample a wider range of these experiences, a further "bonus" 2% may be earned and will be added to your final grade (i.e., the maximum possible final grade is 102%).

This can be done in two ways. First, you may participate in studies conducted by students and faculty in the Department of Psychology. Participation is worth 0.5 participation credits (percentage points) for each half-hour of participation. Researchers will record student's participation and the REG Coordinator will advise the course instructor of the total credits earned by each student at the end of the term. Second, if you do not wish to participate in research, you may choose an alternative approach to earning the same number of credits; this is explained below in "Alternative to participating in research." 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 sh/he participated.

### ***How to sign up for studies:***

Once you are registered in this course, you will get an account on Sona (our web-based Study Sign-Up system) at <http://uwaterloo.sona-systems.com> and you will receive an email with your UserID and Password. IF YOU DO NOT RECEIVE this email, please report this to [regadmin@uwaterloo.ca](mailto:regadmin@uwaterloo.ca) immediately. .

- 1) **Log On to Sona:** User ID is your Quest ID (eg. j2smith)  
Password is your Student ID (eg 2001234)
- 2) **Human Subjects/Privacy Policy:** Please Read/Acknowledge
- 3) **Prescreen Questionnaire:** Please take 10 minutes to provide this demographics information. There is no credit for this and you may decline if you wish however completing it will increase your eligibility for studies.

- 4) Sign-up for Online Surveys and/or Lab studies:
  - a. Go to “Studies” page to view the list of available studies.
  - b. Click on the Titles of studies that are eligible for this course.
  - c. Read the Study Information page.
  - d. For Online studies: Click on “View Timeslots” and/or “Participate”.
  - e. For Lab studies: Click on “View Timeslots” to set up lab appointments.
- 5) Feedback and Credits: Upon completion of the study you will receive feedback about the study hypothesis, design and predictions. Within 48 hours you will be granted the credit. Credits will be converted to grades and added to your final grade at the end of the term.

***Mass Testing Survey (for 1.0 participation credit):***

Researchers often select participants based on their responses to the measures in this survey. Completing it increases your eligibility for other studies. Note that you can only do this survey if you have completed the Prescreen questionnaire. Doing both Prescreen Questionnaire and Mass Testing Survey helps you (by providing more qualifying studies) and it helps researchers (by identifying more qualified participants). The Mass Testing Survey will be available until Tuesday October 20 at which time it will go offline, so please try to complete it before that date.

***Study Restrictions and Important Dates:***

- i) The first day to start participating in studies is Tuesday September 14.
- ii) The study must be eligible for a credit in this course (as noted in the Eligibility Requirements column on your Studies page).
- iii) **Only 2 of your credits for this course** can be for **Online** studies.
- iv) You should try to spread your participation out over the term i.e., if you wait until late in the term there may not be enough studies available for you.
- v) The last day to participate for **credit** is Friday December 4.
- vi) The last day to participate for **remuneration/pay** is Tuesday December 22.

***Denial of access to studies: Completing studies that you have signed up for!***

It is very important that you complete the studies that you have signed up for. For Lab studies this means showing up for the scheduled appointment. For Online studies this means completing the survey before the deadline that is posted in the timeslot. Please note that a study sign-up is a firm commitment to the researcher running the study so if you cannot keep the lab appointment or complete the survey before the deadline, please cancel the Sign-Up or contact the researcher in advance. Failure to attend 3 (THREE) Lab and/or Online studies that you have signed up for without providing adequate prior notice to the researcher may result in denial of access to further studies. Details are provided on the FAQ page on your Sona account.

***For information, instructions, help with login problems etc. please contact:***

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

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