

COURSE # PSY 1010

General Psychology

*2018-2019*

**Instructor**

**Instructor:**

**Phone:**

**Email:**

**Office Hours:**

**Course**

## Course Description

***This is a Concurrent Enrollment Course, offering both high school credit through \_\_\_\_\_\_\_\_\_\_\_\_\_\_ High School and college credit through Utah Valley University. Credit from this course is transferable to all colleges and universities. Contact the receiving institution for how the credits will be applied.***

**Catalog Description**

An introductory course in modern scientific psychology. Covers major domains of scientific psychology including biological foundations, sensations, perception, learning, motivation, human development and abnormal psychology. Examines major psychological and professional applications.

**Course Prerequisites**

This class is available to all high school students in good academic standing. High school prerequisites apply.

## Course Objectives or Learning Outcomes

1. Learn the basic physiology and anatomy of the nervous system.
2. Examine the effects of the neurotransmitters and brain chemistry.
3. Explore the physical and emotional effects of Depression and Stress.
4. Examine basic theories of stress management and mental illness.
5. Explore the relationship of genetics and brain dominance with personality development.
6. Examine theories of personality, socialization and emotional intelligence.
7. Explore and define characteristics of specific personality disorders.
8. Explain symptoms and treatments associated with anxiety disorders.
9. Explore the possible causes and cure of simple and social phobia.
10. Examine states of consciousness.
11. Explore memory, learning, and intelligence.
12. Examine the possible cause and treatments associated with dissociation disorders.
13. Examine schizophrenia.
14. Examine fundamentals of nutrition.
15. Explore symptoms and treatments for physical disorders.
16. Explore memory, learning, and intellectual development.
17. Examine the endocrine system and the effects of hormones on sexual and emotional development.
18. Explore motives and interpersonal relationships.
19. Examine substance abuse, dependence and addiction.
20. Explore theories and treatments of pain and trauma.

**Required Text and Materials**

Grison, Heatherton, & Gazzinaga. Psychology in Your Life (2nd Edition).

This course will be structured around lectures by the instructor. Student participation is strongly encouraged. To complete this course successfully students should come to class regularly, pay attention and take notes, read the book, ask questions, and study.

Course Topics

**Introduction to Psychology and Methods of Research**

Foundations psychology, who and what are psychologist, research methods, critical thinking.

**Biological Foundations of Behavior**

Neurons, peripheral nervous system, central nervous system, the brain, endocrine system, nature/nurture, biofeedback.

**Sensation and Perception**

Basic concepts of sensation, vision, hearing, other senses, perception, psychology and pain management. ConsciousnessStates of consciousness, sleeping and dreaming, meditation, hypnosis, drugs.

**Learning**

Classical conditioning, the immune system, operant conditioning, escape, avoidance, punishment, cognitive learning, insight, latent learning, observational learning.

**Memory**

Remembering, forgetting, biology of memory, improving memory.

**Thinking, Language, and Intelligence**

 Thinking, language, intelligence, problem solving.

**Motivation and Emotion**

Motivation, biological, psychological, hunger, obesity, eating disorders, emotions, expression, brain structures, love, emotional intelligence, anger management.

**Child Development**

Nature/nurture, continuity/discontinuity, universality question, stability question, prenatal development, infant development, emotional and social development, cognitive development.

**Adolescence and Adulthood**

Adolescence, early and middle adulthood, late adulthood, death and dying, living longer, exercise, nutrition, weight management, stress management, general health and wellness.

**Gender and Sexuality**

Gender Identity and rolls, psychological and physiological attraction, relationships, communication.

**Personality**

Psychodynamic perspective, trait perspective, social-cognitive perspective, humanistic perspective, personality test, self-esteem.

**Psychological Disorders**

Abnormal behavior, anxiety disorders, dissociative and somatoform disorders, mood disorders, Schizophrenia, personality disorders.

**Methods of Therapy**

 History of therapy, psychotherapy, biomedical therapy.

**Social Psychology**

Perceiving others, relating to others, prejudice, aggression, group influences, conformity, authority, social facilitation, mob behavior, decision making, individual behavior.

**Psychology and Health**

Stress, body’s response to stress, the immune system, psychological and physical illness, heart disease, cancer, other disorders, stress management.

**Department Policies**

**Assessment**

**Assignments:** Worksheets and assignments will be given each class period. Test questions will come from the assignments and test.

**Service Project:** This is a service type of project designed for you to help someone in need. Your project can be any service that will help in someone’s life. This project should be something that you are not currently involved with. After the project is completed you will be required to write a 2-3-page paper on your activities, what specific things you did, and how the project impacted the other persons live as well as your own.

**Individual Project: “Who am I and how did I get to be that person?”** Each student will provide photographs of themselves at the four stages of development: infancy, childhood, adolescence, and young adulthood. Each photograph must also show or be accompanied by a brief description of the major socializing agents in their lives at that stage. The students will write a brief essay describing their childhood and adolescence. The essay will include defining who the students were at that stage who they have become. The students will also identify the socializing agents of each stage and how this influenced the students’ development.

**Tests:** Questions will come from the assignments and text. Six (6) to nine (9) 100-point examinations will be given each semester. Exams will be case histories, multiple choice, true/false, and matching. There will be a comprehensive final exam.

**Grading Scale**

 A = 100-93 B - = 82-80 D+ = 69-67

 A - = 92-90 C+ = 79-77 D = 66-63

 B+ = 89-87 C = 76-73 D - = 62-60

 B = 86-83 C - = 72-70 F = 59-0

**Grades and Credit**

Your grade for this class will become part of your permanent college transcript and will affect your GPA. A low grade in this course can affect college acceptance and scholarship eligibility.

Grades are determined by instructors, based upon measures determined by the instructor and department and may include: evaluation of responses, written exercises and examinations, performance exercises and examinations, classroom/laboratory contributions, mastery of pertinent skills, etc. The letter grade “A” is an exceptional grade indicating superior achievement; “B” is a grade indicating commendable mastery; “C” indicates satisfactory mastery and is considered an average grade; “D” indicates substandard progress and insufficient evidence of ability to succeed in sequential courses; “E” (failing) indicates inadequate mastery of pertinent skills or repeated absences from class.

**University Policies**

**Academic Integrity**

Utah Valley University expects all students to maintain integrity and high standards of individual honesty in academic work, to obey the law, and to show respect for others. Students of this class are expected to support an environment of academic integrity, have the right to such an environment, and should avoid all aspects of academic dishonesty. Examples of academic dishonesty include plagiarizing, faking of data, sharing information during an exam, discussing an exam with another student who has not taken the exam, consulting reference material during an exam, submitting a written assignment which was authored by someone other than you, and/or cheating in any form.

In keeping with UVU policy, evidence of academic dishonesty may result in a failing grade in the course and disciplinary review by the college.  Any student caught cheating will receive, at minimum, zero points on that particular assignment for the first offense.  A second offense can result in failing the course and will entail being reported to Student Advising.  Academic dishonesty includes, in part, using materials obtained from another student, published literature, and the Internet without proper acknowledgment of the source.   Additional information on this topic is published in the student handbook and is available on the UVU website.

### **Student Code of Conduct**

All UVU students are expected to conduct themselves in an appropriate manner acceptable at an institution of higher learning. All students are expected to **obey the law**, to **perform contracted obligations**, to **maintain absolute integrity and high standards** of individual honesty in academic work, and to observe a **high standard of conduct for the academic environment**.

The Student Rights and Responsibilities Code, or Code of Conduct, outlines for students what they can expect from the University and what the University expects of them.

Students should review their Rights and Responsibilities. The Code of Conduct also outlines the process for academic appeals, and appeals related to misconduct and sanctions. It can be found at <http://www.uvu.edu/studentconduct/students/>

**Student Responsibilities**

You are expected to take an active role in the learning process by meeting course requirements as specified in written syllabi. Faculty members have the right to establish classroom standards of behavior and attendance requirements. You are expected to meet these requirements and make contact with faculty members when unable to do so.

**Withdrawal Policy**

If you do not wish to take this course or find that you are unable to continue, you should officially withdraw by the deadline stated in the current semester UVU Student Timetable.

You can officially withdraw from a course by dropping it through the online registration system or the campus One Stop desk (BA 106) by the listed date. If you officially withdraw from a course by the "Last Day to Drop and Not Show on Transcript," the course will not appear on your academic transcripts. If you officially withdraw from a course by the "Last Day to Withdraw," a "W" will appear on your transcripts. Although your GPA will not be affected — a "W" will indicate that you chose to withdraw. If you fail to complete the course and do not drop it before the "Last Day to Withdraw," a "UW" or "E" (a failing grade) will appear on your transcripts.

Withdrawing from a course may impact your financial aid status. For more information, see: UVU Financial Aid.

**Cheating and Plagiarism Policy Procedures**

This document was taken from the Utah Valley University Policy 541, The Student Rights and Responsibilities Code

5.4.4 Each student is expected to maintain academic ethics and honesty in all its forms, including, but not limited to, cheating and plagiarism as defined hereafter:

1) Cheating is the act of using or attempting to use or providing others with unauthorized information, materials, or study aids in academic work. Cheating includes, but is not limited to, passing examination answers to or taking examinations for someone else, or preparing or copying another's academic work.

2) Plagiarism is the act of appropriating another person's or group's ideas or work (written, computerized, artistic, etc.) or portions thereof and passing them off as the product of one's own work in any academic exercise or activity.

3) Fabrication is the use of invented information or the falsification of research or other findings. Examples include but are not limited to:

a) Citation of information not taken from the source indicated. This may include the incorrect documentation of secondary source materials.

b) Listing sources in a bibliography not used in the academic exercise.

c) Submission in a paper, thesis, lab report, or other academic exercise of falsified, invented, or fictitious data or evidence, or deliberate and knowing concealment or distortion of the true nature, origin, or function of such data or evidence.

 d) Submitting as your own any academic exercise (written work, printing, sculpture, etc.) prepared totally or in part by another.

### **Students with Disabilities**

**Students who need accommodations because of a disability** may contact the UVU Office of Accessibility Services (OAS), located on the Orem Campus in LC 312. To schedule an appointment or to speak with a counselor, call the OAS office at 801-863-8747. Deaf/Hard of Hearing individuals, email [nicole.hemmingsen@uvu.edu](https://owa.uvu.edu/owa/redir.aspx?C=r3xUa4y2bkalWljgIj1VXM3KzYlusNIIESMqIpkF5USfG-H3cUMstYl8DNScKc_quB49PvOQ-l0.&URL=mailto%3anicole.hemmingsen%40uvu.edu) or text 385-208-2677.

**Religious Accommodations**

At the beginning of each semester, you shall promptly review the course syllabus and class schedule and notify faculty to request an accommodation for sincerely held religious beliefs and practices using the *Religious Accommodation Request Form*.

**Dangerous Behavior**

The faculty member has the right to demand and secure the immediate removal of any person from the classroom whenever the faculty member determines, to the best of his or her knowledge or belief, that the person's actions are threatening or dangerous to students or themselves. If the faculty member cannot resolve a disruptive situation, the faculty member may request that the disruptive person(s) leave the classroom. If the disruptive person(s) will not leave voluntarily, the faculty member may call University Police for assistance. The incident shall be reported to the Dean of Students and to the Director of Judicial Affairs in accordance with Policy 541 *Student Rights and Responsibilities Code*.

**Discriminatory, Exclusionary, or Disruptive Behavior**

Faculty members observing discriminatory, exclusionary, or disruptive behavior follow procedures described in UVU Policy 541 *Student Rights and Responsibilities Code.* 5.6

**Attendance**

Attendance in this class is not mandatory due to the different learning preferences with each student. However, class will be held according to the schedule on the top of this syllabus. Chapters will be covered in class as listed in the semester schedule below. Class will consist of chapter reviews, discussion and group activities.

**Policies/References**

1. Policy 541: Student Rights and Responsibilities Code <https://www.uvu.edu/catalog/current/policies-requirements/student-rights-and-responsibilities.html>
2. Policy 601: Classroom Instruction and Management. <https://policy.uvu.edu/getDisplayFile/5750ed2697e4c89872d95664>
3. Policy 635: Faculty Rights and Professional Responsibilities. <https://policy.uvu.edu/getDisplayFile/563a40bc65db23201153c27d>

**Definitions**

* 1. Syllabus: An agreement between faculty and students that communicates course structure, schedule, student expectations, expected course outcomes, and methods of assessment to students.

### **Dropping the Class**

### \_\_\_\_\_\_\_\_\_ is the last day to drop the course without it showing on your transcript.

\_\_\_\_\_\_\_\_\_ is the last day to withdraw from the class.
If you drop the high school class, you must also withdraw from the UVU class to avoid receiving a failing grade.

Due dates and this syllabus may change at the instructor’s discretion due to the needs of the class members.