

Faculty of Health
Department of Psychology
PSYC 1010 6.0 M: INTRODUCTION TO PSYCHOLOGY
Monday and Wednesday/11:30 – 2:30/Location: CLH-G
Winter 2019

Instructor: Dr Rebecca Jubis

Office: Rm 251 B.S.B. (Behavioural Sciences Building)

Office Hours: by appointment

Email: jubis@yorku.ca Be sure to indicate your **course**, **section**, and sign with your **full name** (Please contact me directly and NOT via Moodle if you want a response.)

Teaching Assistants (TAs): a list of TAs and their contact information is provided on Moodle

Psychology Undergraduate Office: Rm 291 BSB; psyc@yorku.ca or call 416-736-5117

Course Prerequisite(s): None. However, York University Senate requires a minimum grade of C (60%) in Psych 1010 to pursue a degree in Psychology or to enroll in further Psychology courses even if you have no intention of majoring in Psychology.

Course Credit Exclusions: please refer to [York Courses Website](#) for a listing of any course credit exclusions.

Course website: [Moodle](#)

Course Description:

This course is designed to provide you with a broad overview of the field of Psychology. We will begin by examining research methods that are commonly used in Psychology and this will be followed by an examination and comparison of the different perspectives that have been adopted for viewing and interpreting human behaviour. Some of the topics that will be covered are: Freudian theory, biological aspects of behaviour, personality, memory, motivation, social influence, learning, and psychological disorders. **(Please see the last pages of this syllabus for assigned readings).**

Program Learning Outcomes:

Upon completion of this course, students should be able to:

1. Define psychology and explain how it meets the criteria of science.
2. Recognize key concepts, methods, theories and assumptions in psychology.
3. Describe basic characteristics of the scientific method in psychology.
4. Discern differences between personal views and scientific evidence.

REQUIRED TEXT:

David G. Myers and C. Nathan Dewall (2018). Psychology: 12th edition in MODULES, Worth Publishers

IMPORTANT: The 12th edition in Modules is similar to the earlier 11th edition but there ARE differences in content, and modules have been re-organized. **Tests will be based on the 12th edition in Modules** and if you choose an earlier version of the text, “use at your own risk”. I have made the 12th edition available at the Reserve Desk in the Scott Library if you want to compare. **(Please don’t ask me whether the 11th edition can be used; make your own decision based on your comparison of both editions).**

The textbook is bundled with **LaunchPad**, an excellent on-line resource that helps you study and prepare for tests. **LaunchPad includes practice quizzes, video activities, flashcards, PowerPoint slides etc.** Although there is no obligation to use LaunchPad, I highly recommend it!

To activate LaunchPad **see the link on Moodle** or go to:

<http://www.macmillanhighered.com/launchpad/myers12einmodules/8433990> and enter your access code that was provided when you purchased the textbook. If you don’t have an access code, you can go to this site and purchase one.

COURSE REQUIREMENTS and ASSESSMENTS:

TEST 1 – MON., January 28 (worth 25%) Modules 1-3; Modules 45-47; Video #14

TEST 2 - WED., February 13 (worth 25%) Modules 20-22; Modules 41-44; Modules 7-9; Modules 4-6; Video #19

TEST 3 – MON., March 18 (worth 26%) Modules 23-25; Modules 26-27; Modules 28-31; Modules 32-35 (but only section 34-6 in Module 34); Modules 36-38; Video #16

OPTIONAL EXPERIENTIAL EXERCISE – due MARCH 18 when you write Test 3 (2% bonus)

TEST 4 – WED., Apr 3 (worth 20%) Modules 39-40; Modules 48-52; Modules 53-55; Modules 17-19; Video #23

URPP – (Research Participation) (worth 4%)

INFORMATION ABOUT EACH COURSE ASSESSMENT:

There will be 4 tests, URPP participation, and an optional “experiential exercise”.

A) TESTS

There will be a total of 4 tests, and each will consist of about 100 multiple-choice questions and a few short-answer questions. These tests will not be cumulative. For testing purposes, you are responsible for assigned modules in the text (even if the material was not covered in class), and all material presented in lectures and videos. (Videos are discussed below). Each test will contain one or two multiple-choice questions from each assigned video.

IMPORTANT: Photo ID (YU-card preferable) is required to write all tests.

Tests/assignments are not returned to students, however, you can make arrangements with your TA to view them. You will need to produce photo ID. **The deadline for notifying your TA of your wish to view any of your four tests is April 3.**

Missing a Test : please see information on page 5

B) UNDERGRADUATE RESEARCH PARTICIPATION POOL (URPP)

There are two options: research participation or the “paper stream” option.

Research Participation:

The Department of Psychology requires that students earn 4% of their final grade by participating in research that is conducted by faculty and graduate students and that has received ethical approval. The types of studies are quite varied and some of them are on-line while others are lab studies. This 4% is earned by participating in a total of 3 hrs (3 credits) of research. Each hour of participation is worth 1 credit = 1.333%. **At least 1 hr must be spent in a laboratory study (they cannot all be on-line studies).**

You are strongly encouraged to partake 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.

URPP opens on Jan 3 and the last day to participate is Apr. 4.

“Paper Stream” Option:

If you prefer not to participate in research, you can choose to participate in the “paper stream” option instead. For this alternative, you must analyse a published psychology research report that will be assigned to you by the URPP office, after you **notify them of your preference for this option**. Depending upon the quality of your responses, you can earn up to 4% of your final grade. **IF YOU CHOOSE THIS “PAPER STREAM” OPTION, YOU MUST NOTIFY URPP BY FEBRUARY 8 (urpp@yorku.ca) . The deadline for paper submission is Apr 1.**

A link to URPP information will be set up on Moodle as soon as that information becomes available. It will provide you with instructions about how to register with URPP, important URPP rules, as well as important dates and deadlines. In addition, a URPP representative will soon be visiting the class to provide details.

Be sure to provide your correct **course section** when you register with URPP or you may not receive credit for your participation.

C) OPTIONAL “EXPERIENTIAL” EXERCISE (to be posted on Moodle)

This exercise is intended to encourage you to have a more direct experience with some psychological concepts, and a greater appreciation of how psychological variables impact your everyday lives. Partaking in this exercise will also give you a chance to earn a **BONUS 2% to be**

added to your final overall grade (over and above the 100% accounted for by tests and URPP participation). There is no obligation to complete this exercise, but if your final grade is borderline, this 2% bonus could raise your mark to a higher letter grade. **All that is required is for you to submit a 1-page paper.**

Due date: MARCH 18 in class when you write Test 3.

Supplemental Materials:

Lecture notes, taken by teaching assistants, will be posted on Moodle after every lecture, but they should not be considered a substitute for attending classes.

Under the different topic headings posted on Moodle, you will sometimes find additional helpful and interesting resources that relate to course material. These include exercises to test your understanding of the textbook material, and short video-clips that demonstrate some of the concepts presented in the text. (You will not be tested on this material, but I urge you to check it out).

LaunchPad is an excellent on-line resource that is bundled with your text (access it through the access code provided when you bought your text). You are not required to use LaunchPad but I recommend it because it includes great study tools such as **quizzes, flashcards, video activities** etc. It also includes the publisher's **PowerPoint slides** that correspond to the text. (Note: these are not my slides and they do not correspond directly with my lectures).

On-Line Open-Forum Discussion:

You can participate in a general discussion forum on Moodle where you are free to discuss with classmates, course-related issues or any psychology-related topic or concern. Discussions will be monitored regularly by a teaching assistant.

Videos for Testing Purposes:

You will be required to view a few videos that are relevant to some of the topics that we will be covering. Links to these 25-min long videos are posted on Moodle. One or two multiple-choice questions from a given video will be asked on a test, and the questions will be quite general in nature. If you have trouble accessing the videos try to simply “google” the title.

<u>Video #</u>	<u>Title</u>	<u>Test</u>
14	The Mind Hidden and Divided	Test 1
19	The Power of the Situation	Test 2
16	Testing and Intelligence	Test 3
23	Health, Mind and Behaviour	Test 4

Important Information about Grades:

If you require a particular grade in this course, please work now towards attaining it. This course does not offer extra assignments or tests at the end of the course to accommodate students who are a few marks short of their desired grade.

A letter grade will be “rounded up” when calculating your overall final grade if your final percentage ends in .50 or higher. For example, if your final grade is 74.50% it will be rounded up from a B to a B+. However, if your final percentage is 74.38% for example, your letter grade will remain a B. You must draw the line somewhere and .50% is the designated cut-off.

Grading as per Senate Policy:

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests will bear either a letter grade designation or a corresponding number grade:

A+= 90-100, A=80-89, B+=75-79, B=70-74, C+=65-69, C=60-64, D+=55-59, D=50-54, E= 40-49, F=below 40

(For a full description of York grading system see the York University Undergraduate Calendar - [Grading Scheme for 2018-19](#))

Missed Tests and Make-Up Test Session:

Students with a documented reason for missing a test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation, may request accommodation from the course director. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

If you miss a test for medical reasons, your physician must complete an Attending Physician Statement which can be found at: <http://myacademicrecord.students.yorku.ca/pdf/attending-physicians-statement.pdf> To be deemed valid, the document must be the **original**, contain the **doctor’s signature**, **office stamp** and be **dated close to the time** of illness. Be sure to look over this form before leaving the doctor’s office because if it is incomplete or filled out inaccurately, it will not be accepted. **Alternative medical notes will not be accepted.**

If you miss a test, you must notify your teaching assistant by email NO LATER THAN 48 HOURS after the test. You must have appropriate documentation for your absence and you should submit it at the time of the make-up test.

IMPORTANT: THERE WILL BE ONE MAKE-UP SESSION for this course and it will take place on at the end of the winter term. (Details will be provided during the winter term.) IF YOU MISS MORE THAN ONE TEST, YOU WILL BE ASSIGNED A 0% FOR THE SECOND MISSED TEST.

Add/Drop Deadlines:

For a list of all important dates please refer to: [Fall/Winter 2018-19 - Important Dates](#)

	FALL (F)	YEAR (Y)	WINTER (W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept. 18	Sept. 18	Jan. 16
Last date to add a course with permission of instructor (also see Financial Deadlines)	Oct. 2	Oct. 23	Jan. 30
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 9	Feb. 8	March 8
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 10 - Dec. 4	Feb. 9 - Apr. 3	March 9 - Apr. 3

***Note:** *You may withdraw from a course using the registration and enrolment system after the drop deadline until the last day of class for the term associated with the course. When you withdraw from a course, the course remains on your transcript without a grade and is notated as "W". The withdrawal will not affect your grade point average or count towards the credits required for your degree.*

Electronic Device Policy:

Laptops are permitted in lectures provided that they are used solely for note-taking. Using laptops for other purposes (social media etc) tends to be a distraction, not only for the user, but also for other surrounding students.

Attendance Policy:

Attendance is not a requirement, however, it is strongly recommended.

Academic Integrity (Honesty) for Students

York University takes academic integrity very seriously; please familiarize yourself with [Information about the Senate Policy on Academic Honesty](#).

It is recommended that you review Academic Integrity information [SPARK Academic Integrity modules](#). These modules explain principles of academic honesty.

Test Banks:

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as "Cheating in an attempt to gain an improper advantage in an academic evaluation" (article 2.1.1 from the Senate Policy) and/or "encouraging, enabling or causing others" (article 2.1.10 from the Senate Policy) to cheat.

Electronic Devices During a Test/Examination:

Electronic mobile devices of any kind are not allowed during a test or examination. Students are required to turn off and secure any electronic mobile device in their bag which is to be placed under the chair while a test/exam is in progress. Any student observed with an electronic device during a test/exam may be reported to the Undergraduate Office for a potential breach of Academic Honesty.

Academic Accommodations for Students with Disabilities:

If you are registered with the Counselling and Disability Services (CDS) and will be writing your tests through Alternate Exams (arranged by the Registrar's Office), you must provide me with your letter of accommodation at the beginning of the course. It is important that, at the **beginning of the year, you schedule ALL four tests with that office. If you miss a test re-schedule it with Alternate Exams as soon as possible.** You will have to submit a test-reschedule form, along with my permission to re-schedule your test with the alternative exams center. **Be sure that you understand all rules and procedures** and any questions should be directed to your counsellor.

While all individuals are expected to satisfy the requirements of their program of study and to aspire to do so at a level of excellence, the university recognizes that persons with disabilities may require reasonable accommodation to enable them to do so. The [York University Accessibility Hub](#) is your online stop for accessibility on campus. The [Accessibility Hub](#) provides tools, assistance and resources. Policy Statement.

Policy: York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses. Provided that students have given sufficient notice about their accommodation needs, instructors shall take reasonable steps to accommodate these needs in a manner consistent with the guidelines established hereunder.

For Further Information please refer to: [York university academic accommodation for students with disabilities policy.](#)

Course Materials Copyright Information

These course materials are designed for use as part of the this course at York University and are the property of the instructor unless otherwise stated. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement.](#)

READINGS (in order of instruction) AND TEST SCHEDULE 2018-2019

THE STORY OF PSYCHOLOGY

Module 1 – What is Psychology?

THINKING CRITICALLY WITH PSYCHOLOGICAL SCIENCE

Module 2 – Research Strategies: How Psychologists Ask and Answer Questions

Module 3 – Statistical Reasoning in Everyday Life

PERSONALITY

Module 45– Introduction to Personality and Psychodynamic Theories

Module 46 – Humanistic Theories and Trait Theories

Module 47 – Social-Cognitive Theories and the Self

TEST 1 – MONDAY, JANUARY 28 (worth 25%)

Modules 1-3; Modules 45-47; Video #14 (The Mind Hidden and Divided)

LEARNING

Module 20 – Basic Learning Concepts and Classical Conditioning

Module 21 – Operant Conditioning

Module 22 – Biology, Cognition, and Learning

SOCIAL PSYCHOLOGY

Module 41 – Social Thinking

Module 42 – Social Influence

Module 43– Antisocial Relations

Module 44 – Prosocial Relations

CONSCIOUSNESS AND THE TWO-TRACK MIND

Module 7 – Basic Consciousness Concepts

Module 8 – Sleep and Dreams

Module 9 – Drugs and Consciousness

THE BIOLOGY OF MIND

Module 4 – Neural and Hormonal Systems

Module 5 – Tools of Discovery, Older Brain Structures, and the Limbic System

Module 6 – The Cerebral Cortex

TEST 2 – WEDNESDAY, FEBRUARY 13 (worth 25%)

Modules 20-22; Modules 41-44; Modules 7-9; Modules 4-6; Video #19 (The Power of the Situation)

MEMORY

Module 23 – Studying and Encoding Memories

Module 24 – Storing and Retrieving Memories

Module 25 – Forgetting, Memory Construction, and Improving Memory

THINKING AND LANGUAGE

Module 26 – Thinking

Module 27 – Language and Thought

INTELLIGENCE

Module 28 – What is Intelligence?

Module 29 – Assessing Intelligence

Module 30 – The Dynamics of Intelligence

Module 31 – Genetic and Environmental Influences on Intelligence

WHAT DRIVES US: HUNGER, SEX, BELONGING, AND ACHIEVEMENT

Module 32 – Basic Motivational Concepts

Module 33 – Hunger

Module 34 – Sexual Orientation ONLY (section 34-6, pgs 409-415)

Module 35 – Affiliation and Achievement

ALSO:

Module 36 – Introduction to Emotion

Module 37 – Expressing Emotion

Module 38 – Experiencing Emotion

TEST 3 – MONDAY, MARCH 18 (worth 26%)

Modules 23-25; Modules 26-27; Modules 28-31; Modules 32-35 (but only section 34-6 for Module 34); Modules 36-38; Video #16 (Testing and Intelligence)

OPTIONAL EXPERIENTIAL EXERCISE – DUE, MARCH 18 (when you write Test 3)
(2% bonus)

EMOTIONS, STRESS, AND HEALTH

Module 39 - Stress and Illness

Module 40 - Health and Coping

PSYCHOLOGICAL DISORDERS

Module 48 – Introduction to Psychological Disorders

Module 49 – Anxiety Disorders, OCD, and PTSD

Module 50 – Depressive Disorders, Bipolar Disorder, Suicide and Self-Injury

Module 51 – Schizophrenia

Module 52 – Dissociative, Personality, and Eating Disorders

THERAPY

Module 53 – Introduction to Therapy and the Psychological Therapies

Module 54 – Evaluating Psychotherapies

Module 55 – The Biomedical Therapies and Preventing Psychological Disorders

SENSATION AND PERCEPTION

Module 17 – Basic Concepts of Sensation and Perception

Module 18 – Vision: Sensory and Perceptual Processing

Module 19 – The Nonvisual Senses

TEST 4 – WEDNESDAY, APRIL 3 (worth 20%)

(Modules 39-40; Modules 48-52; Modules 53-55; Modules 17-19; Video #23 (Health, Mind and Behaviour))

APRIL 3 - DEADLINE for NOTIFYING your TA that you wish to view any tests. Tests don't have to be viewed by this date, but you must have contacted your TA by Apr 3 to set up an appointment. You will need to provide photo ID to view your test.