



Point Loma Nazarene University
Department of Psychology

PSY 1003 Section 2 - General Psychology

3 Units

Spring 2024

Meeting Days/Times: Wednesdays 4:00 pm - 6:30 pm

Meeting Location: Zoom (link to be provided)

Final Exam: Due Wednesday, 05/01/2024 @ 11:59 pm

Instructor:	Mia J. Covello, M.A.
Phone:	858-776-8405
Email:	mcovello@pointloma.edu
Office Hours:	Zoom appointments scheduled upon request.

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.

Foundational Explanation Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

Course Description

This course is designed to introduce students to the field of Psychology and the study of human behavior. It includes the topics of human development, basic understanding of the biological bases of human behavior and the mind, relationship dynamics, human sexuality, social psychology, learning, perception, cognition, normal and abnormal behavior, personality, psychological disorders, psychological testing, and an overview of therapy/therapeutic treatments.

Program and Course Learning Outcomes

1. Critically evaluate, reflect on, and discuss the core ideas/concepts of psychology.
2. Learn the fundamental theories, generalizations, and conceptualizations of psychology.
3. Begin forming an understanding of the practical applications of psychological research and various psychological theories.
4. Gain a basic understanding of various therapeutic theories and specific interventions associated with different theories.
5. Identify key factors that contribute to well-being.

Foundational Explorations Learning Outcomes and Associated Assignments

1. Communication skills:
 - Weekly Reading Question Responses
 - Midterm Reflection Paper
2. Critical thinking and reasoning:
 - Weekly Reading Question Responses
 - Midterm Reflection Paper
 - Final Exam
3. Global and diversity awareness:
 - Weekly Reading Question Responses
 - Midterm Reflection Paper
 - Final Exam

Required Text

Myers, D. G., & DeWall, C. N. (2022). *Exploring psychology* (12th ed.). Worth Publishers.

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 three (3) unit class delivered over 16 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.

Assessment and Grading

Grades will be based on the following:

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

Content Warning

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In General Psychology (PSY 1003), all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include Week 5: Sex, Gender, and Sexuality; Week 11: Stress, Health, and Flourishing; Week 12: Social Psychology; and Week 14: Psychological Disorders. If you encounter a topic that is intellectually challenging for you, it can manifest in feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of general psychological topics, and I will support you throughout your learning in this course.

Trigger Warning

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In [class name], we will cover a variety of topics, some of which you may find triggering. These topics include [list topics]. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a

therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of General Psychology, and I will support you throughout your learning in this course.

Incompletes and 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. Incompletes will only be assigned in extremely unusual circumstances.

Spiritual Care

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

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.

Artificial (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

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.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars, we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

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.

Course Modality Definitions

- 1. In-Person:** Course meetings are face-to-face with no more than 25% online delivery.
- 2. Online:** Coursework is completed 100% online and asynchronously.
- 3. Online Synchronous:** Coursework is completed 100% online with required weekly online class meetings.
- 4. Hybrid:** Courses that meet face-to-face with required online components.

In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog.

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.

Loma Writing Center

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We work toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research.

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar and polishing final drafts, and more. For information about how to make in-person or online appointments, see [Loma Writing Center webpage](#) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

Final Grade Breakdown

- Class Participation/Activities (15%)
 - Class participation includes having cameras on during class and participating in class discussions when applicable. If you have a reason that you cannot have your camera on during class, please email the course instructor to communicate that to them.
- Weekly Reading Question Responses (35%)
- Midterm Reflection Paper (20%)
- Final Exam (30%)

Assignments At-A-Glance:

Weekly Reading Question Responses (10 points each):

Each week students will read the required chapter from Myers & DeWall and submit a 250-word response to the question provided in the Canvas Module for that week. In addition to the student's response, they will also submit at least one (1) question that they have from that week's chapter for the instructor to review before the lecture the following day. The 250-word response and the question(s) will be submitted together on Canvas under their designated assignment tab for that week.

Midterm Reflection Paper (50 points):

Students will select a topic from one of the weeks listed in the course schedule on pages 7 & 8 of the syllabus to use for their midterm reflection paper. Students will write a 5-page paper (double-spaced, 12-point font) reflecting on the topic they have selected and how that topic applies to their lives. Students may apply the topic to their personal experiences or they may apply the topic more broadly to dynamics they have seen/witnessed elsewhere. The instructor

will provide further details throughout the course, and a detailed rubric for the midterm paper will be posted in Canvas. The Midterm Reflection paper will be due Week 9 on Friday (10/27) by 11:59 pm.

Final Exam (100 points):

The final examination will consist of multiple-choice questions and short answer questions based on the readings and lecture materials covered throughout the course. The instructor will provide a study guide with the topics, terms, etc. that students will need to know for the exam. Further details and the study guide will be provided by the instructor at a later date in the course. The final exam will be due at 11:59 p.m. on Wednesday of Finals Week (05/01).

Course Schedule

Week # & Topics	Assigned Reading/Materials	Assignments & Due Dates
Week 1: Introduction to Psychological Science	Myers & DeWall: Ch. 1	- Wee 1 Reading Question Response: Due 01/14 @ 11:59 pm
Week 2: Biology of Behavior	Myers & DeWall: Ch. 2	- Week 2 Reading Question Response: Due 01/16 @ 11:59 pm
Week 3: Consciousness & Sleep	Myers & DeWall: Ch. 3	- Week 3 Reading Question Response: Due 01/23 @ 11:59 pm
Week 4: Life Span Development	Myers & DeWall: Ch. 4	- Week 4 Reading Question Response: Due 01/30 @ 11:59 pm
Week 5: Sex, Gender, & Sexuality	Myers & DeWall: Ch. 5	- Week 5 Reading Question Response: Due 02/06 @ 11:59 pm
Week 6: Sensation & Perception	Myers & DeWall: Ch. 6	- Week 6 Reading Question Response: Due 02/13 @ 11:59 pm
Week 7: Learning	Myers & DeWall: Ch. 7	- Week 7 Reading Question Response: Due 02/20 @ 11:59 pm
Week 8: Memory	Myers & DeWall: Ch. 8	- Week 8 Reading Question Response: Due 02/27 @ 11:59 pm - Midterm Reflection Paper: Due 03/01 @

		11:59 pm
Week 9: Spring Break NO CLASS MEETING	No Reading Assigned.	- No Reading Question Response due.
Week 10: Thinking, Language, & Intelligence	Myers & DeWall: Ch. 9	- Week 10 Reading Question Response: Due 03/12 @ 11:59 pm
Week 11: Motivation & Emotion	Myers & DeWall: Ch. 10	- Week 11 Reading Question Response: Due 03/19 @ 11:59 pm
Week 12: Stress, Health, & Flourishing	Myers & DeWall: Ch. 11	- Week 12 Reading Question Response: Due 03/26 @ 11:59 pm
Week 13: Social Psychology	Myers & DeWall: Ch. 12	- Week 13 Reading Question Response: Due 04/02 @ 11:59 pm
Week 14: Personality	Watch recorded video lecture. Myers & DeWall: Ch. 13	- Week 14 Reading Question Response: Due 04/09 @ 11:59 pm
Week 15: Psychological Disorders	Myers & DeWall: Ch. 14	- Week 15 Reading Question Response: Due 04/16 @ 11:59 pm
Week 16: Therapy Final Exam Review	Myers & DeWall: Ch. 15	- Week 16 Reading Question Response: Due 04/23 @ 11:59 pm
Week 17: Finals Week	No Assigned Reading	- Final Exam: Due 05/01 @ 11:59 pm