EAST TENNESSEE STATE
U N I V E R S I T Y

Department of Psychology

PSYC 1310 – Introduction to Psychology

Syllabus

Instructor Contact Information

Instructor: Liza Hernandez
Email: hernandezlj@etsu.edu
Office: Roger-Stout Room 100 or via Zoom
Student Hours: By appointment

Instructor Availability

Student hours by appointment, to schedule an appointment please email me at
hernandezlj@etsu.edu.

Preferred method of communication: Email (hernandezlj@etsu.edu), allow up to 24
hours during weekdays and 48 hours during weekends & academic holidays for a response.
If a question requires a more in-depth answer it may be easier to make an appointment, so
we may further discuss the question, in person.

Course Structure

This course will be delivered entirely online through the course management system D2L.
You will use your ETSU account to login to the course from the D2L login page.

Course Information

Course Description

This course is designed to provide an introduction to the basic concepts, principles, and
theories of the science of psychology. Topics included are biological and developmental
processes, perception and awareness, learning and thinking, motivation and emotion,
personality and individuality, adjustment and mental health, and social behavior.

Course Purpose and Goals

This 3-credit hour course is designed to provide you with a greater knowledge and
understanding of the basic principles of psychology. Objectives for this course include:

1) providing a broad overview of the field of psychology, with an emphasis on the science of psychology and how psychology applies to and impacts each of us in our daily lives;

2) obtaining a greater knowledge of psychological principles as well as of human behavior and motives;

3) the development of scientific values and skills as well as an appreciation of scientific methods (especially as they pertain to psychology); and

4) learning how to evaluate, discuss, and critique information, becoming more intelligent consumers of information, and becoming independent thinkers.

Course Learning Objectives

At the conclusion of this course, students will:

1. Have a basic understanding of **research design** and the **scientific method**.
2. Have a basic understanding of the differences between **biological**, **cognitive**, **developmental**, and **social** components of psychology.
3. Gain an understanding of the major **theoretical contributions** to psychology.
4. Have a basic understanding of the **brain** and the **nervous system**.
5. Have a basic understanding of broad groups of **psychopathology**.
6. Have a basic understanding of basic **learning principles**.
7. Have a basic understanding of **organismic** versus **environmental** influences on behavior.
8. **Have an understanding of the distinction between psychologists and other mental health professionals.**
9. **Have a basic understanding of** at least **two major types of treatment for psychological disorders.**

Course Requirements

Textbooks and Materials

**Psychology 2e from OpenStax, Print ISBN 9781975076450
, Digital ISBN 9781951693237, www.openstax.org/details/psychology-2e**

Good news: your textbook for this class is available for free online!
https://openstax.org/details/psychology-2e

If you prefer, you can also get a print version at a very low cost. Your book is available in web view and PDF for free. You can also choose to purchase on iBooks or get a print version via the campus bookstore or from OpenStax on Amazon.com.

You can use whichever formats you want. Web view is recommended -- the responsive design works seamlessly on any device. If you buy on Amazon, make sure you use the link

on your book page on openstax.org so you get the official OpenStax print version. (Simple printouts sold by third parties on Amazon are not verifiable and not as high-quality.)

Technical Requirements

Students should have a basic working knowledge of how to navigate and use D2L. Students will also be asked to participant in in-class polling questions that require a smartphone or computer with internet capabilities. If this is a problem, please contact the instructor.

Course Policies and Expectations

Classroom and Communication Policies

Email Communication
- Students should regularly check their ETSU email account as the instructor will use that address to send out information if needed.
- Students must use their ETSU email accounts to send messages to the instructor. **Always include your name and the course number in emails to the instructor.**
- The instructor will attempt to respond to email within (24-48 hrs) and will expect students to respond to emails within that same timeframe if a response is requested.

Participation
Participation in this course is extremely important and includes completing assignments and exercises in a timely manner, asking questions, talking with me during student hours, or even asking questions or making comments via e-mail or on D2L. **Check D2L regularly for any course updates, including announcements regarding any class cancelations** (elearn.etsu.edu).

Course Expectations for Students
In this course you will be expected to complete the following types of tasks.
- Communicate via email.
- Complete basic internet searches
- Download and upload documents to D2L
- Read documents online
- View online videos
- Complete quizzes and exams online
- Upload documents to Dropbox via D2L
- Some weeks require more time for readings/assignments than others; plan accordingly.
- Always ask the instructor for clarification if you have a question.
- Be respectful toward your classmates and instructor.
- If any course information or links do not work, please let the instructor know ASAP.
- If you find a helpful link or resource, let the instructor know so that it can be shared with other students.
- Cheating/Plagiarism will not be tolerated.

Netiquette (AKA online etiquette)

Netiquette is a set of rules for behaving properly online. Your instructor and fellow students wish to foster a safe online learning environment. All opinions and experiences, no matter how different or controversial they may be perceived, must be respected in the tolerant spirit of academic discourse. You are encouraged to comment, question, or critique an idea but you are not to attack an individual. Working as a community of learners, we can build a polite and respectful course community.

The following netiquette tips will enhance the learning experience for everyone in the course:

- Do not dominate any discussion.
- Give other students the opportunity to join in the discussion.
- Do not use offensive language. Present ideas appropriately.
- Be cautious in using Internet language. For example, do not capitalize all letters since this suggests shouting.
- Popular emoticons such as ☺ or / can be helpful to convey your tone but do not overdo or overuse them.
- Avoid using vernacular and/or slang language. This could possibly lead to misinterpretation.
- Never make fun of someone's ability to read or write.
- Share tips with other students.
- Keep an "open-mind" and be willing to express even your minority opinion. Minority opinions have to be respected.
- Think and edit before you push the "Send" button.
- Do not hesitate to ask for feedback.
- Using humor is acceptable

Academic Misconduct

All students must comply with the University's regulations on academic misconduct. The ETSU academic honor code holds each student responsible for 1) upholding the highest standards of academic integrity in the student's own work, 2) refusing to tolerate violations of academic integrity in the University community, and 3) fostering a high sense of integrity and social responsibility. Cheating, plagiarism, and other forms of academic misconduct will NOT be tolerated. Any act of academic dishonesty will automatically result in a zero for the affected work and will be reported to the Associate Dean of Student Affairs within the College of Arts and Sciences (per Tennessee Higher Education Commission policy effective January 1st, 2012). Punishment for such misconduct is in accord with the Tennessee Board of Regents policy. For more information regarding the University's academic misconduct policy, refer to the ETSU Student Handbook website.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that we can help you find a solution.

Assignments and Submission Guidelines

Note: All assignments must be submitted to the appropriate dropbox folder or they will not be graded. *Important note: When you turn in your assignments to the D2L drop box, D2L will send you a confirmation email. You should check to make sure you receive a confirmation email whenever you turn in an assignment to the D2L drop box. In addition, KEEP THIS EMAIL in case you need proof that you turned in the assignment to the D2L drop box.*

Dropbox Assignments

There will be **10** in class assignments throughout the semester, worth 15 points each, which will be worth a total of 150 points. These may include group or individual work on activities that are meant to supplement major topics.

Podcasts & TED Talks
In addition to readings, I have also provided links to ten podcasts (which range from about 30 minutes to about 50 minutes each in length) which you are expected to listen to throughout the semester. These podcasts may go into detail on chapter readings, they may present alternative theories, or may provide real world examples of chapter materials in everyday life and are meant to supplement chapter readings and class discussions. Due dates can be found below on the course outline each podcast/ TED talk will have a worksheet to go with it that will need to be turned into the appropriate dropbox.

Quizzes:
There will be **10** quizzes on D2L for each chapter covered during the semester. Reading quizzes will be due **before class** on the first day we cover the corresponding chapter (due dates are listed on the course schedule). Each reading quiz is worth 25 points, with the two lowest ones being dropped, totaling 200 points. These quizzes can be found on D2L under the tab "Reading Quizzes" and are multiple choice questions with a fifteen-minute time limit to complete and only two attempts are allowed.

Research Requirement

To aid in the understanding of the science of psychology, each student is **required** to complete a research portion of this course. You may complete this requirement in one of two ways:

1) Participate in studies currently being conducted by researchers in the department of psychology. Computer sign-up for the studies you may participate in is located at

http://etsu.sona-systems.com. After you create a username and password, you may browse through the studies being offered and sign up for different studies. Experiments conducted in a laboratory are worth substantially more credit than online surveys. Please note that online and lab-based studies are added to Sona throughout the semester. Participation in Sona studies must be completed by **11:59pm on Friday, December 4th.** To view a Sona tutorial, visit https://www.youtube.com/watch?v=_1OnT2ZU6QQ. Please also see the Sona Participant User Manual posted to the D2L site for this course.

2) Fulfillment of this research requirement may also be accomplished by completing summaries of empirical research articles. Computer sign-up for the alternative assignment is located at http://etsu.sona-systems.com. After you create a username and password, you may sign up to complete multiple article summaries. Please see the instructions posted on the D2L site for this course regarding completing the research alternative. Alternate assignments must be completed by **11:59 on Wednesday, December 1st.**

Fulfillment of the research requirement may also be accomplished be completing studies on Sona and by completing summaries of empirical research articles. That is, you may do them in combination to complete the research requirement.

Each student must earn a total of $\underline{5}$ research credits. **Failure to complete this research requirement will result in a deduction of 1% point from your final grade for the course for each ½ credit you are deficient.** For example, if your final grade for the course was 90%, but you only earned 4.5 research credits, 1% would be deducted from your final grade resulting in an 89%. If you were to only earn 2 research credits, 6% would be deducted from your final grade resulting in an 84%. If you did not earn any research credits, 10% would be deducted from your final grade resulting in an 80%. For further instructions and details about the research requirement, please refer to http://www.etsu.edu/cas/psychology/department_features/sona.php.

Should you need any assistance with Sona, please contact the ETSU Sona Administrator at etsusona@etsu.edu.

Testing Policy

There will be a total of $\underline{5}$ exams throughout the semester that will cover major learning objectives. Exams are cumulative and will be given online through the D2L course website. Exams can consist of multiple choice, short answer, or a combination thereof; which will be decided by the instructor. Exams are worth 100 points each, and students will be allowed to drop the lowest graded exam at the end of the semester or choose not to take the final exam. Thus, the final exam is the only opportunity to make up an exam for any reason (e.g., to improve a poor exam grade, or to
make up a missed exam).

Late and Missing Submission Policy

Late work may be accepted if you have contacted me and have provided an explanation. I understand that this is a difficult time and deadlines may not be the easiest to meet. Assignments will still have due dates because research shows they help students set goals and create schedules to reach those goals. However, flexibility will be shown to those who need it.

Otherwise, due dates are known in advance; therefore, a **10% penalty per day** (24 hours from the time the assignment was originally due), including weekends will be given. If you submit the wrong assignment, an assignment for another class, or a broken or unreadable document and do not fix it before the assignment is due, there will be a late assignment deduction. When turning in an assignment that is late, students <u>should not email it to the instructor</u>; please submit late work to the <u>corresponding Dropbox folder</u> for that assignment.

Extra Credit

The class period before an exam will consist of a game of Jeopardy to review concepts of items that might be on the exam. Students will divide into teams with the first, second, and third place teams receiving extra credit points for the upcoming exam. Also, students can participate in extra SONA research studies for extra credit (With a maximum of 6 SONA studies TOTAL)

Grading Policy

Grading for this class will be based on a 1000-point scale and will be broken up as follows:

Weekly Assignments	150 points	(10 assignments, 15 points each)
Research Credits	100 points	(5 credits, 20 points each)
Reading Quizzes	200 points	(10 quizzes, 2 dropped, 25 points each)
Podcasts & TED talks	150 points	(10 assignments, 15 points each)
Exams	400 points	(5 exams, 1 dropped, 100 points each)
Total	1000 points	

Grading Scale

A: 93-100%	(930 – 1000 points)
A-: 90-92%	(900 – 920 points)
B+: 87-89%	(870 – 890 points)
B: 83-86%	(830 – 860 points)
B-: 80-82%	(800 – 820 points)
C+: 77-79%	(770 – 790 points)
C: 73-76%	(730 – 760 points)

Please note that a grade of C or higher is required for all Psychology majors and minors.

C-: 70-72%	(700 – 720 points)
D+: 65-69%	(650 – 690 points)
D: 60-64%	(600 – 640 points)
F: < 60%	(less than 600 points)

Course Schedule

Please note: the instructor reserves the right to make changes to the course schedule as needed to accommodate the learning needs of the class. The most current syllabus/course syllabus will be posted on D2L and any changes will be announced in class or via email.

Week	Date	Topic	Due Friday @ 11:59 PM
Week 1	8/24 – 8/28	**Syllabus Day** Chapter 1	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 1 Quiz
Week 2	8/31 – 9/4	Chapter 2	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 2 Quiz
Week 3	9/7 – 9/11	Exam #1	Exam 1 Opens
			Exam 1 Closes
Week 4	9/14 – 9/18	Chapter 3	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 3 Quiz
Week 5	9/21 – 9/25	Chapter 6	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 6 Quiz
Week 6	9/28 – 10/2	Exam #2	Exam 2 Opens
			Exam 2 Closes
Week 7	10/5 – 10/9	Chapter 7	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 7 Quiz
Week 8	10/12 – 10/16	Chapter 8	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 8 Quiz
Week 9	10/19 – 10/23	Chapter 9	Dropbox Assignment
			Podcast/ TED Talk

			Ch. 9 Quiz
Week 10	10/26 – 10/30	Exam #3	Exam 3 Opens
			Exam 3 Closes
Week 11	11/2 – 11/6	Chapter 12	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 12 Quiz
Week 12	11/9 – 11/13	Chapter 15	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 15 Quiz
Week 13	11/16 – 11/20	Chapter 16	Dropbox Assignment
			Podcast/ TED Talk
			Ch. 16 Quiz
Week 14	11/23 – 11/27	**No Class Thanksgiving Break**	
Week 15	11/30 – 12/4	Exam #4	Exam 4 Opens
			Exam 4 Closes Participation in SONA studies for the Research Requirement must be **completed by noon**
Week 16	12/7 – 12/11	**Exam Week**	Exam 5

Student Services and Technical Resources

Student Services

The ETSU Services webpage includes a comprehensive list of services available to all ETSU students.

Academic Accommodations for Students with Disabilities
It is the policy of ETSU to accommodate students with disabilities, pursuant to federal law, state law and the University's commitment to equal educational access. Any student with a disability who needs accommodations, for example arrangement for examinations or seating placement, should inform the instructor at the beginning of the course. Faculty accommodation forms are provided to students through Disability Services in the D.P. Culp Center, Room 326, telephone 423-439-8346. Visit the Disability Services webpage for more information.

Center for Academic Achievement (CFAA)
Located on the first floor of the Sherrod Library, the CFAA (439-7111) is the place for students to go for help with writing and speaking, mathematics, natural sciences, general education courses, and many other subjects. The Center offers tutoring on a walk-in and appointment basis and is open during library hours, including during evenings and weekends. In addition to scheduling an appointment with a CFAA tutor, students can work on homework in the Center and attend drop-in sessions in many subject areas. Visit the CFAA webpage for more information.

Mental Health Resources
Students often have questions about mental health resources, whether for themselves or for a friend or family member. There are many resources available on the ETSU Campus, including the ETSU Counseling Center, 439-3333; the ETSU Behavioral Health & Wellness Clinic, 439-7777; the ETSU Community Counseling Clinic, 439-4187; and BucsPRESS2, a 24-hour mental health helpline, 423-439-4841.

- **If you or a friend is in immediate crisis, call 911.**
- Available 24 hours per day is the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

Technical Resources

ITS Help Desk
The Information Technology Services (ITS) Help Desk is the best resource for most technical problems. Find answers to common questions on the Help Desk website, call, email, or stop in to see them on the first floor of the Sherrod Library. Phone: 423-439-4648 Email: itshelp@etsu.edu

Desire2Learn (D2L) Online Help
Many answers to D2L related questions can be found on the D2L Help Student Home. If you are still having trouble finding what you need, contact the Help Desk.

Microsoft Office Software
Microsoft Office productivity applications, including Word, PowerPoint, Excel, OneNote, and more, are available free for students through the University's Office 365 campus agreement. For instructions on how to obtain the software, see the Office 365 page of the ITS Help Desk website.

Turnitin Plagiarism Detection
Turnitin is a plagiarism detection service available to students and faculty at ETSU. This tool compares student written work against a comprehensive database of other work as well as various internet sources. Faculty may employ this service for some or all written assignments, in order to help students learn to cite sources accurately and to ensure academic integrity. Learn more on the Turnitin home page.

ETSU Technical Resources

Many other technical resources can be found on the Online Help webpage.

University Information

Syllabus Attachment

The ETSU syllabus attachment includes important material such as permits and overrides, advisement, hours, dates and other ETSU information.

ETSU Catalogs

Current Undergraduate Catalog

Current Graduate Catalog