

INTRODUCTION TO PSYCHOLOGY 1010 6.0, Section G FW 2013/2014, York University

Class Time: Tuesdays and Thursdays, 1:00-2:30 Place: CLH-I

Course Director: Dr. Jill B. Rich, 248 BSB

Office Hour: Thurs, 11-12 or by appointment (e-mail: jbr@yorku.ca; office phone (736-2100, X 30561)

secretary: Barb Thurston, X66253 (283 BSB); bthurst@yorku.ca

Course Website: <https://moodle.yorku.ca>

Important course-related announcements will be posted on Moodle, including class cancellation due to weather. This is also where your exam marks, PowerPoint slides, and a copy of this syllabus will be posted. The slides are in bullet form only; you need to attend class to understand them completely. Taking notes during lectures will also help you to learn the material.

Teaching Assistants

Office hours are held in **269 BSB** after every class period (2:30-3:30) or by appointment with one of the TAs, which you can arrange by e-mail.

<u>Name</u>	<u>e-mail</u>	<u>students</u>
Angela Deotto	adeotto@yorku.ca	A-B
Sabrina Lemire-Rodger	slrodger@yorku.ca	C-E
Khuraman Mamedova	kmd88@yorku.ca	F-K
Melanie Wiegand	mwiegand@yorku.ca	L-Q
Christie Yao	yaoc@yorku.ca	R-Z

As noted above, you are assigned to specific TAs alphabetically by your last name. This breakdown allows the opportunity for individual interactions between students and TAs. Even though the class is large, your TA will get to know you if you contact her. All the TAs are familiar with the course content and will be able to help you with course-related problems. They can also provide advice about other psychology courses and graduate school, as well as helping you with general study habits. Do not feel shy about getting to know your TA.

Importantly, your TAs will also have a copy of your marked exams. It will be very helpful for you to look over your exams so you can see where you made mistakes and learn from them. The TAs can give you feedback about how to do better both in selecting multiple-choice answers and in responding to the short-essay questions.

Your HealthAid Student Success Team: This is your peer support team, and they are fellow students in the course. You can contact them via Moodle or at the e-mails below.

Amina Khan minakhan@yorku.ca
Jonathan Clodman jclodman@yorku.ca
Monica Vessio vessiom@yorku.ca

Required Text

Weiten, W., & McCann, D (2012). *Psychology: Themes and variations* (3rd Canadian ed.). Toronto, Canada: Nelson Education. (see also text companion website at

When you purchase the textbook, it comes bundled with concept charts and an access code to additional study resources, such as CourseMate and Aplia. CourseMate is an online resource with videos, flashcards, a glossary of terms, games, interactive quizzes, web links to related sites, and critical thinking exercises for you to do. Aplia is another resource that provides experiments for you to do on your own plus questions about the textbook material. The bundle includes an electronic version of the textbook as well. These resources will be explained by the textbook publisher, and slides explaining the resources will be available on Moodle.

Expanded Course Description

Organization of the Course: The 1½-hour class period will encompass some combination of lecture, participatory demonstrations, and films or video clips. Demonstrations of psychological principles and other activities will be integrated into the lectures. PowerPoint slides presented in class will be posted on Moodle shortly after class.

Class attendance is important. Each session is intended to be interesting, challenging, and (hopefully) enjoyable for you. The lectures are intended to enrich and clarify the topics covered in the assigned textbook chapters. However, the lectures will not cover everything that's in the book, so it will be necessary to read the textbook carefully. You will get the most out of the lectures if you read the corresponding chapter BEFORE coming to class. In addition, material presented in class--from lectures, films or video clips, and research demonstrations--will be included on the exams. The TAs will be able to clarify specific concepts presented in the text or in class. However, they are not responsible for giving you an individual lecture if you miss a class. It is your own responsibility to find out what you missed. Thus, it is to your benefit to read the textbook AND come to every class. You should borrow notes from a fellow student (or have them record the lecture for you) when you do have to miss a class.

Learning Objectives: This course will provide you with a broad overview of the field of psychology. Through lectures, films, and demonstrations in class, as well as your own reading and thinking, you will gain an understanding of many ideas, theories, and principles of human behaviour. You will learn about a variety of separate areas of study within psychology, and will come to appreciate some of the many exciting research findings that have advanced the field. Your successful completion of this course will hopefully lead you to have a better understanding of yourself and others.

You will learn about the following content areas: the History of Psychology, Methods in Psychology, Biological Bases of Behaviour, Sensation and Perception, Consciousness, Learning, Memory, Cognition and Language, Motivation and Emotion, Intelligence and Psychological Testing, Human Development, Personality, Health and Coping with Stress,

Psychopathology, Treatment of Psychological Disorders, and Social Psychology.

Successful completion of this course will enable you to understand and explain human behaviour from biological, environmental, cognitive, evolutionary, psychodynamic, humanistic, and sociocultural perspectives. Furthermore, you will be able to integrate these perspectives and appreciate how heredity, environment, body and mind interact in shaping human behavior.

Course Evaluation

There will be a total of FIVE EXAMS, with two in the fall, and three in the winter term, as detailed below. Note that in the winter term, two exams will be held during a class period, and one will be during the April exam period. **Photo ID** (York student ID-card or government-issued card) **is required to write all tests**. The exams will be noncumulative (i.e., only material covered since the previous exam will be tested). Be sure to bring a pencil and eraser to each exam, as the scantron sheets used for the multiple-choice questions must be marked in pencil.

The structure of the exams will be a combination of multiple-choice and short-answer questions. Approximately 80% of each exam will be based on the textbook, and the remaining 20% will be based on material presented in class (from lectures, films or video clips, and demonstrations).

In addition to your performance on the exams, part of your final grade will be determined by your participation in research studies in the Department of Psychology, which will give you the opportunity see the research process up close and personally (full explanation detailed later in this syllabus).

Your **total grade** will be determined by the following weights: Exam 1 (18%), Exam 2 (18%), Exam 3 (18%), Exam 4 (18%), Exam 5 (24%), and research participation (4%).

Grades for this course will be based on the following scale:

<u>Percentage</u>	<u>Letter Grade</u>	<u>Percentage</u>	<u>Letter Grade</u>
90 - 100	A+	60 - 64	C
80 - 89	A	55 - 59	D+
75 - 79	B+	50 - 54	D
70 - 74	B	40 - 49	E (failing grade)
65 - 69	C+	0 - 39	F (failing grade)

Minimum Requirement for Continuing in Psychology at York: The Senate of York University has passed a regulation stating that students must obtain a **minimum grade of C (4.0) in AS/AK/SC/PSYC 1010 6.0** to be permitted to pursue a degree in Psychology as well as to take courses for which PSYC 1010 6.0 is a prerequisite. This regulation applies to students wishing to take Psychology courses in the Faculty of Health, Atkinson, or the Faculty of Pure and Applied Science. You may take the course again, and if you receive at least a C, you may then take other psychology courses.

LECTURE SCHEDULE

Date	Topic	Text Assignment
Sep. 10	Introductions, Welcome, and Tips from the TAs	XXXIX-XLIV
Sep. 12	The Evolution of Psychology	chap 1, pp. 1-41
Sep 17	The Research Enterprise in Psychology Appendix B at back of book (A7-A14)	chap 2, pp. 43-58 &
Sep 19	The Research Enterprise in Psychology	chap 2, pp. 58-83
Sep. 24	Bio Bases of Behaviour: Neurons & Genetics	chap 3, pp. 118-127
Sep. 26	Bio Bases of Behaviour: Nervous System Communication	pp. 85-94
Oct 1	Bio Bases of Behavior: Brain & Behaviour	pp. 95-98; 105-118
Oct 3	Biological Bases of Behaviour: Brain Research Methods	chap 3, pp. 98-105
Oct. 8	EXAM 1 (worth 18% of total course grade)	chaps 1-3; Appendix B
Oct 10	Sensation and Perception: Psychophysics	chap 4, pp. 137-143
Oct 15	Sensation and Perception: The Visual System	chap 4, 143-170
Oct 17	Sensation and Perception, cont.	chap 4, 170-197
Oct. 22	Variations in Consciousness: Levels of Consciousness, Sleep, and Dreams	chap 5, pp. 199-224
Oct. 24	Variations in Consciousness: Hypnosis, Meditation, and Drugs	chap 5, 225-245
Oct 29	Learning: Classical Conditioning	chap 6, pp. 249-262
Oct 31	<u>Co-curricular Day</u> , NO CLASS	
Nov 5	Learning: Operant Conditioning	chap 6, 262-277
Nov 7	Learning, cont.	chap 6, 278-299
Nov 12	EXAM 2 (worth 18% of total course grade)	chapters 4-6
Nov 14	Human Memory: Encoding and Storage	chap 7, pp. 301-315
Nov 19	Human Memory: Retrieval and Forgetting	chap 7, pp. 316-330
Nov 21	Human Memory: Physiology of Memory & Amnesia	chap 7, 330-333
Nov 26	Human Memory: Memory Systems	chap 7, pp. 333-339
Nov 28	Human Memory: Memory Improvement Video clip in class: <i>Expert Memory</i> (not available in library)	chap 7, pp. 340-347
Dec 3	NO CLASS: STUDY DAY	
Dec 5	Language and Thought: Language	chap 8, pp. 349-365

WINTER TERM

Jan 7	Language and Thought Problem Solving and Decision Making	chap 8, 365-391
Jan 9	Intelligence and Psychological Testing: Concepts in Psychological Testing and Theories of Intelligence	chap 9, pp. 393-403
Jan 14	Intelligence and Psychological Testing: IQ Tests, Extremes of Intelligence, and Heredity vs. Environmental Determinants	chap 9, pp. 403-437
Jan. 16	EXAM 3 (worth 18% of total course grade)	chapters 7-9
Jan 21	Motivation and Emotion: Theories of Motivation; Hunger and Eating	chap 10, pp. 439-452
Jan 23	Motivation and Emotion: Sexual Motivation, Motivation for Achievement, Elements of Emotion	chap 10, pp. 452-475
Jan 28	Emotion: Theories of Emotion	chap 10, 476-487
Jan 30	Human Development Across the Lifespan I: Prenatal Development and Childhood	chap 11, pp. 489-514
Feb 4	Human Development Across the Lifespan I: Moral Reasoning and Adolescence	chap 11, pp. 514-524
Feb 6	Human Development Across the Lifespan II: The Expanse of Adulthood	chap 11, pp. 525-545
Feb 11	Stress, Coping, and Health, Part I	chap 13, pp. 595-620
Feb 13	Stress, Coping, and Health, Part II Progressive Muscle Relaxation	chap 13, pp. 621-637
Feb. 14:	<u>LAST DAY TO WITHDRAW FROM COURSE WITHOUT RECEIVING A GRADE</u>	
Feb 18	<u>Reading Week</u> , NO CLASS	
Feb 20	<u>Reading Week</u> , NO CLASS	
Feb 25	EXAM 4 (worth 18% of total course grade)	chapters 10, 11, 13
Feb 27	Personality: Psychodynamic Perspectives	ch 12, 547-58 & 551-61
Mar 4	Personality: Other Perspectives, Traits, and Personality Assessment	pp. 548-50 & 561-593
Mar 6	Psychological Disorders: Abnormal Behaviour, Anxiety Disorders, and Dissociative Disorders	chap 14, pp. 639-655
Mar 11	Psychological Disorders: Mood Disorders	chap 14, pp. 655-667
Mar 13	Psychological Disorders: Schizophrenia and Other Psychological Disorders	chap 14, pp. 668-693
Mar 18	Treatment of Psychological Disorders: Elements of Treatment and Insight Therapies	chap 15, pp 695-709

Mar 20	Treatment of Psychological Disorders: Behaviour Therapies	chap 15, pp. 709-715
Mar 25	Treatment of Psychological Disorders, Part II Biomedical Therapies, rest of chapter, and case study	chap 15, pp. 716-739
Mar 27	Social Behavior: Attributes and Attraction	chap 16, pp. 741-758
Apr 1	Social Behavior: Attitudes, Conformity, & Obedience	ch 16, pp. 759-774
Apr 3	Social Behavior: Group Behaviour & Prejudice	chap 16, pp. 774-789
Apr. 8-24	EXAM 5 (worth 24% of total course grade)	chaps 12, 14, 15, 16

(Exam Period—specific date will be announced midterm)

Missed Exams

The only legitimate excuse for missing an exam is a medical problem or a serious personal/family problem (e.g., death in the family). If you must miss an exam, it is essential that you **notify me within 24 hours after the exam**. Notification received after that time will result in a score of 0 for that exam. **Be sure to include the course number 1010B in the subject line of your e-mail**, and include your **full name and student ID in the message**. You must bring a note from your physician to the make-up exam at the time specified by myself or one of the teaching assistants. Make-up exams will NOT be provided for someone who completes an exam and then says he or she was not feeling well at the time. **Note:** My name is Dr. Rich or Professor Rich, not “hey” or “maam.”

A make-up examination will typically be provided 1 week after the missed test. If you contact me within 24 hours of the exam, you will be notified by one of the TAs about the specific date, time, and location of the make-up exam. Do not assume that you will be allowed to take the make-up exam. You **MUST** have permission from the Course Director and appropriate documentation (physician’s note, death notice, accident report, etc.) Further extensions or accommodation will require a formal petition to the Faculty.

Undergraduate Research Participant Pool (URPP)

The Department of Psychology requires that **students earn 4% of their final grade** by participating in research. This research is conducted by faculty and graduate students and has received ethical approval (see www.psych.yorku.ca/ethics/index.html for information about ethics involving research in a course context). The types of studies are quite varied and a number of them are on-line studies. This 4% is earned by participating in research for a total of 6 hrs (6 credits). You can earn 3 credits (2%) by participating for 3 hours in the fall term and earn another 3 credits (2%) by participating for 3 hours in the winter term. **IMPORTANT: you cannot earn all 6 credits (4%) in just one term. If you complete all 6 credits in the fall, or all 6 credits in the winter, you will earn only 2% and NOT 4%. Also, if you earn 3.5 credits in the fall, for instance, the .5 credits will NOT be carried over into the winter term.**

You are strongly encouraged to participate in this research. Not only does it give you the opportunity to experience what types of studies are conducted in Psychology, but 4% can make a difference in your letter grade! Do not wait until the last minute to participate because your choices might be limited, and all available studies might be filled.

If you prefer not to participate in research, you can choose an alternative “paper stream.” For this alternative, you must submit a 3-page summary of a psychology research article that will be assigned to you. If your paper is acceptable, it will fulfill the 4% research component of your final grade. If you choose this option, you must email the URPP at urpp@yorku.ca around the end of September (the specific deadline for notifying them will be announced by the representative who comes to explain the URPP to the class and on their website).

Registration for psychology experiments for research credit via <http://psyc.info.yorku.ca/undergraduate-research-participant-pool/> This website gives you instructions about how to register with URPP, important URPP rules, as well as important dates and deadlines.

Note: Be sure to provide your correct course section (we are Section G) when you register with URPP or you may not receive credit for your participation.

Cheating

DON'T DO IT!! The University does not look favourably on cheating of any kind, and the penalties are very harsh for doing so. The Senate Policy on Academic Honesty can be found at <http://www.yorku.ca/secretariat/policies/document.php?document=69> The Faculty of Health Academic Integrity Tutorial and Quiz are at http://www.yorku.ca/health/new_students/#AcademicIntegrity

Other Important Information for Students

The information in the following section has been taken from the Senate Committee on Curriculum & Academic Standards webpage. All students are expected to familiarize themselves with the following information (available online at http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm)

Access/Disability

- York provides services for students with disabilities (including physical, medical, learning, and psychiatric) needing accommodation related to teaching and evaluation methods/materials. Students in need of these services are asked to register with disability services as early as possible to ensure that appropriate academic accommodation can be provided. Information is available at <http://www.yorku.ca/secretariat/policies/document.php?document=68>

Religious Observance Accommodation

- York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special

significance to adherents. The Senate Policy on Religious Accommodation can be found at <http://calendars.registrar.yorku.ca/2012-2013/policies/accommodation/>

Should any of the dates specified in this syllabus for an in-class test or examination pose such a conflict to you, contact the Course Director within the first three weeks of class. Please note that to arrange an alternative date or time for an examination scheduled in the formal examination periods (December and April/May), students must complete an Examination Accommodation Form, which can be obtained from Student Client Services, Student Services Centre, or online at http://www.registrar.yorku.ca/pdf/exam_accommodation.pdf

Student Conduct

- Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect and to refrain from actions disruptive to such a relationship. Moreover, it is the responsibility of the instructor to maintain an appropriate academic atmosphere in the classroom, and the responsibility of the student to cooperate in that endeavour. Further, the instructor is the best person to decide, in the first instance, whether such an atmosphere is present in the class. A statement of the policy and procedures involving disruptive and/or harassing behaviour by students in academic situations is detailed in the Code of Student Rights and Responsibilities: <http://www.yorku.ca/secretariat/policies/document.php?document=202>