

Psychology 100L - 5711  
General Psychology  
Spring 2008 Quarter  
5:30 – 7:40pm T/Th

Instructor: Julia Wales  
Office Hours: By appointment  
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**REQUIRED READING:**

Hockenbury and Hockenbury, (2007). *Discovering Psychology* (4<sup>th</sup> Ed). New York: Worth Publishers

Additional required readings may be assigned and will be held on reserve in the Library or on electronic reserve. Students will need to make copies or print these on their own.

**COURSE DESCRIPTION:**

Psychology can be defined as the scientific study of mental processes and behavior. While psychology is most often associated with clinical issues (i.e. abnormal, personality), this makes up only a small portion of the field. Thus, this course will serve as an overview of the major fields within psychology with an emphasis on developing an understanding of psychology as the science of human thought and behavior. We will also learn to critically evaluate knowledge about how people function.

**FORMAT:**

The course will be a lecture/discussion format. Occasional videos will be shown to complement the lecture material. The discussions as well as group and individual assignments will provide an atmosphere that will encourage active learning.

**GENERAL EDUCATION OUTCOMES:**

Upon Completion of this course, students will be able to:

Use cognitive and creative skills:

- Analyzing (identifying and evaluating problems)
- Synthesizing (interpreting situations, drawing conclusions, and making connections)

Improving communication skills:

- Doing research (gathering and documenting information)
- Delivering one or more written, oral, and/or visual presentations with formal documentation

Applying personal skills:

- Understanding the influence of stress, nutrition, and life style on personal health and performance.

**SPECIFIC COURSE LEARNING OUTCOMES:**

Upon completion of the course students will be able to:

1. Describe the purpose, comprehensive scope, and areas of application in the discipline of psychology
2. Demonstrate knowledge of the scientific process by applying and/or critiquing various research methods used by psychologists in the study of behavior
3. Recognize, compare, and contrast various theoretical perspectives used to explain and guide psychological research and application.
4. Identify historical and present-day contributions of major psychologists.
5. Define important psychological terms, concepts, processes and principles.
6. Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
7. Demonstrate the application of psychological principles and findings to one's own life.

## **COURSE REQUIREMENTS:**

### **Exams**

There will be four exams for this course. Exams will cover material from the readings, lectures, and videos. Each exam will be worth 100 points. **EXAMS MUST BE TAKEN AS SCHEDULED.** In the case of a legitimate emergency, please contact the instructor as soon as possible to discuss your options. There will be no comprehensive final exam; Exam 4 will be given during the scheduled final for this class.

### **Quizzes**

There will be a short quiz at the beginning of almost every class. Each quiz is worth 2 points. You cannot make up any quizzes, but the lowest score will be dropped. Quizzes will often be given at the beginning of class so please be sure to be on time.

### **Discussion Assignments:**

You will be given some worksheets and/or discussion questions during some class meetings. Some will be completed in class; others will be assigned as homework. All assignments will provide the springboard for in-class discussions. Assignments will be collected after class discussions and graded with a check, plus, or minus. If you get a check for every assignment, you will receive full points at the end of the course.

### **Attendance:**

I will not take attendance and there will be no points given specifically for attendants. However, regular attendance is strongly encouraged, since your contributions to the discussions are valued and since many of the test material will be drawn from lectures. Also, every day you miss could be a quiz you'll miss and those points will add up!

### **Study Guides:**

You will be given a study guide before each Exam. The study guides will consist of a comprehensive set of questions pertaining to the upcoming Exam. You will receive 2 points of extra credit if you answer all questions **correctly** and turn in the study guide on the day of the exam. You must have all answers correct to receive any extra credit points.

### **Extra Credit:**

You will receive 2 points of extra credit for news reports relevant to this class. Newspaper articles, NPR broadcasts, television broadcasts, radio broadcasts etc. You will need to provide me with the full media report (hard copy of the newspaper or website where I can read/hear/watch the whole media report).

## **GRADING:**

Grades will be assigned based on total points. Below is a rough estimate of how many points will be possible, but depending on how the course goes, we may have more or less quizzes than listed. Your grade at the end of the quarter will be based on how many points have been possible throughout the quarter.

Exams - 4 @ 100 pts. each	400
Quizzes – aprox 13 @ 2 points each	26
Discussion Assignments	24
Study Guides – 4 @ 2 points each	8
<b>TOTAL</b>	<b>550</b>

## **STUDENTS WITH DISABILITIES:**

If you require accommodations based on a documented disability, emergency medical information to share, or need special arrangements in case of emergency evacuation, please make an appointment with me as soon as possible.

**TENTATIVE SECHDULE:**

<u>Date</u>	<u>Topic</u>	<u>Reading Assignment</u>
9/25	Syllabus, Introduction to Psychology	
9/27	History of Psychology/Research Methods	Chapter 1
10/2	Neuroscience and Behavior	Chapter 2
10/4	Go over Paper Assignments	Chapter 2
10/9	Sensation and Perception	Chapter 3
10/11	Consciousness and Its Variations	Chapter 4
10/16	<b>Exam 1 (Study Guides Due)</b>	
10/18	Learning	Chapter 5
10/23	Memory	Chapter 6
10/25	Thinking, Language, and Intelligence ( <b>Paper 1 Due</b> )	Chapter 7
10/30	<b>No Class</b>	
11/1	Motivation and Emotion	Chapter 8
11/6	<b>Exam 2 (Study Guides Due)</b>	
11/8	Lifespan Development	Chapter 9
11/13	Social Psychology	Chapter 11
11/15	<b>Exam 3 (Study Guides Due)</b>	
11/20	Stress, Health, and Coping	Chapter 12
11/22	Psychological Disorders	Chapter 13
11/27	Therapies ( <b>Paper 2 Due</b> )	Chapter 14
11/29	<b>No Class (Thanksgiving)</b>	
12/4	Review	
12/6	TBA	
12/11	Final Exam – 11:30	