



Point Loma Nazarene University
Department of Undergraduate Psychology

**Psychology 1003 (Section 2)
General Psychology (3 units) Fall 2020**

Instructor: Gimel Rogers, Psy.D., ABPP	Meeting Day: Tuesdays (8/18-12/1)
Phone: 323-230-3540	Meeting Time: 4:30 — 7:00 p.m.
Email: drgimel@7fire8.com	Meeting Location: Liberty Station & Zoom
Office Location: Culbertson Hall	Final Exam: 11/24
Office Hours: Tuesdays by appointment	All Virtual: 11/30 — 12/4

University Mission Statement: 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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Course Description:

This course is designed as an introduction to the field of Psychology and the study of human behavior. It includes the topics of human development, relationships, social psychology, learning, perception, cognition, normal and abnormal behavior, psychological testing, and a basic understanding of the biological bases of the mind.

Catalog Description:

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

Student Learning Outcomes:

1. Discuss and critically evaluate the core ideas of psychology.
2. Learn the fundamental principles, generalizations, and theories of psychology.
3. Develop ways of cultivating psychological wellness in yourself and others.
4. Begin forming a response to psychological research and theory

Course Text:

Meyers, D.G. & Dewall, C.N. (2016). *Exploring Psychology – 10th edition*. New York: Worth Publishers.

Course Requirements:**1. Participation – 5% of final grade**

Students are expected to attend and participate in class. Students should arrive on time and are expected to attend class in its entirety. In addition, students should arrive prepared to contribute to the discussion based on both their completion of the reading assignments and their varied life experiences. It is possible to miss TWO classes and still receive an A in the participation category. A-level participation requires that you come to class consistently, arrive on time and stay until the end, and verbally participate based on having read and reflected on the week's readings. **Due every class.**

2. Final Essay – 10% of final grade

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: **A.** 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. **B.** 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. **C.** Be sure to write approximately 2-3 pages. **Due 12/1.**

3. Quizzes – 20% of final grade

There will be a total of four scheduled quizzes throughout the semester.

4. Class Enhancement Presentation – 15% of final grade

Student will select one class to present an enhancement to the lecture. The presentation should be 10 minutes and should summarize **one** key concept from their selected chapter that correlates to a research article written in the last 7 years on the topic. The article should focus on a traditionally underrepresented group such as persons living in poverty, persons with a disability, ethnically diverse persons, or religious persons. The student should then create a discussion question to spark thought and discourse among their classmates. The student may have a written handout (not a research paper but a summary sheet) for their classmates and, or use visuals aid, (e.g., PowerPoint). The research article may focus on direct victims, witnesses, or offenders. The research article must come from a research journal not a popular magazine or website. **Presentations will start 8/25.**

5. Group Presentation – 10% of final grade

Students will be assigned a group to develop content based on the class material.

6. Midterm Exam – 20% of final grade

Students will be given an exam that focuses on key terminology from the class enhancement presentations. Other topic areas that the professor includes will be covered. **Scheduled for 10/27.**

7. Final Exam – 20% of final grade

Students will be given an exam that focuses on key terminology from the class enhancement presentations since the midterm. Other topic areas that the professor includes will be covered. **Scheduled for 11/24.**

Grading:

Participation / Final Essay: 15%	Midterm Exam: 20%
Quizzes: 20%	Final Exam: 20%
Class Enhancement Presentation 15%	Group Presentation: 10%
Total: (500 pts) 100%	

Percentage Score

A = 93-100%	B+ = 88-89%	C+ = 77-79%	D+ = 62-64%
A- = 90-92%	B = 84-87%	C = 70-76%	D = 55-61%
	B- = 80-83%	C- = 65-69%	D- = 50-54%
			F = Below 50%

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.

Psychology 1003 Tentative Schedule/Content Outline

Date		Presenters
8/18	Introductions/Syllabus Review/Presentation Sign-up /Ch. 1	
8/25	Ch. 2	2 Presentations
9/1	Ch. 3	2 Presentations
9/8	Ch. 4 / (Quiz 1)	2 Presentations
9/15	Ch. 5	2 Presentations
9/22	Ch. 6	2 Presentations
9/29	Ch. 7 / (Quiz 2)	2 Presentations
10/6	Ch. 8	2 Presentations
10/13	Ch. 9 / Form Groups and Develop Ideas	2 Presentations
10/20	Group Presentations / Midterm Review / (Quiz 3)	
10/27	Midterm / Ch. 10	2 Presentations
11/3	Ch.10-12	2 Presentations
11/10	Discuss Stress Papers (Quiz 4) / Ch.13-15	2 Presentations
11/17	Ch. 13-15 / Review for Final	2 Presentations
11/24	Final	
12/1	Final Essay Due & Class Discussion	

Course Policies:

1. Exams and Quizzes: There will be no make-ups for any exam or quiz without prior written permission from the instructor.

Final Examination Policy:

Successful completion of this class requires taking the final examination on its scheduled day.

Lateness: I understand that circumstances beyond your control might cause you to be late to class. Please don't let being late deter you from attending class. But, please, don't make it a habit.

Cell Phones: Please make certain to turn your cell phone ring to vibrate prior to lecture and that it is put away unless previously discussed with the instructor.

Missed Exams/Assignments: Make-ups for missed exams secondary to illness will be allowed only if the instructor is notified of the illness prior to the scheduled administration of the exam and a letter from a physician confirms the illness. Make-ups for missed exams secondary to other unforeseeable and extraordinary circumstances will be at the discretion of the instructor. Late assignments will be given a 10% deduction for every day that they are late.

Professionalism Policy:

One important aspect of professionalism is learning the norms of appropriate dress. For instance, being mindful of attire and how it affects the learning space. Another aspect of professionalism, is being mindful of timeliness and use of technology in class. One goal of developing your professional identity is how you choose to represent yourself. During this semester, I encourage you to create your own professional identity when attending class. It should be noted, during your presentations, business or business casual attire is required. Further, as an institution of higher education, the University has the obligation to combat racism, sexism, and other forms of bias and to provide an equal educational opportunity for all who seek it. The APA Code of Ethics and the Academic Code shall be the guiding principles in dealing with speech or actions that, when considered objectively, are inappropriate, abusive and insulting.

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.

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.

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.

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.

Information Literacy:

Information literacy is defined as "a set of abilities requiring individuals to recognize when information is needed and have the ability to locate, evaluate, and use effectively the needed information" (American Library Association, 1989). In this course, teaching and learning processes will employ the following information literacy standards, as endorsed by the American Association for Higher Education (1999), the Association of College and Research Libraries (2000), and the Council of Independent Colleges (2004). The students in this course will:

1. Determine the nature and extent of the information needed.
2. Access needed information effectively and efficiently.
3. Evaluate information and its sources critically and incorporates selected information into his or her knowledge base and value system.
4. Individually or as a member of a group, use information effectively to accomplish a specific purpose.
5. Understand many of the economic, legal, and social issues surrounding the use of information and accesses and uses information ethically and legally.

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.

Use of Library:

This course may require students to complete course assignments using resources available from the University Libraries. [Research Guides](#) and assistance for this course are available online.

Expectations for Psychology 103 regarding academic integrity in this class:

- Expectations are consistent with those outlined in the academic policy.
- Collaboration is permitted in preparing for examinations.
- Any material (including but not restricted to textbook, other texts, journals, magazines, websites) incorporated into writing assignments (reaction papers, term paper, other non-examination writing assignments) must be properly cited. Plagiarism will not be tolerated.

Consequences for violations of academic integrity in this class:

- Consequences are consistent with those outlined in the academic integrity policy.
- Any type of plagiarism will result in an “F” for the particular assignment in question.
- Cheating during an examination will result in an “F” grade for the particular examination in question.
- The instructor reserves the right to issue a grade of “F” in the class for violations of the Academic Integrity Policy. This includes, but is not limited to: repeated violations of the Academic Integrity Policy, cheating of any sort during examinations and quizzes, turning in assignments not written by the student, among other violations.

Canvas Support:

If you have questions about the content you find in my Canvas course or need clarification on assignment instructions please let me know. If you are unsure how to use any given feature in Canvas you will find the [Canvas Guides](#) to be a very helpful resource. If you cannot access something in my Canvas course or it appears that some part of the course is not working properly, please contact the Office of Instructional Technology for support at oit@pointloma.edu. Include specific information in the request (course ID, section, assignment or module name, etc.) to expedite the troubleshooting process. Screenshots are super helpful!

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 (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

Appendix A
Terms to Know

1. Accommodation
2. Acquisition
3. Action Potential
4. Active Listening
5. Adrenal Glands
6. Aggression
7. Agonist
8. All-or-None Response
9. Alpha Waves
10. Altruism
11. Amygdala
12. Antagonist
13. Assimilation
14. Attachment
15. Attribution Theory
16. Autonomic Nervous System
17. Axon
18. Biopsychosocial Approach
19. Catharsis
20. Central Nervous System
21. Cerebellum
22. Cerebral
23. Chromosomes
24. Classical Conditioning
25. Cognition
26. Coping
27. Corpus Callosum
28. Correlation
29. Critical period
30. Culture
31. Defense Mechanism
32. Delta Waves
33. Dendrites
34. Dependent Variable
35. DSM-5
36. Ego
37. Emotion
38. Endocrine System
39. Endorphins
40. Evidence-based Practice
41. External locus of Control
42. Free Association
43. Frontal Lobes
44. Glial Cells
45. Habituation
46. Heuristic
47. Hippocampus
48. Homeostasis
49. Hypothalamus
50. Id
51. Independent Variable
52. Internal locus of Control
53. Intrinsic Motivation
54. Learned Helplessness
55. Limbic System
56. Medulla
57. Mirror Neurons
58. Myelin Sheath
59. Neurogenesis
60. Neuron
61. Neurotransmitters
62. Occipital Lobes
63. Operant Conditioning
64. Parasympathetic Nervous System
65. Parietal Lobes
66. Peripheral Nervous System
67. Pituitary Gland
68. Placebo
69. Prosocial Behavior
70. Psychology
71. Resilience
72. Schema
73. Somatic Nervous System
74. Superego
75. Sympathetic Nervous System
76. Thalamus
77. Trait

Appendix B
Other Interesting Resources

Butler-Bowdon, T. (2017). *50 psychology classics: Your shortcut to the most important ideas on the mind, personality, and human nature* (2nd ed). Hachette, UK: John Murray Press.

Levy, D. A. (2010). *Tools of critical thinking: Metathoughts for psychology* (2nd ed.). Long Grove, IL: Waveland Press.