

Cedar Crest College
General Psychology PSY 100 022 (3 credit hours)
Tuesdays and Thursdays 1:00 – 2:15
214 Curtis Hall

Professor: Raquel Akillas, M. A.

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Office hours: By appointment - Tues. and Thurs. 2:15 – 3:00

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Optional Textbook: Hock, Rodger R. (2008). *Forty Studies that Changed Psychology: Explorations into the History of Psychological Research*, 6th Edition. Prentice Hall.

ISBN: 9780136035992

Optional Textbook: Kalat, James W. (2007). *Introduction to Psychology*, 8th Edition, Thomson Wadsworth Publishing

ISBN: 10: 049510289X

Course Description:

This course explores some of the historical, theoretical and empirical foundations of the discipline of psychology. Additionally, the course introduces students to a scientific approach to understanding behavior, and explores the psychobiological and psychosocial bases of human behavior. Psychology 100 serves as a prerequisite for all other psychology courses.

Course Objectives:

The purpose of this course is to introduce you to many of the core topics studied by psychologists. Upon successful completion of this course, students will

- recognize the breadth and depth of the field of psychology.
- demonstrate their identification, reasoning, and understanding of psychological concepts and terms.
- recognize the interaction between psychology and other disciplines.
- gain an appreciation of the application of psychology to everyday life.
- be knowledgeable consumers of scientific research in the field of psychology

My Policy

1. **Electronics in the Classroom** Please come to class to pay attention. **All cell phones must be put on silent/vibrate immediately upon entering the classroom.** Any student causing a distraction will be required to leave the class for that day and will be marked absent. Here is my policy:

- **Cell phones.** All cell phones **must** be turned to vibrate/silence. Under no circumstances are students allowed to take phone calls, text message, take video, or photos. If you are expecting an important call, please let me know before class starts. You will be asked to sit in the front row near the door to take your call outside of the classroom.
- **Laptop computers.** Computers are allowed to take notes. Under no circumstances are students allowed to perform any other computer application (email, chat, browsing). If you used any other application, you will be required to leave the class for that day and will be marked absent.
- **Music.** All I pods and music must be put away during class.

2. **Missed Class.** Attendance is expected for every class. If you miss class, you are responsible for all material covered during the class period. Ask another student for the notes. See me if you have specific questions regarding missed material. Note that I will not provide you with class videos, live lecture or web notes (no exception). Fall Break, Thanksgiving Break and Final's week are scheduled by the college and will be adhered to. You are responsible for anything covered, assigned, or due on dates preceding or following breaks.

- **Psychology Department Attendance Policy:** The Psychology Department is committed to the principle that regular and punctual class attendance is essential to the students' optimum learning and successful academic achievement. Regular class attendance is a student obligation, and students are responsible for all work, tests and written assignments. Therefore, students are expected to be present for all class sessions. The Psychology Department's attendance policy recognizes that there will be times when attendance at class is not possible. You may think of the policy as being similar to the type used in the corporate world where each employee is given a certain number of "personal/sick days." Based on the number of regularly scheduled class meetings, you will be allowed a certain number of absences (see below) with no consequences, no questions asked. In other words, there is no distinction between excused and unexcused

absences. You are of course responsible for anything covered during those missed classes, and for submitting assignments on time, regardless of whether or not you attend. Beyond the allowable number of absences, there are consequences that will adversely impact your grade, much as missing too many days of work can adversely impact your employment status. Above all else, you should carefully consider each decision to not attend class. Once your allotted absences have been used, they are gone. *It is important that students arrive for class on time. Late arrivals are very distracting, not only to the instructor, but also to fellow students. Repeated late arrivals are not acceptable and will be addressed on an individual basis.* It is each student's responsibility to understand this policy and to keep track of absences throughout the semester.

- **Application to this Class:** Formal attendance will be taken during all class sessions. This class meets twice per week (28 class meetings).

Number of missed classes	Penalty
1 – 3 classes	No penalty
4 classes	Final grade lowered by 5 % (cumulative)
5 classes	Final grade lowered by 10 % (cumulative)
6 or more classes	Failing grade for the course

You may miss **3 classes** without penalty. If you miss **4 classes**, your final grade (cumulative percentage of points) will be lowered by 5%. That means that if you have earned 84% of the available points in the class, which is a B grade, you would be lowered to 79%, which is a C+. Likewise, if you have earned 77% of the points available, the penalty would take you down to 72%, which is a C-. As a reminder, a C grade (73%) is required in all Psychology courses. If you miss **5 classes**, you will be docked an additional 5% points off of your final grade (for a total of 10%). If you miss **6 classes**, you will receive a failing grade for the course. If you miss six classes, you have missed approximately 25% of the class meetings.

3. Make-up Test. If you miss any test you are required to make arrangements with me within 24 hours of missing the test. Note that this will be marked as a missed class. There are no quiz or assignment extensions, make-ups, or retakes.

4. Academic Honesty and Classroom Protocol: All Cedar Crest College students are expected to be familiar with and fully supportive of the college's policy regarding the Honor Code and academic integrity. For any instances of dishonesty (e.g., cheating on tests, copying other students' work, plagiarism, etc.), appropriate penalties will be applied. See the Student Guide for more information regarding the enforcement of these policies.

- **Plagiarism:** Plagiarism is the act of presenting the ideas, words or other intellectual property of another as one's own. The use of other people's work must be properly acknowledged and referenced in all written material. The use of material without acknowledgement is an offense.
- **Cheating:** Bear in mind that allowing another to copy one's work is an academic offense just as is copying from someone. Furthermore, submitting the same paper for two courses without arrangement is also an academic offense.
- **Important:** It is each student's responsibility to not only abide by, but also uphold the Honor Code. As such, any instances of dishonesty should be brought to my attention immediately.

5. Statement on Disability Accommodations: Students with documented disabilities who may need academic accommodations should discuss these needs with me during **the first two weeks** of class. Last minute accommodations will not be made during the week prior to the test. Students with disabilities who wish to request accommodations should contact the Academic Services Center. According to college policy, documentation must be provided to me before accommodations will be made.

Course Requirements:

1. Cedar Crest On Line Login. You are required to login to eCompanion where your quizzes, assignments, and grades will be posted. You are required to read and check all announcements at least once a week. Please check your cedar crest email for instructions to log in to eCompanion. Basic Instructions:

Website: www.cedarcrestonline.net

Select: Courses then eCompanion

2. On line Web Lecture Notes. There are 12 topics in this class. For every topic, there is a set of web lecture notes. Click on the Topic link located under the Syllabus on the left hand side of the screen. These compliment my in-class lecture, going above and beyond it with some more detail.

- The notes will become available when I finish each topic in class (see calendar).
- The notes contain additional information that you will be on the quiz and test.
- The notes will not be available after each test. If you missed the notes, you must get them from another student.

3. Required Quizzes. Click on the Topic link to take each topical quiz. There are a total of 12 on line quizzes. Each quiz consists of 5 multiple-choice questions based on the in class lecture and the web lecture notes for the upcoming test. There is additional information in the web lecture notes that you will be quizzed and tested on.

Possible Points: Up to 5 points per quiz.

Total: 60 points (12% of your final grade)

Grade: Results will be posted under the **Gradebook** link, which is listed at the top of the screen.

Due Dates: All quizzes are due on the day and time of the upcoming test. Finish them early!

- You must first take the Sample Quiz to make sure your computer is compatible.
- If you do not complete the sample quiz, and your computer crashes I will not accommodate you.
- Once you begin the quiz, you must finish it. Otherwise you will be locked out.
- Each quiz has a 15 minute time limit.
- To prevent a crash
 - Use a Cedar Crest PC computer with a landline connection
 - Close all applications and programs (including music and IM).
 - Do not minimize the quiz or change screens to check the web lecture notes (print them out)
- There are no quiz extensions or re-takes, even if you miss the upcoming test.
- My advice: finish all of the quizzes at least 24 hours before the due date.

4. Tests. There are 4 in class tests. Each test consists of 50 multiple-choice questions based on 3 topics. Questions are from the in class lectures notes, web lecture notes, and in class videos.

Possible Points: Up to 100 points per test

Total: 400 points (80% of your final grade)

Grade: Results will be posted within 24 hours of completing the test under the **Gradebook** link, which is listed at the top of the screen.

- You must be on time for each test. Nobody will be admitted once the first student finishes the test.
- You will have 1 hour to complete each test, including the final exam (test 4).
- You must check your grade within 5 days of the test. You must contact me within 5 days if you notice any discrepancy (i.e., your test score is not posted). I will not accommodate you after the 5 days has passed.
- If you wish to see your test you must contact me within 5 days of completing it. You will be able to view the test during my office hours.

Special Note. The 4th test may need to be rescheduled during final's week due to my medical circumstances. The date, time, and place will be arranged by the Registrar's Office mid semester. Please wait to make arrangements for starting your winter break until this schedule is set, and please plan your departure accordingly. **You must be available for both testing dates.**

5. Class Project. You are welcome to complete two class projects of your choice. You may mix and match if you desire. Click on the Class Project link for additional information.

Option A: Video Essay. From the Class Project link, you will find an On Line Video Link. You may view up to one video from the list for the upcoming test. You may do up to two videos for the entire class.

- **Video Requirements**
 - Choose one video from the list that I posted under the Class Project link for the upcoming test. The videos relate to a topic we are covering for the upcoming test.
 - Videos are free!
 - You must give an email address and create a log in with Annenberg Media. This is an independent website that is not affiliated with CCC.
 - You will need Speakers or head phones to hear the audio.
 - Windows Media Player
 - Javascript enable
- **Paper Requirements.** You must:
 - Create a one-page **Title Page**. It must contain:
 - Title of the specific video you watched (centered)
 - Full name (centered)
 - Cedar Crest College (centered)
 - Find at least **4 MAIN POINTS** to discuss. I want to see that you watched and understood the entire video.
 - Give your **OPINION** of the video. It must contain:
 - Your personal comment about the video.
 - Do you agree or disagree with the information and why?
 - Was the video useful? How can you use this information?
 - Write at least **3- 4 pages** (not including the title page). Use this format:
 - Double spaced
 - 1 " margins on all sides
 - 10 or 12 point font size
 - Times New Roman, Arial, or a similar font
- **Value:** Up to 20 points per video
- **Maximum:** One video for the upcoming test. Two videos for the entire class
- **Total:** Up to 40 points (8 % of your grade)
- **Grade:** Your grade will be posted under the Gradebook link within 24 hours after you submit it.
 - You must check your grade within 5 days of completing your project.
 - You must contact me within 5 days if you notice any discrepancy (i.e., your grade is not posted).
 - I will not accommodate you after the 5 days has passed.
- **Due Dates:**
 - Each video is due on the day and time we take the upcoming test.
 - **Upload your essay through the Video Essay link**
 - Hand it early - at least a few days before the deadline!
 - You may **NOT** make up any missed assignments. Late submissions will not count (no exceptions).

Option B: Article Readings. From the Class Project link, you will find an Article Reading Link. You may read up to 8 articles from the assigned Forty Studies That Changed Psychology book by Roger Hock.

- **Article Requirements.**
 - You must choose articles from the list that I posted under the Project Link. The articles relate to a topic we are covering for the upcoming test
- **Paper Requirements.** You must:
 - Create a one-page **Title Page**. It must contain:
 - Article Readings Project (centered)
 - Full name (centered)
 - Cedar Crest College (centered)
 - I want to see that you read and understood the entire article. For each article submit the following:
 - Title of the Article (Reading number and title from Hock)
 - Original author(s) reference (listed under the Reading Title)
 - Theoretical Proposition (summarize it using 2 – 3 bullets)
 - Method (summarize it using 2 – 3 bullets)

- Results/Discussion (summarize it using 2 – 3 bullets)
 - Criticisms (summarize it using 2 – 3 bullets)
 - Recent Applications (summarize it using 2 – 3 bullets)
- Write at least ½ **page per article**. Use this format:
 - Single spaced
 - 1 " margins on all sides
 - 10 or 12 point font size
 - Times New Roman, Arial, or a similar font
- **Value:** Up to 5 points per article
- **Maximum:** 8 articles for the entire class
- **Total:** Up to 40 points (8 % of your grade)
- **Grade:** Your grade will be posted in the Gradebook link within 24 hours after you submit it.
 - You must check your grade within 5 days of completing your project.
 - You must contact me within 5 days if you notice any discrepancy (i.e., your grade is not posted).
 - I will not accommodate you after the 5 days has passed.
- **Due Dates:**
 - Each article is due on the day and time we take the upcoming test.
 - **Upload your essay through the Article Essay link**
 - Hand it early - at least a few days before the deadline!
 - You may **NOT** make up any missed assignments. Late submissions will not count (no exceptions).

6. Extra Credit: You may choose ONE of the following:

Option A: Participate in an experiment. You may participate in a research study! Cedar Crest College's Institutional Review Board (IRB) has approved all of these studies. Therefore, they do not expose you to any unreasonable risks to your health, general well being, or privacy. Most students find participating in them to be very informative, and often fun and interesting! You must submit proper documentation of your participation. A Research Subject Pool Bulletin Board is located in the basement of Curtis Hall, adjacent to the Psychology Department main office. Check this board periodically for research participation opportunities.

- **Value:** You can earn up to 5 points (not percentage points) for the entire class
- **Requirements:** You will be given a participation slip from the experimenter after you complete the experiment. Simply hand me the slip!
- **Grade:** Your grade will be posted under the Gradebook link within 24 hours after you submit it.
 - You must check your grade within 5 days of completing your project.
 - You must contact me within 5 days if you notice any discrepancy (i.e., your grade is not posted).
 - I will not accommodate you after the 5 days has passed.
- **Due Dates:**
 - All experiments are due on the last day of lecture class.
 - Hand it early - at least a few days before the deadline!
 - Late submissions will not count (no exceptions).

Option B: Participate in a class discussion. For every topic, there will be a topical discussion based on that week's topic. Each topic is open until the day and time of the test.

Requirements:

- You are invited to give a real life example or opinion about each topic. You must demonstrate that you understand the concept. Credit will not be given for common sense or vague examples that do not demonstrate understanding. I want to see that you spent some time "thinking" about the concept.
- All postings must be unique and different from previous postings, in class examples, and the Web Lecture Note examples.
- You may self disclose, but you are not required to post anything personal. If you give examples of other people you must use a fake name. If you are uncomfortable posting an example on a public discussion board, you may send your example to me though private e-mail.
- **VALUE:** One half of a point (0.5) per topic
- **MAXIMUM:** You can earn up to 5 points (not percentage points) for the entire class

- **GRADE:** Your grade will be posted under the Gradebook link within 24 hours after you submit it.
 - You must check your grade within 5 days of completing your project.
 - You must contact me within 5 days if you notice any discrepancy (i.e., your grade is not posted).
 - I will not accommodate you after the 5 days has passed.
- **Due Dates:**
 - Each discussion opens on the day we begin a new topic.
 - Discussions close on the day and time of the test.
 - Submit it early - at least 24 hours before the deadline!
 - Late submissions will not count (no exceptions).

7. Final Grade. The final grade is based on your total points earned. Note: there is no curve or additional extra credit.

Earned Points	Letter Grade
468 - 500	A
448 - 467	A -
433 - 447	B +
413 - 432	B
398 - 412	B-
383 - 397	C +
363 - 382	C
348 - 362	C-
337 - 347	D +
298 - 336	D
0 - 297	F

Day	Date	Topics	Tests
Tuesday	Aug 25	Welcome! Child Development	
Thursday	Aug 27	Child Development	
Tuesday	Sept 1	Child Development	Quiz Open
Thursday	Sept 3	Adult Development	Quiz Open
Tuesday	Sept 8	Scientific Research	
Thursday	Sept 10	Scientific Research	Quiz Open
Tuesday	Sept 15	<i>Child D., Adult D., and Research Assignments due at 1 PM</i>	Test 1
Thursday	Sept 17	Personality	
Tuesday	Sept 22	Personality	Quiz Open
Thursday	Sept 24	Memory	
Tuesday	Sept 29	Memory	Quiz Open
Thursday	Oct 1	Social Psychology * quiz and web lecture notes open early	Quiz Open
Tuesday	Oct 6	Social Psychology	
Thursday	Oct 8	<i>Personality, Memory, and Social Psy Assignments due at 1 PM</i>	Test 2
<i>Tuesday</i>	<i>Oct 13</i>	<i>OFF – Fall break</i>	
Thursday	Oct 15	Abnormal Psychology	
Tuesday	Oct 20	Abnormal Psychology	Quiz Open
Thursday	Oct 22	Psychotherapy	
Tuesday	Oct 27	Psychotherapy	
Thursday	Oct 29	Psychotherapy	Quiz Open
Tuesday	Nov 3	Behavior Therapy	
Thursday	Nov 5	Behavior Therapy	Quiz Open
Tuesday	Nov 10	<i>Abnormal, Psychotherapy & Behavior Assignments due at 1 PM</i>	Test 3
Thursday	Nov 12	Sensation & Perception	
Tuesday	Nov 17	Sensation & Perception	Quiz Open
Thursday	Nov 19	Biological Approach	
Tuesday	Nov 24	Biological Approach	Quiz Open
<i>Thursday</i>	<i>Nov 26</i>	<i>OFF – Thanksgiving Break</i>	
Tuesday	Dec 1	Motivation, Emotion & Health Psychology	
Thursday	Dec 3	Motivation, Emotion & Health Psychology	Quiz Open
Tuesday	Dec 8	<i>S&P, Biological, and Mot/Emo/Hea Assignments due at 1 PM</i>	Test 4
	Finals' week: Dec 11 – Dec 15	NOTE: If I need to cancel a class, test 4 will be given during finals' week (Dec 11 – Dec 15). An announcement will be posted in E-companion with the day, time, and location of the test a few weeks before finals' week. You must be available for both dates.	