

Rutgers University  
Psychology 101:R1-R4: General Psychology  
Fall 2020

Instructor: Keiko Brynildsen, Ph.D.  
Class time: Mondays and Thursdays 10:20-11:40 am (class will be taught synchronously, but class sessions will be recorded for students who cannot attend live)  
Class format: Remote (Zoom)  
Office hours: Tuesdays 2:30-3:30, Wednesdays 10-11, and by appointment  
Zoom personal room: <https://rutgers.zoom.us/my/keikob>  
Email: [keikob@psych.rutgers.edu](mailto:keikob@psych.rutgers.edu) (I will aim to respond within 24 hours)  
Course web page: Canvas ([canvas.rutgers.edu](https://canvas.rutgers.edu))

Recitation Instructors:

TA:	Mona Elsayed	Mindy Kibbey
Section(s):	R1 (Tu 3:35-4:30; <a href="https://rutgers.zoom.us/j/99774512606">https://rutgers.zoom.us/j/99774512606</a> ) R2 (Tu 1:55-2:50; <a href="https://rutgers.zoom.us/j/99774512606">https://rutgers.zoom.us/j/99774512606</a> )	R3 (W 1:55-2:50; <a href="https://rutgers.zoom.us/j/93464421251">https://rutgers.zoom.us/j/93464421251</a> ) R4 (W 3:35-4:30; <a href="https://rutgers.zoom.us/j/97063172663">https://rutgers.zoom.us/j/97063172663</a> )
Office hours:	Mondays 3-4pm and by appointment	Wednesdays 9-10 am and by appointment
Zoom link for OH:	<a href="https://rutgers.zoom.us/j/99020329036">https://rutgers.zoom.us/j/99020329036</a>	<a href="https://rutgers.zoom.us/j/97064803528">https://rutgers.zoom.us/j/97064803528</a>
Email:	<a href="mailto:me462@psych.rutgers.edu">me462@psych.rutgers.edu</a>	<a href="mailto:mindy.kibbey@rutgers.edu">mindy.kibbey@rutgers.edu</a>

***We have 3 undergrad TAs who will hold drop-in office hours each week to provide help with the material:***

Undergrad TA: Van Ngo  
Email: [vngo@dls.rutgers.edu](mailto:vngo@dls.rutgers.edu)  
Office hours: TBA  
Zoom link for OH:

Undergrad TA: Nicole Rothstein  
Email: [ncr52@scarletmail.rutgers.edu](mailto:ncr52@scarletmail.rutgers.edu)  
Office hours: Mon. 11am -12pm and Wed. 1-2  
Zoom link for OH: <https://us02web.zoom.us/j/2332392156?pwd=RFZKQmEVSXNXcUxvMndVYk8zHFZkdz09>

Undergrad TA: Marie Yamaoka  
Email: [my404@scarletmail.rutgers.edu](mailto:my404@scarletmail.rutgers.edu)  
Office hours: TBA  
Zoom link for OH:

**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).



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.

### Respect for diversity:

It is of utmost importance that all students in this class enjoy a safe learning environment with equal opportunities to succeed and grow, without being subjected to judgment or disrespect from others, whether based on one's ethnicity, religion, gender identity, or any other reason. We must ensure that we use only civil, appropriate, and respectful communication with each other to promote a comfortable class environment.

### Required text and equipment:

#### Textbook and quizzes:

Title: Psychology in Everyday Life (5E)  
Authors: Myers and DeWall  
Publisher: Macmillan Learning  
ISBN-13: 9781319350956

The **Achieve Read & Practice** platform will be used for required readings and quizzes. Access to Achieve Read & Practice is automatic as part of your registration for this course (via the First Day program), so you can view the textbook on the first day of class.

Please see these slides for information about getting started with Achieve Read & Practice:

<https://docs.google.com/presentation/d/16rJKJNzkOIoTlnjF-875JgltgB9mZxYbzA8i0yyhlg/edit?usp=sharing>

#### First Day/Inclusive Access Program:

- To enhance your learning experience and provide affordable access to the right course material, this course is part of an inclusive access model called First Day™. You can easily access the required materials for this course at a discounted price and benefit from single sign-on access with no codes required in Canvas.
- Rutgers University will bill you at the discounted price as a course charge for this course.
- It is NOT recommended that you Opt-Out, as these materials are required to complete the course. You can choose to Opt-Out on the first day of class, but you will be responsible for purchasing your course materials at the full retail price and access to your materials may be suspended.

#### Student Tutorial Videos

- [Accessing Your eTextbook](#)
- [Opting Out of First Day for your eTextbook](#)
- [Opting Out of First Day for your courseware](#)
- [Other Features on the Course Materials page](#)

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

## Customer Care Contact Information

Customer Care is available 24/7 to help students with questions about accessing their course material, using their eTextbook, or opting-out or in to the First Day program.

- [Barnes and Noble Customer Care](#)
- [FAQs and Tutorial Videos for the First Day Program](#)
- [Open a ticket Online for the Customer Care team](#)
- Email the Customer Care team: [bookstorecustomercare@bncollege.com](mailto:bookstorecustomercare@bncollege.com)
- Call the Customer Care team: 1-844-9-EBOOKS (1-844-932-6657)

**Other requirements:** regular and reliable access to a computer with Internet. Please visit the Rutgers Student Tech Guide page for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students [deanofstudents@echo.rutgers.edu](mailto:deanofstudents@echo.rutgers.edu) or complete the contact form for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>

\*Learning remotely presents new challenges. For assistance with learning how to address these challenges, please consult the resources available here: [https://rlc.rutgers.edu/remote\\_instruction](https://rlc.rutgers.edu/remote_instruction)

## General course requirements:

1. **Canvas.** It is expected that all students will regularly access Canvas for course announcements and materials. Please also ensure that you check your Rutgers email regularly and use only your Rutgers (not personal) email to contact me.
2. **Attendance:** Our course lectures will be conducted on Mondays and Thursdays 10:20-11:40 am, but **synchronous attendance is not required**. Class sessions will be recorded and posted for students who are unable to attend. Attending class (either live or by accessing the recordings) is essential to the learning process; regular class attendance is expected. I welcome your questions and comments during class; Zoom's chat function can be used for questions and comments during lecture. I will post the lecture slides before each class; you may find it helpful to take notes on these while attending or listening to the lecture.
3. **Recitation:** Graded activities and assignments given in recitation will amount to 40% of your final grade. Please see your recitation instructor's syllabus for details about your specific recitation.
4. **Quizzes:** Quizzes will be assigned weekly using Macmillan's Achieve Read & Practice platform. Quizzes will be due on Sundays at midnight; the specific due dates are listed in the Course Schedule toward the end of the syllabus.
5. **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 open-book and open-note; questions will take the form of multiple-choice, short answer, fill-in-the-blank, and/or matching. Exams will be timed and backtracking (going back to previous questions) will not be possible. Exams will be open for 24 hours on the scheduled dates.
6. **Research participation:** Since experimentation is a prime source of information for the field of psychology, contact with experimental procedures is required for all General Psychology students and may be fulfilled through one of the following two options. **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 a full letter grade (i.e., A to B, B to C, etc.).**

**Option 1:** This method requires you to participate in several online experiments for a total of 2-1/2 hours, equaling **five** Research Participation Units (RPUs). Each experiment will provide a specific number of RPUs, allocated in half-hour units, which will be indicated in the experiment's description. You may choose to participate in any number of experiments, provided that you obtain a total of five RPUs. The last day for participation is one week prior to the last day of classes (Dec. 3) (there may be some exceptions). Note that 1 RPU will be given in exchange for each ½ hour of participation.

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

You will need to register yourself by going to the main Human Subject Pool System page (<https://rutgers-researchpool.sona-systems.com/Default.aspx?ReturnUrl=%2f>) and clicking on "**Request an Account**". Make sure that you carefully enter your correct email address and select the correct course, 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 RPU's assigned to you.

Option 2: Students who are unwilling or unable to participate as subjects in experiments (Option 1) may fulfill this requirement by submitting summaries of two published research articles (details can be found here: <https://psych.rutgers.edu/academics/undergraduate/major/237-uncategorised/1091-general-psychology-research-requirement#option-2-two-summaries-of-two-published-research-articles>). Please follow the instructions carefully. Please be sure that your papers contain no plagiarism; all papers will be submitted to Turnitin.com.

The first summary must be submitted (via Canvas) by **Oct. 16**. Students who miss that deadline must fulfill the requirement via Method 1.

The second summary is due on or before **Dec. 4**.

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.** Note that although the description here indicates that 3-1/2 hours (7 RPU's) of participation are required, only **2-1/2 hours (5 RPU's) are required this semester.**

FAQs – setting up your account: <https://psych.rutgers.edu/academics/undergraduate/general-psych-requirement/faq-for-participants>

Video to help you set up your account and navigate the Sona system: <https://www.youtube.com/watch?v=1OnT2ZU6QQ>

## Grading:

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

Exam 1:	10%	
Exam 2:	10%	
Exam 3:	10%	
Quizzes (ARP)	10%	
Final exam:	20%	
Recitation:	40%	
<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.

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## Make-up/late policy:

No make-up exams will be given unless arrangements are made prior to the day of the exam due date. Make-up exams may be different from the original exams. If exceptional last-minute circumstances prevent you from taking an exam, it is important that you contact me immediately. In some circumstances, you may take a make-up exam with a 0-90% deduction in points (at my discretion). Missed exams and quizzes will otherwise be given a score of zero.

## 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, copying and/or distributing any of the course materials, and facilitating violations of academic integrity. Any suspected cases of academic dishonesty will be discussed; when deemed necessary, they 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:

Rutgers University welcomes students with disabilities into all of the University's educational programs. If you have a Letter of Accommodations from the Office of Disability Services (ODS), please share this letter with me and discuss the accommodations with me as early as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>. ODS can be contacted at: (848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus/ <https://ods.rutgers.edu/>.

## 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:

**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.

**CONTACT We Care:** (908) 232-2880

CONTACT We Care provides confidential phone support for callers who need someone to listen.

**National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255) - open 24/7

**Just In Case Web App:** <http://www.justincaseforcolleges.com/>

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.

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## General policies:

As we discover practices that may work better or worse than others, I will need to be flexible in adjusting some aspects of the class to improve your experience. I will, of course, notify you about any adjustments!

All students will be muted upon entry to the Zoom classroom to minimize disruption from background noise. Please be mindful of your fellow students by avoiding behavior that interferes with their ability to focus such as using the chatroom for communication that is not relevant to the material. Please be sure to use only respectful communication and maintain a congenial online environment.

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

Final grades cannot be changed 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 consider any requests for grade changes or opportunities for additional assignments.*

**You may not post or otherwise distribute any class materials such as class recordings, lecture slides, exam questions, or practice questions to any web site.**

## Course Schedule (Exams, Quizzes and Assignments)

This calendar presents dates of quizzes, exams, research participation assignments, and important dates (please see the next schedule for specific reading assignments and quizzes).

September 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 First class	4	5
6	7	8 <i>Class held – follow Monday schedule</i>	9	10	11	12
13 Quizzes due (Achieve Read & Practice)	14	15	16	17	18	19
20 Quizzes due (Achieve Read & Practice)	21	22	23	24	25	26
27 Quizzes due (Achieve Read & Practice)	28 Exam 1 (will cover material addressed through 9/24)	29	30			

October 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Quizzes due (Achieve Read & Practice)	5	6	7	8	9	10
11 Quizzes due (Achieve Read & Practice)	12	13	14	15	16 Research participation alternative paper #1 due (on Canvas)	17
18 Quizzes due (Achieve Read & Practice)	19	20	21	22 Exam 2 (will cover material addressed through 10/19)	23	24
25 Quizzes due (Achieve Read & Practice)	26	27	28	29	30	31

November 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Quizzes due (Achieve Read & Practice)	2	3	4	5	6	7
8 Quizzes due (Achieve Read & Practice)	9	10	11	12	13	14
15 Quizzes due (Achieve Read & Practice)	16	17	18	19 Exam 3 (will cover material addressed through 11/16)	20	21

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22 Quizzes due (Achieve Read & Practice)	23	24	25	26	27	28
29 Quizzes due (Achieve Read & Practice)	30					

December 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 <a href="#">Research participation due</a>	4 Research participation alternative paper #2 due (on Canvas)	5
6 Quizzes due (Achieve Read & Practice)	7	8	9	10 Last day of class	11	12
13	14	15	16 Final exam (cumulative) – 12-3 pm (open for 24 hrs.)	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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## Course Schedule (Reading Assignments and Quizzes)

This schedule presents the topics we will cover and the order in which we will cover them. Specific dates are not given here for reading assignments and quizzes because these dates will be determined by our pace in covering the material. Please see the previous calendar or the calendar on Canvas for specific due dates; these will be continually updated so that you are aware of the upcoming reading assignments and quizzes. All quizzes will be due on Sundays at 11:59 pm.

TOPIC	READING ASSIGNMENTS	QUIZZES
<u>Introduction to Psychology</u> Psychology is a science	1a	1a
Research methods	1b	1b
Research methods, cont'd.		
<u>The Biology of Behavior</u> Neurons, the nervous system, and the endocrine system	2a	2a
The brain	2b	2b
Brain states and consciousness Selective attention Sleep	2c	2c
Sleep, cont'd. <u>Developing Through the Life Span</u> Infant reflexes Behavioral genetics	Ch. 3: Prenatal Development and the Newborn: The Competent Newborn (p. 75-76) Ch. 3: Twin and Adoption Studies (p. 76-77)	--
Infancy and childhood	3b	
Infancy and childhood, cont'd.		3b
Adolescence	3c	3c
Adulthood <u>Sensation and Perception</u> Basic concepts of sensation and perception	5a	5a
Perceptual organization <u>Learning</u> Classical conditioning Operant conditioning Observational learning	Ch. 5: Perceptual organization (p. 144-148) 6a 6b	-- 6a 6b
<u>Memory</u> Encoding Storage Retrieval	7a	7a
Forgetting	7b	7b
<u>Thinking, Language, and Intelligence</u> Thinking Intelligence	Ch. 8: Thinking (p. 214-220) 8b	-- 8b
<u>Motivation and Emotion</u> Motivation Emotion	Ch. 9: A Hierarchy of Needs (p. 249-250) 9b	-- 9b
<u>Stress, Health, and Human Flourishing</u> Stress and health Managing stress Happiness	10a 10b	10a 10b

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<u>Social psychology</u>		
Social thinking	11a	11a
Social influence	11b	11b
Social relations	11c	11c
<u>Personality</u>		
Psychodynamic theories	12a	12a
Humanistic theories	12b	12b
Trait theories		
<u>Psychological Disorders</u>		
What is a psychological disorder?		
Anxiety disorders and OCD	13a	13a
Mood disorders	13b	13b
Schizophrenia	13c	13c
Dissociative disorders		
Personality disorders		
<u>Therapy</u>		
The psychological therapies	14a	14a
Biomedical therapy	14b	14b

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