

Welcome!

Welcome to Introduction to Psychology! Psychology is a fascinating science that has connections to the Biological Sciences, Sociology, Economics, Philosophy, Linguistics, Education, Political Science, Labor Studies, Organizational Leadership, and more. It has relatives in Cognitive Science and Neuroscience, and is making connections with such disparate majors as Mathematics, Computer Science, and Robotics.

On its own, Introduction to Psychology allows us to take a peek into what makes us so interesting - from anatomy to behavior and beyond.

During the course of this semester, we'll be learning a broad overview of the science of Psychology, in many of its various forms. You will likely learn interesting facts that will have nothing to do with your current life plan, but it is even more likely that something in this class will be helpful for you in the future. I will be making connections throughout the semester, but I encourage you to make - and share with the class - your own connections.

Enjoy!

Learning Goals

1. Develop scientific and critical reasoning skills.
2. Understand the major subfields and a representative sample of the major theories in psychology.
3. Understand some of the links between mind and brain, and how those links are discovered.
4. Improve class participation skills by asking questions and contributing to discussions.

SAS Core Goals

This course has been certified as satisfying the Social Analysis (SCL) Learning Outcome Goal of the SAS Core Curriculum.

Specifically, students will be able to:

- a) Explain and be able to assess the relationship among assumptions, method, evidence, arguments, and theory in social and historical analysis (subgoal i);
and
- b) Apply concepts about human and social behavior to particular questions or situations (subgoal n).



Required Material

Class: Monday/Wednesday 4:30-5:50 pm CAC Academic Building 2125

Text: Kalat, James W. (2017) *Introduction to Psychology* ISBN: 9781305630543 (looseleaf) or 9781305271555 (hardback)

Instructor Information

Instructor: Cordelia Aitkin, PhD

Office Hours: Mondays 1-2 pm in Busch Psychology 146 or by appointment.

Contact: cdaitkin@psych.rutgers.edu

Research Requirement

Psychology is a science. As such, General Psychology students have an experimental requirement for the students in the course. This gives you the opportunity to participate in current research!

As this is a departmental requirement, I will link the department's description of it: it's at [this web site](#). As a basic summary, all Intro students must do 7 "units" of participating in current experiments, which works out to be 3-1/2 hours of your time across the semester. However, if you do not want to be a participant in research, you can write two papers instead.

If you choose to do the paper requirement, the first paper is due by Wednesday, October 17. The second paper is due Wednesday, December 5. You must do both papers if you choose this alternative. In addition, as per department rules, if you are not using one of the recommended sources, you must clear the article with me first. This must be done at least ten days before the paper is due (that is, before Monday, October 8 for the first paper, and before Monday, November 26 for the second).

It's important to note that department regulations state not fulfilling this requirement will result in a deduction of one-half of the standard deviation of the class's distribution of points! This can be up to a full letter grade. Therefore, do not leave this requirement until the last minute!!

Office of Disability Services

If you have a documented disability, please contact the Office of Disabilities Services ([ODS](#)) as soon as possible.

ODS is a fantastic resource! It will coordinate with you what you need for your disability in order to do well in the class, and the professor will never know why you have those requirements.

However, it's important to remember that professors cannot provide accommodations (for example, note-taking, additional time on exams, etc.) without documentation from ODS. I am happy to provide them for you once you have the documentation to me!

Assessments

Grades will be calculated from the points earned on the assessments, as delineated below.

<i>Assessment</i>	<i>Points</i>
Participation	80
Quizzes	150 (10 * 15 points)
The 6-hour D	40
First Exam	80

Second Exam	100
Third Exam	100
Final Exam	200
Research Requirement	
Total Points	750

Final grades. Remember, average work earns a C, only exceptional work earns an A!

A: 675 points or more. B+: 653-674 points. B: 600-652 points. C+: 578-599 points. C: 525-577 points. D: 450-524 points. F: fewer than 450 points

The Six-hour D

The assignment must be uploaded to the assignments tab by September 26 at 11 pm New Jersey time. Be sure to submit before the due time as the tab will close. No assignments and no extra credit will be accepted by email.

If I cannot open your assignment, you will receive a 0.

The Six Hour D (40 points)

1. Read "The Six Hour D" by Russ Dewey <http://www.psywww.com/intropsych/ch00-chapter-zero/six-hour-d.html>
2. In one typed paragraph explain how one gets a "six hour D."
3. In one typed paragraph explain how one can avoid a "six hour D."
4. In one to two typed paragraphs discuss what about your study techniques are least effective, what is most effective?
5. In one to two typed paragraphs discuss the changes, if any, you plan to make to your study technique

Important Notes

1. No late work is ever accepted.
2. If you miss class, even for a valid reason, you are still responsible for the material. To find out what you missed, get notes from a trusted classmate. If you have questions after studying your new notes, you can come see me with questions.
3. Pace your reading. Do not leave it all for the last minute.
4. For those of you who are fresh out of high school, remember that college expects much more independent learning. Not all the material will be covered in class.
5. Pay attention to what you are reading. Take notes. Highlighters are a waste of time: in fact, they give you a false belief of understanding and knowing. Throw them away.
6. Ask questions in lecture if you are confused. The overwhelming likelihood is you are not the only one, regardless of how confident your classmates appear!
7. Ask questions about the reading material if you are confused. The overwhelming likelihood is you are not

the only one, regardless of how confident your classmates appear!

8. You earn your grade in college. Professors do not give you one.

9. If you are not performing as well as you would like, it is your responsibility to meet with me. Grades can change dramatically up until mid-semester. There is a smaller chance that grades will change after the second exam. Do not put off meeting in the hope you can fix your grade yourself, or that I will change your grade at the end of the semester. I am here to help you learn.

Participation Details

The participation points are to help you! It is important to pay attention in class, so you know when the professor moves into covering material you aren't yet fully comfortable with. The participation activities are to help you focus on the lecture material, and help you suss out where you still need to do more work, or need help. This material is new to you and your classmates, and you are rarely the only one who has that question. If you cannot ask questions in a large space, make sure you write down the question. You can try to answer it yourself when you review your notes and reading for that class period, but if you still have trouble, submit it as a question to the class forum or send the professor an email.

Activities during classes that will be handed in through Sakai, or written on paper and handed in in class. You will be graded on completeness and accuracy. The total number of activities that will go into this portion of your grade will be less than 75% of the activities offered; this way you don't have to worry about missing an activity if you have a university-approved absence.

For the Sakai activities, make sure you hand in the activities on time; I will not be able to reopen the activity once it closes.

Please note that sending activity questions to people not in attendance counts as "unauthorized assistance" as listed in the Academic Integrity policy. This will be treated as a violation of AI for both you and the student with whom you are communicating.

Electronics Policy

There is NO cell phone use (no texting; messaging; browsing) during class.

No laptop use in class EXCEPT for note-taking. In recent years the frequent use of laptops for activities unrelated to class has become a problem. Students are often unaware of how distracting to the instructor and to other members of the class these activities are (see the first reading assignment). Since attention to the class is a requirement, the policy of no irrelevant laptop use will be enforced by removal from class.

Recording

No electronic recording of the lecture is allowed. This includes photos, videos, audio recording, cell-phone-based, and any other type of electronic recording.

Attendance

Please note that I do not take attendance, and there are no excused absences. However, material covered in class - movies, lectures, discussions, questions asked by your classmates - are all legitimate sources of test material. That is: if you miss class, you are still responsible for the material! Make sure to introduce yourself to your classmates the first few days so that you have someone you can get notes from if you are unable to make it to class.

Help Outside of Class

General Psychology can be a challenging course, and it is important for you to remember that my job is to help you learn! If you are having trouble understanding the material, ask questions in class - you'll be doing your classmates a favor! However, if you are still struggling, I strongly encourage you to come see me.

I have office hours from 1 to 2 pm on Mondays in Busch Psychology room 146 - these are times set aside specifically for you to stop by without an appointment.

If you have class during my office hours, we can also make an appointment. In order to make an appointment, email me with five specific times that you can be on Busch campus to meet.

Schedule of Topics

Note: This schedule is subject to change

	<i>Date</i>	<i>Topic</i>	<i>Reading Assignment (To do before class)</i>
Module 1	9/5	What is this class?	SanaWestonCepeda_2013 (on Sakai) Podcast: "Part-Time Genius" from July 13; episode title "What's the Science of Changing Someone's Mind?"
	9/10	What is Psychology	Chapter 1
	9/12	Scientific Thinking	Chapter 2, pp. 27-33
	9/17	Psychological Research	Chapter 2, pp. 34-50
	9/19	Personality Theories and Traits	Chapter 14, pp. 449-470
	9/24	Personality Assessment	Chapter 14, pp. 471-479
	9/26	Abnormal Psychology	Chapter 15 <i>"The 6-hour D" due</i>
	10/1	Abnormal & Review	
October 3	Exam 1	Module 1	
Module 2	10/8	Neurons & Drugs	Chapter 3, pp. 55-72 <i>Note: first paper topic due if choosing this option</i>
	10/10	Brains & Genetics	Chapter 3, pp. 73-97
	10/15	Sensation & Perception: Senses	Chapter 4, pp. 99-124
	10/17	Sensation & Perception:	Chapter 4, pp. 125-139

		Interpretation	<i>Note: first paper due if choosing this option</i>
	10/22	Consciousness	Chapter 10
	10/24	Consciousness (con't) and Review	
10/29		Exam 2	Module 2
Module 3	10/31	Classical & Operant Conditioning	Chapter 6, pp. 181-203
	11/5	Variations of Learning; Types of Memory	Chapter 6, pp. 204-211 Chapter 7, pp. 213-224
	11/7	Using Memory	Chapter 7, pp. 226-246
	11/12	Attention; Categories	Chapter 8, pp. 251-273
	11/13	Language	Chapter 8, pp. 274-285
11/19		Exam 3	Module 3
November 21: NO CLASS - CHANGE IN DESIGNATION			
Module 4	11/26	Development	Chapter 5 <i>Note: second paper topic due if chose this option</i>
	11/28	Social Behavior and Social Perception	Chapter 13, pp. 411-428
	12/3	Persuasion and Interpersonal Behavior	Chapter 13, pp. 429-448
	12/5	Motivated Behaviors	Chapter 11 <i>Note: Second Paper due if chose this option</i>
	12/10	Emotions, Stress, and Health	Chapter 12, pp. 379-401
	12/12	Stress	Chapter 12, pp. 402-409

Final Exam

Our final is scheduled for **Thursday, December 20, from 4 pm to 7 pm**. Please note that [final exam schedules are set by the University](#). (will open in a new window) and cannot be changed.

If you have a conflict as defined [here](#) (item 4) and you plan on rescheduling this class's final exam, please see Dr. Aitkin as soon as possible.

Make-up Policies

Make-up exams will be given if the exam is missed for a legitimate reason (e.g. illness). Make-up exams will consist of short-answer questions.

There will be **no** make-ups or extensions for homework, participation, extra credit, or experimental credits.

Extra Credit

1) Article summaries. (50 points)

- A. Find two articles from the popular press (Psychology Today, Scientific American Mind, New York Times, Time magazine, etc.) about a single topic we have covered in class
- B. Summarize the articles (about 100 words each) and be sure to include how each article relates to the course topic.
- C. Compare and contrast how the articles present the topic. (about 100 words)
- D. Compare and contrast how the articles and the textbook present the topic (about 100 words)
- E. Include in-text references and a reference page, APA-style.
- F. Submit the summary through Assignments on Sakai. (Due 11:00 pm New Jersey time, December 7)
- G. Grammar and written style will count in the evaluation

2) Media presentation summary (20 points each)

- A. In fictional or social media, find an example of one of the topics we have covered.
- B. Write a short description of the presentation. (about 50-100 words)
- C. Explain what aspect of psychology is being demonstrated, using the book as reference. (about 50-100 words)
- D. Explain whether or not the presentation is accurate and why. (about 100 words)
- E. Submit the assignment through the "Assignments". You can submit one each month. They are due at 11:00 pm New Jersey time on the last day of each month.
- F. Grammar and written style will count in the evaluation

Note: You will not get credit for submitting something we talk about in class. (For example, if I discuss how people can drive somewhere, get there, and not remember the actual process, you may not use that as your example. If one of your classmates discusses how hearing the actual parts of music can be a challenge the first time through if the music is too fast, you may not use that as your example.)

3) In addition to the above, there will be extra credit questions on all quizzes and exams.

Note that there are **no** make-ups or extensions for extra credit.

E-mail Policies

The best way to contact me is through email. Please note that due to Federal Regulations protecting your privacy, I cannot respond to emails sent from non-Rutgers email accounts, and you will get an auto-response saying as such.

Include the course and section number in the subject, and your full name in the email itself.

Please note that lengthy or complex issues will not be discussed over email. Grades will never be discussed over email, for your own privacy.

Feel free to send me an email at any time! However, be aware that I am rarely available immediately, and it may take up to two full business days for me to respond. If I haven't responded after three business days, please re-send the email.

Cheating/Plagiarism

Any form of cheating or plagiarism will not be tolerated, and will incur penalties as described in the University Policy on Academic Integrity, which can be found [here](#) (will open in a new window).

Websites for Psych 101

These are various websites you may find helpful both for this class and others in your college career.

Please note that Sakai does not always work perfectly with certain browsers, and you may have trouble getting to the various websites by clicking on the link. If you do have this problem, please copy and paste the addresses into a new window.

Research requirement (Psych 101 only): <http://psych.rutgers.edu/undergrad/rpurules>

Final Schedule: <https://scheduling.rutgers.edu/scheduling/exam-scheduling>

Academic Integrity: academicintegrity.rutgers.edu/academic-integrity-policy

Tips on how to email professors: mleddy.blogspot.com/2005/01/how-to-e-mail-professor.html

Student Wellness Services

Just In Case Web App

<http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the

documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.