

# Rutgers University

## Psychology 101:07: General Psychology

### Spring 2019

Instructor: Keiko Taga Brynildsen, Ph.D.  
Class time: Tuesdays and Thursdays 5:00-6:20 pm  
Class location: Livingston Campus – Lucy Stone Hall Auditorium  
Office hours: Mondays and Wednesdays 2:00-3:00 pm and by appointment  
Office location: Tillett Hall #329 (Livingston)  
Email: keikob@psych.rutgers.edu  
Course web page: Sakai (sakai.rutgers.edu/portal)

Grad TA: Erick Fedorenko  
Email: ef341@scarletmail.rutgers.edu  
Office hours: Mondays 1:00-3:00 pm  
Office location: Tillett #325

Undergrad TA: Yahia Chahine  
Email: yc893@scarletmail.rutgers.edu  
Office hours: Tuesdays 3:30-5:30 pm  
Office hrs. location: Livingston Learning Center

Undergrad TA: Sarah Chaudhry  
Email: sic35@scarletmail.rutgers.edu  
Office hours: Tuesdays 6:30-8:30 pm  
Office hrs. location: Alexander Library Reference Reading Room

Undergrad TA: Angela No  
Email: an631@scarletmail.rutgers.edu  
Office hours: Tuesdays 12:00-2:00 pm  
Office hrs. location: Academic Bldg. Learning Ctr. (Coll. Ave.)

Undergrad TA: Shikha Patel  
Email: sjp264@scarletmail.rutgers.edu  
Office hours: Tuesdays 1:00-3:00 pm  
Office hrs. location: Academic Bldg. Learning Ctr.

### Course description:

This course surveys the major areas of psychology: the nature of psychology as a science, principles of learning, the brain and behavior, sensation and perception, cognitive processes, motivation and emotion, personality and development, stress and health, adjustment and behavior disorders, and social behavior.

### Course objectives:

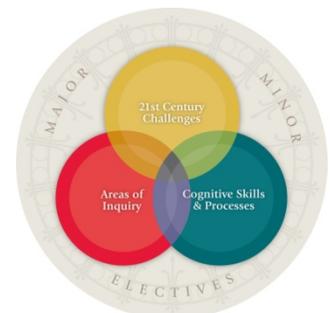
The objectives of this course are to develop a basic understanding of the significant theories, concepts, and issues in the field of psychology; apply theoretical concepts in psychology to everyday situations in order to help you better understand yourself and the world around you, and develop an understanding of the scientific method in psychological research. Upon completion of this course, students should be prepared for more advanced courses in Psychology.

### Learning 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).



\*Note: This syllabus is subject to change if adjustments become necessary during the semester.

This course also satisfies the following Psychology Department Learning Goals:

- Students will know the leading terms, concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
- Students will apply psychological concepts and content to become engaged citizens.
- Students will use critical thinking, skeptical inquiry, and, when possible, the scientific approach to ask, answer and understand questions related to behavior and mental processes.

### Required text and equipment:

- For this course, you will need a textbook and an iClicker. There are different options for each:

#### Textbook info:

Myers, D. G., & DeWall, C. N. (2019). *Exploring Psychology in Modules* (11<sup>th</sup> ed.). MacMillan Publishers. (ISBN: 9781319104177).

\*Any format is fine including e-book, LaunchPad, loose-leaf, and paperback

#### iClicker info:

iClicker 2 student remote (ISBN: 1498601634; ISBN 13: 9781429280471)

\*iClicker+ (ISBN-13: 978-1464120152) and older versions of iClicker are also fine

**OR**

iClicker REEF Student App (for smartphone app)

### Packages available at the campus bookstore:

#### iClicker package

- Loose-leaf Version for Exploring Psychology in Modules & LaunchPad for Myers's Exploring Psychology in Modules 11e (Six-Month Access) & iClicker+ student remote
- ISBN 10: 131927692X; ISBN 13: 9781319276928

#### REEF package

- Loose-leaf Version for Exploring Psychology in Modules 11e, LaunchPad for Myers's Exploring Psychology in Modules 11e (Six-Month Access), and iClicker REEF Polling Mobile Student (Six-Month Access)
- ISBN 10: 1319276881; ISBN 13: 9781319276881

\* You can decide which package (or individual items) works best for you.

*I will answer questions about these requirements on the first day of class, so any student who is unsure about which options to purchase can decide after the first class session. Neither the textbook nor the iClicker will be required at the first class session.*

**Other requirements:** regular access to a computer with Internet, #2 pencil for all exams.

### General course requirements:

1. **Sakai.** It is expected that all students will regularly access Sakai for course announcements and materials. Please also ensure that you check your Rutgers email regularly.
2. **Attendance:** Attending class is essential to the learning process. Regular class attendance is expected. Further, some exam questions will be drawn from material presented in the lecture that is not repeated in the textbook; thus, it is in your best interest to attend all classes. ***If you miss a class, you are responsible for obtaining the missed information from a classmate*** (my lecture notes will not be provided to students).

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3. **Reading assignments:** Reading assignments are given for each topic from the textbook.
4. **Exams:** Three midterm exams and one final exam will be given. Each exam will be based on material presented both in lecture and in the assigned readings. The final exam will be cumulative, with an emphasis on a more basic understanding of the material from the first 3/4 of the course and more specific understanding of the material from the last 1/4 of the course. All exams will be multiple-choice. You must provide your 9-digit RUID number on all exams, and IDs may be checked at exams; you should carry your ID card with you at all times.
5. **iClicker responses:** We will use iClickers/iClicker REEF regularly to involve you in the lecture, review or demonstrate concepts, and to help me know when concepts are unclear. You must bring your response device (iClicker or smartphone with iClicker REEF app) with you to every lecture; your responses to questions will contribute to 5% of your total grade. For iClicker users, your iClicker remote ID must be registered on Sakai using the iClicker tab in "My Workspace" (not our class page). (Your iClicker remote ID is printed on a sticker located on the back of your remote. The ID is the 8-character code below the barcode. The remote ID will only contain letters A-F and numbers 0-9. For REEF users, you will select our class when you use the REEF app. For guidance on registering and using your iClicker, please see the information for students at <https://www.iclicker.com/students>).

I will post your iClicker response points on Sakai within 24 hours of each class. It is your responsibility to check your Sakai gradebook to ensure that your responses have been recorded. **If you see a discrepancy, you must let me know 1) in person (not via email) and 2) within 1 week of the class in which that iClicker response was solicited.** Emailed requests to change points and those communicated after 1 week will not be considered.

6. **Research Participation:** The psychology department requires all General Psychology students to either participate in research studies or complete an alternative paper assignment consisting of two papers (Paper 1 is due by Week 7 (March 7) and Paper 2 is due by Week 14 (Apr. 30)). All students in this class will need to register on the Human Subject Pool System page at <https://rutgers-researchpool.sona-systems.com> by clicking on "Request an Account." Make sure that you carefully enter your correct email address and select the correct course (section 07), instructor, and days/period for which you are registered. If you don't specify this information correctly, there may be subsequent problems with getting your RPUs assigned to you.

Per departmental rules, **non-fulfillment of this requirement will result in a deduction from your final course grade total** equal to one-half standard deviation of the class distribution of total points. This could lower your final grade by a full letter grade (i.e., A to B, B to C, etc.).

Option 1: You can participate in a few experiments by putting in 3 1/2 hours of your time outside of class to earn research credits, which are called "RPUs." You must earn a total of SEVEN "RPUs" (1 RPU for each ½ hour of your participation in lab experiments). Participating in web-based or online studies gives you ½ RPU per ½ hour of online study participation (i.e., half credit) for a maximum of 2 hours. In other words, you can earn only 2 RPUs from online studies and the rest of the RPUs are earned by participating in 2.5 hours (5 RPUs) of in-person participation. The last day for participation is one week prior to the last day of classes (Apr. 29) (there may be some exceptions).

Option 2: You can opt out of experimental participation by writing two summaries of research journal articles (details can be found here: <https://psych.rutgers.edu/academics/undergraduate/general-psych-requirement/189-human-research-student-requirements>). Please be sure that your papers contain no plagiarism; all papers will be submitted to Turnitin.com.

More information about both options is located here:

<https://psych.rutgers.edu/academics/undergraduate/general-psych-requirement/189-human-research-student-requirements>. Please read these rules carefully before beginning either your research participation or your papers.

## Grading:

### Course grades will be based on the following:

Exam 1:	20%
Exam 2:	20%
Exam 3:	20%
Final exam:	35%
iClicker points:	5%
<b>TOTAL</b>	<b>100%</b>

(Non-completion of research participation requirement) ~7% deduction

### Final grades will be determined by the following (standard Rutgers grading scale):

90.00 % and above	A
85.00-89.99%	B+
80.00-84.99%	B
75.00-79.99%	C+
70.00-74.99%	C
60.00-69.99%	D
below 60.00%	F

Note: A grade of C or better is required as a prerequisite to either the major or minor in psychology.

## Make-up policy:

No make-up exams will be given unless arrangements are made prior to the day of the exam due date or written proof of unavoidable absence is provided (e.g., doctor's note). Make-up exams may be different from the original exams. If exceptional last-minute circumstances (e.g., car accident) prevent you from taking an exam, it is important that you contact me within 24 hours. In some circumstances without a documented but still valid reason for your absence on an exam day, you may take a make-up exam with a 10-90% deduction in points (at my discretion). Missed exams will otherwise be given score of 0.

## Academic integrity:

Rutgers University does not tolerate academic dishonesty, which includes, but is not limited to, cheating, fabrication, plagiarism, denying others access to information or material, and facilitating violations of academic integrity. Any suspected cases of academic dishonesty will be referred to the Office of Student Conduct (see <http://academicintegrity.rutgers.edu/academic-integrity-policy/> for more information on Rutgers University's policies regarding academic dishonesty).

## Disability services:

The Office of Disability Services works with students with a documented disability to determine the eligibility of reasonable accommodations, facilitates and coordinates those accommodations when applicable, and lastly engages with the Rutgers community at large to provide and connect students to appropriate resources (e-mail: <https://ods.rutgers.edu/>, phone: (848) 445-6800). Students with disabilities requesting accommodations must follow the procedures outlined at <https://ods.rutgers.edu/students/applying-for-services>. Please give your letter of accommodation to me as soon as possible, and we will coordinate the accommodations privately.

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## Final exam:

Our final exam will be held at the time scheduled by the University (<http://finalexams.rutgers.edu/>). University regulations set the time and date of all final examinations and specific guidelines that define conflicts (<http://sasundergrad.rutgers.edu/forms/final-exam-conflict>). If you have a legitimate medical excuse for missing the exam, you will receive a TF in the course until the make-up exam has been completed.

## 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/  
<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/](http://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.

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

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

## General policies:

Please be mindful of your fellow students by avoiding behavior that interferes with classroom activities or with other students' ability to focus such as texting, surfing the Internet, using social media, playing computer games, having cell phones ringing, entering the class late, or leaving the class prematurely (if it is necessary that you arrive late or leave early, please sit in the back to minimize disruption). A student responsible for continual disruptive behavior may be required to leave class pending discussion and resolution of the problem.

Exam scores will be posted on Sakai; it is your responsibility to contact me immediately if you believe you have not received credit for a submitted exam.

Final grades are unalterable except in the case of a true clerical error. Although students may sometimes desire a different grade to get into graduate school, avoid academic probation, maintain financial aid, or for other reasons, changing any student's grade would be unfair to the other students. Therefore, I will not entertain any requests for grade changes or opportunities for additional assignments.

**You may not post any class materials such as lecture slides or practice questions to any web site. You may not record lectures without my express consent.**

# Course Schedule

The following is a **tentative** schedule for this course. Dates may change depending on our **actual** progress in covering the material.

WEEK	Date	TOPIC	READING
1	Jan. 22 (Tu)	<u>Thinking Critically with Psychological Science</u> The scope of psychology	Mod. 1
	Jan. 24 (Th)	Research strategies: how psychologists ask and answer questions	Mod. 2
2	Jan. 29 (Tu)	<u>The Biology of Behavior</u> Neural and hormonal systems	Mod. 3
	Jan. 31 (Th)	Tools of discovery, older brain structures, and the limbic system	Mod. 4
3	Feb. 5 (Tu)	The cerebral cortex	Mod. 5
	Feb. 7 (Th)	Genetics, evolutionary psychology, and behavior	Mod. 6
4	Feb. 12 (Tu)	<b>EXAM 1 (WILL COVER MATERIAL ADDRESSED THROUGH 2/7)</b>	
	Feb. 14 (Th)	<u>Consciousness and the Two-Track Mind</u> Sleep and dreams	Mod. 8
5	Feb. 19 (Tu)	<u>Developing through the Life Span</u> Infancy and childhood	Mod. 11
	Feb. 21 (Th)	Adolescence Adulthood	Mod. 12 Mod. 13
6	Feb. 26 (Tu)	<u>Sex, Gender, and Sexuality</u> Gender development	Mod. 14
	Feb. 28 (Th)	<u>Sensation and Perception</u> Basic concepts of sensation and perception Sensory and perceptual processing	Mod. 16 Mod. 17 (starting on p. 207)
7	Mar. 5 (Tu)	<u>Learning</u> Basic learning concepts and classical conditioning	Mod. 19
	Mar. 7 (Th)	Operant conditioning	Mod. 20 Research participation alternative paper #1 due on Sakai
8	Mar. 12 (Tu)	<b>EXAM 2 (WILL COVER MATERIAL ADDRESSED THROUGH 3/7)</b>	
	Mar. 14 (Th)	<u>Learning</u> Biology, cognition, and learning (observational learning) <u>Memory</u> Studying and encoding memories	Mod. 21 Mod. 22
9	Mar. 19 (Tu)	<b>No Class – Spring Recess</b>	
	Mar. 21 (Th)		
10	Mar. 26 (Tu)	Storing and retrieving memories Forgetting, memory construction, and improving memory	Mod. 23 Mod. 24
	Mar. 28 (Th)	<u>Thinking, Language, and Intelligence</u> Thinking Language and thought Genetic and environmental influences on intelligence	Mod. 25 (through p. 306) Mod. 26 Mod. 28

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<b>11</b>	Apr. 2 (Tu)	<u>Motivation and Emotion</u> Basic motivational concepts, affiliation, and achievement Theories and physiology of emotion	Mod. 29 Mod. 31
	Apr. 4 (Th)	<u>Stress, Health, and Human Flourishing</u> Stress and illness	Mod. 33
<b>12</b>	Apr. 9 (Tu)	Health and happiness	Mod. 34
	Apr. 11 (Th)	<b>EXAM 3 (WILL COVER MATERIAL ADDRESSED THROUGH 4/9)</b>	
<b>13</b>	Apr. 16 (Tu)	<u>Social psychology</u> Social thinking and social influence	Mod. 35
	Apr. 18 (Th)	Antisocial relations Prosocial relations	Mod. 36 Mod. 37
<b>14</b>	Apr. 23 (Tu)	<u>Personality</u> Classic perspectives on personality Contemporary perspectives on personality	Mod. 38 Mod. 39
	Apr. 25 (Th)	<u>Psychological disorders</u> Basic concepts of psychological disorders Anxiety disorders, OCD, and PTSD	Mod. 40 Mod. 41 Research participation due 4/29
<b>15</b>	Apr. 30 (Tu)	Major depressive disorder and bipolar disorder Schizophrenia and other disorders	Mod. 42 Mod. 43 Research participation alternative paper #2 due (on Sakai)
	May 2 (Th)	<u>Therapy</u> Introduction to therapy and the psychological therapies Evaluating psychotherapies The biomedical therapies	Mod. 44 Mod. 45 Mod. 46
<b>FINAL EXAM (cumulative): Wednesday, May 15 4:00-7:00 pm</b>			

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