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PSYX 100S.50: Introduction to Psychology

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The University of Montana, Missoula College
Spring 2022
PSYX 100S: Introduction to Psychology, Section 50C
COURSE SYLLABUS
PROFESSOR: Jes K, M.A.

CONTACT INFORMATION

- **Office:**
 - Missoula College, #419, 243-4429
 - SARC, Curry Health, 108
- **Office Hours:**
 - TBD
 - [Zoom](#)
- **Email:** jessica.kumm@mso.umt.edu ○ This is my preferred method of communication!
 - Please email from your **student account** (i.e. umconnect) only.
 - In the **subject line**, please state your class and purpose; for example: **Psyx 100, Sec 50, Exam 1 question.**
 - My commitment is to respond to students' emails within 24 hours when received Mon – Fri. (Please expect delays on weekends or holidays.) But, if you do NOT follow the above instructions, my response will be even more delayed.

COURSE DESCRIPTION

Welcome to Psyx 100, an Introduction to Psychology. Psychology 100 is a basic and fundamental course. While it is required for psychology majors, it is also a prerequisite for many other majors because of its broad and comprehensive nature. Psychology 100 will introduce you to the study of behavior and the mind. Why do we do what we do, feel what we feel, say what we say, etc... While many students want the right or wrong answer to these questions, this course covers a variety of principles and theories of scientific psychology, as applied to understanding human thoughts, emotions, and behaviors. In the first part of the course, we will set the foundation. We will briefly explore the history of psychology, the goal being to appreciate how we got to where we are today. Then, we will look at *how* psychologists study the mind and behavior today. This will take us into the variety of theories, including biological and physiological foundations of behavior and thought, consciousness, learning and memory, cognition, growth and development, motivation and emotion, sexuality and gender, stress and health, personality, and psychological disorders and therapeutic approaches.

Please note, this is a 3-credit course, which in the traditional face-to-face classroom, equates to two 80-minute lectures per week. In addition, every 1 credit is equal to 3 hours of homework per week. Thus, given this class is offered in an online format, you may spend **9 – 12 hours a week on this course.**

COURSE OBJECTIVES

- identify the major fields of study and theoretical perspectives within psychology and know their similarities and differences
- define scientific psychology and what psychologists do
- define the scientific method and its application to psychology

- differentiate between observational, correlational, and experimental research design and articulate the advantages and limitations of each
- describe how biological, developmental, and social-cultural factors influence our thoughts, feelings, and behaviors
- understand how learning, cognition, and motivation effect human behavior
- understand normal reactions to stress, as well as the effects of prolonged stress
- understand and identify psychological disorders and treatments
- describe how psychology is applied in real world situations, including a deeper understanding of self, others and the world

REQUIRED MATERIALS

1. **Moodle:**

- This course is managed (i.e. gradebook) through Moodle. To access Moodle, go to <http://umonline.umt.edu/> and click the “Moodle NetID Login” button.
- Use **Firefox** to run Moodle.

2. **REVEL:**

- “REVEL” is used to provide study materials. This is how you access audio and visual versions of the text, as well as **practice** quizzes, **required** videos, and other study materials!
- You can get to REVEL by following the instructions below.

3. **Text:**

- You are required to have access to the **ONLINE** text: **Ciccarelli, S.K., & White, J.N. (2020). *Psychology*. 6th Edition. Upper Saddle River, NJ: Pearson.**
- **You cannot purchase access to the online text at the Bookstore or a 3rd party vendor** (i.e. Amazon; Chegg, etc.).
- **Do NOT substitute with a different text** (i.e. older version, other authors, etc...)!
- PSYX 100S is included in the bookstore's “**Inclusive Access Program**.” This program grants you access to your required course materials by the first day of class at the discounted rate the bookstore has negotiated on your behalf. **Your student account has already been charged this discounted rate.**
- To access the text:
 1. Log into Moodle (#1 above for instructions).
 2. Under the “Student Resources” Header, click “Link to text.”
 3. Follow the instructions!
 4. For any questions about using your eBook please reference solve.redshelf.com

- * You will be given an opportunity to **purchase a loose-leaf, hard copy of the text** for \$19.99 as you follow the steps to access the online text. This loose-leaf text is shipped to your address in 7-10 business days. In the meantime, you have still have access to the online text.

- **You can opt-out** of this program by the add/drop deadline and receive a refund to your student account. However, you must get access to the correct materials elsewhere. (Please be aware, you are required to watch videos that are only accessible through this online text. Thus, if you opt out, you won't be able to access these videos.) To opt-out:
 1. Click the "RedShelf" link in Moodle
 2. Click View Course Materials
 3. Scroll down to the grey opt-out button and follow the prompts
 - * You will have until **9/9/2020** at 11:59pm to complete this process and you will be responsible for getting access to the materials elsewhere.
 - * For any questions about billing please contact Amanda Peterson at apeterson@montanabookstore.com.
 - * If you have any **trouble accessing your course materials** please feel free to reach out to help@redshelf.com.

- There are not hard copies of the text at the UM libraries (i.e. Mountain campus, Missoula College, and Bitterroot College.)

Given that this is an online class, it is expected that you have consistent access to a computer and reliable internet access. Technical difficulties will not be an acceptable excuse for late work.

ASSESSMENT OF STUDENT LEARNING GOALS & OBJECTIVES

- Your grade in this class is based on the following:

1. 5 Exams (100 points each)	500
2. 5 Discussion Questions (25 points each)	125
3. 8 Research Credits	100

TOTAL POSSIBLE 725

- This class can only be taken in traditional mode (A-F); you cannot switch to credit/no credit. Final grades are based on the +/- system. Traditional rounding rules apply (i.e. .5 and above are rounded up and less than .5 are not). The breakdown is as follows:

93-100% A	73-76% C
90-92% A-	70-72% C-
87-89% B+	67-69% D+
83-86% B	63-66% D
80-82% B-	60-62% D-
77-79% C+	< 60% F

1. EXAMS

- Exams are administered online, through **Moodle**.
 - There are **5** exams. Each covers 3-4 chapters each; thus, exams are **not cumulative**.
 - Each exam has **50 questions**, worth 2 points each, for a total of 100 points.
 - You have **1 chance** to take the exam; they are **not timed**.

- **IMPORTANT:**
 - To help you study for the exams, **I highly recommend that you understand the “Learning Objectives” (LO) for each chapter.** These LO are posted under each Chapter in **Moodle**. They act as a “**study guide**” for the exam.
 - Even though the exams are open book and open notes, it is not enough to *just know* where to find the information when you take the exam; you have to *understand* the information, too. Thus, exam questions are *applied* and *conceptual* in nature, not just factual.
 - It may also help to take the Practice Quizzes in the text; but these are NOT required.
- **IMPORTANT:**
 - You must take the exam **independently**. This means you cannot work with or consult with any other students in this class, former Psyx 100 students, friends, family, other professors, etc. when taking an Exam.
 - **Do not ever use Google or another search engine to try to answer Exam questions!**
 - Violating either of the above is considered cheating and is a **violation of the Student Conduct Code**. (See the “Student Conduct Code” section below for more information and an explanation of sanctions for violations.)
- The dates/times of when exams open, and when they are due, are in the Course Calendar. **Please take careful note of these due dates and times! LATE EXAMS WILL NOT BE ACCEPTED.** The only exceptions are explained in the “Late and Make-up Work Policy” section below.
- I will **not** make **alternative arrangements** to give any exams early due to travel plans, work, school projects, or other courses’ requirements.
- You have **1 week** after the Exam’s Due Date to respectfully challenge a question on the exam.

2. DISSCUSIONS

- All discussions are administered online, in **Moodle**.
- You are required to complete **5 discussion questions** (DQ’s), worth **25 points each**.
- The dates and times of when these DQ’s are available in Moodle, and when they are due, are in the Course Calendar.
- Your **1st response to my DQ prompt** is due by the **first due date** listed in the Course Calendar. Then, you are required to post at least **2** thoughtful and expansive responses to others by the **2nd deadline**. (The only exception is DQ1. Please read those instructions carefully in Moodle.)
- The grading rubric for the DQs is as follows:

	Description	Maximum Points★
Comprehension	<ul style="list-style-type: none"> • Student went beyond summarizing concepts or theories from the text, but shared reactions, provided unique and insightful thoughts, and posed academically-related questions about the textbook in their first post. • Student demonstrated an accurate understanding of these concepts or theories in all posts. 	10

Participation	<ul style="list-style-type: none"> • The student's first post was thorough, substantial, and reflective. It provided a meaningful contribution to the discussion. • The student posted at least 2 replies to others. They did not simply agree or disagree, but they expanded upon their peers' posts, or respectfully challenged their peers in an effort to advance the discussion. • Some personal experiences might have been used, but the student continued to refer to concepts and examples from the text, or other legitimate resources, to support their position or their argument. 	10
Mechanics	<ul style="list-style-type: none"> • Student demonstrated college-level writing. • Students posts were free of grammatical errors. • Students used Netiquette. • Student cited their references, including the textbook, in APA-format. 	5
TOTAL POINTS		25

- ★ If the **first post is late** (e.g. 11:56pm or later), 28%, or 7 points, will be deducted from the total score (i.e. 25). Thus, if a student turns in the first post late, the most they can earn is 18/25.
- ★ If your first post is late, still interact with others to maximize the points you can earn. However, students can not earn more than 18 points.

3. RESEARCH CREDITS:

- Psychology is a science built on systematic research of both human and non-human animals. A critical aspect of this course is becoming familiar with how that information is obtained.
- In Psyx 100, you must earn **8 research credits** in order to earn all 100 Research Credit points. There are two ways you can earn the 2 credits, and thus the 100 points:

1) **participate in an original research project**

and/or

2) **read about original research and writing a review**

- Detailed instructions on how to participate in an original research project and how to write a review will be posted in Moodle under the “Research Credits” header on the date listed in the course calendar.
- **Students need to complete 2 credits to earn 100 points.**
 - If you complete 2 credits, you earn 100 points.
 - If you complete 1 credit, you earn 50 points.
 - No extra credit will be given for earning more than 2 credits.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with DSS, please contact DSS.

- **Missoula College Students:** Call (406) 243-7984 or 243-2243, email dss@umontana.edu, or visit DSS at the River Campus in the River Level Office, 032.
- **Mountain Campus Students:** Call 243-2243, email dss@umontana.edu, or visit DSS at the Mountain Campus in the Lommasson Center, 154.

I will work with you and DSS to provide reasonable modifications. “Reasonable” means the University permits no fundamental alterations of academic standards or retroactive modifications. In addition, **the student must provide DSS documentation at least 1 week before the assignment is due** so reasonable accommodations can be made. For more information, please consult [DSS](#).

LATE and MAKE-UP WORK POLICY:

- **LATE or MAKE-UP WORK WILL NOT BE ACCEPTED.** However, according to the UM’s [Academic Policies and Procedures](#), under “Class Attendance/Absence Policy,” I **MAY** excuse **brief** and **occasional** absences for the following reasons:
 1. an illness or injury
 2. a family emergency
 3. religious observance
 4. participation in a university sponsored activity
 5. military service
- If you miss an assignment or an exam due to one of these exceptions, **valid documentation MUST be provided** in order to make it up.
 - Please consult me on what “valid documentation” entails.
 - You have **48 hours after the missed assignment’s due date** to **notify me** so that we can arrange for you to make-up the work or turn it in late.
 - Please be aware, **I strictly enforce this policy and WILL REQUIRE documentation.**

****IMPORTANT:** Technical issues are NOT considered valid excuses for turning work in late or failing to complete an assignment. Moodle and REVEL can be accessed from any computer with internet access. If you experience technical problems, you have the option of using a computer at the libraries or at the computer labs on the Missoula College or Mountain Campuses. You can also use a colleague’s computer, go to the public library, café, etc... **It is your responsibility to have consistent and reliable internet access so you can submit your assignments on time.** It is in your best interest to be organized, plan, and not procrastinate.

DROP POLICY (University-wide policy)

According to UM’s [Academic Policies and Procedures](#), beginning the **46th instructional day** of the semester through the last regular class day before Finals Week, students may drop courses only by petition that requires approval from the instructor, advisor, and dean. A \$10 fee applies. A WP or WF will appear on the transcript. **Note that not all petitions are approved and documented**

justification is required. Some examples of documented circumstances that may merit approval are accident or illness, family emergency, or other circumstances beyond the student's control. Instructors and advisors have the right to indicate that they do not recommend the drop.

INCOMPLETE POLICY (University-wide policy)

A grade of Incomplete (I) may be given when, in the opinion of the instructor, there is a reasonable probability that students can complete the course without retaking it. The incomplete is not an option to be exercised at the discretion of a student. In all cases, an "I" is given at the discretion of the instructor (see UM's [Academic Policies and Procedures](#)).

STUDENT CONDUCT CODE (PLEASE READ CAREFULLY)

The Student Conduct Code, which can be found here, [Student Conduct Code](#), will be strictly enforced in this class. Specifically, cheating in any form will not be tolerated. You are not allowed to collaborate on any assignment (i.e. exam, research credit papers, etc...) with anyone, including, but not exclusively, students who have previously taken this course, graduate students in psychology or related disciplines, friends, family members, etc... You are also not allowed to use a search engine, like Google, to answer Exam questions. All assignments must be completed INDEPENDENTLY, unless otherwise stated in the instructions (e.g. group projects), when students seek services from the Writing Center or tutoring, or unless accommodations have been approved by your instructor. Cheating or plagiarism will result in FAILURE (that is, a zero or an "F") on the assignment, at minimum, and it will be reported to Department Chair and/or the Dean. The instructor reserves the right to assign an "F" for the course if cheating or plagiarism occur. Additionally, you are subject to University sanctions, suspension or expulsion.

If you do not know what plagiarism is, you can ask your professor, visit the [Writing Center](#) at the Mountain campus (Liberal Arts 144, 243-2266), the [Mansfield Library](#) (243-6866), or contact Missoula College's [Learning Center](#) (243-7826) located at the River Campus in 022.

NETIQUETTE

Online classes offer a unique element to the interactions between you, your fellow students, and me. For example, missing in this written environment is the usual non-verbal information that you may be accustomed to having in face-to-face conversations, like body language, voice tone, eye contact, appearance, etc... Everything that we would use to understand the "emotionality" of the words is simply not present either. There are also cultural differences (due to age, ethnicity, gender, religion, etc...) in what people may think would be appropriate to share in online interactions. **Do not assume that everyone has the same understanding of all words.**

Because of these differences, courses with online components have additional policies for appropriate behavior in the interchanges between students and the instructor or other students. "Netiquette" are the good manners for interactions on the internet. Here are a few policies of Netiquette that will assist you in clear communication while eliminating some of the potential for misunderstandings:

- **Please do not use “netspeak.”** “Netspeak” is a style of writing that is unique to social media. Thus,
 - it is not appropriate to use acronyms, such as BRB (be right back), L8R (later), LMAO, etc...
 - do not use emoticons to express emotions, i.e. :-) or “ha ha...;”
 - do not write in ALL CAPS
 - do not use excessive exclamation points, e.g. “I disagree!!!!!!.”

Remember, this is an **educational setting**, thus, **you should use language and grammar that is expected in a college level course**, including appropriate sentence structure and punctuation.

Proofread and **spell check** before turning in assignments. **Points will be deducted for the use of Netspeak, poor grammar, or wrong spelling.**

- **Please be respectful.**

Please be respectful to all members of the class, as well as to the instructor. We cover many intense topics in this class. Many may have personal significance for your peers. This is to be a **positive** and **supportive** environment so students can feel comfortable sharing how they relate, asking questions, making mistakes, and learning. It is also very important to show respect for differing opinions and experiences. It is OK to disagree but be **courteous**. Remember, there is a difference between constructive criticism and being rude. Please do not bully, intimidate, threaten, curse or demean those you disagree with. Rude comments, threats, profanity, and disrespectful comments will not be tolerated. **Please be aware that I reserve the right to remove any inappropriate posts and deduct points accordingly.**

****IMPORTANT (PLEASE READ CAREFULLY): Student conduct issues will be dealt with in accordance to the Student Conduct Code. Depending on the severity of the offense, sanctions can range. First, I will warn you via email. Then, penalties can include deductions from your Discussion grade, and/or a referral to the Department Chair, Academic Dean, and/or the Behavioral Intervention Team (BIT).**

RESOURCES FOR STUDENTS (PLEASE READ CAREFULLY)

We cover some intense topics in this course. Many students find the material relatable and perhaps distressing. I want to let you all know that there are services on campus you can access to help support you if you find yourself struggling.

CURRY HEALTH CENTER COUNSELING: Curry Health Center Counseling addresses the personal, behavioral, and mental health needs of UM students. They have licensed counselors and psychologists, as well as advanced graduate students. Individual appointments are \$25.00 and your initial consultation is free if you have paid the health fee for the semester. (If you have not paid the fee, you can pay at any time in the semester to access Curry.) You can call them at **243-4711**, and you can visit their website: <http://www.umt.edu/curry-health-center/Counseling/default.php>.

STUDENT ADVOCACY RESOURCE CENTER (SARC): SARC provides **free** and **confidential** support and brief counseling services for students who have experienced gender-based discrimination (e.g. sexual violence, sexual harassment, rape, sexual assault, domestic violence, and/or stalking). In the confidential setting, students will be made aware of available resources and reporting options. An advocate is available for all students upon request through SARC. SARC is located in Curry Health

Center, Room 108, their number is **243-4429**, and their website is <http://www.umt.edu/studentadvocacy-resource-center/>. Students are also welcome to call their 24-hour support line (406) 2436559.

TITLE IX: Title IX protects people from discrimination based on sex in education programs or activities that receive Federal financial assistance. Title IX states that:

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.

In accordance with Title IX laws, all employees at The University of Montana are considered **“Responsible Employees,”** which requires me to report incidents of gender-based discrimination (e.g. sexual violence, sexual harassment, rape, sexual assault, domestic violence, and/or stalking) to the Title IX Coordinator, **Alicia Arant (243-5710, eoaa@umontana.edu, University Hall, Room 006)**. Please know, I will work with you when I do this. Once an incident is reported to Title IX, the student will be contacted by the Title IX Coordinator for follow up. Students can also report directly to the Title IX coordinator in regards to any gender-based discrimination.

ONLINE PRIVACY POLICY

- **Discussing your grades in the open discussion forum is not allowed.** Grades are a confidential matter. No one has access to them except you and your instructor.
- **Email me if you have questions about your grades.** I will be happy to discuss my justification and rationale with you. Of course, errors are made sometimes. Feel free to just ask!

*****IMPORTANT NOTE:** This is a standardized course across the UM, Missoula College campus. This means that there are established standards that we hold department-wide. These standards determine how the course is conducted, thus, they are not negotiable. In short, we strictly enforce the policies stated in this syllabus.

COURSE CALENDAR: Psyx 100, Spring 2022

WEEK	READINGS	Videos/Assignments	DUE Dates
1. Introduction 01/18-01/23	1: History, Theory, Research	Post DQ 1a and DQ 1b Observation Videos: Welcome, & those in Moodle Module 4	DQ 1a post due 1/23 DQ 1b post due 1/23
2. BioPsych 01/24-01/30	2: Biology	Finish DQ 1b responses Post DQ 2 Observation Videos: Moodle Module 5	DQ 1b response due 1/30 DQ 2 post due 1/30
3. Perception 01/31-02/06	3: Sensation & Perception	Finish DQ 2 responses Review Research Paper Instructions Observation Videos: Moodle Module 6	DQ 2 responses due 2/06
4. Consciousness 02/07-02/13	4: Consciousness	Exam 1: posted 02/07 Begin DQ 3 Post	EXAM 1 due 2/09

		Observation Videos: Moodle Module 7	
5. Learning 02/14-02/20	5. Learning	Work on Research Credits Observation Videos: Moodle Module 8	DQ 3 post due 2/20
6. Memory 02/28-03/06	6. Memory	Finish DQ 3 responses Observation Videos: Moodle Module 9	DQ 3 responses due 3/06
7. Cognition 03/07-03/13	7. Cognition	Exam 2: posted 3/7 Begin DQ 4 Post Observation Videos: Moodle Module 10	Exam 2 due 3/9
8. Development 03/14-03/20	8. Development Across the Lifespan	Work on Research Credits Observation Videos: Moodle Module 11	
9. Motivation 03/21-03/27	9. Motivation & Emotion	Finish DQ 4 Responses Observation Videos: Moodle Module 12	DQ 4 responses due 3/27
10. Identity 03/28-04/03	10. Sexuality & Gender	Exam 3: posted 3/28 Observation Videos: Moodle Module 13	Exam 3 due 3/30
11. Stress 04/04-04/10	11. Stress & Health	Observation Videos: Moodle Module 14	
12. Social 04/11-04/17	12. Social Psychology	Submit all 8 Research Credits Finish DQ 4 responses Observation Videos: Moodle Module 15	DQ 4 responses due 4/17 Research Credits DUE 04/17
13. Personality 04/18-04/24	13: Personality	Exam 4: posted 4/18 Begin DQ 5 post Observation Videos: Moodle Module 16	Exam 4 due 4/20
14. Disorders 04/25-05/01	14. Psychological Disorders	Observation Videos: Moodle Module 17	DQ 5 post due 5/1
15. Treatments 05/02-05/08	15. Psychological Therapies	Finish DQ 5 responses Observation Videos: Moodle Module 18	DQ 5 responses due 5/8
Finals Week 05/09-05/11		Exam 5: posted 5/9	Exam 5 due 5/11