

Rutgers University  
Psychology 101:01: General Psychology  
Spring 2022

Instructor: Keiko Brynildsen, Ph.D.  
Class time: Tuesdays and Fridays 10:20-11:40 am (I intend to use Zoom during the live class so that any students who are quarantining or otherwise unable to be present in class can attend virtually.)  
Class location: SC 135  
Office hours: Wednesdays 12-1 pm, Fridays 12:30-1:30 pm, and by appointment (in-person or Zoom)  
Zoom personal room: <https://rutgers.zoom.us/j/3291005050?pwd=eTZUeEpwckE3YTc1ckR1aGYzVWFFQT09> (passcode: 982405)  
Email: [keikob@psych.rutgers.edu](mailto:keikob@psych.rutgers.edu) (I will aim to respond within 24 hours)  
Course LMS: Canvas ([canvas.rutgers.edu](https://canvas.rutgers.edu))

Grad TA: Erin Foy  
Email: [ecf68@scarletmail.rutgers.edu](mailto:ecf68@scarletmail.rutgers.edu)  
Office hours: TBA  
Office location: Tillett 635

***We have 5 undergrad TAs who will be available for office hours by appointment provide help with the material. You are encouraged to contact any of them to schedule an appointment.***

Undergrad TA:	Aastha Aseem	Kiran Hiremath
Email:	<a href="mailto:aa2042@scarletmail.rutgers.edu">aa2042@scarletmail.rutgers.edu</a>	<a href="mailto:kh800@scarletmail.rutgers.edu">kh800@scarletmail.rutgers.edu</a>

Undergrad TA:	Ava Melillo	Angela No
Email:	<a href="mailto:aim77@scarletmail.rutgers.edu">aim77@scarletmail.rutgers.edu</a>	<a href="mailto:an631@scarletmail.rutgers.edu">an631@scarletmail.rutgers.edu</a>

Undergrad TA:	Jessica Singh
Email:	<a href="mailto:js2565@scarletmail.rutgers.edu">js2565@scarletmail.rutgers.edu</a>

### 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 facilitate a comfortable class environment.

### Required text and equipment:

#### Textbook and quizzes:

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

The **Achieve Read & Practice** online platform will be used for required textbook 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 via Canvas.

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

<https://docs.google.com/presentation/d/16rJKJNzkOloTlInjF-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](#)

## 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](#) 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/>

## 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:** Attending class is essential to the learning process. Regular class attendance is expected. I will post the lecture slides on Canvas before each class; you may find it helpful to take notes on these while attending the lecture.
3. **Quizzes:** Quizzes will be assigned weekly using Macmillan's Achieve Read & Practice platform, which you will access via the Modules or Assignments tab on Canvas. Quizzes will be due on Sundays at 11:59 pm; the specific due dates are listed in the Course Schedule toward the end of the syllabus. Achieve Read & Practice does not allow for credit to be allotted for late submissions; ***if you submit a quiz late but within 5 days of the due date (i.e., by the Friday after a quiz is due), I will assign partial credit with a 10% per day late deduction (starting after 11:59 pm on Sunday) IF you email me within 5 days of the due date to request partial credit.*** Without receiving your email, I will not be aware that you submitted a quiz late, as it will simply be given a score of 0 by the system.
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. In the event that we cannot be on campus, exams will be given using the "Quizzes" function on Canvas, in which case backtracking (going back to previous questions) will not be possible.
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 online experiments for a total of 2-1/2 hours, equaling **five** Research Participation Units (RPU). 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 (Apr. 25) (there may be some exceptions). Note that 1 RPU will be given in exchange for each ½ hour of participation.

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 **Feb. 28**. Students who miss that deadline must fulfill the requirement via Method 1.

The second summary is due on or before **Apr. 25**.

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:	20%	
Exam 2:	20%	
Exam 3:	20%	
Final exam:	25%	
Macmillan quizzes:	15%	
<b>TOTAL</b>	<b>100%</b>	(Non-completion of research participation requirement: ~5-7% 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:

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.

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

## 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://nbacademicintegrity.rutgers.edu/> 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/getting-registered>. 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 (<https://scheduling.rutgers.edu/scheduling/exam-scheduling/final-exam-schedule/final-exam-policies>). 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

## Mask policy:

In order to protect the health and well-being of all members of the University community, masks must be worn by all persons on campus when in the presence of others (within six feet) and in buildings in non-private enclosed settings (e.g., common workspaces, workstations, meeting rooms, classrooms, etc.). Masks must be worn during class meetings; any student not wearing a mask will be asked to leave.

Masks should conform to CDC guidelines and should completely cover the nose and mouth:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Each day before you arrive on campus or leave your residence hall, you must complete the brief survey on the [My Campus Pass symptom checker](#) self-screening app.

## General policies:

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

In our remote classes (hopefully just the first two weeks of the semester), 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 class. 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 will not be changed except in the case of a true error. Although students may sometimes desire a different grade than what they earned, 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 to any web site or otherwise distribute any class materials such as class recordings, lecture slides, exam questions, or practice questions.**

## Course Schedule (Quizzes, Exams, and Assignments)

This calendar presents dates of exams, quizzes, and important dates (please see the next schedule for course topics).

### January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> First class	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b> Quizzes due 11:59 pm (Macmillan)	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b> Quizzes due 11:59 pm (Macmillan)	<b>31</b>					

### February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> Quizzes due 11:59 pm (Macmillan)	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Exam 1 (will cover material addressed through 2/11)	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> Quizzes due 11:59 pm (Macmillan)	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> Quizzes due 11:59 pm (Macmillan)	<b>28</b> Research participation <a href="#">alternative paper #1</a> due (Canvas)					

### March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Exam 2 (will cover material addressed through 3/8)	<b>12</b>

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

Quizzes due 11:59 pm (Macmillan)						
<b>13</b>	<b>14</b>	<b>15</b> <i>No Class – Spring Break</i>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> <i>No Class – Spring Break</i>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> Quizzes due 11:59 pm (Macmillan)	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

### April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b> Quizzes due 11:59 pm (Macmillan)	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> Exam 3 (will cover material addressed through 4/8)	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> Quizzes due 11:59 pm (Macmillan)	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> Quizzes due 11:59 pm (Macmillan)	<b>25</b> <a href="#">Research participation (5 RPU)s due</a> Research participation <a href="#">alternative paper #2 due (Canvas)</a>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

### May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Quizzes due 11:59 pm (Macmillan)	<b>2</b>	<b>3</b> Reading Day	<b>4</b> Reading Day	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Final Exam (8- 11 am)	<b>12</b>	<b>13</b>	<b>14</b>

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



## 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	Orientation Quiz 1a
Research methods	1b	1b
<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
<u>Developing Through the Life Span</u> Infant reflexes Behavioral genetics	3a: Prenatal Development and the Newborn: The Competent Newborn (3.2.3) 3a: Twin and Adoption Studies (3.2.4)	--
Infancy and childhood	3b	3b
Adolescence	3c	3c
Adulthood		
<u>Sensation and Perception</u> Basic concepts of sensation and perception	5a	5a
Perceptual organization	5a	5a
<u>Learning</u> Classical conditioning Operant conditioning Observational learning	6a 6b 6b	6a 6b 6b
<u>Memory</u> Encoding Storage Retrieval	7a	7a
Forgetting	7b	7b
<u>Thinking, Language, and Intelligence</u> Thinking Intelligence	8a 8b	8a 8b
<u>Motivation and Emotion</u> Motivation Emotion	9a: A Hierarchy of Needs (9.1.3) 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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