



Principles of Psychology

The University of Toledo
Psychology Department, College of Arts and Letters
PSY 1010 003 & 901

Instructor:	Peter Mezo, Ph.D.	TA:	Jason Liou
Email:	peter.mezo@utoledo.edu	Email:	jason.liou@rockets.utoledo.edu
Office Hours:	Tuesday & Thursday 12:00-2:30 Send me an email and I'll be available for phone or video call.	Offered:	Fall 2020
		Course Website:	Blackboard Learn
		Class Day/Time:	Tuesday & Thursday 2:30-3:50
		Credit Hours:	3

SPECIAL COURSE EXPECTATIONS DURING COVID-19

It's important to note that based on the unpredictability of the COVID-19 virus things can change at any time so please be patient and understanding as we move through the semester. I also ask that you keep me informed of concerns you may have about class, completing course work/assignments and/or health concerns related to COVID.

CATALOG/COURSE DESCRIPTION

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

COURSE OVERVIEW

This is a General Education Social Science Core course. This course will provide an overview of psychology, psychological research basics, biological bases of behavior, perception, learning, cognition, emotion, motivation, development, psychological disorders, and an introduction to social psychology. The Learning Objectives below are based on the UT Core and American Psychological Association Undergraduate Learning Goals and Outcomes.

STUDENT LEARNING OUTCOMES

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

a. theory and research representing each of the following four general domains:

1. learning and cognition
2. individual differences, psychometrics, personality, and social processes, including those related to sociocultural and international dimensions
3. biological bases of behavior and mental processes, including physiology, sensation, perception, comparative, motivation, and emotion
4. developmental changes in behavior and mental processes across the life span

b. the history of psychology, including the evolution of methods of psychology, its theoretical conflicts, and its sociocultural contexts

c. relevant levels of analysis: cellular, individual, group/systems, and culture

d. overarching themes, persistent questions, or enduring conflicts in psychology, such as

1. the interaction of heredity and environment
2. variability and continuity of behavior and mental processes within and across species
3. free will versus determinism
4. subjective versus objective observations
5. the interaction of mind and body

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



a. Recognize major perspectives of psychology (e.g., behavioral, biological, cognitive, evolutionary, humanistic, psychodynamic, and sociocultural).

1. Compare and contrast major perspectives
2. Describe advantages and limitations of major theoretical perspectives

b. Recognize different research methods used by psychologists.

1. Describe how various research designs address different types of questions and hypotheses
2. Articulate strengths and limitations of various research designs
3. 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.

a. Demonstrate self-regulation in setting and achieving goals

Regular and spaced study sessions in the form of recall practice quizzes

b. Self-assess performance accurately

Use feedback from quizzes to realistically assess own knowledge

Students will answer short essay questions with concise clear statements that directly address the question

a. Demonstrate professional writing conventions (e.g., grammar, audience awareness, formality) appropriate to purpose and context

PREREQUISITES AND COREQUISITES

None

REQUIRED TEXTBOOK

Sanderson & Huffman (2019). Real World Psychology, 3rd edition, Wiley. ISBN: 9781119577737

TECHNOLOGY REQUIREMENTS

Our Blackboard course website (<https://blackboard.utdl.edu>). You will complete chapter quizzes, discussions, and exams via the blackboard website. Course materials and student grades will be posted to this site as well.

If you encounter technical difficulties with Blackboard, please contact the [UT Online Help Desk](mailto:utdl@utoledo.edu) at (419) 530-8835 or utdl@utoledo.edu. The Help Desk offers extended hours in the evenings and on weekends to assist students with technical problems. When calling after hours, leave a detailed message, including your Rocket Number and phone number, and an Online Learning staff member will respond on the next business day.

Technical questions related to on-campus Internet access, virtual labs, hardware, software, personal website hosting, and UTAD account management can be directed to UT's [IT Help Desk](mailto:ithelpdesk@utoledo.edu) at (419) 530-2400 or ithelpdesk@utoledo.edu.

Always have a backup internet access identified in case of emergencies. Loss of internet will not be an acceptable excuse for missed deadlines unless the outage is widespread.

Using LockDown Browser and Respondus Monitor for Online Exams:

This course requires the use of LockDown Browser and Respondus Monitor for online exams.

Please download and install LockDown Browser (which will include Respondus Monitor) by following these instructions:

1. Within Blackboard, click on the Student Support link in the top banner.
2. Scroll down to the Software section on the right side of the page, and click on the Download Center link.
3. Click on the Respondus Lockdown Browser link.



To take an online test, start LockDown Browser and navigate to the exam in the Exam Room in Blackboard. (You won't be able to access the exam with a standard web browser.)

Finally, when taking an online exam, follow these guidelines:

- Ensure you're in a location where you won't be interrupted
- Turn off all mobile devices, phones, etc.
- Clear your desk of all external materials — books, papers, other computers, or devices
- Remain at your desk or workstation for the duration of the test

LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted. Respondus Monitor will record your test session using your webcam.

OVERVIEW OF COURSE ASSIGNMENTS

A variety of assignments will be used in an effort to provide a comprehensive estimate of whether the learning outcomes have been achieved. Please note in our discussion of the syllabus during our first meeting how the course goals, learning objectives, and grading and assignments are logically interconnected. Your knowledge of the material covered in the book and lectures will be assessed with exams, quizzes, and discussions.

Exams

There will be four exams throughout the semester. The unit exams will be composed of 50 multiple-choice questions and each question will be worth 2 points (you can earn up to 100 points). You will have one hour to complete each exam. You will *not* be permitted to use your notes or book, so you will need to prepare as you would for an in-class exam. You must take the exam on one of the three days that are designated for the exam. You will have from 12:00 am on day 1 until 11:59 pm on day 3 to complete the exam (see course calendar for exam dates). You can only take the exam once, not on each day. **Because you have three days to take each exam, NO MAKEUP EXAMS WILL BE GIVEN.**

The exams will take place in the **Exam Room in Blackboard**. PLEASE REMEMBER TO SUBMIT YOUR EXAM FOR GRADING WHEN YOU ARE FINISHED WITH YOUR EXAM. THIS ENSURES THAT YOUR GRADE IS ENTERED INTO MY GRADE BOOK. YOU SHOULD BE ABLE TO VIEW YOUR GRADE AFTER THE EXAM PERIOD IS OVER.

Chapter Quizzes

Chapter quizzes will be used to help you to judge your understanding of the psychological principles and information from the textbook and lecture. These quizzes are found on the Blackboard course site, and use LockDown Browser and Respondus Monitor. You will *not* be permitted to use your notes or book, so you will need to prepare as you would for an in-class quiz. You will have 20 minutes to complete each quiz. Chapter quizzes will be composed of 10 multiple-choice questions and each question will be worth 1 point (worth a maximum of 10 points each). There will be sixteen quizzes throughout the semester. You may take each of the quizzes twice. Your highest score of the two attempts will count toward your final grade. You must take the quiz on one of the three days that are designated for the quiz. You will have from 12:00 am on day 1 until 11:59 pm on day 3 to complete the exam (see course calendar for exam dates). Late quizzes will not be accepted.

Discussion Board

To stimulate engagement with the course material, I will post 4 discussion topics to be discussed within your Discussion Group, to which you will be randomly assigned. You are responsible for engaging in the discussion through the Group Discussions in Blackboard. Think of your initial post as a “mini-essay”. Make sure to complete this early on so you can respond to other posts for the rest of the period. Your responses to the topics will be



graded. Responses can be posted any time up to the due date, late responses will not be accepted. Each discussion is worth up to 125 points (for a maximum of 500 points).

To ensure your success when communicating online, take time to familiarize yourself with the "dos" and "don'ts" of [Internet etiquette](#).

Your discussion group contributions will be graded according to the following rubric:

Knowledge & Application

Points: 2 (20%)

Post(s) and responses show little evidence of knowledge and understanding of course content and applicability to professional practice.

Points: 3.4 (34%)

Post(s) and responses show evidence of knowledge and understanding of course content and applicability to professional practice.

Points: 4 (40%)

Post(s) and responses show evidence of knowledge and understanding of course content and applicability to professional practice, and include other resources that extend the learning of the community.

Learning & Community

Points: 1.5 (15%)

Posts and responses do not attempt to elicit responses and reflections from other learners and/or responses do not build upon the ideas of other learners to take the discussion deeper.

Points: 2.55 (25.5%)

Posts and responses attempt to elicit responses and reflections from other learners and responses build upon the ideas of other learners to take the discussion deeper.

Points: 3 (30%)

Posts and responses elicit responses and reflections from other learners and responses build upon and integrate multiple views from other learners to take the discussion deeper.

Quantity & Timeliness

Points: 1 (10%)

Does not submit at least one initial post early in the session and/or does not submit at least two peer responses closer to the end of the session.

Points: 1.7 (17%)



Submits at least one initial post early in the session and two peer responses closer to the end of the session.

Points: 2 (20%)

Submits one initial post early in the session and more than two peer responses closer to the end of the session.

Spelling & Mechanics

Points: .5 (5%)

Does not submit posts and responses that are in complete sentences. Or two or more of the complete sentences are grammatically incorrect and have greater than 2 spelling errors.

Points: .85 (8.5%)

Submits posts and responses that have one or more grammatically incorrect sentences and two spelling errors.

Points: 1 (10%)

Submits posts and responses that contain grammatically correct sentences without any spelling errors.

GRADING

Midterm Grading

Midterm grades will be provided with coursework completed up to that point. The same letter grade scale will be used as with Final Grading. The purpose of Midterm Grading is to help you get a sense of how you are doing in the course and to adjust as necessary.

Final Grading

Assignment	Total Assigned	Points per Assignment	Total Points Possible
Exams	4	100	400
Quizzes	15	10	150
Discussion	4	125	500
Total			1050

Letter Grades:

A	> 93%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	< 60%

Psychology Research Exposure



To introduce students to the research methodology of psychology, all students in Principles of Psychology (PSY 1010) at the University of Toledo must accumulate 5 units of research credit during the semester.

Students failing to do so will automatically be given a grade of Incomplete (I) for the course. These 5 units of research credit may be obtained in any combination of two different ways: (1) participating in psychology experiments and/or (2) writing research reports. Students may be able to earn additional points (i.e., extra credit) by participating in additional research experiments or writing additional reports. The decision to offer any extra is under the discretion of the course instructor.

Participation in Psychology Experiments: Students earn research credit based on the duration of each research session. For example: A session that lasts 30 minutes or less is worth one-half (0.5) credit. A session that lasts between 31 and 60 minutes is worth one (1.0) credit. A session that lasts between 61 and 90 minutes is worth one (1.5) credit. And so on...

To sign up for an experiment, you will need to login to the psychology department's research sign-up system on the internet (<http://utoledo.sona-systems.com/>). To access your account, simply type in your Rocket ID number into both the "Password" and "UserID" spaces on the front page. If this does not work for you (e.g., if you've added the course after the semester began), you may need to request a new account on the bottom left hand of the front page.

If it is necessary for you to miss an appointment because of illness or some other emergency, you must cancel your appointment at least **2 hours before** the experiment. All cancellations must be done via the department's research web page. If you miss a scheduled appointment without canceling or contacting the experimenter, your absence will be designated an "unexcused no show". If you fail to show up (i.e., you are designated an "unexcused no show") for 3 experiments, you will lose your privilege to sign up for additional experiments and be prompted to contact the system administrator. If an experimenter fails to show up for a session but you do not, you will still receive credit for participating. If this happens, you must wait at least 10 minutes and then contact the Research Coordinator at: psychresearch@utoledo.edu.

Writing Research Reports: Each report (worth 1 unit of research credit) will be based on a scientific research article in a psychology journal.

You are to summarize and critically evaluate the article by:

- ✓ Identifying the purpose of the study (why did the authors conduct this study)
- ✓ Stating the hypotheses in the study
- ✓ What type of sample was used?
- ✓ Summarizing in sufficient detail the method used (procedure, materials, and participants)
- ✓ Reporting the results from the study and the general conclusions
- ✓ What is your reaction to this research?



There are specific articles that all students must use when writing reports. To view the article options and to submit your reports, go to the following URL web link:

https://utpsych.az1.qualtrics.com/jfe/form/SV_aYmmYtMMQIX0mdD

This link will be used to submit ALL reports. That is, if you are submitting multiple reports, you will use this same link to review/summarize different articles. Please make sure to complete all questions in the survey form to receive credit. If you have questions, email the Research Coordinator at: psychresearch@utoledo.edu.

ACADEMIC POLICIES

<http://www.utoledo.edu/policies/academic/undergraduate/>

UNIVERSITY POLICIES

Policy Statement on Non-Discrimination on the Basis of Disability (ADA)*

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](#).

Students can find this policy along with other university policies listed by audience on the [University Policy webpage](#) (<http://www.utoledo.edu/policies/audience.html/#students>).

Academic Accommodations

The University of Toledo embraces the inclusion of students with disabilities. We are committed to ensuring equal opportunity and seamless access for full participation in all courses. For students who have an accommodations memo from Student Disability Services, I invite you to correspond with me as soon as possible so that we can communicate confidentially about implementing accommodations in this course. For students who have not established affiliation with Student Disability Services and are experiencing disability access barriers or are interested in a referral to healthcare resources for a potential disability or would like information regarding eligibility for academic accommodations, please contact the [Student Disability Services Office](#) (<http://www.utoledo.edu/offices/student-disability-services/>) by calling 419.530.4981 or sending an email to StudentDisability@utoledo.edu.

ACADEMIC AND SUPPORT SERVICES

Please follow this link to view a comprehensive list of [Student Academic and Support Services](#) (<http://www.utoledo.edu/studentaffairs/departments.html>) available to you as a student

SAFETY AND HEALTH SERVICES FOR UT STUDENTS

Please use the following link to view a comprehensive list [Campus Health and Safety Services](#) available to you as a student

COURSE SCHEDULE

Week	Dates	Reading	Topic	Assignments	Due
1	8/18 8/20	CH1	Introduction The Science of Psychology		

2	8/25 8/27	CH2	Neuroscience and Biological Foundations		
3	9/1 9/3	CH3	Stress, Coping, and Health Psychology	Quiz 1 Quiz 2	9/3 11:59pm
4	9/8 9/10	CH4	Sensation and Perception	Quiz 3 Discussion 1	9/10 11:59pm
5	9/15 9/17	CH5	States of Consciousness	Exam 1 CH1-4	9/17 11:59pm
6	9/22 9/24	CH6	Learning	Quiz 4 Quiz 5	9/24 11:59pm
7	9/29 10/1	CH7	Memory	Quiz 6	10/1 11:59pm
8	10/6 10/8	CH8	Thinking, Language, and Intelligence	Quiz 7 Discussion 2	10/8 11:59pm
9	10/13 10/15	CH9	Life Span Development	Exam 2 CH5-8	10/15 11:59pm
10	10/20 10/22	CH10	Sex, Gender, and Sexuality	Quiz 8 Quiz 9	10/22 11:59pm
11	10/27 10/29	CH11	Motivation and Emotion	Quiz 10 Discussion 3	10/29 11:59pm
12	11/3 11/5	CH12	Personality	Quiz 11	11/5 11:59pm
13	11/10 11/12	CH15	Social Psychology	Exam 3 CH9-12	11/12 11:59pm
14	11/17 11/19	CH13 CH14	Psychological Disorders Therapy	Quiz 12 Quiz 15 Discussion 4	11/19 11:59pm
15	11/24	CH13 CH14	Psychological Disorders Therapy	Quiz 13 Quiz 14	11/24 11:59
Final	11/30 – 2/2		Final Exam Week	Exam 4 CH13-15	12/2 11:59pm