Principles of Psychology

The University of Toledo
College of Language, Literature, and Social Sciences
PSY1010-901
3 credit hours

Instructor:	Jason Levine, Ph.D	**Term:**	Summer 2015 - SSII
TA:	None	**Class Location/Times:**	Online
Office Hours:	Tuesdays, 10:30-12 and by	**Lab Location/Times:**	Online
appointment		**Course Website:**	Blackboard Learn
Office Location:	UH5280C	**Instructor's Website:**	
Office Phone:	419-530-2761	http://toledohealthpsychologylab wordpress com/	
Email:	Jason Levine2@utoledo edu		

COURSE/CATALOG 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 and there are no prerequisites 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.

REQUIRED TEXTS AND MATERIALS

1. **Authors:** Sdorow/Rickabaugh/Betz
   Title: PSYCHOLOGY, Seventh Edition
   ISBN: 978-0-9890496-5-8
   Publisher: Academic Media Solutions

2. **UToledo Blackboard**
   https //blackboard utdl edu/

RECOMMENDED TEXTS AND MATERIALS

   None

WHERE DO I GET THE eBOOK?

TO THE STUDENT: HOW TO ORDER THE TEXTBOOK DIRECTLY FROM ACADEMIC MEDIA SOLUTIONS TO GET THE BEST VALUE - Go to www.textbookmedia.com. Register. It will take about 60 seconds. You will be taken to My Account. You will see "You currently have no books to view." To find Sdorow/Rickabaugh/Betz, PSYCHOLOGY, 7e, click on Booklist. Locate the book and click on Pricing Details. You will have four options for the format (e-book, pdf, and print: paperback or loose-leaf). Read the descriptions and make your choice. Click on Add to Cart, then Checkout Then you'll see a page for Review Order. Once processed, eBook orders will be in My Account . Print orders may take up to seven business days, but you'll have the online book immediately available in My Account.

COURSE OBJECTIVES

Based on the *UT Core and American Psychological Association Undergraduate Learning Goals and Outcomes*

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 context

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 perspective

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
    a) Regular and spaced study sessions in the form of recall practice quizzes
2. Assess your own performance accurately
    a) Use feedback from quizzes and study plan to realistically assess own knowledge

TEACHING STRATEGIES
This fully online course is designed to stimulate student learning through the web-based delivery of readings, video, and audio, as well as collaborative activities involving asynchronous discussion   No on-campus meetings will be required, although you might have to come to campus to fulfill the department's research exposure requirement, detailed near the bottom of this syllabus

This course is based on U-Pace, a proven online instructional method combining technology Blackboard with personalized help and support received via email In PSY1010-901 follow the model schedule (completing quizzes every week) until you get the grade you desire When students follow the model schedule, they are done with the course before the final week, earning their A before the end of the semester. This allows them to concentrate on doing well in their other courses.

You are in control When you schedule time to work on the course <u>each week</u> is up to you You determine when you are ready to take the two quizzes for each chapter You can go as fast as you want and complete 2 quizzes per chapter to finish the course early, depending on when materials are posted Some students have completed this course in less than 6 weeks for a condensed summer term, but this is rare

The structure of this course allows you to spend greater time on difficult topics and helps you manage multiple responsibilities, including doing well in other courses. This course structure has been proven to increase student learning, and students have also reported reduced feelings of stress and increased feelings of support for their learning

It is important that you check your <u>utoledo email</u> at least twice per week during this course to benefit from the personalized help with concepts and constructive support provided.

WORKWEEK
In this fully online course, weeks run from Mondays through Sundays: specifically, they begin at 12:01 AM Monday morning and end at 11:59 PM on Sunday night The materials for any week will be posted by Monday morning of that week, if not earlier, under the appropriate folder. Begin each week on Monday by checking the schedule and then viewing the content for the week under Weekly Content You have the flexibility and freedom to determine the pace by which you complete the weekly materials and quizzes Keep in mind that quiz grades will be computed on Friday, August 7th at 5:00pm. You will not receive credit for quizzes completed after this date

PREREQUISITES
None

HOW DOES THIS COURSE WORK?
- This course combines web-based instruction on the Blackboard site with as much one-on-one help and support as you need every step of the way. You control the pace of your learning, with flexibility to work at the times best for you each week

- In this course you will be responsible for learning the material in 14 modules, each equivalent to about a one or two chapters in the textbook You will be taking 26 quizzes, two for each module. Each quiz is 6 minutes long and consists of 10 multiple-choice questions

- You can retake quizzes an unlimited number of times without penalty. The quiz retakes will have different questions When you achieve at least 9 out of 10 correct on a quiz, you may progress to the next quiz. *Whether you earn 9 out of 10 correct or 10 out of 10 correct does not matter for your grade* Your grade will reflect the number of quizzes you completed with at least 9 out of 10 correct The goal is complete all 26 quizzes by the end of the semester.

- This course also requires you to complete a multiple-choice "Pre-test" before the course modules are made available to you

- A comprehensive final exam is scheduled on Wednesday, August 5th – Friday, August 7thth, but may be available earlier than these dates The exam must be completed before 11:59pm Friday, August 7th There will be no exceptions made, so it is recommended that you take the final exam on early to leave enough time for unexpected life events The final exam is administered through Blackboard

- Students are also required to complete 4 hours of research credit   Students who fail to fulfill this requirement will automatically be given a grade of Incomplete (I) for the course   Please refer to the "modified for summer" Psychology Research Exposure section near the end of this syllabus for more information.

WHAT IF I DON'T HAVE A COMPUTER WITH INTERNET ACCESS OR SOMETHING HAPPENS TO MY COMPUTER DURING THE COURSE?

Use the computer labs on campus and computers in local libraries in your community. Dedicate hours to this course in an academic planner and follow your schedule

If you encounter technical difficulties with Blackboard, please contact the UT Online Help Desk** 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 at (419) 530-2400 or ithelpdesk@utoledo edu

CAN I USE MY BOOK OR NOTES DURING A QUIZ, OR HAVE SOMEONE HELP ME WITH A QUIZ?

No The quizzes must be completed without books or notes, and without the help of anyone Using your book or notes, getting someone else to take the quiz for you, or getting someone to help you during the quiz, are clear cases of academic dishonesty

HOW SOON CAN I RETAKE A QUIZ IF I EARN LOWER THAN 9 OUT OF 10 CORRECT?
THE ONE-HOUR WAIT RULE FOR RETAKES

- ***You must wait at least one hour before retaking a quiz.*** Do not violate the one-hour wait rule for retakes! If you do not wait *a full 60 minutes* from the time you submitted a quiz before retaking the same quiz, your score will not be counted

- Taking the same quiz multiple times within an hour constitutes ***cheating*** If you cheat, you may be given a permanent 0 for that quiz and may be asked to remove yourself from the course More severe consequences for ***academic dishonesty*** may also be pursued.

- Computer problems (i.e , computer froze, etc.) are not valid excuses for violating the one-hour wait rule If your quiz freezes, you must log back in to continue and then click "Submit Quiz" before beginning your one hour wait   More detailed instructions on what to do if your quiz freezes can be found at the end of this syllabus.

- The one-hour wait is for retaking the *same* quiz If you completed a quiz with at least 9 out of 10 correct, you may immediately move on to the NEXT quiz without waiting

WHAT IF I NEED SPECIAL ACCOMODATIONS? CAN I HAVE EXTRA TIME ON QUIZZES?

- Quiz times have been extended for many students with a recognized disability We want you to have what you need so you can be successful, so please don't hesitate or wait to tell us I am happy to provide whatever special accommodations the Office of Student Disability Services recommends that will allow you to fully participate and perform well in this course
- If you have a recognized disability under the ADA, please provide me with documentation as soon as possible from the Office of Student Disability Services at the University
- Students with disabilities may do better in this course than in a conventionally taught course, because they can go at their own pace

HOW ARE STUDENTS GRADED?

Quizzes (90% of your grade)

Your grade in this course is based on the number of quizzes you complete with at least 9 out of 10 correct (Earning 10 out of 10 correct does not increase your grade).

Quizzes Completed	Quiz Points
26	90
25	82 8
24	80 1
23	78 3
22	73 8
21	71 1
20	69 3
19	64 8
18	62 1
17	60 3
16	55 8
Fewer than 16	0

Final Exam (10% of your grade)

A comprehensive multiple-choice final exam will be available on Blackboard Monday, May 4th – Wednesday, May 6th.

How to Calculate Final Grade: _(Quiz Points) + (Final Exam percentage x 0.1) = grade percentage_

Grading Scale*

A = 92.5 - 100%
A- = 90 - 92 49%
B+ = 87.5 - 89.99%
B = 82 5 - 87 49%

B- = 80 - 82.49%
C+ = 77 5 - 79 99%
C = 72.5 - 77.49%
C- = 70 - 72.49%
D+ = 67.5 - 69 99%
D = 62 5 - 67 49%
D- = 60 - 62 49%
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 10 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.

Incompletes will **not** be given for failure to successfully complete quizzes by the course deadline.

HOW CAN I EARN EXTRA CREDIT?

Students are able to earn an additional two (2) overall percentage points by participating in additional research studies or writing additional reports   One hour of additional research participation (or 1 full written report) will be equivalent to one percentage point added to your final grade   The due date for extra credit is, **Wednesday, August 5th, 2015, 5:00pm.**

HOW SHOULD I STUDY IN THIS COURSE?

- In this course, it is recommended that you set aside a minimum of 9 hours each week to study the material The time you would have spent in class is freed up to study. You decide when to study and take your quizzes each week
- Study Guides, Lecture Guides, and Media Activities are available to help supplement your learning experience, but are not required or graded.
- Each module prepares you for two quizzes, and you must complete both quizzes (score at least 9 out of 10 correct) before you can move on.
- Many students have to retake the quizzes a number of times before they achieve 9 out of 10 correct. Do not get discouraged! We are here to support you and help you understand all the material It is our goal for every student to earn an "A" in this course and this is completely possible! If at any point you become confused or unsure about any aspect of the course, from material being covered to how to open course material, contact us right away! We will do whatever possible to help you to ensure your success
- Do not get behind! Yes, this is a self-paced course, but it is recommended that you follow the model schedule and complete 4-6 quizzes each week (or go faster) Stay on track Do not assume that you will be able to catch up if you fall too far behind in the beginning of the course. Some students underestimate how much time it takes to get 9 out of 10 correct Don't let this happen to you Start off with a bang! Do as much as you can now, in case something happens later in the semester in another course or your life outside of school
- Blackboard is typically slower during the end of the semester due to the large quantities of users during this time. Do not wait until the last week to try and take many quizzes, because you may have difficulties accessing the site quickly

TECHNICAL SKILLS

To succeed in this course, it will be important for learners to possess the following technical skills:

1. Rename, delete, organize, and save files
2. Create, edit, and format word processing and presentation documents.
3. Copy, paste, and use a URL or web address
4. Download and install programs and plug-ins
5. Send and receive email with attachments
6. Locate and access information using a web search engine
7. Use chat or IM software for real-time communication
8. Use a learning management system.

TECHNOLOGY REQUIREMENTS

Browser Check Page

Students need to have access to a properly functioning computer throughout the semester The Browser Check Page will enable you to perform a systems check on your browser, and to ensure that your browser settings are compatible with Blackboard, the course management system that hosts this course

Software

Student computers need to be capable of running the latest versions of plug-ins, recent software and have the necessary tools to be kept free of viruses and spyware. The computer needs to run the following software, available in the Online Learning Download Center

- Word Processing Software
- Adobe Acrobat Reader
- Apple QuickTime Player
- Java Plugin Console
- Adobe Flash Player
- Adobe Shockwave Player
- Mozilla Firefox Browser - Recommended

Internet Service

High-speed Internet access is recommended as dial-up may be slow and limited in downloading information and completing online tests This course does contain streaming audio and video content

Use of Public Computers

If using a public library or other public access computer, please check to ensure that you will have access for the length of time required to complete tasks and tests A list and schedule for on-campus computer labs is available on the Open Lab for Students webpage.

UT Virtual Labs

Traditionally, on-campus labs have offered students the use of computer hardware and software they might not otherwise have access to   With UT's Virtual Lab, students can now access virtual machines loaded with all of the software they need to be successful using nothing more than a broadband Internet connection and a web browser

The virtual lab is open 24/7 and 365 days a year at VLAB The University of Toledo's Virtual Labs.

COURSE POLICIES

Policy Statement on Academic Dishonesty

Academic dishonesty will not be tolerated Please read The University's Policy Statement on Academic Dishonesty.

Copyright Notice
The materials in the course website are only for the use of students enrolled in this course for purposes associated with this course, and may not be retained or further disseminated.

GRADING POLICIES
To be awarded a letter grade for this course, students must complete all of the following: course pretest, required quizzes, final exam, and the research exposure requirement

Students are expected to complete and submit all quizzes and by Friday, August 7th, 5:00pm   Late assignments and make-up tests will not be permitted unless arrangements are discussed and approved well before the required due date. Ask questions as soon as possible by email or by phone if you do not understand an assignment   The department's research exposure requirement must be met by Wednesday, August 5th, 2015, 5:00pm

AMERICANS WITH DISABILITIES ACT
The Americans with Disabilities Act (ADA) requires that reasonable accommodations be provided for students with physical, sensory, cognitive, systemic, learning, and psychiatric disabilities. In accordance with the ADA and university policy, if you have a documented disability and require accommodations to obtain equal access in this course; please contact the instructor at the beginning of the semester to discuss any necessary accommodations Please contact Student Disability Services for verification of eligibility at 419-530-4981 (voice) or 419-530-2612 (TDD)

COMMUNICATION GUIDELINES
Email:
Students are expected to check their UT email account at least two (2) times/week for important course information. This class is being taught for you, so if you are having trouble understanding any aspect of it, please let me know   I am here to help, and will do my best to respond to email within 24 to 48 hours. Emails or phone messages received after Friday's at 4:00pm will be answered the following Monday

Netiquette:
It is important to be courteous and civil when communicating with others Students taking online courses are subject to the communication regulations outlined in the Student Handbook. To ensure your success when communicating online, take time to familiarize yourself with the "dos" and "don'ts" of Internet etiquette.

TECHNICAL SUPPORT
If you encounter technical difficulties with Blackboard, please contact the UT Online Help Desk 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 at (419) 530-2400 or ithelpdesk@utoledo edu.

LEARNER SUPPORT
The University of Toledo offers a wide range of academic and student support services that can help you succeed:

eTutoring Services
The Ohio eTutoring Collaborative, in partnership with The University of Toledo, now provides online tutoring support for all UT students. eTutoring Services are offered in a wide array of subjects, including Writing, Math, Calculus, Statistics, Accounting, Biology, Chemistry, and Anatomy and Physiology.

eLibrary Services Portal
The eLibrary is a customized gateway to UT Libraries for online students. It was designed to help you locate the best online library resources without leaving Blackboard.

Student Disability Services
Student Disability Services provides accommodations and support services to students with disabilities

Counseling Center
The Counseling Center is the university's primary facility for personal counseling, psychotherapy, and psychological outreach and consultation services. The Counseling Center staff provide counseling (individual and group), mental health and wellness programming, and crisis intervention services to help students cope with the demands of college and to facilitate the development of life adjustment strategies

Services for Online Students
Knowing what to do, when to do it, and who to contact can often be overwhelming for students on campus - even more so for distance learners Visit the Resources for Current Students webpage to learn more about the wide range of services for online students.

Model Schedule

Week 1: Monday, June29th – Sunday, July 5th
Introduction to the Class
Readings· Course Syllabus & Psychology Research Exposure insert at end of Syllabus document
Take Quiz Introduction
Take Course Pre-Test

MODULES

Psychology as a Science
Readings: Chapter 2
Take Quiz 1 and Quiz 2

Biological Psychology
Readings: Chapter 3
Take Quiz 3 and Quiz 4

Week 2. Monday, July 6th – Sunday, July 12th

Sensation and Perception
Readings: Chapter 5
Take Quiz 5 and Quiz 6

Consciousness
Readings: Chapter 6
Take Quiz 7 and Quiz 8

Learning
Readings: Chapter 7
Take Quiz 9 and Quiz 10

Week 3: Monday, July 13th – Sunday, July 19th

Memory and Thinking, Reasoning, Language
Readings· Chapters 8 & 9
Take Quiz 11 and Quiz 12

Intelligence, IQ testing and Human Development
Readings: Chapters 10 & 4
Take Quiz 13 and Quiz 14

Week 4: Monday, July 20th – Sunday, July 26th
Emotion and Motivation
Readings: Chapter 12 & 11
Take Quiz 15 and Quiz 16

Psychology and Health
Readings. Chapter 16
Take Quiz 17 and Quiz 18

Social Psychology
Readings: Chapter 17
Take Quiz 19 and Quiz 20

Week 5· Monday, July 27th – Sunday, August 2nd
Personality
Readings: Chapter 13
Take Quiz 21 and Quiz 22

Psychological Disorders
Readings: Chapter 14
Take Quiz 23 and 24

Therapy/Treatments
Readings: Chapter 15
Take Quiz 25 and Quiz 26

Week 6: Monday, August 3rd – Friday, August 7th

*Research Exposure Requirement due: Wednesday, August 5th, 2015, 5:00pm

*Friday, August 7th, 5:00pm
Quiz grades will be computed on this date. Completion of quizzes past this date will not count toward your overall grade

*Final Exam· Wednesday, August 5th – Friday, August 7th at 11:59pm
Comprehensive final exam

You are done! Congratulations on all your hard work

*This syllabus and the content within are tentative and can change or be modified by the instructor at his or her discretion If changes are made, the instructor will notify the course through Blackboard Announcements or through email.

"Modified for Summer" Psychology Research Exposure

(All research participation and written summaries are due Wednesday, August 5th 2015, 5 00pm)

To introduce students to the research methodology of psychology, all students in Principles of Psychology (PSY 1010 -921) must accumulate 4 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 4 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

*Due to the nature of summer term at the University of Toledo, do not expect an overabundance of research experiment opportunities These can be "hit or miss" and so a reasonable expectation to fulfill this requirement will include the completion of written assignments

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

A list of research experiments will be posted on Blackboard the first week of class, and updated accordingly Experiments will have their own *specific instructions to participate, so to sign up for an experiment, you will need to pay close attention to the experiments description and* instructions

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 email to the experiment's contact person 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 may lose your privilege to sign up for additional experiments 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 experiments contact person

Writing Research Reports: Each report (worth 1 unit of research credit) will be based on a scientific article in a psychology journal that is pre-approved by the instructor Journal titles are listed at the bottom of this section Each paper should be no more than 2-3 pages in length, double-spaced 12-point font, and will be judged on the basis of clarity, spelling, grammar, and content

You are to summarize and critically evaluate the article by

1 Identifying the purpose of the study (why did the authors conduct this study)
2 Stating the hypotheses in the study
3 Summarizing in sufficient detail the method used (procedure, materials, and participants)
4 Reporting the results from the study and the general conclusions

Empirical articles must be obtained on or off campus through PsycINFO
To locate PsycINFO, go to

http //www utoledo edu/library/carlson/
- on the left-hand column click on "research databases"
- choose "psychology", then scroll down and select "psychINFO"
- enter your credentials (if off campus)
- click "advanced search"
- select field "publication name" and enter the title of the journal you want to search in
- select field "title" and enter keywords that you are interested in (e g , depression, anxiety, smoking, anger, etc)
- click "search " After a list of publications come up, in the left-hand column Limit to select " Linked Full Text"
- this should compile a list of articles that you can open or download

Empirical articles may be on any psychological topic you choose, but they must be an original scientific study (not a review article) You are encouraged to select a few journal articles before and submit them to your instructor for approval just in case one (or more) is not approved

Approved Journals
Health Psychology
Journal of Consulting and Clinical Psychology
Psychological Science
Journal of Anxiety Disorders
Journal of Behavioral Medicine
Psychosomatic Medicine