

PSYCHOLOGY 101

Spring Semester 2009

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Welcome to Introductory Psychology

Have you ever wondered why you're procrastinating? Why did you fall in love with person Z and not person X? Do you know what is going on in your brain while you're Googling and what is it doing to your social skills? Be honest – do you enjoy the odd bit of gossip? Why can a friend say 'are you wearing that?' but if your mother says it to you it makes you crazy? These and many other questions will be answered as we begin to explore the behaviours, thoughts and emotions of the most interesting animals – US.

The purpose of this course is to acquaint you with the many and diverse areas of psychology, how they interact, where Psychologists do "psychology" and, most important, how this knowledge can be useful in your daily life. No matter what your field of study you will find this course interesting and applicable in your personal and academic life.

For many of you this might be your only contact with a university level psychology course, for others it may be the beginning of a career. Most of you will be somewhere between these choices. This course is designed to meet the needs and interests of everyone.

Please be advised: if you have never taken an Arts course before you will find there is a lot of reading in this course. Lectures and media will enhance various areas of interest but will not be repetition of text readings.

TEXT: PSYCHOLOGY: Themes and Variations (Canadian Edition), Weiten, W. & McCann, D. This text comes packaged with a Concept Chart

LEARNING OBJECTIVES

At the completion of this course students will:

1. Be prepared to take further courses in Psychology
2. Think critically about the interactive variables that determine their own and others' behaviours, emotions and thoughts.
3. Be aware of how the study of Psychology impinges on daily life
4. Be able to apply some principles to their health, academic skills, social interactions and inner life
5. Be able to decrease test anxiety (this is hope not a promise)

EVALUATION

All tests will be multiple choice

1. Test =	30%	June 2
2. Test =	30%	June 30
3. Test =	36%	TBA [during final exam period]
4. REG or alternative	4-6%	July 28

Although the tests are not comprehensive and you are only tested on material since the last test the knowledge required to recognize the best answers is cumulative. In other words you won't be DIRECTLY tested on past material but you will have to know it to understand new material.

MAKE-UPS

Please note that, except under extreme circumstances, there are no make-up exams in this course. If you miss an exam without **PRIOR** authorization from Dr. Greenaway, you will receive 0 points for that particular exam. Please also note that simply not showing up for an exam, and then contacting the instructor and/or the TA afterwards with an excuse (however justified), is not acceptable. You should make every effort to attend all exams, and/or otherwise contact the instructor or TA ahead of time if an **emergency** arises.

REG CREDITS + BONUS MARKS

4% of students' grades will come from credit for participating in research conducted by psychology graduate students at UW. These are known as REG credits.

A presentation on accessing this research experience will be included in the first class on May 5. A website and contact will be provided.

For those unable or unwilling [for whatever reasons] to participate an alternative to participating in the REG programme is provided. **The guidelines for both REG participation and alternatives are provided in a separate document posted on the course website.**

The REG credits, alternatives or combinations are to be completed by July 28. THERE WILL BE NO EXTENSION.

All inquiries regarding these credits must be directed to the TA who is responsible for the REG credit or alternatives.

All students may receive 2 BONUS marks by participating in two additional REG activities or alternatives [as described above] and these credits will be added to your final grade.

For more information see the REG document posted on the course website.

SPECIAL NEEDS

Any students with special needs who may require individual accommodation for this course should present the instructor with the required documentation within the first two weeks of classes.

Academic Offenses:

"All students registered in courses at the University of Waterloo and its Federated University and Affiliated Colleges are expected to know what constitutes academic integrity, to avoid committing academic offenses, and to take responsibility for their actions. Students who are unsure whether an action constitutes an offense, or who need 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, TA, academic advisor, the appropriate St. Jerome's departmental Chair, or ultimately the Appeals Officer (currently the Associate Dean) for St. Jerome's University. For information on categories of offenses and types of penalties, students should refer to Policy #71, *Student Academic Discipline*, <<http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm>>. Students who believe that they have been wrongfully or unjustly penalized have the right to grieve in accord with Policy #70, *Student Grievance*, <<http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm>>".

COURSE OUTLINE (13 Week Semester)

LECTURE SCHEDULE

NOTE: The lectures, while using text material as background, will NOT be a summary of the text. Most lectures will be based on text material but will be expanded further to what is in the text. Some lectures will be from original material without a written resource available. Evaluation will cover lecture, media AND text material.

May 5

Course overview

REG credits

DVD - Cultural Psychology

Our Cultural and Subcultural Stories

May 12 (Chapter 10 – pp. 425-436)

"What's Your Spider Solitaire Score?" Procrastination

"Why We Love" [most everything you've wanted to know]

May 19 (Chapters 1, 2, 3 – knowing CONCEPT CHART for chap. 2 is enough)

DVD – Cognitive Neuropsychology

Historical Roots of Psychology

Bio/Neurological Basis of Behaviour

May 26 (Chapter 4 – pp. 135-6; 152-162; Chapter 5)

Perception and Consciousness

June 2 (Chapter 7)

Memory and Attention

June 9

TEST #1

DVD - TBA

June 16 (Chapters 6, 9 CONCEPT CHART, 8)

Learning

Psychological Testing

Thought & Language

June 23 (Chapter 11)

Human Development

The Importance of Play

June 30

TEST #2

DVD – TBA

July 7 (printed material on course website)

The CLARISTERY model

July 14 (Chapters 12, 14, 15)

Personality/Abnormal

Treatment Issues

July 21 (Chapter 16)

Social Psychology

Stories about other people - Gossip

July 28 (Chapter 13)

Stress and Health Psychology

Review

Summing up – our Cultural Stories revisited

ANY CONCERNS OR QUESTIONS? PLEASE CONTACT YOUR TA **FIRST**