



Psychology 1010: Principles of Psychology

The University of Toledo

College of Language, Literature, and Social Sciences

PSY 1010:002

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Class Day/Time	: TR 12:30 – 01:45	Supplemental Instructor (SI)	: Hunter Markus
Credit Hours	: 3		

CATALOG/COURSE DESCRIPTION

A survey of the branches of psychology and the scientific approach to the study of behavior.

STUDENT LEARNING OUTCOMES

This course is part of our institutional **General Education Program** and supports the general education outcomes of:

1. Scientific & Quantitative Reasoning and Literacy
2. Communication.

This course is part of the **Ohio Transfer Module**. It introduces students to the methods of inquiry for understanding behavior and an analysis of the scientific approach to psychological questions.

The following Learning Outcomes are required as part of the **Ohio Transfer Assurance Guidelines** and includes the following required learning outcomes.

1. Describe psychological theories, principles and concepts relevant to the following topics: history and methods, physiology (biology of behavior, consciousness, perception), cognition (learning, thought, language), social, organizational, developmental, personality and psychopathology and its treatment.
2. Articulate knowledge of classic as well as contemporary research in each of the major subfields of psychology.
3. Apply basic psychological principles to human history, current events, and daily human experience.
4. Recognize diversity and individual differences and similarities in a variety of contexts.
5. Assess and critically analyze theories, research methods and findings (outcomes), and applications developed by psychologists and made available through textbooks, newspapers, professional and lay periodicals, and the internet.



American Psychological Association Undergraduate Learning Goals:

Demonstrate knowledge and understanding representing appropriate breadth and depth in selected content areas of psychology:

1. **theory** and research representing each of the following four general domains:
 - a. learning and cognition
 - b. individual differences, psychometrics, personality, and social processes, including those related to sociocultural and international dimensions
 - c. biological bases of behavior and mental processes, including physiology, sensation, perception, comparative, motivation, and emotion
 - d. developmental changes in behavior and mental processes across the life span
2. the **history** of psychology, including the evolution of methods of psychology, its theoretical conflicts, and its sociocultural contexts
3. **relevant levels of analysis**: cellular, individual, group/systems, and culture
4. **themes, persistent questions, & enduring conflicts in psychology**
 - a. the interaction of heredity and environment
 - b. variability and continuity of behavior and mental processes within and across species
 - c. free will versus determinism
 - d. subjective versus objective observations
 - e. the interaction of mind and body

Students will be able to enumerate evidence underlying beliefs about behavior—

1. Recognize major **perspectives** of psychology (e.g., behavioral, biological, cognitive, evolutionary, humanistic, psychodynamic, and sociocultural).
 - a. Compare and contrast major perspectives
 - b. Describe advantages and limitations of major theoretical perspectives
2. Recognize different **research methods** used by psychologists.
 - a. Describe how various research designs address different types of questions and hypotheses
 - b. Articulate strengths and limitations of various research designs
 - c. Distinguish the nature of designs that permit causal inferences from those that do not

Students will demonstrate an influence of psychological principles on their behavior, specifically study strategies

1. Demonstrate self-regulation in **setting and achieving goals**
Regular and spaced study sessions in the form of recall practice quizzes
2. **Assess your own performance accurately**
Use feedback from quizzes and study plan to realistically assess own knowledge

Students will write short essays with concise clear statements that directly address an issue

Demonstrate **professional writing conventions** (e.g., grammar, audience awareness, formality) appropriate to purpose and context. This should be apparent in all of your written work and in all communications with the instructor including email.



PHILOSOPHY OF TEACHING (TEACHING METHODOLOGY)

This is a face-to-face class and an active learning course that will require students to be fully engaged.

The class will consist of lectures, videos, class activities, and discussion. Students are expected to have read the textbook chapter before class. This will allow you the ability to focus on the lecture material better, as well as to ask questions pertaining to lecture and the text. I strongly encourage class participation. Not only does this help me confirm that you understand the material, it can also help your classmates by giving other examples or explaining a concept in another way. To encourage active learning that will help students to engage better with the topics and the lectures, there will be various class activities in every class meeting. In addition, you will have to complete simple tasks at the beginning and the end of each lecture. If you have questions about the material that you would like discussed during class, but do not feel comfortable asking the question in class, email me before class and mention that you would like me to go over the topic again.

As for any 3-hour course, you should expect to spend about 9-12 hours per week working on this course. Those hours are spent in three ways:

1. Reading the textbook and attending lectures
2. Going through any supplementary material in the textbook that appeals to you or that seems like it will help with difficult concepts in the reading. View any assigned materials. Take some notes to help you remember vocabulary and important facts.
3. Developing proficiency with the Orion study materials for each chapter. The more questions you answer correctly, quickly, and with confidence, the higher your Orion proficiency score. Aim for at least 81% proficiency for maximum points and good preparation for exams if you want to get the highest grade of which you are capable. This is not easy. You can continue to work on your proficiency until you submit the assignment. Don't submit until you are satisfied with the score.
4. Working on your essay assignments and improve the quality of your essays.

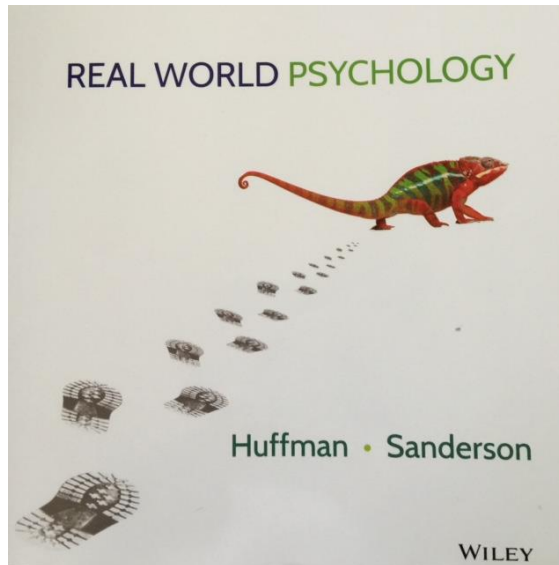
Undergraduate Teaching Assistants: In order to help you with the material, the class has three undergraduate teaching assistants. All TAs have taken the course and will have some good ideas to help you study. The TAs will hold review sessions inside and outside class hours and will meet with you by appointment as well as help the instructor. Working with the TAs has been a big help to previous students in this class.

Supplemental Instruction: In addition to the TAs, this class also has a Supplemental Instructor. Supplemental Instructors are UT students who hold several study sessions each week where they review the material discussed during lecture. This gives students another chance to go over the material, particularly if they find it challenging. Attendance is not required, although strongly encouraged and may be used for extra credit purposes.

PREREQUISITES AND COREQUISITES

None.

REQUIRED TEXTS AND ANCILLARY MATERIALS



Huffman and Sanderson, **Real World Psychology**, Wiley, 2014. ISBN 9781119214090 includes eBook, audiobook, and online materials; ISBN 9781118865583 includes all of these plus a hardcopy looseleaf textbook.

These are available from the Student Bookstore, 3059 Bancroft St., Toledo OH 43606, (419) 536-9154 for about \$115 - \$135, and from the UT Bookstore on campus for about \$130 - \$150. You can also purchase the package online directly from the publisher for about \$90 - \$100; to use this option, go to the Wiley-Textbook link within Blackboard. Instructions for registering and purchasing are on the Start Here page in Blackboard.

TECHNOLOGY REQUIREMENTS

This course uses Blackboard for exams and it uses the Wiley Plus website for online text, supplementary materials, and Orion study aids. Register with Wiley as soon as the class begins even if you cannot purchase the textbook immediately because you will have two weeks of free access so you don't get behind waiting for financial aid. You will need a fast internet connection and access to a computer. Most of the materials are also compatible with iPads and smartphones.

UNIVERSITY POLICIES

The University is an equal opportunity educational institution. Please read [The University's Policy Statement on Nondiscrimination on the Basis of Disability Americans with Disability Act Compliance](#).

Academic Accommodations

The University of Toledo is committed to providing equal access to education for all students. If you have a documented disability or you believe you have a disability and would like information regarding academic accommodations/adjustments in this course please contact the [Student Disability Services Office](#).



ACADEMIC POLICIES

Attendance: *Please arrive to class on time and do not leave (or start packing your things) early.* This is disrupting to your fellow classmates as well as the instructor. Class attendance is not required, however, as exam content is mostly drawn from lecture material, students are strongly encouraged to attend lecture. We take attendance and coming to class well prepared gives you a chance to earn occasional extra credit points. You will need to read the entire textbook, study each chapter, and practice with Orion (in Wiley Plus) to gain proficiency. You can expect to spend about 9-12 hours per week in order to do well in this class (or any other). I do not post audio of my lectures on the course website and I do not consent to being photographed or recorded during lectures unless you have explicit permission from the University and me to do so. This includes recording of lectures on your phone, laptop, smartpen, etc. If you miss class, ask classmates for their notes, and check Blackboard for additional materials on the topic. If you still have trouble with the topic, please see me or the class TAs for help.

Academic Dishonesty: *Cheating will not be tolerated!* The first instance of cheating will result in a zero (0) for the assignment or exam and a note in your college file. A second instance will result in an F grade for the course and a note in your college file. A low grade that results from cheating will not be deleted if you retake the course for a higher grade. Cheating includes (but is not limited to) use of nonpermitted resources for exams or assignments such as friends, internet, books, etc., or using a cell phone during an exam for any reason. Plagiarism (use of another person's words without citing a reference to assign credit to them) is not tolerated either; always use your own words in all assignments. See the university's policy on academic honesty posted in the course website in Blackboard.

Late Policy:

- ***Late exams are accepted, however, each will be penalized 20% per day late*** (this includes weekends!). If you need to take an exam late due to an excused absence as documented by the "University of Toledo Missed Class Policy", then written documentation is required, and extra time for completion will be determined by the instructor (please see the link on Blackboard if you are unfamiliar with UT's missed class policy). You will not be penalized if you have an excuse absence, however, failure to notify the instructor about the absence in a reasonable time will result in the above penalty.
- ***Late Orion assignments are not accepted***, unless you have an excused absence that covers the entire time the assignment has been available.
- ***Late Essay assignments are accepted, but will be penalized 20% per day late*** (including weekend) and will be considered as the final submission, without given any second chance for correction to improve scores.

Given that most of this course will be completed using the computer, with the exception of in-person class time, students should expect that technological issues may occur at any time. Students are encouraged to complete their online assignments early in case a technological issue does occur. Late online assignments due to technological issues, be it computer, internet, printer, etc., will not be accepted. If you are faced with a technological issue, UT has multiple computer labs on campus available for your use. The only exception to this policy will be if there is a large technological glitch which ends up



covering a large geographic area. If this is the case, then this class will be the least of our worries and an extension will be given to everyone.

Phones: I really hope this goes without saying, but please do not talk on your phone or text during class. Your phone should be on silent, not vibrate. You may be asked to leave the class if caught using phone or texting during class. If you are waiting to hear back from an urgent phone call/text please sit near the door so you can excuse yourself when your phone rings.

Respect: Please be respectful to your fellow students, the instructor, and the TAs. Disrespectful students may be asked to leave the classroom.

Extra Credit: I understand that sometimes life happens so I will give several extra credit opportunities throughout the term. These will be announced throughout the semester. ***In order to be eligible for extra credit, you must complete the course pretest by the deadline.***

COURSE EXPECTATIONS

This course is designed to help you gain an appreciation of the scientific basis of the entire discipline of Psychology. You will learn about what psychologists study, how they study it, what they know (or don't know), and the difficulties in understanding behavior. During the academic year, expect to spend about 9-12 hours per week reading the textbook, going through the online materials (paying special attention to those that are specifically assigned), gaining proficiency in Orion, and studying on your own if you want to get the highest grade of which you are capable.

OVERVIEW OF COURSE GRADE ASSIGNMENT

- **Participation in Psychology Experiments (REQUIRED):** You are required to participate in research in the psychology department. You must earn **four experiment credits** in order to receive a grade in the course, three of which can be completed online if you choose. If enough experiments are available, you may be allowed to earn extra credit by participating in more than four credits. If you are unable or unwilling to participate in experiments, you may write a review of a research paper instead. The details of how to choose a journal article to review and how to write the review is provided in Blackboard. ***If you choose to write review papers, the instructor must approve the article you choose before you turn it in (send the article that you would like to review 2 days before the due date at the very least).*** You must fulfill this requirement one way or the other. If you do not fulfill this requirement you will receive an incomplete for this class regardless of the grade you earned (which will be turned into an "F" if you fail to complete this requirement the following semester). REMEMBER, the last day of the semester (Friday, April 28, 2017) will be the last day you can participate in any experiments and also the due date for submitting review papers.
- **Course Pretest:** The Psychology Department wants to know how much you learn in this course, so you will need to complete a course pretest on Blackboard. Your answers on this pretest ***will not affect your grade, however, you must complete the pretest by the deadline in order to be***

eligible for any extra credit offered throughout the course. Please be sure to answer the separate question about whether you have ever had another course in psychology, either in high school or in college.

- **Class exams:** There will be five unit exams and a comprehensive final. Each exam consists of 50 questions and worth 100 points. This part of the assignment constitutes around 64% of your total grade. **You can take it in the computer lab on campus (UH 5000F, located in the 5th floor of the University Hall)** with a test proctor. Each exam will be offered over a 4 day period. You may take your exam at any time the lab is open (lab availability will be posted on Blackboard). Keep in mind that many instructors use this lab for their exams, so the lab does get busy. Plan ahead and do not wait until the last day. You will need to bring a photo ID with you to the lab, and will need to know my name (either first or last) so the lab proctor can check you in faster. Do not arrive at the lab less than an hour before it closes for the day. Do not try to cheat. The lab proctors will tell me if they see you cheat. You may not use the book, notes, your phone (put it away!), etc. on the exams. If caught with any of these items (or others) during you exam, you will receive a zero.
Tentative exam dates:
 - Exam 1 (Chs. 1 to 3) : W 2/1 to T 2/7
 - Exam 2 (Chs. 4 to 6) : W 2/22 to T 2/28
 - Exam 3 (Chs. 7 to 9) : W 3/22 to T 3/28
 - Exam 4 (Chs. 10 to 12) : M 4/10 to R 4/13
 - Exam 5 (Chs. 13 and 14) : M 4/24 to R 4/27
 - Cumulative Final Exam : M 5/1 to R 5/4
- **Online ORION assignments:** You will need to take Orion proficiency assignment for each chapter discussed in the class (chapter 1 through 14). **All of the assignments in Wiley Plus can be accessed by clicking on the Wiley-Textbook link on the left side of the screen in Blackboard.** Each of the assignment asks you 20 diagnostic questions, then asks further questions that get harder as you get better at answering and get easier if you miss a question. The harder questions that you answer, quickly, and with confidence the higher proficiency score you can earn. Including the 20 diagnostic questions, **the minimum number of questions that you have to do is 50. If you do less than 50 questions, you will not receive any points.** Proficiency of 81 or higher earns full 10 points for that chapter. You can continue to work on improving proficiency as much as you can until the due date. **These cannot be turned in late and missing assignments earn 0 points.** Orion constitutes about 15% of your grade.
- **Writing assignments:** Writing clearly is important and everyone needs practice. You will have two writing assignments in the form of essays. Essays are submitted through Blackboard, but you will also need to bring a printed copy to the class on the day it is due; topics and due dates will be assigned in Blackboard. **The essays should be up to 2 pages double-spaced. Essays can earn up to 100 points when the ideas are clear and presented in an orderly sequence, with no spelling or grammatical errors.** Make sure that every word is appropriate to convey the meaning you intend and make sure there are no extra words or sentences used as filler. Read and take notes to help develop your ideas then write only from your notes. Instructions for submitting will be provided in Blackboard. We will grade essays very strictly. Essays constitute about 21% of your



grade. **Warning! All essays will be checked for plagiarism. Never, ever copy and paste from any source into your essay. If you are caught of plagiarism, you will receive zero on your essay and will not be given chance for resubmission. Express your own ideas in your own words and take responsibility for your own grade.**

Midterm Grading

Midterm grades will be based on the first two exams and all assignments associated with the first six chapters. Detailed information about your performance in this course is available to you continuously in the course website on Blackboard but the midterm summary serves as a reminder of your progress and must be reported to the registrar and to the financial aid office. A midterm grade of D or F, especially if associated with non-attendance, may place financial aid in jeopardy.

Final Grading (Averages are rounded to the second decimal, example: 92.494% rounds to 92.49%, 92.495% rounds to 92.50%. To avoid disappointment by being very close to a category border, do your best from the very beginning of the course and accumulate a few extra credit points whenever you can.)

Grading Scale

A = 92.5 - 100%	C = 72.5 - 77.49%
A- = 90 - 92.49%	C- = 70 - 72.49%
B+ = 87.5 - 89.99%	D+ = 67.5 - 69.99%
B = 82.5 - 87.49%	D = 62.5 - 67.49%
B- = 80 - 82.49%	D- = 60 - 62.49%
C+ = 77.5 - 79.99%	F = 59.9% and below

W - if you withdraw from the course after the end of the drop period.

IN - Incomplete grades are *only assigned in extraordinary circumstances* beyond the student's control and only if the student has completed at least 3 exams with a passing grade. Under no circumstances will a student be allowed to retake an entire course in order to complete this course.

Not Attending - Failure to do assignments and take exams will be reported to the registrar and such non-attendance may affect your financial aid.

COMMUNICATION GUIDELINES

I am happy to help you if you are struggling with the course material, or have other questions. If this is the case, please either send me an email or stop by my office during office hours. If you cannot make it during my office hours, please send me an email and we will figure out another time to meet. Please use the email address listed above instead of contacting me through Blackboard. Finally, grades will not be discussed over email. If you feel that a mistake was made with your grade, please email me to set up an appointment so we can discuss this in person. Please remember to consider emails as formal communications between you and your instructors, so use complete sentences with proper grammar and spelling when sending me emails. If I cannot understand your email, I won't be able to answer your question.

STUDENT SUPPORT SERVICES

The University of Toledo offers academic and personal support services to help you succeed:



University Libraries are your gateway to information that connects you with the resources you need for education, research, and patient care.

Tutoring services for all UT students is available through the Learning Enhancement Center in Carlson Library, including writing.

The Writing Center provides free, face-to-face and online tutoring for writers in all disciplines. The staff can help you with a variety of writing assignments.

The Counseling Center can help you with transitioning to college and maintaining a healthy lifestyle. If you or a friend ever feel overwhelmed adjusting to college or in need of crisis intervention or mental health services, please contact the Counseling Center.

A Success Coach has been assigned to all new students to help navigate the college experience by serving as a single point of contact. Your Success Coach can help you build skills, refer you to support services, and aid in your overall success so be sure to stay connected to him or her throughout your academic journey. If you need assistance connecting with you success coach, send an email to successcoach@utoledo.edu.

COURSE SCHEDULE

Week	Date	Chapter	Topic	Assessment
1	1/10		Course Overview	
	1/12	1	Introduction to Psychology and its Research Methods	
2	1/17		Introduction to Psychology and its Research Methods	Orion 1 – 1/17
	1/19		Guest Lecture	<i>Pretest Due 1/19 11:59 PM</i>
3	1/24	2	Neuroscience and Biological Foundations	
	1/26		Neuroscience and Biological Foundations	Orion 2 – 1/26
4	1/31	3	Stress and Health Psychology	Orion 3 – 1/31
	2/2		<i>Unit 1 Review</i>	<i>Exam 1 – 2/1 to 2/7</i>
5	2/7	4	Sensation and Perception	
	2/9		Sensation and Perception	Orion 4 – 2/9
6	2/14	5	States of Consciousness	Orion 5 – 2/14
	2/16	6	Learning	
7	2/21		Learning	<i>Essay 1 – 2/22</i> Orion 6 – 2/21
	2/23		<i>Unit 2 Review</i>	<i>Exam 2 – 2/22 to 2/28</i>
	2/28	7	Memory	
8	3/2	8	Memory; Thinking, Language, and Intelligence	Orion 7 – 3/2
	3/7		SPRING BREAK	
9	3/9			
	3/14		Thinking, Language, and Intelligence	Orion 8 – 3/14
10	3/16	9	Life Span Development	
	3/21		Life Span Development	Orion 9 – 3/21

	3/23		<i>Unit 3 Review</i>	<i>Exam 3 – 3/22 to 3/28</i>
12	3/28	10	Motivation and Emotion	
	3/30	11	Motivation and Emotion; Personality	Orion 10 – 3/30
13	4/4		Personality	Orion 11 – 4/4
	4/6	12	Psychological Disorders	<i>Essay 2 – 4/5</i> Orion 12 – 4/6
14	4/11		<i>Unit 4 Review</i>	<i>Exam 4 – 4/10 to 4/13</i>
	4/13	13	Therapy	Orion 13 – 4/13
15	4/18	14	Social Psychology	
	4/20		Social Psychology	Orion 14 – 4/20
16	4/25		<i>Unit 5 Review</i>	<i>Exam 5 – 4/24 to 4/27</i>
	4/27		<i>All Units Review</i>	Research Reports Due – 4/28 through email
17			Finals week	Final exam (5/1 to 5/4)