

<p style="text-align: center;">PSY 123: INTRODUCTION TO PSYCHOLOGY College Misericordia</p>

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Or by appointment

Required Texts:

Myers, D. (2002). *Exploring Psychology (5th Ed.)*. New York: Worth Publishers.

* The study guide to accompany the Myers text (by R. O. Straub) is optional, but strongly recommended. It contains review questions, exercises, and sample exam items.

The following articles are also required. They can be found on reserve in the library.

- 1) "White Privilege: Unpacking the Invisible Knapsack" by Peggy McIntosh
- 2) Excerpt from: *Why are all the black kids sitting together in the cafeteria?* by Beverly Tatum

Course Description:

A survey of the science of psychology, its methods, findings, theoretical formulations, and practical applications. Topics include biological basis of behavior, developmental processes, perception, learning, motivation, personality, sexuality, abnormal behavior, therapy, and social behavior.

Core Curricular Goals Addressed in this Course:

The goals indicated by the bullets are emphasized in this course. The numbers in parentheses indicate the extent to which this course addresses that particular goal on the following scale: (1) minimally, (2) moderately, (3) extensively.

In fulfillment of its mission, College Misericordia provides a learning community, which prepares graduates who:

- Reflect the values of mercy and justice in their actions, by adhering to a personal and professional code of ethics. (1)
- Act as responsible citizens through service and leadership in their communities. (2)
- Think independently and creatively, analyze information critically, and actively seek to solve problems. (2)
- **Respect and understand cultural diversity within our own nation and throughout the world. (3)**
- Communicate and interact effectively in their personal and professional lives. (1)
- Are scientifically and technologically literate. (3)

- Are capable of understanding and appreciating their heritage in the context of religion, philosophy, literature, history, and the arts of western and global cultures.
- Value and understand collegial and professional relationships.
- Posses the knowledge, understanding, and competence to succeed in their academic disciplines. (1)
- Pursue lifelong learning.
- Understand global perspectives. (2)

More Specific Course Goals:

- To provide an overview of the field of psychology.
To promote critical thinking about psychological concepts, ideas, & theories.
- To help students become more active and independent learners.
- To show how psychology differs from common sense reasoning through its use of the scientific method.
- To provide information which students can apply to their own lives and to broader social issues.
- **To promote diversity awareness and understanding.**

Course Objectives:

Successful completion of this course requires that the student be able to:

- Describe the field of psychology, its primary sub fields, and the history of the discipline.
- Discuss what psychologists in various settings do and how they do it.
- Explain the scientific method and discuss how it is applied to the study of human and animal behavior.
- Describe and display the characteristics of critical thinking.
- Describe and discuss the structure and function of the central nervous system.
- Explain how brain activity affects behavior and vice-versa.
- Discuss the various biological influences on behavior, such as behavior genetics and evolution.
- Discuss the major theories and research findings related to human development from conception to death.
- Describe the structure and function of our sensory systems.
- Discuss the current understanding of perception.
- Discuss the nature of consciousness and its alteration during such states as sleep, dreams, hypnosis, meditation, and drug use.
- Describe the major theories about the nature and purposes of sleep and dreaming.
- Explain current theories and findings, as well as classic studies, of Pavlovian, Skinnerian, and social learning.
- Discuss the major findings and theories related to memory, including how memories are stored and retrieved and how memory can be improved.
- Describe current research and theories about cognition, language, and intelligence.
- Discuss current theories and research about motivation as they relate to food intake, sexual behavior, and achievement.
- Explain the recent research findings and theories that explain emotions.
- Discuss the nature of stress, its negative impact on health, and ways to cope with it.
- Describe the major theories and findings about personality.
- Describe and discuss the causes, diagnoses, and treatment of psychological disorders such as schizophrenia, depression, and anxiety disorders.

- Demonstrate the ability to apply what has been learned to analyze novel situations.
- Use psychological research and theories to discuss and explain diversity issues with respect to race, gender, ethnicity, social class, and culture.

Course Format:

The instructional strategies employed in this course will include a combination of the following: lecture/discussion, demonstrations, debates, videotapes, writing assignments, and collaborative group learning activities. You are expected to come to class having completed the assigned reading for the day and prepared to actively engage with the material presented in class.

Course Requirements:

1. *Exams.* There will be 4 exams. The first 3 exams will be non-cumulative and worth 100 points each. The final exam (worth 150 points) will cover material from the last quarter of class and will include cumulative questions as well. Exams will cover material from both text and lectures. You will therefore be responsible for material in the text that was not specifically covered in lecture, and vice-versa. Exams will be composed of both multiple choice and essay questions.
2. *Short Essays.* You must write 4 short essays, about 2 pages in length (typed and double-spaced). Essay topics emphasize the application of psychological concepts and principles and promote more active engagement with the course material. In these essays you will explore your own ideas about, reactions to, and experiences with psychological constructs and issues. A separate packet will be handed out which contains detailed descriptions of the essays topics, grading criteria, and due dates.

Brief description of essay topics (choose 4 of 5):

- 1) Personal reflections on gender socialization
- 2) Dream log and dream analysis
- 3) Reaction to “White Privilege: Unpacking the Invisible Knapsack”
- 4) Analysis of personality/identity using personality theories and factors such as gender, race, ethnicity, culture
- 5) Breaking a social norm exercise

Summary of Course Requirements:

(Note: If changes in our schedule occur, exam dates may be moved. These changes will be announced in advance.)

Requirement	Date Due	Points
Exam #1	M 9/25	100
Exam #2	F 10/20	100
Exam #3	W 11/15	100
Final exam	finals wk.	150
Essays		130

530 * Points possible

Grading:

Letter grades will be assigned using the following grading system:

95% - 100%	=	A
92% - 94%	=	A -
89% - 91%	=	B+
85% - 88%	=	B
82% - 84%	=	B-
79% - 81%	=	C+
75% - 78%	=	C
72% - 74%	=	C-
67% - 71%	=	D
66% or below	=	F

Course Policies:

1. *Attendance.* You are expected to attend class. If you accumulate more than 3 unexcused absences (refer to your college catalogue for what constitutes an "excused" absence) several points may be deducted from your final point total. If you miss class, it is your responsibility to contact me to find out what you missed and get any materials handed out in class.
2. *Preparation for Class.* You are expected to come to class having completed the assigned reading for the day. Your understanding of the class lectures, and your ability to participate in class discussions, will be greatly enhanced if you come to class prepared!
3. *Make-ups.* Make-up exams will only be permitted in the most exceptional circumstances (e.g., illness, family emergency) and you may be asked to provide appropriate verification. You must notify me as soon as possible if you must miss an exam. In all cases, you must contact me before the exam. If you cannot reach me you should leave a message. If you must miss an in-class activity you are responsible for contacting me to make up the work.
4. *Late work.* Work that is handed in late will be penalized 20% of the total points possible per day unless exceptional circumstances are involved.
5. *Incompletes.* Incompletes will not be given except under extremely unusual circumstances. If you feel that it is necessary for you to take an incomplete, you must request it in writing before the last exam.
6. *Academic integrity.* Academic dishonesty (cheating or plagiarism) may result in a grade of 0 for the exam or assignment or an "F" for the course and will be reported to the Academic Dean's office. If you have any questions about what constitutes academic dishonesty, please refer to your student handbook or ask me.