

PSYC 101-09 WL/NL Introduction to Psychology

Fall 2021

T/Th 2:20PM – 3:50PM

Val 205

Welcome to Introduction to Psychology!

I'm delighted we get to spend the semester together. I'm your instructor, Dr. Elyssa Twedt (pronounced: "ah-liss-ah tweet"). I prefer to be called Elyssa, but if you are uncomfortable using a more informal greeting, then Professor Twedt or Dr. Twedt are also acceptable.

Communication is a critical component to a successful course. Please do not hesitate to contact me. Here are the best ways to do so:



etwedt@stlawu.edu

Expect responses
within 24 hours, M – F
8am - 5pm



315-229-5114



[Office Hours via Zoom](#)

Wed: 10:30 AM – 12:30 PM
Thurs: 1:00 PM – 2:00 PM



[Schedule a meeting](#)

(If you cannot make
Office Hours)

My office is in Flint Hall, Room 107, but for this semester, we will hold all individual and group meetings, including office hours, on Zoom.

Course Description

What will we learn in this course?

Why and how do illusions trick our perceptual systems? How can expectations and experiences distort memories? Why do people react to the same situation in different ways? How do biases affect the way we treat other people? What are the best evidence-based treatments for anxiety disorders? These are just a few of the questions we will explore throughout the semester.

This course serves as the foundation for all upper-level psychology courses. However, for those of you who do not intend to pursue psychology as a major or minor, you will be introduced to a way of thinking and body of knowledge that can be applied to daily life and to many fields of study. In this course, you will learn the significant history, methods, research findings, and practical applications that span many of the major domains of psychological science. These areas include biopsychology, sensation and perception, cognitive, developmental, health, clinical, social, and personality psychology. Classes will include a mixture of lecture, discussion, activities, and demonstrations.

What is the structure of this course?

Classes will include a mixture of lecture, discussion, activities, and demonstrations. In addition, most weeks you will have a weekly **reading, homework assignment, and learning check.**

Every Tuesday (after 9 AM), you should log-in to Sakai, access the Weekly Lessons tab, and review what activities and assignments are to be completed for the week.

Student Learning Outcomes

The American Psychological Association (APA) Introductory Psychology Initiative specifies the following student learning outcomes, which we will address in this course:

Psychology Content: Identify basic concepts and research findings

- Define and explain basic psychological concepts.
- Interpret research findings related to psychological concepts.
- Apply psychological principles to personal growth and other aspects of everyday life.

Scientific Thinking: Solve problems using psychological methods

- Describe the advantages and limitations of research strategies.
- Evaluate, design, or conduct psychological research.
- Draw logical and objective conclusions about behavior and mental processes from empirical evidence.
- Examine how psychological science can be used to counter unsubstantiated statements, opinions, or beliefs.

Key Themes: Provide examples of psychology's integrative themes

- Psychological science relies on empirical evidence and adapts as new data develop.
- Psychology explains general principles that govern behavior while recognizing individual differences.
- Psychological, biological, social, and cultural factors influence behavior and mental processes.
- Psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society.
- Our perceptions and biases filter our experiences of the world through an imperfect personal lens.
- Applying psychological principles can change our lives, organizations, and communities in positive ways.
- Ethical principles guide psychology research and practice.

I also provide specific learning objectives for each learning unit. These are on the Sakai weekly lesson page. Before each exam, these learning objectives are compiled into a study guide.

COURSE MATERIALS

Required Reading



Our textbook for this course is available through OpenStax. This is a **free, online textbook**. The content is accessible and interactive; each chapter includes links to videos, reading recommendations, and test preparation resources that I encourage you to utilize.

You can access the textbook three different ways:

1. In your [web browser](#).
2. Download and save the PDF (available on Sakai or OpenStax).
3. Purchase a [printed copy](#) of Psychology 2e through Amazon (\$38.50 hardcover; \$30.80 paperback)

Each week there may be additional readings, podcasts, and/or videos posted to the Sakai Lesson page.

Course Tools

	
All course materials, assignments, and grades will be available through Sakai	We will use OneNote Class Notebooks for in-class group activities

PowerPoint slides

I use PowerPoint as a visual aid to illustrate concepts and to provide you with a topic outline. However, not all information will be provided on the slides; I also draw diagrams, conduct demonstrations, and facilitate class discussions. Thus, the slides will be most useful when integrated with the additional material you gain from actively listening, participating, and taking notes. To aid in your notetaking, I will post the slides to Sakai before each class so that you may take notes directly on the slides if you choose. If you are unsure how to be an effective note-taker, please come see me.

Participation and Attendance

Despite returning to more normalcy this semester, we are still experiencing a global pandemic. Some of us have not been in a classroom for a while, and it may take time to adjust to in-person meetings. We will continue to face circumstances that make it difficult to concentrate some days or unable to attend class due to illness. Please come talk to me if you are struggling. I am committed to you having an engaging learning experience, regardless of the situation.

I do expect you to attend all class sessions (understanding that in some instances, there may be extenuating circumstances that prevent you from attending). I do not grade attendance but I will note who attends. During class we will engage in discussions, demonstrations, and activities that you cannot experience without attending class. You'll find that material is easier to process, and you will have a more positive experience if you regularly attend class and participate. And, class is fun and interesting! Come learn something that you can share with your friends and family.

HOWEVER: If you feel sick, please stay home. Keeping students, faculty, staff, and community members safe and healthy is the #1 priority. We will create a plan for the missed material.

If you need to miss class, it is courtesy to email me before class (if possible) or ASAP after class. If you miss more than one class in a row and I have not heard from you, I will send you an email to check-in. You should also check the syllabus and Sakai Lesson page for any assignment deadlines.

Being an engaged student is a vital component of this course. Make your peers glad you showed up to class! Participation comes in variety of forms including actively participating in discussions, contributing to group activities, being prepared for class, and demonstrating attentive, respectful, and active listening. You can also participate by attending office hours or speaking with me before and after class. You will feel better prepared for class if you read, or at least skim, the assigned textbook readings before class. If you struggle with participating in class, please feel free to speak with me about participation strategies and how to get the most out of each class.

Assignments

Exams (400 Points)

There are three semester exams worth 100 points and a cumulative final exam worth 100 points. Exams consist of multiple choice and short answer questions that measure your factual knowledge and your ability to apply psychological concepts to novel situations. We will spend time in class reviewing for upcoming exams, and we will spend time after each exam going over commonly missed questions.

Homework Assignments (50 points)

You will complete 10 homework assignments that will prepare you for in-class activities and help reinforce challenging material. Each homework assignment is worth 5 points. Homework will be submitted through the Sakai Assignments tab, and links to each homework assignment will be accessible on the weekly Sakai lesson page. Please label all assignments with your last name, followed by the homework number (e.g., twedt_homework1).

Learning Checks (90 points)

There will be learning checks due at the end of most weeks, except when there is an exam. The purpose of these Learning Checks is to check your understanding of the assigned weekly

reading, and to give you repeated, distributed practice with class material, which helps improve learning. Each Learning Check consists of 10 multiple choice questions and is worth 10 points. Learning Checks will also direct your attention to material you may need to revisit when preparing for the exams. You may drop your lowest learning check score. Because you can drop one grade, and learning checks are available to complete for several days, no make-ups will be offered, except for extenuating circumstances (see make-up exam policy).

Engagement Tasks (15 points)

We will regularly complete tasks that provide opportunities to engage more deeply with learning material. For example, there will be in-class small group activities and individual activities posted in the Sakai Lesson page. Each week you can earn 1 point for completing all engagement tasks.

Psychology Research Participation (18 points NL/21 points WL)

Students taking Introduction to Psychology at SLU are asked to complete 3.0 units of research participation. To complete this component of the course, you may either participate in research studies conducted by faculty and students in the psychology and neuroscience departments, or complete an alternate research assignment. Through research participation, you gain first-hand experience with psychological research and learn more about the research being conducted by your fellow SLU peers and faculty. To participate in research studies, you must be at least 18 years old. Additional information about research participation and the alternate assignment will be provided in class.

The last day to earn research participation credit is Thursday, December 9th at 11:59pm. Alternate assignments will be accepted through Monday, December 13th at 11:59pm.

Laboratory Students (102 points WL)

Students may take this course along with a laboratory component taught by Mr. Conrad Stuntz. The specific lab meeting days and times vary according to section. Your performance in lab will be worth 15% of your final course grade.

In order to receive laboratory credit for PSYC-101WL (Introductory Psychology with Lab), a student *must* receive a passing grade on both the laboratory and lecture components of the course. A failing grade on the laboratory component will result in the instructor having the student re-registered into the non-laboratory section of the course (PSYC-101NL). The course instructor will calculate the student's final course grade using the same grading scheme used for other students registered in the NL section of the course. PSYC-101NL does not fulfill the University's Natural Science with Lab graduation requirement, which will need to be filled through a different course. Note: To ensure that enough lab seats are available for students registered in PSYC-101WL, only students enrolled in a section of PSYC-101WL may enroll in a laboratory section (PSYC-101L).

Grades

Assignment	No Lab	With Lab	My Score
Exam 1	100	100	
Exam 2	100	100	
Exam 3	100	100	
Final Exam	100	100	
Homework	50	50	
Engagement Tasks	15	15	
Learning Checks	90	90	
Research Study Participation	18	21	
Lab	NA	102	
Total	573	678	

*Points may be adjusted if assignments or activities change during the semester.

To calculate your grade, enter your grades in the My Score column. Add up your grades and divide by the total points available. Your final course grades will be based on the percentage of available points that you earn. The following table provides the cut-offs I will use to convert those percentages into the grades that will be assigned as course grades on the 4-point scale:

95 = 4.0	80 = 2.75	65 = 1.5
92 = 3.75	77 = 2.5	62 = 1.25
89 = 3.5	74 = 2.25	60 = 1
86 = 3.25	71 = 2.0	Below 60% = 0.0
83 = 3.0	68 = 1.75	

Policies

Respect for Diversity and Inclusion

It is vital that we create a classroom environment that is respectful, inclusive, and supportive of diverse opinions, values, and experiences. Our goal is to have a learning space where all students feel comfortable to contribute and collaborate with their peers. I am actively working to include more classroom resources, such as readings and examples, that reflect diverse voices and perspectives across multiple dimensions including race, ethnicity, gender identity, sexual orientation, religion, class, and disability. I expect everyone to be respectful and open towards each other.

Time Commitment Expectations

Regardless of course format (e.g., online, face-to-face, hybrid), the same expectations exist for your time commitment. In accordance with the general course expectations (per NY State guidelines): a 1 unit course requires 3 hours of class instruction and 6 hours of outside preparation/academic work per week.

Assignment Submission

Except for in-class activities and exams, all assignments will be submitted through Sakai Assignments. Save your documents as lastname_assignmentname in Word. Formatting instructions will be provided for each assignment, but the default is to use a font such as Times New Roman, Calibri, or Arial, font size 12, double-spaced. A single-spaced header with your name, date, and assignment name should be included in the header of the document.

Make-up exams

Make-up exams will only be granted for the following special circumstances: 1) an official, University sponsored event that requires you to be off campus during the regularly scheduled examination time. Please notify me as soon as you learn your schedule, but at least one week in advance; 2) a medical emergency; or 3) a family emergency. You must notify me of your extenuating circumstances before the scheduled exam, unless you are unable to do so in an emergency. I will not make special accommodations for students who extend their breaks by leaving earlier or returning later than dates indicated by SLU's official academic calendar. Therefore, it is imperative that you note the date of each exam at the beginning of the semester and plan for travel accordingly.

Late assignments

When determining assignment deadlines, I consider how assignments will most effectively prepare you for class and reinforce recently learned material. I also consider my own schedule so that I have time to provide quality feedback in a timely manner. Therefore, just as I aim to return graded assignments quickly, I expect you to adhere to deadlines outlined in the course schedule. However, we all lead busy lives and often have competing demands for our time. You may find yourself overwhelmed one week when all your classes have the same deadlines, or

you may fall behind on work after an illness. To accommodate for these circumstances, I have built in some flexibility for assignment submissions.

For each assignment, there is a 24-hour grace period in which you can submit your assignment late without penalty. This policy does not apply to exams, which cannot be completed after the due date except for extenuating circumstances.

However, after you have used the 24-hour extension, the following late assignment policy will be used: If you submit an assignment late, 5% will be deducted from your assignment grade for every 24-hour period after the extension period. For example, 5% deduction if submitted within 24-hours after extension period, 10% deduction for next 24-hours, etc.

In extenuating circumstances, late assignments may be submitted without or with reduced penalties; these situations will be evaluated on a case-by-case basis.

Personal Electronics

Sometimes we will complete activities in class that require a laptop computer or other device with an internet connection. Therefore, laptop computers are permitted in the classroom when used for course-related activities (e.g., referencing the online textbook, completing a group activity, answering a lecture question via online poll system). I recognize that computers offer endless distractions, but I trust that you'll use them responsibly in class. Please do what you can to limit distractions – e.g., close other browser tabs, keep chat apps closed, and silence your cell phone. We will take a break during each class so you can check email and texts.

Student Hours (aka Office Hours)

I set aside three hours per week to meet with students outside of class time. You do not need an appointment to attend student hours; just show up! Showing up means clicking on the Student Hours Zoom link that is posted to our Sakai homepage. During student hours we can review lecture material, discuss study strategies, strengthen participation skills, review test material, or work on whatever aspects of the course (or college) you find challenging. Sometimes, students are hesitant to visit me until after the first exam. However, I encourage you to visit with me before Exam 1 to introduce yourself and discuss how we can work together to have a successful semester. Therefore, if you visit my student hours or make an appointment to meet with me during the first three weeks of class (8/25 – 9/10), you will earn one bonus point on your first exam.

Contacting Me

I truly love talking to my students! I encourage you to ask me questions and to share interesting resources related to course content. There are several ways for you to do this including attending student hours (see above), scheduling an appointment, and emailing me. Please check the syllabus before emailing me about scheduling or course policies. I ask that you also check your email regularly, as I sometimes share class announcements, follow-ups to lecture material, and interesting stuff I find related to course content. I will respond to your emails

within 24 hours if received Mon – Fri, 8 AM – 5 PM EST. I will respond to emails received during the weekend on the following Monday.

Academic Integrity

All assignments submitted must adhere to the university honor code as stated in the [Student Handbook](#). All work must be completed independently, except for in-class group work. All written work must be in your own words and properly cited following APA 7th edition guidelines. If you have any questions about the honor code or plagiarism, please ask me. Examples of academic dishonesty include: using another author's or student's work as your own, failing to properly cite a source when quoting or summarizing, cheating on exams, and handing in work previously used in another course.

Student Accessibility Services

If you have a specific learning profile, medical and or mental health condition and need accommodations, please be sure to contact the Student Accessibility Services Office right away so they can help you get the accommodations you require. If you need to use any accommodations in this class, please meet with your instructor early and provide them with your Individualized Educational Accommodation Plan (IEAP) letter so you can have the best possible experience this semester.

Although not required, your instructor would like to know of any accommodations that are needed at least 10 days before a quiz or test. Please be proactive and set up an appointment to meet with someone from the Student Accessibility Services Office.

Color Vision Deficiency:

If you are color vision deficient, the Student Accessibility Services office has on loan glasses for students who are color vision deficient. Please contact the office to make an appointment.

For more specific information about setting up an appointment with Student Accessibility Services please see the options listed below:

Telephone:
315.229.5537

Email:
studentaccessibility@stlawu.edu

For further information about Student Accessibility Services, you can check the website at: <https://www.stlawu.edu/student-accessibility-services>

Campus Resources

There are many on-campus resources to help you succeed academically or to help you find balance between your school and personal life. Some of these include:

The WORD Studio

The WORD Studio offers both online and face-to-face tutorials for your papers, speeches, posters, and reading assignments. We want to make you the best writer and speaker you can be at SLU. Our tutors are thoroughly trained and friendly peers who can:

- Help you understand an assignment
- Help you build an argument or structure in papers and oral presentations
- Help you expand your vocab and work on sentence structure
- Work with you on a powerpoint or poster
- Refine your reading skills
- Help you learn to avoid plagiarism through proper citation

The WORD Studio offers ESL and science writing specialists, but all of our tutors are trained to assist with any communication assignment. The WORD Studio is located in ODY 137 and is open Monday-Wednesday 10am-9pm, Thursday 10am-7pm, Friday 10am-2pm, and Sunday 3pm-8pm--but appointments are required (no walk-ins). Schedule a tutorial by going to the WORD Studio website. If you have any questions about our services, please email us at wordstudio@stlawu.edu.

The Peterson Quantitative Resource Center

The Peterson Quantitative Resource Center (PQRC) offers free, no appointment necessary peer tutoring across a range of courses with quantitative content. The PQRC student staff of mentors is trained to assist students to develop and to improve their quantitative skills and understanding. More information about the PQRC's current hours and modes of operation can be found at the PQRC webpage: www.stlawu.edu/pgrc.

Office of Academic Support

<https://www.stlawu.edu/offices/academic-support>

Academic Advising: Peer tutoring

<http://www.stlawu.edu/advising>

Health and Counseling Services

<https://www.stlawu.edu/health-and-counseling-services>

LGBTQIA Student Resources

<http://www.stlawu.edu/lgbtq>

Resources for International Students

<https://www.stlawu.edu/student-life/resources-international-students>

Diversity and Inclusion Office

<https://www.stlawu.edu/offices/diversity-and-inclusion>

Chaplain's Office

<https://www.stlawu.edu/offices/chaplains-office>

English as a Second Language

Second language students have the option to meet with Robin Crowell, faculty member, for assistance with any type of academic assignment. Students can contact her via email (rcrowell@stlawu.edu) to set up an appointment.

Schedule

Please note that the schedule is subject to change with notice. Any changes will be made in consultation with you, the students. These changes will be for your benefit to ensure that you have adequate preparation and enough time to complete assignments.

Week	Date	Class Topic	OpenStax Reading	Assignments
1	8/26	Introduction	Ch. 1	
2	8/31 & 9/2	Research Methods	Ch. 2	Homework 1 Learning Check 1
3	9/7 & 9/9	Biological Basis of Behavior	Ch. 3	Homework 2 Learning Check 2
4	9/14 & 9/16	Sensation & Perception	Ch. 5	Homework 3 Learning Check 3
5	9/21 & 9/23	Exam Review & Catch-up Exam 1 (Thurs)		
6	9/28 & 9/30	Learning	Ch. 6	Homework 4 Learning Check 4
7	10/5 & 10/7	Memory	Ch. 8	Homework 5 Learning Check 5
8	10/12	Development Mid-semester break (10/14)	Ch. 9	
9	10/19 & 10/21	Development Exam Review Exam 2 (Thurs)		
10	10/26 & 10/28	Mental Health	Ch. 15	Homework 6 Learning Check 6
11	11/2 & 11/4	Treatment	Ch. 16	Homework 7 Learning Check 7
12	11/9 & 11/11	Social	Ch. 12	Homework 8 Learning Check 8
13	11/16 & 11/18	Exam Review & Catch-up Exam 3 (Thurs)		

Week	Date	Class Topic	OpenStax Reading	Assignments
--	11/23 & 11/25	Thanksgiving Break		
14	11/30 & 12/2	Health	Ch. 14	Homework 9 Learning Check 9
15	12/7 & 12/9	Personality End-of-semester-evaluations Exam Review TBD	Ch. 11	Homework 10 Learning Check 10 Research Participation
16	Final Exam Week	FINAL EXAM Monday 12/13 1:30PM – 4:30PM		