

General Psychology
Psychology 1 Section 1, Call # 920
Summer 2009
M-Th: 1:00-3:20
Room: 3106

Mr. Stefonik
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Course URL:

www.foothill.edu/staff/staff.php?s=1&rec_id=1474

REQUIRED TEXT

Psychology
Saundra K. Ciccarelli and Glenn E. Meyer
Prentice Hall

COURSE DESCRIPTION

This course is designed as a gateway to the many different areas of psychology. It is an introductory course, which means just what it says: It will *introduce* you to a number of different ideas, perspectives, ideologies, explanations, theories, methodologies, topics and people in the field of psychology. Because psychology is such a large, multifaceted discipline the time we have to dive deeply into any one particular topic will be limited. This, however, gives the course its most interesting characteristic: From the exposure and study of each facet of the discipline, you will be able to develop a holistic perspective on an entire branch of science. That is, by the end of this course you will gain the knowledge and thinking skills to develop a birds-eye view of what psychology *is*.

Furthermore, although the field of psychology contains a great deal of content, including theories, concepts, terms, researchers, and biological information (and subsequently this class will contain a great deal of content), psychology is also a *process*. We are all, to some degree, armchair psychologists insofar as we all regularly reason, postulate, and generate conclusions about people and their behavior. Psychology, of course is not so casual, rather it's a process of applying the scientific method to questions about behavior, which demands rigor and detailed attention – the beauty of which is descriptive accuracy and the elucidation of the complexities of behavior. Thus, this class will seek to not only increase your knowledge of the field of psychology but to also nurture your ability to approach questions about behavior by using the process of scientific inquiry.

COURSE LEARNING OBJECTIVES

1. To learn and demonstrate mastery over the fundamental concepts from each of the chapter topics covered during the semester (i.e., to increase your knowledge of the various topics included in the discipline of psychology).
2. To understand and apply research methods in psychology including research design, data analysis and interpretation.
3. To develop and refine your **critical thinking skills**. To gain the tools (creative thinking, skeptical inquiry and the scientific approach) necessary to learn how to think like a psychologist.
4. Personal development: To understand and be able to apply psychological principles to personal, social and organizational issues. Furthermore, to develop insight into your own as well as other's

behavior and mental processes and apply effective strategies for self-management and self-improvement.

5. Career planning and development: To learn how to pursue realistic ideas about how to implement your psychological knowledge, skills and values in occupational pursuits in a variety of settings.

IMPORTANT POLICIES

1. Student takes sole responsibility for withdrawal procedures from the course.
2. All exams must be completed in class during the regularly scheduled time unless the student has worked out an arrangement prior to the exam date.
3. Disruptive behavior and derogatory comments will not be tolerated. We will seek to foster an inclusive and respectful atmosphere where all opinions, beliefs, attitudes and religious backgrounds are respected. Derogatory, homophobic, racist, or sexist language is unacceptable. Students who are disruptive in class will be asked to leave and will be required to meet with the professor during office hours to obtain written permission to return.

GRADING SCALE

A = 90% and up

B = 80–89%

C = 70–79%

D = 60–69%

F = 59% and below

Source	Portion of Grade
Quizzes	25%
Exams	35%
Homework	15%
Participation	10%
REP Program	15%

**Extra credit opportunities will be available throughout the semester and will count toward your cumulative total points.

ASSIGNMENTS AND QUIZZES

Short Papers: Several 2 page papers will be assigned throughout the semester. These papers will be worth 20 points and are a vital part of your final grade. To do well in the class you will need to complete the short paper assignments. Please keep abreast of the course work each week to ensure that you do not miss an assignment.

Quizzes: In addition to a midterm and a final, there will be several quizzes throughout this course. Specifically, there will be two types of quizzes. A **multiple choice quiz** will be given every Thursday on the material from the lecture and the readings from your text. **Short answer quizzes**

(**Article Quizzes**) will also be given periodically. The questions will be about research articles that you will be given throughout the course. All quizzes will be worth 20 points.

Readings: Another critical factor to your success in this course is that you complete the readings for each chapter. For each chapter you will be given a list of concepts/topics to read. I expect you to have a thorough understanding of the concepts and topics I assign from the text. I suggest taking notes from the readings and “adding them” to the notes from the lecture of each chapter. Quizzes and tests will contain questions from both the lectures as well as the materials you are required to read from the textbook.

LATE WORK

Written homework assignment will be accepted for half credit for up to one week past the due date. After one week, assignments will no longer be accepted for credit.

Quizzes cannot be made up. We will have frequent quizzes so please notify me if you know that you are going to be gone and we can make an arrangement for you to complete the quiz outside of class.

ATTENDANCE POLICY

Attendance and participation are critical to this course. As such, participation will be a significant factor in your final grade. We meet 24 class periods and so each day of your attendance and participation will be worth 2 point toward your final grade. Thus, by simply attending and participating in class you will be earning points toward your final grade.

Because we have so much interesting material to cover, it is also critical that you arrive to class **ON TIME**. An attendance sheet will be distributed at *the beginning of class* and students who arrive 10+ min. late will be marked absent.

- 4 *unexcused* absences (15% of the class meetings) will result in a deduction of one half grade (from a A to an A-)
- 6 *unexcused* absences (25% if the class meetings) will result in a deduction of one full grade (from an A to a B)
- 12 *unexcused* absences (50% of the class meetings) will result in a deduction of two full grades (from an A to a C)
- 15+ *unexcused* absences will result in an Incomplete grade

In order to avoid an unexcused absence, you **must** contact me **before** class (via e-mail or in person) to tell me that you will be absent. If you know you are going to be gone, please let me know now!

Finally, student who do not attend the first two class periods without prior arrangements will be dropped.

Money For Books

Visit the **Foothill College Financial Aid Office** to find out if you can get money to pay for your classes, books, supplies and many other expenses. Room 8202, or Ph: (650) 949-7245

Research Experience Program (REP)

Experiment Participation Requirement

Participation in 4.3 hours of social science experiments through the Stanford Research Experience Program (REP) is a requirement of this course. By participating in REP experiments, you gain valuable firsthand knowledge of experimental psychology and contribute to the advancement of the field. We hope to host a couple lab tours which you can attend to learn more about different research in the social sciences.* You can take In-Person Studies either on Foothill or Stanford campus as well as Online Studies.

*Note: Due to the short length of summer quarter, tours and talks will not be given during Summer 09 REP.

All Study Credits Due: 5:00 pm Friday, August 7th.

Your Credit Requirements: 4.3

- 1 credits: Mandatory Pre-Requisites
- 3 credits: Studies
- You can take either Online or In-Person Studies. In-person studies can take place either at Foothill or at Stanford.
- .3 credits: Mandatory End-of-Quarter Survey (starts during last 2 weeks of course).

Know the name of the study you are taking so that you can be sure not to take the wrong study.

ALWAYS read the study description for any study you sign up for!

Crediting is not automatic; therefore, you should wait up to 3 business days before worrying about not being credited for your participation in a study.

**Note: If 3 business days have passed before you receive credit, you should contact the REP Admin at research-exp-program@stanford.edu

How to Participate in the Research Experience Program (REP)

Mandatory Pre-Requisites:

You need to register for the class in the REP online scheduler. Go to this website:
<http://stanford-rep.sona-systems.com>

Your deadline for registering into the on-line scheduling system and taking all the pre-requisite studies is the end of the second week of classes. You have to decide BEFORE the deadline whether you intend to turn in mini-research papers or participate in the REP and inform your instructor before the deadline if you intend to write mini-papers. If you sign up late during the 1-week graced period after the deadline-you will have to perform double the amount of credits to complete the program. Once the one-week grace period is over, we WILL NOT ACCEPT LATE ADD-ON'S into the program. You will not be able to complete your credit if you have not either told your professor that you will complete mini-papers or signed up and COMPLETED all pre-requisites for the REP past the end of the 2nd week of the quarter.

When you sign into the online scheduler for the first time, you will be asked to fill out an initial questionnaire. You **MUST** take this survey in one sitting-there is no option to save and come back. Please allot approximately an hour to fill out the questionnaire. You will receive 1 credit hour for taking part in this first survey.

Once you sign into the online scheduler, you will receive a 5-digit SONA ID code. This code is very important because it is used to identify you to all researchers. Researchers do not have access to your name, student ID number, or even user name. They will only be able to identify you using your 5 digit-SONA Code-so you must always use this code to identify yourself for ALL REP studies. If you do not, researchers will be unable to give you credit for your study participation.

Studies:

After you have filled finished the pre-requisites, you can start participating in experiments. By the end of the quarter you will have taken 3 hours worth of research studies in addition to the pre-requisite surveys. You can take a mixture of In-Person and Online Studies. You can tell if a study is In-Person or Online by looking at the study name. After the study name, the words “(Online Study)” or “(In-Person Study)” will be listed.

Finding and Signing Up for Studies:

To find studies, go under “Studies”, and you’ll see a list of studies available. You will know whether or not a study can be signed up for if you see the words “Timeslots Available” next to the study name. To sign up for a study click on “Timeslots Available”. Note that online studies can be taken at your convenience, however read the study description to see whether you need to complete the study within a certain timeframe of either having signed up or receiving a researcher link to the study.

Experiments will be available to participate in during the first week of classes. By the end of the last week of classes, you should have participated in at least 3 hours worth of experiments. Please do not wait till the end of the quarter to fulfill your requirement. There may not be enough time slots to accommodate you if you wait too long. If you do one experiment approximately every week, you should have no problem finishing in time.

Mandatory Post-Questionnaire:

You are also required to take an end-of-quarter survey about your experience with the Research Experience Program **AFTER** you have completed your credits. The mandatory post-questionnaire is worth 0.3 of a credit and takes about 10 minutes to complete.

Previous REP Participation:

If this is **NOT** your first quarter with the REP and if you have created an account in the past, you **MUST** contact the REP Administration and tell us: 1) Your Name or your old SONA code and 2) Which class and section number you are currently enrolled. You can **NOT** have more than one account with the REP.

You **MUST not** create a new account and that if it is found that you have more than one account, your new account and all the credits accrued to the new account will be expunged and you will have to restart the program over again from the beginning.

In order to maintain integrity of data so that a researcher does not double count your participation, the program needs to retain a history of your previous study participation so that you cannot repeat studies.

This is also for us to be able to keep tabs on your progress through the program and help you out in case there aren't enough new studies for you to complete the program. This also expands your own learning experience and to prevents boredom which would occur if you re-took the same REP studies repeatedly.

Note: If any duplicate accounts are found after the pre-requisite deadline, your credits will be doubled since your **restarting over will count as missing the original deadline.**

Multiple Enrollment in REP classes:

If you are currently enrolled in more than 1 REP class, you MUST contact the REP Administration and tell us 1) Your Name or your SONA Code, and 2) Which classes and section numbers you are currently enrolled. Pre-requisites are double counted-so we need to reduce the number of credits you have due in your record. This is also for us to be able to keep tabs on your progress through the program and help you out in case there aren't enough new studies for you to complete the program.

Minor (Under the age of 18):

If you are under the age 18, you MUST contact the REP Administration and tell us. Many studies do not allow minors. We need to know early on so that we can come up with alternatives for your participation if you choose to participate in the program.

Signing into the Online Scheduler:

In order to sign up for studies, you must log into our online scheduling system. Studies that are available to take will state that they have timeslots available in the online scheduler. You can find a link through the REP website, or you can directly access the online scheduling system by going to this website: <http://stanford-rep.sona-systems.com> . Here is how you sign up:

- 1) Go to <http://stanford-rep.sona-systems.com>
- 2) Find the link at the bottom left-hand corner of the screen for new participants.
- 3) Click on that link and fill out the form.
- 4) An email will be sent to you with a password, use your login information to log into the online scheduler.
- 5) Fill out the first demographic survey.

SONA 5 DIGIT ID CODE:

The online scheduling system will provide you a SONA ID code. ALWAYS bring your SONA ID code with you when you take a study. The researchers will NOT know you by name, they will only know you by ID code. If you don't use your ID code-the researchers will not be able to identify you and you will not be able to receive credit for your participation. You can see the exact schedule and sign up for experiments and check your credits regularly using our online scheduling system. The number of open timeslots varies, so check the schedule often to sign up for studies.

For more information about the program you can go to the REP website at: <http://iriss.stanford.edu/rep>. Click on "here", and then click on "Foothill College" and follow the student links.

Finding My 5-DIGIT SONA ID CODE:

The online scheduling system will provide you a SONA ID. Your 5-Digit SONA ID is NOT the same as your user id, your name, or your community college student number. **ALWAYS bring your 5-Digit SONA ID code with you to every study, talk, tour you attend.**

***Your identity will only be known to researchers through your 5-Digit SONA ID code. Researchers will not know your name and will not be able to identify you any other way. If you don't bring in your ID code-the researchers will not be able to identify you and you will not be able to receive credit for your participation.

To find your 5-Digit SONA ID Code, you must follow these steps after you login into the online scheduler (stanford-rep.sona-systems.com):

- 1) Click "My Profile"
- 2) Look for the words "Identity Code". Your SONA ID number are those 5 digits listed and will most like start with a 3XXXX.***

Receiving Study Credits:

You will receive .5 credit for every half hour a study takes. If a study is one hour long, you will receive 1 credit. If you fail to show up for a study, you will receive one negative credit. Online studies often provide you with a timeframe in which to take the study. If you do not take the study within that timeframe you will receive negative credit. Thus if you do not cancel a study participation or do not take an online study by the required due date, by the end of the quarter you will have to have completed 5 credit hours of studies instead of the original 4 credit hours of studies.

Researchers are obligated to provide you credit within one week of your study. Most provide them within 3 days. If a week goes by and you haven't received credit, please contact the program-the program administrators will help resolve the issue. The same holds if you want to contest a penalty.

Negative Credit:

You can receive negative credit for BOTH online and in-person studies. That means you'll have to make up your negative credit in ADDITION to finishing your required number of credits.

In-Person Studies:

If you fail to come to a scheduled appointment or arrive more than 10 minutes late without cancelling 24 hours in advance, you will receive negative credit. Thus, try to arrive to your In-Person appointments at least 5 minutes early.

Please note, for a no-show all researchers are required to provide you negative credit as a default. If an emergency arises while prevents you from cancelling or if you want to contest the negative credit, please immediately speak with your instructor and explain your circumstances. Your professor has final say in whether or not to give you back your credit based on your specific situation. If your professor sends us notification to forgive your negative penalty, we will do so.

Online Studies:

If you fail to take a study within the time frame set by a researcher (see the specific study's study description) you will receive negative credit.

If you fail to pass simple comprehension or engagement checks or it is obvious you did not read or engage in the study, you will receive negative credit. For example, in an online study, if you read a paragraph about a cat and when asked if you read about a cat, you state "no". This will be considered a sign of non-engagement with the online study. Or if you provide inconsistent answers when asked simple "check" questions, for example across multiple checks, you inconsistently write down your age. Failing to take time to read and participate in a study will be grounds for receiving negative credit. In other words, if it is obvious that you were just clicking on answers to get credit without reading or engaging in a study, it is grounds for receiving negative credit, much like not showing up in an in-person study.

Please note, if you want to contest the negative credit, please immediately speak with your instructor and explain your circumstances. The researcher will also provide proof of what they consider a fail of "comprehension/engagement" check. Your professor will deliberate and have final say in whether or not to give you back your credit based on your specific situation. If your professor sends us notification to forgive your negative penalty, we will do so.

Late Appointment Policy:

Many researchers, including some online researchers, provide deadlines for you to take their study. Take the study in time for the deadline, otherwise you will receive negative credit. There are some exceptions to this rule with respect to cancellations.

Appointment Cancellation Policy:

Student Cancellation Policy

- If a student cancels an experiment more than 24 hours in advance, there is no penalty.
- If an emergency arises within 24 hours of the session, students are to call the researcher (and at least leave a message) AND notify the REP Office (through e-mail). Researchers will have initial discretion as to whether or not a debit should be awarded. The purpose of the email to the REP Office is to provide a record of late cancellations, in case the student feels they have been debited incorrectly. After such an incident, talk with your instructor. Your instructor will have final say on whether or not you will be penalized for not showing up. The program will always defer to your instructor's decision.
- Experimenters who want to cancel studies MUST notify students prior to cancellation. If a researcher cancels on a student with less than 24 hour notice, the student must be credited for participation.

If you come late, leave early, or are found to be blatantly not paying attention during any of the REP Speaker talks or tours, you may be kicked out of the venue and will not receive credit for these activities.

If you start your participation late, then it is very likely there will not be enough available study timeslots to allow you to complete the program by the end of quarter deadline.

All DEADLINES are FINAL.

Summer 2009 REP	
Monday, June 29, 2009	SONA Registration Opens. To complete registration, you must take a questionnaire that appears when you register for the first time. You will receive 1 credit hour for completing registration and the initial demographic survey.
Friday, July 10, 2009	You must have completed: <ul style="list-style-type: none">• SONA Registration & Demographic Survey Sign-up Opens to take REP Studies.
Friday, July 17, 2009	If you sign up between July 10-July 17, your number of credits to complete will be doubled. REP Sign Up Grace Period OVER. You CAN NOT participate in the REP past this date.
5:00 pm, Friday, August 7, 2009	You must have completed all of your experimental credit hours.

REP Program Grading

REP program participation will count for 50 points. If you choose to participate in the REP program, you will need to complete a minimum of 2.3 credits to earn ANY points. If you complete 2.3 credits, you will receive 30 points. After 2.3 credits, each .5 credit will be worth 5 points. You must also complete the exit exam to receive ANY points.

Alternative Assignments to REP participation:

If you do not wish to take part in social science experiments by participating in the Research Experience Program, you may satisfy this requirement by writing a 5 page summary of Research Methods in Psychology. You MUST inform your professor if you intend to do the alternative assignment by the deadline date of the REP Requirements. A more thorough prompt will be provided for the paper upon the sign-up deadline, but a summary of the paper requirements include:

- A detailed summary of the research methods using in psychology, including the advantages and disadvantages of each
- A critique of two primary source research articles. The critique must include a thorough analysis of the research methodology, the IV, the DV, operationalization, and the validity of the conclusions of the studies.

**PSYC 1 General Psychology
Summer 2009 Schedule**

Week	Chapter	Date	In-Class Activity	Assignment
1	Chapter 1 The Science of Psychology	6/29		
		6/30		
		7/1		
		7/2	Quiz 1 <i>Design An Experiment (10 pts)</i>	
2	Chapter 5 Learning	7/6	Article Quiz 1	Paper 1: Learning (Due: 7/13)
		7/7		
	Chapter 6 Memory	7/8		
		7/9	Quiz 2	
3	Chapter 2 Biological Perspective	7/13		
	Chapter 3 Sensation and Perception	7/14		Paper 2: Perception (Due 7/21)
	Chapter 8 Development Across the Life Span Chapter 7 Cognition	7/15		
	Chapter 7 Cognition	7/16	Quiz 3	
4		7/20	Midterm	
	Chapter 14 Psychological Disorders	7/21		
		7/22	<i>Disorders Quiz (10pts)</i>	
	Chapter 12 Social Psychology	7/23	Quiz 4	
5	Chapter 12 Social Psychology	7/27		
		7/28		
	Chapter 13 Theories of Personality	7/29	Quiz 5 Article Quiz 2	Paper 3: Personality (Due: 8/4)
		7/30	No Class	
6	Chapter 10 Sexuality and Gender	8/3		
	Chapter 10 Sexuality and Gender	8/4	Article Quiz 3	
	Chapter 9 Motivation and Emotion	8/5		
		8/6	Final Exam (In-Class)	

DON'T NEGLECT TO DO YOUR READINGS FOR EACH CHAPTER!
(See next page)

Student Reading Guide

Chapter 1: Research

Psychology Now: Modern Perspectives

- Psychodynamic, Behavioral, Humanistic, Cognitive
- Sociocultural, Biopsychological, Evolutionary

Chapter 5: Learning

- Classic Studies in Psychology: Biological Constraints on Operant Conditioning

- Instinctive Drift

Cognitive Learning Theory

- Tolman's Maze-Running Rats: Latent Learning
- Kohler's Smart Chimp: Insight Learning
- Seligman's Depressed Dogs: Learned Helplessness

Chapter 6: Cognitive

Getting It Out: Retrieval of Long-Term Memories

- Retrieval cue
- Encoding specificity
- Recall & Recognition
- Tip of the Tongue
- Serial Position Effect, Primacy Effect
- Recency Effect
- Flashbulb Memory

Chapter 2: Biology

Central Nervous System

- The Brain
- The Spinal Cord

Peripheral Nervous System

- Somatic nervous system
- Autonomic nervous system
- Sympathetic nervous system
- Parasympathetic nervous system

Chapter 3: Sensation and Perception

Gestalt Principles

- The main idea behind the Gestalt Principles
- Figure-ground, Proximity, Similarity, Closure
- Continuity

Chapter 8: Developmental

- DNA
- Genes
- Chromosomes

Chapter 7: Cognition

Relationship Between Language and Thought

- Does language influence the way people think?
- Compare and contrast:
- Linguistic relativity hypothesis
- Cognitive universalism

Chapter 14: Psychological Disorders

Models of Psychological Disorders

- Biological model, Psychodynamic view
- Cognitive perspective, Biopsychosocial perspective

Types of Disorders

- Anxiety, Somatoform, Dissociative
- Mood, Personality

Specific Disorders

- Agoraphobia, Panic Attack
- Obsessive-Compulsive Disorder
- Generalized Anxiety Disorder, Somatization Disorder
- Dissociative Amnesia, Bi-Polar Disorder
- Anti-Social Personality Disorder

Chapter 12: Social Psychology

- Asch's Conformity Study
- Obedience: Milgram's study
- Social Loafing
- The Power of Social Roles

Chapter 13: Theories of Personality

Freud

- Cultural Background
- The Unconscious Mind, Divisions of Personality
- Id, Ego, Super ego
- How the three parts of personality work together

Chapter 10: Gender and Sexuality

Theories of Gender Role Development

- Social Learning Theory
- Gender Schema Theory
- Master's and Johnson's Observational Study
- Kinsey's Contribution to Psychology

Chapter 9: Motivation and Emotion

Approaches to Understanding Motivation

- Instinct Approach, Drive-Reduction Theory
- Incentive approach

Maslow's Hierarchy of Needs

Subjective Experience: Labeling Emotion

