

Introduction to Psychology Section 03

PSYC 1

Spring 2025 In Person 3 Unit(s) 01/23/2025 to 05/12/2025 Modified 01/29/2025

Contact Information

Professor: Desiree A. Ryan, Ph.D.

Office Location: Dudley Moorhead Hall 316

Phone: 408-924-5545

Email (best way to contact me): desiree.ryan@sjsu.edu. Please put the course number in the subject line of the email.

Office Hours: Mondays 9:00-10:30am

Course Days/Times: Mondays/Wednesdays: 10:30am-11:45am

Classroom Location: Dudley Moorhead Hall 355

Course Description and Requisites

Psychology is the scientific study of behavior and mental processes. The content focuses on the exploration of major psychological theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches to treatment, and applied psychology.

GE Area: D (formerly GE Area D1)

Letter Graded

Classroom Protocols

Inclusivity and Engagement Principles: We will co-create a classroom environment that is inclusive and welcoming to everyone. I expect each of you to regard each other with the utmost respect while we all put ourselves "out there" to answer or ask questions and discuss ideas. If you feel I or your peers are not meeting these principles, please let me know immediately.

Accessibility: I aim to make our learning community as accessible as possible. This means that I will provide accessible materials and create opportunities for different kinds of classroom engagement. If course materials are inaccessible, or you experience a barrier to participating in class, please bring this to my attention, and I will gladly work with you to ensure accessibility. If you are a student with a disability who requires accommodations to achieve equal access to this course, please visit the [Accessible Education Center \(https://www.sjsu.edu/aec/\)](https://www.sjsu.edu/aec/). Additionally, please get in touch with me privately during my office hours or by appointment, preferably during the first few weeks of the semester, so I can ensure your needs are being met.

Academic Integrity: All submitted work must be your own original work and produced exclusively for this course. Academic integrity includes following exam and paper rules, using only permitted materials during an exam, keeping what you know about an exam to yourself, incorporating proper citation of all sources of information, and only submitting your own original work. The use of sources (ideas, quotations, paraphrases) must be properly acknowledged and documented.

The use of AI (e.g., ChatGPT) at any stage of course assessments is prohibited. For example, students may not use AI to generate ideas, guide paper writing, or construct sentences, paragraphs, or full papers. Violations will be taken seriously and may result in a failing grade for the assignment and/or the course. I cannot guide you in developing your critical thinking and writing skills if you use AI during this course.

Academic misconduct includes, but is not limited to, disclosing exam content during or after you have taken an exam, accessing exam materials without permission, copying/purchasing any material from another student, or from another source, that is submitted for grading as your own, and plagiarism such as using internet material without proper citation.

To review the consequences of academic misconduct, please refer to:

https://www.ue.ucsc.edu/academic_misconduct. Again, violations will be taken seriously and may result in a failing grade for the assignment and/or the course. If you have any questions, please talk with me before completing an assignment.

Distribution of Lecture Notes and Other Course Materials: All materials in this course are the intellectual property of their creators. As a student, you have access to many of the materials in the course for the purpose of learning, engaging with your classmates, and completing assignments. You have a moral and legal obligation to respect the rights of others by only using course materials for purposes associated with the course. You are not permitted to share, upload, stream, sell, republish, share the login information for, or otherwise disseminate any of the course materials, including video and audio files, assignment prompts, slides, notes, syllabus, simulations, datasets, discussion threads.

Please note that teaching and learning is an iterative process, and as such, the course schedule and other syllabus content (e.g., exam question format) may shift as we progress through the semester.

Course Learning Outcomes (CLOs)

Course Learning Outcomes (CLOs): Upon completion of this course, students will be able to:

1. Demonstrate understanding of key concepts in each area of psychology discussed in the course (e.g., cognitive, developmental, and social psychology subdisciplines, research).
2. Apply psychological concepts and theories to real-world situations and social issues. To facilitate this goal, students will link and discuss knowledge gained from course readings with news articles about current events in both written assignments and small group (“pod”) discussions.
3. Develop and practice critical thinking skills via written assignments. Students will gain experience reading scholarly, peer-reviewed articles and considering how researchers use materials (e.g., measures/scales) to answer their core research questions.

Program learning outcomes (PLOs) are skills and knowledge that students will have achieved upon completion of the Psychology BA degree. Each course in our curriculum contributes to one or more of these PLOs. The PLOs for the Psychology BA degree are:

1. Knowledge Base of Psychology. Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. Research Methods in Psychology. Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.
3. Critical Thinking Skills. Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.
4. Applications of Psychology. Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.
Values in Psychology. Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

GE Area D: Social Sciences

Area D courses increase students’ understanding of human behavior and social interaction in the context of value systems, economic structures, political institutions, social groups, and natural environments. Students develop an understanding of problems and issues from different disciplinary perspectives and examine issues in their contemporary as well as historical settings and in a variety of cultural contexts.

The CSU requires students to complete General Education courses in the Social Sciences in at least two different disciplines. Students may meet this requirement by either 1) taking two lower-division Area D courses in different disciplines, or 2) taking two lower-division Area D courses in the same discipline and an Area S upper-division GE course in a different discipline.

GE Area D Learning Outcomes

Upon successful completion of an Area D course, students should be able to:

1. Demonstrate understanding of the ways in which social institutions, culture, and environment shape and are shaped by the behavior of individuals, both past and present;

2. Compare and contrast the dynamics of two or more social groups or social systems in a variety of historical and/or cultural contexts;
3. Place contemporary social developments in cultural, environmental, geographical, and/or historical contexts;
4. Draw on social/behavioral science information from various perspectives to formulate applications appropriate to historical and/or contemporary social issues.

Writing Practice: Students will write a minimum of 1500 words in a language and style appropriate to the discipline.

Course Materials

Course Textbook: We will be using the following open-source, free textbook for this course:

Openstax. psychology-2e. Available at: <https://openstax.org/details/books/psychology-2e>

You can view or download a PDF of this textbook at the above link.

Course Website: Information and materials will be posted on the course Canvas page.

Additional Materials: Please bring paper and a pen/pencil to each class meeting.

Course Requirements and Assignments

Course Assessments:

2 Papers (12 pts each; 24 pts total): To better understand the psychological concepts we discuss in class, you will write 2 papers. One paper will be on the effects of sleep deprivation, and the second will be a film analysis (we will watch a documentary in a class titled *Separated: Children at the Border*). Paper 1 will allow you to do a deep dive into a psychological issue personally relevant to you and give you the opportunity to apply course concepts to your life. Paper 2 will provide a real-world example of how discrimination, structural inequality, and social policies shape individual and collective experiences. Through these two papers, you will meet GE Area D Learning Outcome #3; CLO #1, #2 and #3; PLO #2.

Papers will be approximately 750 words each and adhere to APA. I will provide constructive feedback on paper 1 which you will apply to paper 2. More information will be provided in class.

**Late papers will be accepted up to 1 week after the due date for partial credit (1 pt per 24 hours the paper is late).

Midterm (20 pts). To ensure you are keeping pace with class and to demonstrate mastery of the course material, you will take a multiple-choice exam. The exam will consist of 40 questions (.5 pts per question). For the midterm, you will need to bring to class a number 2 pencil and a green scantron (Reorder Form No. 882-E). This exam will meet PLO #1.

Final (25 pts). The final exam will be cumulative and consist of 50 questions (.5 pts per question). For the final, you will need to bring to class a number 2 pencil and a green scantron (Reorder Form No. 882-E). This exam will meet PLO #1

**All students must take the midterm and final during the designated time. Make-ups will only be possible for students who are experiencing extraordinary circumstances (e.g., hospitalization or severe illness, death of a family member).

3 Quizzes (5 pts each; 15 pts in total). Throughout the semester, you will take 3 quizzes that will help you prep for the larger exams. For quizzes, you will just need to bring a pencil (I will provide paper). Quizzes will be closed notes and closed book.

Group Discussions and/or Activities (approx 10 discussions/activities, 0.5-1 pt each; 10 pts in total). Throughout the semester, at random, I will have you break into groups to engage in activities and discussions where you will apply course concepts and reflect on your own personal experiences with and/or observations related to course content. These discussions are important as we will be engaging actively and deeply with the course content in ways that cannot be facilitated by reading lecture slides at home on your own. As such, discussions cannot be made up regardless of illness, emergencies, athletic requirements, etc. I will provide some extra credit assignments which you can think of as “alternate assignments” for these cases. Group discussions and activities meet CLO #2; PLO #5.

Extra Credit. I will offer ~5 pts of extra credit (i.e., half a letter grade), which may cover a missed group discussion and a couple of points missed on quizzes or exams. This means you need to plan ahead for days you will miss (I would schedule in one illness for the semester because something always comes up when you least expect it and when it is least convenient!).

Research Participation (6 pts). Department of Psychology Research Completion (Revised for Spring 2025):

An important part of the educational experience of Psyc 1 is not only learning about important facts and findings from scientific research in psychology but also serving as a participant in research in psychology. Broad exposure to a variety of research methodologies (experiments, correlational studies, lab studies, online studies, etc.) will provide experiential knowledge for students. This experience contributes to Course Learning Objective 4, as well aligning with Program Learning Outcome 2 (Research Methods in Psychology).

Thus, it is mandated for Psyc 1 courses that each student obtain a certain number of hours as a participant in research studies in the department. Research participation will count towards your course grade.

You can view available studies offered by the psychology department and sign up for the research participation on the SONA online system:

<https://sjsu.sona-systems.com/>

Details on how to set up an account in SONA in order to participate in research is included in the handout and on the psychology department’s website.

There are several requirements by the department in order to receive full credit for research

participation:

1. All students should complete at least one hour of their required research hours by March 1st.
2. Half of your research credit participation or 2 credit hours of your 4 hours must be in-person lab studies. Lab studies are studies that require your physical attendance at an experiment held on campus, as opposed to online studies that include virtual participation in research.

Research participation will be treated as a course assignment worth 6% of the final course grade. But to obtain the full 6%, you will need to complete 4 hours of research participation. Anything less than 4 hours will result in less than 6% (1.5% per hour).

--If you elect to not participate in research, you can consider the alternative assignment option for full or partial credit for your research hours. Please see the distributed handouts on the alternative assignment for details on the requirements.

--All research hours and alternative assignments must be completed by May 12th.

Department of Psychology Policy for Awarding Research Hours for Partial Completion

For psychology students at SJSU, research participation is a requirement for completion of the Psyc 1 General Psychology course. However, it is the view of the department that proportional credit can be given in that points awarded should be commensurate with the effort expended by participants in studies.

Consistent with IRB ethical guidelines, participants can always elect to withdraw from a study for any reason. In these cases, credit will be granted in proportion to the amount of the study completed, with a minimum credit of 0.25 hours.

In cases where participants complete a study unreasonably quickly, credit will be granted in proportion to the amount of the study completed, with a minimum credit of 0.25 hours.

✓ Grading Information

Grading Breakdown:

93-100% A	87-89% B+	80-82% B-	70-76% C
90-92% A-	83-86% B	77-79% C+	60-69%

Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

Course Schedule

I. Introduction to Psychology			
Week	Date	Lecture Topic	Due Date
Week 2	Mon, 1/27	Welcome & Overview of the Course	No Reading
	Wed, 1/29	Introduction to the Study of Psychology	Ch.1
Week 3	Mon, 2/3	Psychological Research	Ch.1
	Wed, 2/5	Psychological Research Cont'd	Ch. 2
II. The Body, Brain, and Behavior			
Week 4	Mon, 2/10	Biopsychology	Ch. 3
	Wed, 2/12	Biopsychology Cont'd	Ch. 3
Week 5	Mon, 2/17	States of Consciousness	Ch. 4 **Feb 18 Last Day to Add Courses & Register Late

	Wed, 2/19	States of Consciousness Cont'd Paper #1 Introduction	Ch. 4 Quiz #1
Week 6	Mon, 2/24	Sensation and Perception	Ch. 5
	Wed, 2/26	Sensation and Perception Cont'd	Ch. 5 1 Hour of Research Participation Must be Completed by 3/1
Week 7	Mon, 3/3	Learning & Thinking and Intelligence	Ch. 6 & 7
	Wed, 3/5	Memory	Ch. 8
Week 8	Mon, 3/10	Midterm	
III. Development, Personality, and Social Contexts			
	Wed, 3/12	Lifespan Development	Ch. 9
Week 9	Mon, 3/17	Lifespan Cont'd & Emotion and Motivation	Ch. 10
	Wed, 3/19	Emotion and Motivation	Ch. 10 Paper #1 Due 3/19 by 11:59PM on Canvas
Week 10	Mon, 3/24	Personality	Ch. 11

	Wed, 3/26	Personality Cont'd	Ch. 11 Quiz #2
Week 11	Mon, 3/31	Spring Break	
	Wed, 4/2	Spring Break	
Week 12	Mon, 4/7	Social Psychology	Ch. 12
	Wed, 4/9	Social Psychology Cont'd & I/O Psychology	Ch. 12 & Ch. 13
IV. Mental Health and Well-being			
Week 13	Mon, 4/14	Film– <i>Separated: Children at the Border</i> Paper #2 Introduction	Ch. 14
	Wed, 4/16	Stress, Lifestyle, and Health Cont'd	Ch. 14
Week 14	Mon, 4/21	Psychological Disorders	Ch. 15
	Wed, 4/23	Psychological Disorders Cont'd	Quiz #3 Ch. 15
Week 15	Mon, 4/28	Psychological Disorders Cont'd	Ch. 15 Paper #2 Due 4/28 by 11:59PM on Canvas

	Wed, 4/30	Psychological Disorders Cont'd	Ch. 15
Week 16	Mon, 5/5	Therapy and Treatments	Ch. 16
	Wed 5/7	Buffer Day/Catch-Up	
Week 17	Mon, 5/12	Course Wrap-Up	All Research Participation Hours Must be Completed by 5/2
Finals Week		Friday, May 16th, 10:45am - 12:45pm	Final