Psychology 1005: Introduction to Psychology for Healthier Living  
Spring, 2014; MWF, 12-1:15 pm  
Instructor: Dr. C. Barkley

Office:  S. Sc.  451  
Office Phone: 510-885-2764  
Office Hours: M/W 1:15-2:15pm  
Mailbox: Psychology Dept. Office (S.Sc. 229)  
E-mail: cynthia.barkley@csueastbay.edu (include Psychology 1005 in the subject line of all e-mail).  
Please review the course requirements for this course as printed in your catalog.  
http://www20.csueastbay.edu/ecat/undergrad-chapters/u-psyc.html#undergrad

Course Texts: Introduction to Psychology, Coon and Mitterer, 13th edition. This text may be purchased as a paper version, or electronically from the publisher’s web site. I will provide you the link to the electronic version of the text on blackboard. The e-version of the text is less expensive than the paper version new through the bookstore and includes interactive tools.

Blackboard: Syllabus, study-guides for exams, and homework assignments/quizzes for the course are available only electronically on Blackboard. We will discuss this further in class. Additionally, changes to the schedule will be posted as announcements on our class blackboard site. Be sure to check these announcements and your horizon e-mail regularly.

There will be 3 exams: 2 midterms and a final. Assignments for this course are quizzes posted on blackboard. Due dates for these assignments will be posted on blackboard.

Topics and assignments (by week):

April 2 – Introduction and Research Methods: Chp. 1 (March 31st is a holiday)  
April 7 – The Nervous System and Sensation: Chps. 2 & 4  
April 14 – Sensation and Perception Chap. 4  
April 21 – Exam 1 and Conditioning and Learning Chapter 6 and pages 520-526.  
April 28 – Conditioning and Learning continued and Memory, Chp. 6 & 7.  
May 5 – States of Consciousness. Chapter 5  
May 12 – Review Exam 2 and Intelligence Chapter 9  
May 19 – Development: Chap. 3 (5/20 is the last day to withdraw from a course)  
May 28 – Social Psychology: Chap 16 & 17 (May 26th is a holiday – no class).  
No participation is permitted during finals week.  
June 11 – Final Exam Wednesday (at 12:00)

Exam Dates:  
Exam 1 – Monday April 21  
Exam 2 – Wednesday May 14  
Final Exam – Wednesday June 11 at 12:00
Exams:
You will need a #2 pencil and a Scantron form 882-E for each exam. You will be required to bring photo id with you to exams. Make-up exams will only be granted for documented emergencies. Please review the exam dates now, and note them. Do not continue in this class if you cannot make the scheduled exams. Exams will cover material from assigned readings, films and lecture material.

Assignments:
You will be assigned several chapter post-tests on line through the blackboard site. These chapter post-tests will be posted with their due dates at least one week before they are due. You are responsible for checking the site to insure that you do them on time.

Grading:
Each exam will be worth 100 points. The homework quizzes (4 of them) will be worth 10 points each. Total points available in the class is therefore 340. Grades will be calculated on percentages 93-100% is an A, 90-92.9% is a A-, 87-89.9% is a B+, 83-86.9% is a B, 80-82.9% is a B-, 77-79.9% is a C+, 73-76.9% is a C, 70-72.9% is a C-, 67-69.9% is a D+, 60-66.9% is a D, below 60% is an F. I do not curve grades and I do not ‘assign’ grades – you earn your grades. Note that an incomplete grade will only be considered in the event of a documented emergency, not as a way of avoiding a failing grade.

Lecture notes:
As a courtesy for you, I will have outlines of my lecture notes (excluding overheads of copyrighted material) online at the blackboard site for this class. Try and print and read these notes before class.

Films
There will be several films seen in class. These will be shown as convenient to me, and thus are (mostly) unannounced. There will be questions from these films on the exams, and we may not discuss them in class prior to the exam. These films are part of my personal library and may not be available elsewhere. Regular attendance in class is strongly advised.

In order to receive a grade in this course:
To get a fuller flavor of Psychology as an experimental science, one must have some direct contact with ongoing research. Consequently, as part of the requirements for this course you will participate as a subject in some research studies. If you do not complete the subject pool requirement you will receive an Incomplete in the course. If your grade at this point is a D or F, you will receive the grade rather than an Incomplete. You will be provided with a yellow “Research Participation and Reminder” sheet. Please read this yellow sheet carefully because it describes the subject pool requirement in more detail. Each time you participate, the experimenter will sign your yellow sheet and indicate the number of points you have earned. It is important that you keep your yellow sheet. In the unlikely event of an error in the subject pool records, your yellow sheet serves as proof of your research participation. Sign-up sheets for experiments are located on the bulletin board outside South Science 236. When you sign up to be in an experiment, you are making a commitment to arrive at the experiment at the stated hour and on time. One point will be added to your point requirement each time that you miss an appointment (i.e., if the requirement for the quarter is 4 points and you miss one appointment then you would need to earn 5 points that quarter). This means that you will need to earn an extra point later on in order to fulfill the requirement. The subject pool requirement is administered by the Subject Pool Coordinator, not by your Psychology 1005 instructor. Please direct questions regarding the subject pool to the Subject Pool Coordinator in the Psychology Department office (South Science 229).
Misc: -The best predictor of final grades in my classes is attendance. Students who do not attend my classes do not do well. You must be here if you wish to succeed. Additionally, if you do attend but spend your time in class chatting, or texting or using an electronic device for anything other than note taking, you are not absorbing the material from the course and may be distracting those around. If I observe you being a distraction, I reserve the right to ask you to leave until you can focus on the material.

Occasionally I find it necessary to send you information by e-mailing through blackboard. Be sure you check your horizon e-mail account regularly.

Class policy on plagiarism
Duplication of any material from another written work that is not in quotations is plagiarism. Plagiarism is cheating, and therefore, any instance will be considered grounds for an F in this class. This includes copying anyone else’s simulations. Cheating during exams will be grounds for an automatic F in the class. Additionally, I am required to put the following statement in my syllabus “By enrolling in this class the student agrees to uphold the standards of academic integrity described in the catalog at http://www.csueastbay.edu/ecat/current/i-120grading.html#section12.”

Children
As part of this class, we will be discussing topics that are inappropriate for children (ie gender, reproduction, hormones, and use of postmortem brain material for study). Please do not bring your children with you to class without consent from me. Infants also are a huge distraction for me while I am lecturing and other students who are trying to listen. Please be courteous and do not bring them to class.

Additional information required by Academic Senate
Accommodations for those with a documented disability are available through Accessibility Services. Please see them as soon as possible to pick up the appropriate paperwork if you qualify for services. Emergency information: “Information on what to do in an emergency situation may be found at http://www20.csueastbay.edu/af/departments/risk-management/ehs/emergency-management/index.html. Please be familiar with these procedures. Information on this page is updated as required. Please review the information on a regular basis.”

Student Learning Objectives:
In this cluster class, we will be emphasizing the application of psychology towards healthier living. Towards this end, we will be emphasizing within each chapter how the understanding of how your brain and mind works is essential for understanding how to live a healthier life, physically and emotionally. We will also be highlighting the role of the nervous system, learning, hormones and emotion in prevention of illness.

During the course of this term, you will come to understand the research methods involved in the study of psychology. You will learn to critically analyze research in a variety of life and social sciences. You will learn to analyze the arguments presented by the author of a study, examine the methods and their appropriateness to the argument and to determine whether the methods can support a causal inference. You will learn the difference between correlational and experimental research. You will also learn the limits of generalization to the population being studied. You will learn to interpret basic
graphs of correlational and experimental designs. You will further gain insight into how research in psychology is conducted by participating in research studies being done in the psychology department.

You will also learn basic neuro-anatomy. You will learn the names and functions of the lobes of the cortex and sub-cortical structures. You will learn how neurons function and propagate neural signals. You will learn what the effects are on the nervous system of some of the common drugs of abuse. You will learn how external stimuli (light, sound, touch, smell, taste) are transformed into neural signals and processed by the nervous system to become what we experience as perception.

You will learn how learning occurs and what the underlying changes look like in the nervous system as you learn. You will learn how memory works and what things you can do to improve your processing of incoming information, retention of that information and your recovery of that information in both academic and non-academic settings.

You will learn about the stages of sleep and sleep disorders. You will learn about development: physiological development, emotional development and cognitive development. You will learn how genetics and hormones affect developmental processes.

You will learn about psychological disorders: their symptoms, treatments and what is known about their causes.

Assessment in this class of these objectives will be done by multiple-choice exams, and chapter quizzes on blackboard. The chapter quizzes are good review for the material that may be covered on the exam.