

# Middlesex Community College

## Spring 2016

General Psychology I - online - PSY\*F111 - CRN: 1370 - 3 credits

**Text: *Essentials of Understand Psychology*, 10<sup>th</sup> ed., 2013, Feldman, R.**

Online Textbook Companion Web Site: [http://highered.mcgraw-hill.com/sites/0078035252/information\\_center\\_view0/](http://highered.mcgraw-hill.com/sites/0078035252/information_center_view0/)

**Instructor: Dr. Sheila Dupuis, (860) 659-0579**

Email: Blackboard internal mail, labeled as "Mail" in the Course Menu. Use [sdupuis@mxcc.comnet.edu](mailto:sdupuis@mxcc.comnet.edu) only when you are unable to access Blackboard

### **Course overview:**

This course is an introduction to psychology and what psychologists do in their field of work. It will cover the history and theories of psychology, research methods, memory, learning theories, intelligence, and states of consciousness, perceptions and sensations. It will also provide an overview of health psychology, developmental psychology and social psychology. You will be required to log on and be active in the online classroom each week completing the assignments in the syllabus by the stated due date. Participation in an online course is very important as it allows you to learn from each other and show what you have learned from the readings and the assignments.

### **Course objectives:**

1. To acquaint students with what psychologists do and how they do it
2. To acquaint students with terminology, theories and concepts of psychology
3. To aid students in the understanding and application of how social and cultural factors impact psychology
4. To aid students in respectfully accepting and understanding cross cultural and ethnic differences and similarities.
5. To aid students in understanding how culture impacts psychology in terms of research, assessment and treatment.

### **Core competencies:**

The following core academic competencies, as established by Middlesex Community College, are met by taking this course: communication skills; conceptual and critical thinking skills; quantitative reasoning (through the understanding and interpretation of research statistics); technological literacy; information literacy; understanding of diversity; and the recognition of values, ethics, and responsible citizenship.

### **Course Requirements and Evaluation Methods**

<b><u>Exams:</u></b> There will be 2 exams: a mid-term and a final	300 points - 30%
<b><u>Chapter discussions</u></b> (14 @ 20 points each)	280 points - 28%
<b><u>Chapter summaries:</u></b> (7 @ 40 points each)	280 points - 28%
<b><u>Journal Article Review:</u></b>	120 points - 12%
<b><u>SmarterMeasure Test:</u></b>	20 points - 2%
<b>Total:</b>	1000 points = 100%

**Exams:** There will be two exams (a mid-term and a final). Each exam will have 50 multiple choice questions. These exams are open book and you are given 5 hours to complete them, although you should only need 2 hours. Once you begin the exam, you need to complete it within 5 hours. Make sure you click on **Save Answer** under **EVERY** question you answer. Each exam is worth 150 points.

**Class Discussions:** Each week there will be a discussion question (often with multiple questions to address within the question) in the discussion forum. You are required to post your initial response to the question and two (2) additional posts in reply to other student's posts. Your initial response to the class discussion question should be between 300 – 400 words long and is due **midnight, Thursday of the week**. The 2 responses to another student's post should be substantive and approximately 200 – 300 words long. Do more than agree with your classmate; make sure you are adding information to the discussion through your posts. It is **due midnight, Sunday of the week**. Each discussion assignment (which includes your initial response and 2 additional responses) is **worth 20 points** each.

**Chapter Summaries:** These are due every other week (beginning week 3) and should be submitted in the Assignment Dropbox by **midnight of the week they are due**. See below for specific due dates. Each chapter summary is **worth 40 points**.

The purpose of this assignment is to help you better understand basic concepts in psychology. Every other week, you will write a summary for the two chapters assigned during the week. The summary includes what you have learned based on a Learning Outcome, one from each chapter as well as how the learning has related to your personal experience. The Learning Outcomes of a chapter can be found in the beginning of a chapter in the textbook. You will choose one learning outcome in a chapter, answer the questions in well elaborated form and then discuss how the learning relates to your personal experience. The length of the summary is about two pages, **400 -500 words** (Time New Roman, 12, double-spaced). Use APA Style Guide for in-text citation and the list of references. Refer to the Chapter Summary Rubrics file in Week 2 Learning Module in Blackboard for how your summary assignment is evaluated.

### **Journal Article Review**

The purpose of this assignment is to provide students with an opportunity to further explore an area in psychology (e.g., research on brain injuries). You are expected to choose a research article from a psychology journal. You can search for a research article via MyCommNet - Library Databases (Under Psychology or Education). Write an overview of the article with the following aspects: a **summary** of the research findings, **how** the research findings have helped you in chapter reading in this class, and how the article discussions **relate to your personal experiences**. Use correct grammar, punctuation, and full sentences. The Journal Article Review should be written in about three pages, about 600 -700 words (Time New Roman, 12, double-spaced). Use APA Style Guide for *in-text citation and the list of references*. Submit your journal article review on the Assignment dropbox labeled as **Journal Article Review** in Course Menu. This assignment is **worth 120 points** and is due midnight of Sunday, November 30rd.

## SmarterMeasure Assessment

Before you start reading the textbook, you will take the self-assessment test, SmarterMeasure (READI). The test information can be found at <http://mxcc.edu/distance/take-a-smartermeasure-test>. After taking the test, you will analyze your test report and evaluate your readiness in learning online. You will write a summary report, discussing your strengths and weaknesses (yellow or red on the bar chart). Especially, in the weak areas, discuss how you plan to improve your skills and ensure a success in this class. You will post your summary report on the discussion board by **Thursday 1/28/16**. This assignment is worth 20 points.

## Course Outline

<b>Weeks</b>	<b>Reading Assignments</b>	<b>Assignments</b>
Week 1, 1/21 – 1/24 - <b>A short week to help you get started.</b>	Preparation and Orientation	Discussions - Introduction – Due - SmarterMeasure Test – Due 1/28
Week 2, 1/25 – 1/31	Chapter 1 Introduction to Psychology Chapter 2 Neuroscience and Behavior	Discussion - Chapter 1
Week 3, 2/1 – 2/7	Chapter 1 Introduction to Psychology Chapter 2 Neuroscience and Behavior	Discussion - Chapter 2  <b>Summary</b> – Chapters 1 & 2 (submit to assignment drop box)
Week 4, 2/8 – 2/14	Chapter 3 Sensation and Perception Chapter 4 States of Consciousness	Discussion - Chapter 3
Week 5, 2/15 – 2/21	Chapter 3 Sensation and Perception Chapter 4 States of Consciousness	Discussion - Chapter 4  <b>Summary</b> – Chapters 3 & 4 (submit to assignment drop box)
Week 6, 2/22 – 2/28	Chapter 5 Learning Chapter 6 Memory	Discussion – Chapter 5
Week 7, 2/29 – 3/6	Chapter 5 Learning Chapter 6 Memory	Discussion Chapter 6  <b>Summary</b> – Chapters 5 & 6 (submit to assignment drop box)
Week 8, 3/7 -3/13	Chapter 7 Thinking, Language, and Intelligence Chapter 8 Motivation	Discussion - Chapter 7  Start thinking about Journal Article Review assignment.

	and Emotion	Locate an article of your interest from Library Databases - Psychology Section
Week 9, 3/14 – 3/20	Chapter 7 Thinking, Language, and Intelligence Chapter 8 Motivation and Emotion	Discussion - Chapter 8  <a href="#">Summary</a> – Chapters 7 & 8 (submit to assignment drop box)
<b>Spring Break: 3/21 – 3/27</b>  Week 10, 3/28 – 4/3	Chapter 9 Development	Discussion – Chapter 9  Midterm Exam – Chapters 1 – 8 Midterm Exam will be available Wednesday 3/30 and due Sunday, 4/3
Week 11, 4/4 – 4/10	Chapter 10 Personality	Discussion - Chapter 10  <a href="#">Summary</a> – Chapters 9 & 10 (submit to assignment drop box)
Week 12, 4/11 – 4/17	Chapter 11 Health Psychology	Discussion – Chapter 11  Wednesday, 4/13/16 (4:30pm) is the last day to officially withdraw from this course. After this time/date, your grade stays as it is.
Week 13, 4/18 – 4/24	<b>Chapter 14</b> Social Psychology	Discussion – 14  <a href="#">Summary</a> – Chapters 11 & 14 (submit to assignment drop box)
Week 14, 4/25 – 5/1	Chapter 12 Psychological Disorders Chapter 13 Treatment of Psychological Disorders	Discussion - Chapter 12  <b>Journal Article Review Due</b> – Assignment drop box
Week 15, 5/2 – 5/8	Chapter 12 Psychological Disorders Chapter 13 Treatment of Psychological Disorders	Discussion - Chapter 13  <a href="#">Summary</a> – Chapters 12 & 13 (submit to assignment drop box)
Week 16, 5/9 – 5/5/15	Final Exam. Final Grade will be available in Student Self-Service via	Review Chapters 9 – 14 and prepare for the Final Exam. Final Exam (Chapters 9 -14)

	MyCommNet.	Final Exam will be available Monday 5/9 and due on Sunday, 5/16
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**Learning Outcomes:** Upon completion of each chapter the students' performance will be satisfactory when they are able to:

**Chapter One: Introduction to Psychology**

Understand the past, present and the future of psychology  
Understand how research is conducted in psychology  
Understand ethics in research  
Understand subfields of psychology

**Chapter Two: Neuroscience and Behavior**

Understand the basic elements of behavior  
Understand the nervous system and the endocrine system  
Understand the functions of the brain

**Chapter Three: Sensation and Perception**

Understand how we sense and perceive the world around us  
Understand the five senses  
Understand perceptual organization in constructing our view of the world

**Chapter Four: States of Consciousness**

Understand the stages of sleep including REM  
Understand the importance of dreams  
Understand hypnosis and meditation  
Understand the impact of drug use: the highs and lows of consciousness

**Chapter Five: Learning**

Understand how we learn  
Describe different types of learning processes classical conditioning and operant conditioning  
Understand learning across all cultural and racial groups

**Chapter Six: Memory**

Understand the foundations of memory  
Understand how we recall long-term memories  
Gain an understanding of forgetting: when memory fails

**Chapter Seven: Thinking, Language, and Intelligence**

Understand field of cognitive psychology  
Understand how we reason and make decisions; problem solving  
Understand language and how we acquire it  
Understand the origins and history of psychological testing  
Understand definition of intelligence  
Understand how psychologists develop tests  
Understand how biological and environmental factors contribute to intelligence  
Understand how certain racial groups are evaluated and why a bias exists

**Chapter Eight: Motivation and Emotion**

Define motivation and emotion  
Understand how motivation and emotion affect behavior

**Chapter Nine: Development**

Understand nature, nurture and prenatal development

Understand physical development throughout the life span  
Understand cognitive development throughout the life span  
Understand social and emotional development throughout the life span  
Understand what environmental factors are important for social development  
Explain what impact personality and cultural development (such as race, ethnicity and social class) has on human development

**Chapter Ten: Personality**

Define personality  
Understand the psychodynamic approach to personality  
Understand the humanistic approach to personality  
Understand the cognitive approach to personality  
Understand how psychologists assess personality

**Chapter Eleven: Health Psychology: Stress, Coping and Well-Being**

Define stress  
Understand methods to cope with stress  
Define subfield of health psychology  
Understand how race, culture, social class and ethnic group affects stress and physical health  
Understand the psychological aspects of illness and well-being  
Gain an understanding of how to promote health and wellness

**Chapter Twelve: Psychological Disorders**

Define abnormal psychology  
Gain an understanding of the major psychological disorders  
Identify which gender, race, culture and ethnic group(s) are more prone to suffer from psychological disorders

**Chapter Thirteen: Treatment of Psychology Disorders**

Gain an understanding of the different types of psychotherapy: psychodynamic, behavioral  
Cognitive  
Gain an understanding of biomedical therapy biological approaches to treatment  
Identify why social class, race and ethnicity influences how and if one is to receive treatment

**Chapter Fourteen: Social Psychology**

Understand subfield of social psychology  
Understand how people influence one another  
Understand the elements and consequences of prejudice and discrimination  
Identify the positive and negative aspects of social behavior

**Withdrawal Policy**

**“You may withdraw from this class any time before the end of the 11th week\* of the semester. *For this semester, the last day to withdraw is April 15, 2013.* A completed and signed withdrawal form must be on file in the Records Office by the deadline in order to receive a “W” on your transcript. If you fail to complete this process on time, you will receive a letter grade at the end of the semester, which will include zeroes for any work not submitted. Course withdrawals may affect financial aid and veteran’s benefits. Please make this decision carefully and with the help of your advisor. See the Academic Calendar and the College Catalog for specific dates and procedures regarding the withdrawal process.”**

**ADA Accommodations Statement:**

“Students with physical or learning disabilities who may require accommodations are encouraged to contact the Counseling Office. After disclosing the nature of the disability, students are urged to discuss their needs with individual instructors. This should be done at the beginning of each semester. Instructors, in conjunction with appropriate college officials, will provide assistance and/or accommodations only to those students who have completed this process.”

**Academic Honesty Statement:**

“At Middlesex Community-Technical College we expect the highest standards of academic honesty. Academic dishonesty is prohibited in accordance with the Board of Trustees’ Proscribed Conduct Policy in Section 5.2.1 of the Board of Trustees’ Policy Manual. This policy prohibits cheating on examinations, unauthorized collaboration on assignments, unauthorized access to examinations or course materials, plagiarism, and other proscribed activities. Plagiarism is defined as the use of another’s idea(s) or phrase(s) and representing that/those ideas as your own, either intentionally or unintentionally.” (Board of Trustees’ Policy 5.2.1)”

**Accommodation Statement:**

“If your religious obligations conflict with the course calendar requirements, and if you wish to request an accommodation, you must make your request in writing prior to the date of the assessment or activity you will miss and preferably at the beginning of the semester. When requesting a make-up quiz, test, exam, assignment, or activity, state the reason for your request and the date(s) on which your religious obligation(s) will conflict with the course calendar requirements. Also, if your religious obligation/holiday is unfamiliar to your instructor, you may be asked to provide a calendar which shows the published date(s) of your religious observance(s) or holiday(s).”