

Rutgers University
Psychology 101:05: General Psychology
Spring 2020

Instructor: Keiko 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: Canvas (canvas.rutgers.edu)

Grad TA: Rachel Cultice
Email: rachel.cultice@rutgers.edu
Office hours: Wednesdays 12-1 pm
Office location: Tillett Hall #615

We have 5 undergrad TAs who will hold drop-in office hours each week to provide help with the material:

Undergrad TA: Aastha Aseem
Email: aa2042@scarletmail.rutgers.edu
Office hours: Mondays 12:30-2:30 pm
Office hrs. location: Cook Campus Student Center

Undergrad TA: Aarathi Chava
Email: ac1779@scarletmail.rutgers.edu
Office hours: Wednesdays 1-3 PM
Office hrs. location: Carr Library, Lower Level (Livingston)

Undergrad TA: Maria Espinoza
Email: mpe39@scarletmail.rutgers.edu
Office hours: Mondays 5:15-7:15 pm
Office hrs. location: Red Lion Café (College Ave.)

Undergrad TA: Alahni Gunn
Email: avg58@scarletmail.rutgers.edu
Office hours: Wednesdays 2-4 pm
Office hrs. location: Alexander Library (College Ave.) - email for specific location

Undergrad TA: Lauryn King
Email: Ink27@scarletmail.rutgers.edu
Office hours: Mon. 12-1 pm and Fri. 2-3 pm
Office hrs. location: Livingston Learning Center (Tillett 111H)

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);

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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.

Required text and equipment:

Textbook and homework quizzes:

Publisher: Hawkes Learning
Website: <http://learn.hawkeslearning.com>
ISBN: 9781946158963

The Hawkes Learning software is a required component of this course. You will use Hawkes to do the assigned reading and complete your homework (quizzes), which accounts for 10% of your grade. Access Codes are available in the bookstore; you may also purchase access directly from Hawkes (<http://learn.hawkeslearning.com>). An Access Code registered in your name is required to use the software. Do not purchase your materials from an online vendor or another student. These Access Codes may be already registered to another student, making them unusable. You will access the Hawkes reading and quizzes directly through Canvas.

How to use Hawkes:

Each lesson of the software offers three modes:

1. **Learn** is an interactive presentation of the material found in your textbook and includes instructional video clips and example problems.
2. **Practice** gives you access to unlimited practice problems, provides error-specific feedback for commonly made mistakes, hints for all incorrect answers, and includes an interactive Tutor with Step by-Step guidance and fully worked out solutions. Note that every question type from Certify can be found in the Practice mode.
3. **Certify** is the homework portion of the lesson. After answering the set of questions correctly, you will receive a 100% score for your homework. *If you are not able to Certify in your attempt, you are able to start a new set of questions over again with no penalty.* In the meantime, you may wish to spend more time in the Practice mode before attempting Certify again. You have unlimited attempts in each lesson to receive full credit before the due date.

Instructional videos can be found at www.hawkestv.com.

Getting help:

Contact Hawkes with any technical questions, including creating your username and password, finding your Access Code or license number, or completing your work.

Phone support is available Monday-Friday, from 8:00am-10:00pm ET. Chat support is available 24/7.

Phone: 1.800.426.9538

Email: support@hawkeslearning.com

Chat: www.hawkeslearning.com/chat

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

General course requirements:

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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.
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 assigned reading; 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).
3. **Homework assignments:** Homework assignments (in the form of quizzes) are given regularly using the Hawkes platform. The assignments due dates are listed in the Course Schedule.
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. **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 experiments for a total of 3-1/2 hours, equaling **seven** 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 seven RPUs. The last day for participation is one week prior to the last day of classes (Apr. 27) (there may be some exceptions). Note that 1 RPU will be given in exchange for each ½ hour of participation, except in the case of on-line studies that do not require students to come to a lab. **On-line** studies will award ½ RPU per ½ hour of on-line study participation. Moreover, students are not allowed to receive more than **2 RPUs** by engaging in on-line studies (i.e., two hours maximum).

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 RPUs 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/general-psych-requirement/831-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 to your instructor (via Canvas) by **March 4**. Students who miss that deadline must fulfill the requirement via Method 1.

The second summary is due on or before **Apr. 22**.

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:

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Exam 1:	20%
Exam 2:	20%
Exam 3:	20%
Final exam:	30%
Homework assignments:	10%
TOTAL	100%

(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/late 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.

Homework assignments will be accepted up to 5 days after the due date with a penalty of 10% per day late.

Homework assignments will not be accepted more than 5 days after the due date and will be assigned a 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:

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/>

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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.

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.

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 chatting, texting, using social media, playing computer games, or leaving the class prematurely (if it is necessary that you 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 and homework (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 assignment.

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 consider 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	HOMEWORK LESSONS
1	Jan. 21 (Tu)	<u>Psychological Science</u> What is Psychology? Contemporary Psychology	1.1 1.2
	Jan. 23 (Th)	Why is research important? Approaches to research	1.3 1.4 <i>HW due midnight Sunday (1/26)</i>
2	Jan. 28 (Tu)	Analyzing findings Ethics	1.5 1.6
	Jan. 30 (Th)	<u>Biopsychology</u> Cells of the nervous system	2.2 <i>HW due midnight Sunday (2/2)</i>
3	Feb. 4 (Tu)	Parts of the nervous system	2.3
	Feb. 6 (Th)	The brain and spinal cord The endocrine system	2.4 2.5 <i>HW due midnight Sunday (2/9)</i>
4	Feb. 11 (Tu)	EXAM 1 (WILL COVER MATERIAL ADDRESSED THROUGH 2/10)	
	Feb. 13 (Th)	Human genetics <u>States of Consciousness</u> Sleep and why we sleep Stages of sleep	2.1 3.2 3.3 <i>HW due midnight Sunday (2/16)</i>
5	Feb. 18 (Tu)	<u>Sensation and Perception</u> Sensation vs. perception	4.1
	Feb. 20 (Th)	Gestalt principles of perception	4.6 <i>HW due midnight Sunday (2/23)</i>
6	Feb. 25 (Tu)	<u>Learning</u> What is learning? Classical conditioning	5.1 5.2
	Feb. 27 (Th)	Operant conditioning Observational learning (modeling)	5.3 5.4 <i>HW due midnight Sunday (3/1)</i>
7	Mar. 3 (Tu)	<u>Thinking and Intelligence</u> Language Problem solving Genetic and environmental influences on intelligence	6.2 6.3 6.4 <i>Research participation alternative paper #1 due (on Canvas)</i>
	Mar. 5 (Th)	EXAM 2 (WILL COVER MATERIAL ADDRESSED THROUGH 3/4)	
8	Mar. 10 (Tu)	<u>Memory</u> How memory functions Problems with memory Ways to enhance memory	7.1 7.3 7.4
	Mar. 12 (Th)	<u>Lifespan Development</u> What is lifespan development? Lifespan theories	8.1 8.2 <i>HW due midnight Sunday (3/22)</i>

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9	Mar. 17 (Tu)	No Class – Spring Recess	
	Mar. 19 (Th)		
10	Mar. 24 (Tu)	Stages of development	8.3
	Mar. 26 (Th)	<u>Emotion and Motivation</u> Motivation Emotion	9.1 9.4 <i>HW due midnight Sunday (3/29)</i>
11	Mar. 31 (Tu)	<u>Personality</u> What is personality? Freud and the psychodynamic perspective	10.1 10.2
	Apr. 2 (Th)	Humanistic approaches Trait theorists Personality assessment	10.5 10.7 10.9 <i>HW due midnight Sunday (4/5)</i>
12	Apr. 7 (Tu)	EXAM 3 (WILL COVER MATERIAL ADDRESSED THROUGH 4/6)	
	Apr. 9 (Th)	<u>Social psychology</u> What is social psychology? Self-presentation Attitudes and persuasion Conformity and obedience	11.1 11.2 11.3 11.4 <i>HW due midnight Sunday (4/12)</i>
13	Apr. 14 (Tu)	Prejudice and discrimination Aggression Prosocial behavior	11.5
	Apr. 16 (Th)	<u>Stress, Lifestyle, and Health</u> What is stress? Stressors Stress and illness	13.1 13.2 13.3 <i>HW due midnight Sunday (4/19)</i>
14	Apr. 21 (Tu)	Regulation of stress	13.4 <i>Research participation alternative paper #2 due (on Canvas)</i>
	Apr. 23 (Th)	<u>Psychological Disorders</u> What are psychological disorders? Diagnosing and classifying psychological disorders Anxiety disorders Obsessive-compulsive and related disorders Mood disorders	14.1 14.2 14.4 14.5 14.7 <i>HW due midnight Sunday (4/26)</i> <i>Research participation due</i>
15	Apr. 28 (Tu)	Schizophrenia Dissociative disorders Personality disorders <u>Therapy and Treatment</u>	14.8 14.10
	Apr. 30 (Th)	Types of treatment Treatment modalities	15.2 15.3 <i>HW due midnight Sunday (5/3)</i>
FINAL EXAM (cumulative): Wednesday, May 13 4-7 pm			

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