

General Psychology

PSY 1003(3 units):

Section 1

Spring Semester 2024

Tu Th 1:30-2:45

Location: Taylor 312

Final Exam: April 30th 1:30-4:00 p.m

Instructor: Kim W. Schaeffer, Ph.D.

Office Location: Culbertson 212 (between The Greek and Colt)

Office Hours: M: 7:00-9:45, 2:45–3:30; TU & TH: 12-1, 2:30–3:30; W: 7:00-9:45

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Teaching Assistant: Jada Martin

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PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life

Course Description

A survey of psychology as an empirical/behavior science. Topics include biological correlates of behavior, learning, cognition, emotion, motivation, personality, assessment, development, psychopathology, psychotherapy, and social psychology.

Course Learning Outcomes in PSY 1003: Upon completion of this course you will be able to:

- Recall at least 70% of the information on textbook bank questions from the general psychology textbook used in class.
- Identify four theories of psychology
- Appreciate the history of psychological thought
- Describe practical applications for the following content areas: neuroscience, addiction, learning, memory, personality (including disorders), intelligence (including assessment), emotion, stress, health, sleep (including dreams), hypnosis, developmental psychology, psychological disorders and treatment
- Use the library search tools to find appropriate research articles
- Work effectively in teams

PLNU's Foundational Explorations Learning Outcomes (FELO)

Context #2: *Growing: In a Christ-Centered Faith Community*

- Institutional Learning Outcome #2: Students will develop a deeper and more informed understanding of self and others as they negotiate complex environments.
 - FELO 2a. Students will develop an understanding of self that fosters personal well-being.
 - FELO 2a. will be assessed by the following:

- Write an essay explaining how insights from psychology can tell you more about yourself, other people, or your relationships. In your essay, be sure to...
 - Choose three concepts from this course that involve you or your life in some way (e.g., depression, stress, cognition, etc.). Define them in your own words. Explain why you chose to include each of those three concepts. Be sure to discuss how each concept affects you/your life on a personal level.
 - Describe how learning about these concepts can help you thrive and achieve personal well-being. Include examples of how this course gave you insight on how to better thrive on a personal level.
- Be sure to write approximately 500 words.
- Turn your assignment in electronically on Canvas at the end of the semester

Reading in PSY 1003

Employers want employees who are good critical thinkers. According to Diane Halpern (2003), there are 4 aspects to critical thinking: (a) a critical thinking attitude, e.g., not accepting claims at face value; (b) the capacity to implement specific critical thinking skills, e.g., deductive reasoning, hypothesis testing, understanding probability; (c) the facility to apply these critical thinking skills to new situations; and (d) the skill to think about one's own thinking, or metacognition. We will use a significant portion of our class time for activities that will enhance your critical thinking skills. It is imperative that you read and study the reading assignment before coming to class.

Working in Teams in PSY 1003

Employers want employees who work well in teams. In order for us to improve our critical thinking and become even better team members, in-class peer collaboration will be a major portion of our course. (Please note: you will not be assigned any team activities that will require you to meet with your peers outside of class.) In-class teamwork includes analysis of case studies, quizzes, and a variety of critical thinking activities that relate to psychology. Toward the end of the semester you evaluate the “helpfulness” of your team members and assign them a grade that will contribute to their final grade.

Required Textbook

Myers, D. G. & DeWall, C. N. (2019). *Exploring psychology* (11th ed.). New York, NY: Worth.

Course Credit Hour Information

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

How Grades Will Be Earned (A = 93-100; A- = 90-92.99; B+ = 88-89.99; B = 84-87.99; B- = 80- 83.99; C+ = 77-79.99; C = 70-76.99; C- = 65-69.99; D+ = 62-64.99; D = 55-61.99; D- = 50-54.99; F ≤ 49.99%)

12.5% Readiness Assurance Tests (iRAT, and tRAT)

12.5% Team Application Exercises

5% Team Member Helpfulness

(peer-graded) 40% Test 1-4

20% Comprehensive
Final 10% Psychology
and You

Managing Your Life and This Course

If you cannot take a major test due to extreme circumstances, please ask me for permission to take the test at another time before the exam.

Most people need to miss a class due to illness, flight delays, and so on. Therefore, a safety valve is built into the course. For the safety valve to become effective, 90% or more of the class must complete the IDEA course evaluation during the first week it is posted.

Safety Valve: Best practices for employees allow personal cell phone usage only during mandatory breaks. Therefore, if throughout the semester I suspect no one is using their cell phone or computer for non-class activities, the four lowest Team Application Exercises, the three lowest iRATs or tRATs will be dropped. Two absent minded faux pas are allowed for the entire class throughout the semester.

Late Assignments

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Canvas automatically deducts 10% from late assignment plus an additional 10% per day.

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

PLNU Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU Academic Honesty Policy

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an "F" grade.

Use of Technology

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the *Technology and System Requirements* information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.