

## Sierra Nevada College

**Course Code & No.** PSYC 101  
**Course Title (3 credits):** Introduction to Psychology (3 credits)  
**Term & Year:** Fall 2017  
**Course Ref. No. (CRN):** 80080

**Instructor:** Donna Axton  
**Phone(s):** 775-881- 7586 or X 7586  
**Email:** [daxton@sierranevada.edu](mailto:daxton@sierranevada.edu)  
**Office:** David Hall , room 103  
**Office Hours:** T/Th 12:30-1:30

**Class Meeting Time:** Monday, Wednesday 1-2:15pm  
**Location:** Prim Library 214

**Prerequisites (from Catalog):** None  
**Corequisites (from Catalog):** None

### Course Description

Introduction to the principles and methods of psychology with a focus on understanding the human personality from a variety of perspectives. Topics include personal growth and life transitions from birth to death; interpersonal relations, friendship, love, prejudices; theories of personality; the individual and society; life problems, methods of coping, and mental illness; self-actualization and fulfilling human potential. Introduction to the discipline of psychology, but with a practical focus on self-understanding and personal growth and fulfillment.

### Student Outcomes

Upon successful completion of this course, a student will be able to:

1. Demonstrate an awareness and understanding of universal human questions
2. Explore methods of inquiry that have been useful in elucidating these questions and be able to discuss responses to these questions critically, using both qualitative and quantitative data.
3. Examine human behavior from a variety of perspectives including: biological, psychoanalytic, humanistic and cognitive-behavioral orientations.
4. Be able to describe aspects of the nature/nurture debate, the relationships of the individual and society, and the interplay between free will and determinism.
5. Demonstrate the ability to apply psychological concepts, principles, and methods to questions and issues in his or her own life and in contemporary society

### Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

- Class participation
- Writing assignments
- Closed note, in class, mid term examination
- Open note, in class, final examination
- Student project with oral and written component

### **Instructional Strategies**

This class will utilize lectures, small groups, individual work, inquiry learning, case studies, field observations and homework assignments.

### **Required Texts and Materials**

TEXT: Discovering Psychology by Hockenberry, 7<sup>th</sup> Edition ISBN: 978-0-9890496-5-8

### **Attendance**

Attendance and informed participation count towards 30% of your final grade. More importantly, you are an essential part of this class and your contribution to the discussion is necessary. If you know that you will be absent for an extended period of time, please contact me beforehand.

### **Research Project**

Students will deliver a 10 - minute oral/visual presentation which integrates theory or research presented in class lectures/reading with a personal or practical application. The oral component will be assessed on the basis of: knowledge, outside research, effective communication, relation to course themes, and ability to encourage participation.

A four to six-page research paper will be turned in at the same time. This paper must include at least 3-5 outside, cited references. These references must be cited both within the text and on a bibliography page. Use MLA or APA style. **DO NOT READ YOUR PAPER.** Instead, make an outline and notecards (or a power point) , and use them as a point of departure.

Remember, you are researching what others have said or found about your topic. **You may not use human or animal subjects in your research project.**

Policies: If you miss your scheduled project date without contacting me before the beginning of the class, you will receive no credit for your project. If you give the oral presentation, but the paper is not completed by your project date, you will lose one point per class meeting that it is late.

Suggestions for projects: Smell and memory, the effects of music on mood, cross cultural values regarding sexuality, the status of women, the psychology of color, censorship in video games, pet therapy, hemispheric specialization and creativity, humor

### **CLASS REQUIRMENTS**

Cell phones and pagers must be turned off or set to 'silent mode.'" No dogs. Show up, pay attention, stay open, take care of yourself.

**Attendance:** Attendance is a requirement if you expect a quality educational experience. Exams and written assignments will be based to a large degree on classroom discussions, so it is to your advantage to attend each class session.

**SNC Tahoe Athletes:** The Athletic Director notifies faculty members of student athletes with training and competition. This email excuses the student athlete from class attendance, but not from doing assigned work. It is the student athlete's responsibility to meet with me prior to the excused absence for missed work and/or alternate assignments. If a student athlete fails to meet with me prior to the absence, make-up work is not available.

**Participation:** A variety of activities is planned through the semester, including guest speakers, presentations, videos, and small group or dyad practice. Students are expected to participate and contribute to these in-class activities according to their own comfort level.

Be aware of your own needs in this regard. Speak to me directly if there is a concern.

**Assignments:**

Students are expected to read each chapter assigned and subsequently answer questions, based on your response to and understanding of the information and conclusions of the authors. Answer questions in your own words. These assignments should be completed prior to the beginning of class on the due date

Homework assignments will be given to you via hard copy and E-mail. The PSY symbol indicates you have completed the assignment and will receive full credit. A minus sign indicates less than complete assignment and a plus sign indicates extra credit.

All written assignments will be graded on content, organization, completeness and correct grammatical style. Late assignments will be given partial credit – you will lose 1 point out of 15 for each day you are late turning them in. If you anticipate or experience extenuating circumstances, please let me know ASAP. Turning your homework in on time gives you a solid foundation for a good grade and an ability to discuss the material in class. So DO that! The downside of being late is clear – yes?

**In-class Presentation:** Students will present their research on a specific and narrow topic of personal interest and relevance. (5-10 minutes) on November 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, or 15<sup>th</sup>. (before Thanksgiving Break) This is an opportunity to share their findings with peers, while demonstrating their mastery of the concepts and knowledge they have acquired during the course of the class, their individual research and prior experience.

**Exams:** Exams will be developed by the instructor, with input from the class, and both exams will have a "take home" component to allow students to demonstrate their acquisition of knowledge through thoughtful completion of exam questions. There will also be a closed-book component of the exam that will be given in class.

**Grading:**

|                                    |            |
|------------------------------------|------------|
| Class attendance and participation | 300 points |
|------------------------------------|------------|

There are 30 classes in the semester

Each class is worth

5 points attendance

5 points prepared and intelligent participation

|                          |            |
|--------------------------|------------|
| Written homework/quizzes | 400 points |
|--------------------------|------------|

20 homework assignments/quizzes @ 15 = 300 points

Research Paper/Presentation 100 points

|       |            |
|-------|------------|
| Exams | 300 points |
|-------|------------|

Midterm 100 points

Midterm take-home 50 points

Take-home Final 50 points

In-class final 100 points

**FINAL GRADE: PERCENTAGE OF TOTAL POINTS RECEIVED**

|     |            |
|-----|------------|
| A   | 920 - 1000 |
| A - | 900 - 919  |
| B + | 880 - 899  |
| B   | 820 - 879  |
| B - | 800 - 819  |
| C + | 780 - 799  |
| C   | 720 - 779  |
| C - | 700 - 719  |
| D + | 680 - 699  |
| D   | 620 - 679  |
| D - | 600 - 619  |
| F   | Below 600  |

## **Sanctions for Cheating and/or Plagiarism**

Plagiarism is defined as, “passing off a source’s information, ideas, or words as one’s own by omitting to acknowledge the sources” (Teuber & Andreas, 1999). This refers to all sources of information, including the Internet.

To avoid plagiarizing, a good rule is to use quotation marks whenever a string of three or more words is copied from another source (e.g., when taking notes from a journal article). Simply paraphrasing and citing a source may not be enough to avoid plagiarizing, however. For example, one of the paragraphs in a paper might be a close paraphrase of a paragraph from another source. Even if the source is cited, the structure of the original source has been plagiarized! Starting with an outline of arguments to be included in a paper and then using information from other sources to back up these arguments should help one avoid plagiarizing in this manner.

Any form of cheating, plagiarism and/or unauthorized use of anything other than the student’s own resources *will not be tolerated*. To be clear, unless explicit written or verbal instructions indicate otherwise, exams and assignments are to be completed individually (i.e., without any collaboration). The instructor will pursue the maximum disciplinary action against the student violating this protocol. I have a strict no tolerance policy. Additionally, if you are caught cheating, you will earn an automatic 0 on that exam/assignment/etc.

Some examples of cheating include, but are not limited to, copying from a classmate's work during an exam, turning in work that is not your own, and using any unapproved aid during an exam.

Both intentional and unintentional plagiarism, as well as any suspicion of cheating, will be reported to the Vice President of Academic Affairs/Provost. I strongly encourage all students to meet with me to discuss this issue before turning in written work.

## **THE HONOR CODE**

Our faculty believes students must be held to high standards of integrity in all aspects of college life to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore, faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

## **CONSEQUENCES OF VIOLATING THE STUDENT HONOR CODE**

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student's academic record.

1<sup>st</sup> Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

2<sup>nd</sup> Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

3<sup>rd</sup> Offense: Student is expelled.

### **ADA Accommodations**

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, [hconover@sierranevada.edu](mailto:hconover@sierranevada.edu), office in Prim Library: PL-304.

### **The SNC Email System**

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

### **The Sierra Nevada College Mission Statement:**

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

**The Core Themes:**

Liberal Arts

Professional Preparedness

Entrepreneurial Thinking

Sustainability

## Course Outline and Assignments

### **WEEK 1**

Monday, August 21 - Overview of course content, activities, goals and learning objectives.

Wednesday, August 23 – Introduction

Reading due: Chapter 1 – pps. 1-38

### **WEEK 2**

Monday, August 28 – Research

Reading due: Chapter 1 – pps.

### **PSYCHOBIOLOGICAL PROCESSES**

Wednesday, August 30 - Neuroscience

Reading due: Chapter 2 pps. 40-82

### **WEEK 3**

Monday, September 4 – NO CLASS – Labor Day Holiday

Wednesday, Sept 6 – Behavior

Reading due: Chapter 2

### **WEEK 4**

Monday, September 11 - Sensation

Reading due: Chapter 3 pps 84-130

Wednesday, September 13 - Perception

Reading due: Chapter 3

### **WEEK 5**

Monday, September 18 - Consciousness

Reading due: Chapter 4 pps.132-178

Wednesday, September 20 - Variations in Consciousness

Reading due: Chapter 4

### **PSYCHOLOGICAL PROCESSES**

### **WEEK 6**

Monday, Sept 25 - Learning

Reading due: Chapter 5 pps.180-24

Wednesday, September 27 - Learning

Reading due: Chapter 5

**WEEK 7**

Monday, October 2 - Memory

Reading due: Chapter 6 pps.226-268

Wednesday, October 4 – Memory

Reading due: Chapter 6

**WEEK 8**

Monday, October 9

Midterm Review

Wednesday, October 11

Mid-term Exam

**WEEK 9**

Monday, October 16 – Thinking, Language

Reading due: Chapter 7 pps.270-330

Wednesday, October 18

Reading due: Chapter 7 - Intelligence

**WEEK 10**

Monday, October 23 - Motivation

Reading due: Chapter 8 – vp. 312-354

Wednesday, October 25 - Emotion

Reading due: Chapter 8 -

**WEEK 11**

Monday, October 30 – Lifespan Development

Reading due: Chapter 9 pps.- 356-410

Wednesday, November 1 - Personality

Reading due: Chapter 10 - pps.412-452

**HUMAN IN SOCIETY****WEEK 12**

Monday, November 6 - Personality

Reading due: Chapter 10 -

Wednesday, November 8 – Social Psychology

Reading due: Chapter 11 - pps.452-494

**WEEK 13**

Monday, November 13 – Social Psychology

Reading due: Chapter 11 -

Wednesday, November 15 – Stress and Health

Reading due: Chapter 12 pps.496-532

**THANKSGIVING RECESS: November 20-24**

**WEEK 14**

Monday, November 26

Reading due: Chapter 12 – Psychological Disorders

Wednesday, November 28 - Therapies

Reading due: Chapter 13 - pps. 584- 612

**WEEK 15**

Monday, December 4

Reading due: Chapter 13 - Therapies

Wednesday, December 6– Final Review

Monday – December 11<sup>th</sup> – Study Day – No Classes

FINAL EXAM – TBA (finals will be held Dec 12<sup>th</sup> - Dec 16<sup>th</sup>)

