

General Psychology
PSY 1003(3): Section 1
Fall Semester 2020
Tu Th 1:30-2:45
Location: online

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

Email: kimschaeffer@pointloma.edu (on average will check 2-3 times per work day)

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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 a 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.

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.

SYLLABUS: Part 2

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 Explorations 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 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.

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.

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.

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⊕

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses. If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY⊕

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 drop date or, after that date, receive the appropriate grade for their work and participation. 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. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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 the [Office of Spiritual Development](#)

USE OF TECHNOLOGY⊕

In order to be successful in the online 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 compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

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

Schedule Fall 2020

WEEK	TUESDAY	THURSDAY
1	18-Aug Please note: All assignments should be completed the day they are listed in the syllabus. Group Formation	20-Aug Readiness Assurance Test (RAT) 1 Syllabus Myers: Chapter 1
2	25-Aug The Brain Myers: Chapter 2	27-Aug Myers: Chapter 2 Myers: Chapter 3
3	1-Sep RAT2 Drugs and Neurotransmitters Myers: chapter, pp. 100-112 (neurotransmitter, drugs)	3-Sep Myers: Chapter 2
4	8-Sep TEST 1	10-Sep Learning Myers: Chapter 7
5	15-Sep Myers: Chapter 7	17-Sep RAT3 Memory Myers: Chapter 8
6	22-Sep Myers: Chapter 8	24-Sep TEST 2
7	29-Sep Personality and Personality Disorders Myers: Chapter 12 Myers: Chapter 14, pp 537-539	1-Oct Myers: Chapter 12 Myers: Chapter 14, pp 537-539
8	6-Oct RAT4 Intelligence and Assessment Myers: Chapter 9 - pp 329 - 346	8-Oct Emotion Myers: Chapter 10 (pp. 371-385)

WEEK

TUESDAY

THURSDAY

9	<p>13-Oct RAT5</p> <p>Stress, Health, and Flourishing</p> <p>Chapter 11</p>	<p>15-Oct</p> <p>Sleep, Dreams, and Hypnosis</p> <p>Myers: Chapter 3, pp 83-100</p>
10	<p>20-Oct</p> <p>TEST 3</p>	<p>22-Oct</p> <p>Developmental Psychology</p> <p>Myers: Chapter 4</p>
11	<p>27-Oct</p> <p>Myers: Chapter 4</p>	<p>29-Oct RAT6</p> <p>Social Psychology</p> <p>Myers: Chapter 13</p>
12	<p>3-Nov</p> <p>Myers: Chapter 13</p>	<p>5-Nov</p> <p>TEST 4</p>
13	<p>10-Nov RAT7</p> <p>Psychological Disorders</p> <p>Myers: Chapter 14</p>	<p>12-Nov</p> <p>Myers: Chapter 14</p>
14	<p>17-Nov</p> <p>Therapy</p> <p>Myers: Chapter 15</p>	<p>19-Nov</p> <p>Myers: Chapter 15</p>
15	<p>24-Nov</p>	<p>26-Nov</p> <p>Thanksgiving</p>
16	<p>1-Dec</p>	<p>3-Dec</p> <p>1:30 - 4:00: FINAL EXAM</p>