

GENERAL PSYCHOLOGY 01 F18

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 (loose-leaf) or 9781305271555 (hardback)

Instructor Information

	Instructor	TA
Name	Cordelia Aitkin, PhD	Angela Wang

Office Hours	TBA and by appointment.	Wednesdays, 1:30 – 2:30pm, Tillett 411 and by appointment
Contact	cdaitkin@psych.rutgers.edu	aww39@scarletmail.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!

This is a departmental requirement; you can see the full description at this web site (<https://psych.rutgers.edu/academics/undergraduate/general-psych-requirement/189-human-research-student-requirements>).

A basic summary: all Intro students must do some form of research. Most opt to do the participation in current experiments, which works out to be 3-1/2 hours of your time across the semester. Those who do not want to or cannot participate write two papers instead. If you choose to do the paper requirement, the first paper is due by Wednesday, October 16. The second paper is due Wednesday, December 4. 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 the professor first. Clearing the source with the professor must be done at least ten days before the paper is due (that is, before October 6 for the first paper, and before November 24 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) (<https://ods.rutgers.edu/>) 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 (10 points each)
Quizzes	150 (15 points each)
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 20** at 11 pm New Jersey time. Be sure to submit before the due time as the tab will close. No assignments 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 <https://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 which of your study techniques are least effective, and which are most effective.
5. In one to two typed paragraphs discuss (a) the changes, if any, you plan to make to your study techniques and (b) why or why not you're changing.

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.

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.

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

Quizzes

Quizzes will be online through Sakai. They will be short, multiple choice assessments. There will be approximately two per chapter. (Note that we are covering 13 of the 15 chapters in your book; thus, there are more quizzes than required in the grade.)

Exams

Exams will be longer, multiple choice, and in the classroom. You must bring at least one pencil and your RUID number to every exam; you will not be able to take the exam without these.

Exams 1, 2, and 3 will cover only the Module they are affiliated with. The final exam will be longer, and will have a section only on Module 4, as well as a cumulative section that covers the entire semester.

Homework

Although there is no daily written homework, Rutgers University expects the median amount of time a student will spend on class material outside of a classroom is 3 concentrated hours for every hour spent in the classroom per week. As we have three hours of class per week, that works out to 9 hours the median student is expected to spending on this class outside of the class. Note that this is a University-wide expectation: in other words, Rutgers is expecting you to be spending this much time outside of the classroom for every 3-credit class you take

We will be discussing what “concentrated” means when we get to attention on September 23.

As you may recall from high school math, the median is the number in the exact middle. Thus, many students in every one of your classes will be spending more than three hours, and many will be spending less. **You should plan your schedule as if you will be one of the people who is spending more until your experience tells you otherwise.**

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 professors. 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 (as you earn your grade, professors do not give you one). **I am here to help you learn.**

Electronics Policy

There is NO cell phone use (no texting; messaging; browsing; etc.) 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: 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 the Busch or Livingston campus to meet.

Schedule of Topics

	Date	Topic	Reading Assignment (To do before class)
Module 1	Sept. 4	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?"
	Sept. 9	What is Psychology	Chapter 1
	Sept. 11	Scientific Thinking and Psychological Research	Chapter 2
	Sept. 16	Types of Memory	Ch. 7
	Sept 18	Memory (con't)	Ch. 7 review <i>Note: 6-hour D due September 20</i>
	Sept. 23	Attention & Categories	Ch 8, pp. 251-261
	Sept. 25	Exam 1 Module 1	
Module 2	Sept. 30	Neurons & Drugs	Ch. 3, pp. 55-72
	Oct. 2	Brains & Genetics	Ch. 3, pp. 73-97 <i>Note: first paper topic due October 6, if choosing this option</i>
	Oct. 7	Sensation & Perception: Senses	Ch. 4, pp. 99-124
	Oct. 9	Sensation & Perception: Interpretation	Ch. 4, pp. 125-139
	Oct. 14	Classical & Operant Conditioning	Ch. 6, pp. 181-203
	Oct. 16	Variations of Learning	Ch. 6, pp. 204-211 <i>Note: first paper due today, if choosing this option</i>
	Oct. 21	Problem Solving & Language; review	Ch. 8, pp. 262-285
	Oct. 23	Exam 2 Module 2	
Module 3	Oct. 28	Development	Chapter 5
	Oct. 30	Personality Theories and Traits	Ch. 14, pp. 449-470

	Nov. 4	Personality Assessment	Ch. 14, pp 471 - 479
	Nov. 6	Consciousness	Chapter 10
	Nov. 11	Consciousness (con't.) Motivated Behaviors	Chapter 10 review Chapter 11
	Nov. 13	Motivated Behaviors (con't); review	Chapter 11
	Nov. 18	Exam 3 Module 3	
Module 4	Nov. 20	Emotion, Stress, and Health	Ch. 12, pp. 379-401
	Nov. 25	Stress	Ch 12, pp. 402-409 <i>Note: second paper topic due November 24, if choosing this option</i>
Nov. 27 NO CLASS – CHANGE IN CLASS DESIGNATION			
Module 4 (con't)	Dec. 2	Social Behavior	Ch. 13, pp. 413-428
	Dec. 4	Social Persuasion	Ch. 13, pp. 429-448 <i>Note: second paper due, if choosing this option</i>
	Dec. 9	Abnormal	Chapter 15
	Dec. 11	Abnormal; review	Chapter 15 review; Course review

Note: This schedule is subject to change

Final Exam

Our final is scheduled for Tuesday, December 17, from 12 pm to 3 pm. Please note that final exam schedules are set by the University, (<https://scheduling.rutgers.edu/scheduling/exam-scheduling/final-exam-schedule>) and cannot be changed.

If you have a conflict as defined here (<https://scheduling.rutgers.edu/scheduling/exam-scheduling/final-exam-policies>, item 4) and you plan on rescheduling this class's final exam, please see me 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 credible general-audience media (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 1 1:00 pm New Jersey time, December 7)

G. Grammar, writing style, and citations 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.

Any extra credit not listed in the syllabus will be offered only at the discretion of the instructor, and only to the entire class. No personal requests for extra credit will be honored; requesting personal extra credit assignments is disrespectful to your classmates.

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.

Professors teach multiple courses and sections, so it is necessary that you 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 (<http://academicintegrity.rutgers.edu/academic-integrity-policy/>).

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): <https://psych.rutgers.edu/academics/undergraduate/general-psych-requirement/189-human-research-student-requirements>

Final Schedule: <https://finalexams.rutgers.edu/> or <https://scheduling.rutgers.edu/scheduling/exam-scheduling/final-exam-schedule>

Academic Integrity: <http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/> or academicintegrity.rutgers.edu/academic-integrity-policy

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

University Vs. Sakai

Be sure to keep track of information from the University, such as meeting times and exam times. If there is a conflict between this website and the University posting, assume the University posting is correct unless specifically stated.

Student Wellness Services

Just In Case Web App <http://codu.co/cee05e>
911 contact through an app.

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 || 17 Senior Street, New Brunswick, NJ 08901 || <http://health.rutgers.edu/medical-counseling-services/counseling/>

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>.