

# Introduction to Psychology

(UAS PSY 111) - 3 credits

Fall 2022

Professors:

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Text: Myers, D. (2015) Psychology, (11th edition) N.Y. Worth

Psychology 111 is an introductory course in the social science department providing an overview of the field of Psychology. Psychology is the scientific study of thoughts, feelings, and behaviors. Psychology encompasses many rich and varied subfields and scientific approaches. Psychology has its roots in medicine, theology, and philosophy. It reaches into a variety of domains, including, but not limited to, sociology, ethnography, political science, economics, and even art. Understanding human behavior is important for grasping how we as individuals and members of an increasingly greater community were formed, how we operate, and where we are going.

Psychology is a prerequisite for upper-division psychology courses and is an elective for fulfilling the general education requirements in Humanities and Social Sciences.

**Course Description:** Introduction to Psychology encompasses the scientific study of human behavior, emphasizing the following processes:

❖ Learning	❖ Perception
❖ Growth and development	❖ Conflict
❖ Motivation	❖ Adjustment
❖ Emotion	❖ Psychological disturbance
❖ Therapy	

## **Goals:**

**The overriding goals of the class are to:**

1. Grasp the breadth of the field of psychology, including career options
2. Understand how theories and concepts in psychology are involved in our daily lives.
3. Appreciate the interrelationship between biology and psychology and how behaviors, feelings and thoughts are the results of an interactive and complimentary process.
4. Recognize that psychology is a scientific endeavor.

**Objectives: Students will be able to discuss and demonstrate knowledge regarding:**

1. What constitutes psychology as a discipline, the basic history of psychology, common research methods and ethical issues in research.
2. The central and peripheral nervous systems and the interplay between biology and behavior.
3. The relative impact of nature versus nurture on psychological processes.
4. The processes of sensation and perception.
5. Psychological findings regarding various states of consciousness, including dreaming, sleep, hypnosis and drug-induced alterations.
6. The forms of learning, including classical conditioning, operant conditioning, and cognitive/social learning theory.
7. Cognitive theory and research regarding thought and language.
8. Cognitive theory and research regarding thought and language
9. The history of motivation theory, the various contemporary theories on motivation and theories regarding emotion.
10. An overview of theories regarding personality.
11. Intelligence testing, its history and controversies, and tests used in psychological assessment.
12. Physical, cognitive, and social development throughout the lifespan.
13. Social psychological theories and findings regarding attitudes, attribution, group behavior, friendship, and romantic attraction, and gender and sex roles.
14. The effects of lifestyles and stress upon health, models of and determinants of stress and forms of coping.
15. Forms and treatment of psychological disorders.
16. Cross-cultural dimensions and implications of psychology.

**Timeline + Due Dates:**

9/3 Week 1	Prologue/Introduction + Ch 1 What is Psychology? <b>Psychology Today Research</b>	
9/10 Week 2	Ch 1 What is Psychology?	Exam 1 Psychology Today Presentations
9/17 Week 3	Ch 2 Biology of the Mind <b>Psych in the News/Relevance to Our Lives</b>	Exam 2
9/24 Week 4	Ch 3 Consciousness Optimism	Exam 3 Psych in the News
10/1 Week 5	Ch 4 Nature/Nurture/Human Diversity <b>Happiness + Well-Being Project + Optimism</b> (Examine last year's results)	Exam 4 Optimism
10/8 Week 6	Ch 5 Lifespan Development	Exam 5 Happiness + Well-Being Present
10/15 Week 7	Ch 6 Sensation + Perception <b>Personality Profile</b>	Exam 6

10/22 Week 8	Ch 7 Learning <b>Time: Science of Learning</b>	Exam 7 Personality Profile Presentations
10/29 Week 9	Ch 8 Memory <b>Midterm Exam (1 - 8)</b>	Exam 8 + Midterm Exam (1 - 8) Share Science of Learning
11/5 Week 10	Ch 9 Thinking and Language <b>Stress Management Research</b>	Exam 9
11/12 Week 11	Ch 10 Intelligence	Exam 10 Stress Management Presentations
11/19 Week 12	Ch 11 What Drives Us? <b>Motivation Research</b>	Exam 11 Motivation Presentations
12/3 Week 13	Ch 12 Emotions/Stress/Health <b>Emotions Research</b>	Exam 12 Emotions Presentations
12/10 Week 14	Ch 13 Social Psychology <b>Time: Science of Gender</b>	Exam 13
12/14 Week 15	Ch 14 Personality	Exam 14 Share Science of Gender
1/14 Week 16	Ch 15 Psychological Disorders <b>Disorders Research Project</b>	No exam

1/21 Week 17	Ch 15 Psychological Disorders	Exam 15 Disorders Presentations
1/28 Week 18	Ch 16 Therapy <b>Begin Research Project</b>	No exam
2/4 Week 19	Ch 16 Therapy <b>Research Project</b>	Exam 16
2/11 Week 20	Research Presentations	Presentations
2/8 Week 21	Final Exam	Final Exam

**Assessments:**

→ 16 Unit Exams	Every Friday
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→ Midterm Exam	Week of
→ Research and presentations	See above dates
→ Final Exam	

### **Weekly Assessments:**

→ Discussions	Daily
→ Video Responses + Discussions	Every week
→ Chapter discussions + Notes + Review	Every Thursday

### **Academic Honesty**

No form of academic dishonesty will be tolerated, and all suspicions of academic dishonesty will be reported.

Actions constituting violations of academic dishonesty include, but are not limited to, the following:

- a. Plagiarism: Defined as taking another person's intellectual work and using it as one's own; for example, this includes quoting without giving proper credit to a source, expanding another person's work without giving credit to that person, or submitting another person's work under the pretense that it is one's own.
- b. Cheating: The use of unauthorized materials, information, or study aids; an act of deceit by which a student attempts to misrepresent academic skills or knowledge; or unauthorized copying or collaboration.
- c. Fabrication: Intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- d. Collusion: Knowingly helping another individual violate any provision of the academic dishonesty guidelines. Collusion includes assistance with assignments or tests that are not authorized by the instructor.

(Source: <https://www.austincec.edu/dgran/2301%20syllabus.pdf>)

### **Late Work Policy**

All work must be turned in on time, unless prior arrangements have been made between you and the instructor. The highest score unexcused late work will earn is a 70%.