

PSY 0010: Introduction to Psychology

University of Pittsburgh Fall 2017

Instructor: Melinda Ciccocioppo, PhD

E-mail: mciccocioppo@pitt.edu

Phone: 412-624-9350

Office: 4211 Sennott Square

Office hours: Mondays 2-4 PM

Wednesdays 1-3 PM

Please see "faculty information" on CourseWeb for contact information for TAs and UTAs

Course Description:

Welcome to Introduction to Psychology! The study of psychology involves much more than listening to a person lying on a couch recant their childhood. The field of psychology is very broad and covers everything from neural communication to romantic attraction. This course is designed to give you an overview of several different areas of research within the field of psychology. Whether or not you are a psychology major, I think that you will find the course material to be useful to your chosen profession and applicable to your everyday life.

Course Objectives:

Upon completion of this course, you should be able to:

- ❖ Describe basic psychological theories about the topics covered.
- ❖ Apply these theories to your own personal and professional experiences.
- ❖ Critically evaluate psychological research reported in the media, and learn to separate the myth from reality.

Required Materials:

Text (on 2 hour reserve in Hillman Library) with LaunchPad License

Myers, D.G. & DeWall, C.N. (2015). *Exploring Psychology, 10th ed.* New York, NY: Worth.

YOU MUST REGISTER FOR LAUNCHPAD USING THE LINK IN COURSEWEB!

On the left-hand side of our CourseWeb page, you will see a link called "LaunchPad Registration". Watch the video under connecting LaunchPad and BlackBoard accounts and then click on the link at the top the screen next to the red flag to register your account. Your registration will come with access to an eBook version of the text which is identical to the physical text. If you prefer to have a physical text, loose-leaf versions of the text are available in the bookstore and come with a code to use to register for LaunchPad. Again, you will need to register for LaunchPad using the link provided in CourseWeb.

Class Preparation:

You are expected to read the textbook outside of class while we are covering the material in class. Having exposure to the material in two different forms will help you learn the material better and retain the information for the exams. Lecture slides will be available on CourseWeb

in their unit folder in “Course Documents” AFTER we cover each chapter in class. Research has shown that students attend to lectures and take better notes if slides are not presented before the lecture. I will provide you with the slides after the chapter material is covered in class so that you can use them to study and can compare them with the notes you have taken during class. Please be aware that these slides are merely an outline of the material that we have covered in class and are not designed to be a substitute for attending class. If you miss class, I strongly suggest that you get the notes for the class from a classmate.

Classroom Conduct:

Please be courteous to your fellow students during class time. Do not have side conversations. If you have a question during class time, raise your hand and ask me rather than conversing with your neighbor about it. When other students are asking questions, please listen quietly to my response. Even if you think you already know the answer, you may be wrong! Also, it is difficult for students to hear my answer when others are talking. You can bring your laptop to class, but it should only be used to take notes. If you know that you will not be able to refrain from checking social media, browsing the web, playing games, etc., please sit in the back row so that the content on your screen is not distracting students behind you. Please refrain from packing up your bag until I have dismissed class. I will try to do this 5 minutes before the end of class, but sometimes that will not be possible. I promise that I will always dismiss you by the official end of class time.

Course Requirements:

- ❖ **Exams.** There will be five exams each worth 40 points. The exams will consist of 40 multiple-choice questions and will cover the material in your book and from lecture for each of the four units (typically three chapters) plus an optional cumulative final exam during finals week. I will drop your lowest exam score so that your final grade will include only your four highest exam scores. Since I will drop your lowest exam score, make-up exams will be given only in the case of conflicts with university events (i.e., athletic or academic competitions). You must inform me of your need for a make-up exam BEFORE the scheduled exam takes place and provide written documentation of the schedule conflict. **I do not consider travel conflicts to be a legitimate reason for a make-up exam. You know the exam schedule from the start of the semester, please inform your parents and plan your trips accordingly.**

- ❖ **Assignments.** You will need to complete 4 “How would you know...” assignments in LaunchPad throughout the semester. These assignments require you to think like a researcher by designing studies to test various research questions. Each assignment ends with a quiz that you must complete in order to earn a possible 5 points for each assignment. You can access these assignments using the link provided in the appropriate unit folder in course documents on CourseWeb. You MUST access the assignments using these links, otherwise your score will not be recorded. Correct answers will be

available to you AFTER the deadline for the assignment. For this reason, I cannot accept assignments after the due date under any circumstances. Due dates for all assignments are given on the course schedule. **Do not wait until the last minute to complete these assignments!** You can find other helpful material like videos and flash cards on LaunchPad that you are welcome to use, but will not count for credit towards your course grade. **If you have any issues connecting to LaunchPad, you can contact their tech support at 1-800-936-6899.**

- ❖ **Participation.** During lectures throughout the semester, I will utilize Turning Point to ask multiple choice questions and do classroom demonstrations of research studies. In order to participate, you will need to register for a Turning Point account. To do so, follow the steps below:

Step 1: Click on the “TurningPoint Account Registration” link on the left-hand side of the screen on our CourseWeb site.

Step 2: Follow the instructions to create an account using your Pitt email address (creating this account should be free of charge for you for this course)

Step 3: Download the free “ResponseWare” app from Turning Technologies onto your phone and/or laptop. You will use this app to respond to questions during class, so make sure that you bring your phone or laptop with you to every class. You do NOT need to purchase a clicker device unless you do not have a smart phone or laptop. Please let me know if this is the case.

Step 4: Pay attention in class and respond to questions by signing into the app and entering the session ID. In most circumstances you will be able to earn 1 point for answering questions and another point if you answer the question correctly.

You can earn up to 20 points for participating in this manner. **You can only earn these points if you are in class and respond to the questions!** I will provide ample opportunities to earn points throughout the semester so, if you miss a few classes (1-3) you can still earn 100% for participation. However, if you miss more than 3 classes, it may negatively affect your grade.

- ❖ **Extra Credit.** I hope that this class will open your eyes to the ways in which psychology is relevant in our everyday lives. In order to encourage this, I will offer you up to 2 points of extra credit by writing about some form of media that is relevant to the class. This could be a newspaper article, comic strip, movie, song, or advertisement. Along with the piece of media you must include a typed description of the media, state how it relates to something that was discussed in class or in the book, and give your personal reaction to the media (this should be about 3 or 4 paragraphs). If you choose to submit a movie or song, you don’t need to bring in a recording. Just give me a summary of the movie and the lyrics for the song. Your extra credit assignment can be submitted via the CourseWeb site in “Course documents”. You can only submit one extra credit

assignment of this kind, but will also be given the opportunity to earn extra credit by completing pretests and post tests for researchers collecting data on our class. These surveys are completely voluntary and will NOT count towards the credit for your research participation requirement (described later in the syllabus).

Your final grade will be determined by using the rubric below. There is no need to calculate a percentage, simply compare your total points to the score ranges on the rubric to determine your letter grade.

Grading Rubric

Total points= top 4 exam scores (160) + 4 LaunchPad assignments (20 pts) + Participation (20 pts) + Extra credit out of 200 points possible (not including extra credit points):

A+= 190-200	B+= 170-179	C+= 150-159	D+= 130-139	F= below 120
A = 185-189	B= 165-169	C= 145-149	D= 125-129	
A-= 180-184	B-= 160-164	C-= 140-144	D-= 120-124	

******* Research requirement *******

Like most universities, all students in this course are required by the Department of Psychology to complete a 4 hour research requirement. You may complete this requirement in two ways. The first option is to participate in experiments. One hour of participation counts as one hour of your requirement. The second option is to write brief reviews of psychology research papers. Each paper counts as one hour of your requirement. You can combine experiments and papers to reach your 4 hour requirement.

If you have already taken this class and have completed some or all of the research requirement, email the subject pool coordinator at subjpool@pitt.edu no later than the 2nd week of classes so that your credits can be transferred.

To sign up for experiments:

PREFERRED because it helps students and shows you first-hand what research is like. Sign up for experiments at <http://pitt.sona-systems.com>. This web site will open in the first week of classes and will close on the last day of classes. You should receive an email at your Pitt email address with your signup information during the first week of classes. If you add the class late, you will be added at the end of the add/drop period. If you do not receive an email indicating your signup but wish to sign up for experiments, you may join yourself or contact the subject pool coordinator at subjpool@pitt.edu. Please do not attempt to join Sona until after the first two days of classes. If you change class sections, please email subjpool@pitt.edu so that your enrollment can be changed. If you do not do this, you will not get credit for having done the experiments.

Please make certain that you meet the requirements of the experiment before signing up (the requirements for each experiment are listed on the web site)

OTHERWISE THEY CAN TURN YOU AWAY

Don't be a no show!

Many experiments require extensive preparation. If you need to cancel, please do so with as much lead time as possible as a courtesy to the experimenter.

NOSHOW 2x: Please note that if you do not show up for two scheduled appointments and do not cancel ahead of time, you will no longer be allowed to sign up for experiments and will instead have to complete your hours using the paper option.

DON'T DO THEM DURING CLASS! If you cannot find another time that works for you, please contact the experimenter to see if you can find a mutually agreeable time that would not require you to miss class.

PLEASE BE PATIENT! You should check the web site often for research opportunities.

However, *please note that some experiments will not become available until later in the semester*. If you are worried about finding enough experiments in time, you may consider writing a paper instead (see below).

To write research papers:

Go to this web site for list of readings: <http://www.pitt.edu/~subjpool/papers.html>.

Write a paper that follows the guidelines listed on the website.

Go to <http://turnitin.com> and enroll for the appropriate class. **The class number for the spring term is 15802842 and the password is Freud.**

Submit your papers to Turnitin. Note that this software checks for plagiarism, so be certain that all of the information is written in your own words. If you are not sure what this entails, please see <http://plagiarism.org>.

Note that to have your paper(s) graded in time to count for your final grade, your paper must be turned in by midnight one week before the last day of undergraduate classes (see the university's academic calendar for this date). Given the volume of papers, exceptions to this deadline cannot be made. Incompletes may affect your eligibility for financial aid, sports, etc., so be sure to plan ahead.

If you do not complete 4 research hours by the end of the term, you will receive an incomplete ("G") grade and have to complete the requirement within one year (see http://www.bulletins.pitt.edu/undergrad/4gen_academic.htm). *Note that incomplete grades can affect your standing at the university and your ability to receive financial aid.* If you receive an incomplete, the subject pool coordinator will have a grade change form on file for you, which will be turned in after you have notified her that you have completed your requirement.

However, if you fail the course, you will be given an "F" at the end of the semester, regardless of your completion of the research participation requirement.

If you earn an incomplete, see: <http://www.pitt.edu/~subjpool/incomplete.html>.

If you have questions, please link to the student info page and FAQ at

<http://www.pitt.edu/~subjpool/>. If you have any questions or concerns about this requirement that are not addressed on these websites, please contact the subject pool coordinator at subjpool@pitt.edu.

Anna D. Halechko, PhD

Subject Pool Coordinator

Email: subjpool@pitt.edu

University's statement on cheating and plagiarism:

Cheating/plagiarism will not be tolerated. Students suspected of violating the University of Pittsburgh Policy on Academic Integrity will be required to participate in the outlined procedural process as initiated by the instructor. A minimum sanction of a zero score for the assignment will be imposed. For more details, go to www.pitt.edu/~provost/ai1.html.

Please do not give us any reason to suspect you of cheating. During exams, baseball caps must be removed or turned backwards, all materials except a pencil and your ID must be removed from your desk and packed up. You may not leave the classroom or talk to your classmates once exams are distributed. If you are late, you cannot start the exam once the first person has left.

Keep your eyes on your own paper! If myself or a TA suspects that you or someone near you is cheating, you may be asked to move to a different seat. Please comply quickly and quietly with these requests. It is better to move your seat than end up with a 0 for the exam

Disabilities:

If you have a disability that requires special testing accommodations or other classroom modifications, you need to notify me AND Disability Resources and Services the first week of class. You may be asked to provide documentation of your disability to determine the appropriateness of the accommodations. To notify Disability Resources and Services, call 648-7890 to schedule an appointment. The office is located in 216 William Pitt Union.

If there is an impairment that is inhibiting your performance in this class, please let me know what I can do to help. My desire is to assess your knowledge of course material not your sensory, cognitive, or physical capabilities. I do my best to provide all of my students with an environment that is conducive to learning. I simply ask that you inform me of any issues as early as possible in the semester so that I can work with you. There isn't much I can do once the semester is over. You can find more information about disability advocacy at the Pitt Students for Disability Advocacy website <http://www.pitt.edu/~sorc/disability/index.html>.

Student Assistance and Counseling:

Everyone feels overwhelmed by the challenges of being a student at times. I am here to help you. If you have any issues that you would like to discuss with me in confidence, please feel free to schedule an appointment with me. I would be happy to help in any way that I can. You can also contact the University Counseling Center (a free and confidential service) at 412-648-7930 or stop by the Stress Free Zone on the 3rd floor of William Pitt Union.

Again, please let me know as soon as possible if there is a mental health issue or something in your environment that is preventing you from doing your best in the course. I will be happy to work with you throughout the semester but there isn't anything I can do once the semester is over.

Sexual Misconduct, Required Reporting, and Title IX:

The University is committed to combatting sexual misconduct. As a result, you should know that University faculty and staff members are required to report any instances of sexual misconduct, including harassment and sexual violence, to the University's Title IX office so that the victim

may be provided appropriate resources and support options. What this means is that as your professor, I am required to report any incidents of sexual misconduct that are directly reported to me, or of which I am somehow made aware.

There are two important exceptions to this requirement about which you should be aware:

A list of the designated University employees who, as counselors and medical professionals, do not have this reporting responsibility and can maintain confidentiality, can be found

here: <http://www.titleix.pitt.edu/report/confidentiality>

An important exception to the reporting requirement exists for academic work. Disclosures about sexual misconduct that are shared as part of an academic project, classroom discussion, or course assignment, are not required to be disclosed to the University's Title IX office.

If you are the victim of sexual misconduct, Pitt encourages you to reach out to these resources:

- Title IX Office: 412-648-7860
- SHARE @ the University Counseling Center: 412-648-7930 (8:30 A.M. TO 5 P.M. M-F) and 412-648-7856 (AFTER BUSINESS HOURS)

If you have a safety concern, please contact the University of Pittsburgh Police, 412-624-2121.

Other reporting information is available here: <http://www.titleix.pitt.edu/report-0>

The University's e-mail Policy:

Each student is issued a University e-mail address (username@pitt.edu) upon admittance. The University for official communication may use this e-mail address with students. Students are expected to read e-mail sent to this account on a regular basis. Failure to read and react to University communications in a timely manner does not absolve the student from knowing and complying with the content of the communications. The University provides an e-mail forwarding service that allows students to read their e-mail via other service providers (e.g., Hotmail, AOL, Yahoo). Students that choose to forward their e-mail from their pitt.edu address to another address do so at their own risk. If e-mail is lost as a result of forwarding, it does not absolve the student from responding to official communications sent to their University e-mail address

Tips for studying and Test-Taking:

Psychological research on learning and memory has provided some insights on the best way to learn and remember new material. These findings can help you, not only in this class but in all of your classes.

1. Distribute your study time- DON'T CRAM!

I'll provide you with a study guide for the exam on CourseWeb as soon as we start a new unit. I suggest that you follow along with that study guide and fill in information on the items as we cover them in class. This way, just before the exam, you will have a completed study guide to use to study from.

2. Think critically and apply the material to your everyday life

We retain information best when we feel that it is relevant to ourselves. In completing the study guide and studying for the exams, try to come up with examples for how the information relates to you or someone you know. If you can't come up with an example, that is a big red flag that you don't know the material well-enough to answer an application question about it on the exam.

3. Listen actively and participate in class

Attend class regularly and take notes during class, don't just wait for the slides to be posted on CourseWeb. Resist the urge to stray to social media during class. 100% of exam questions come from lecture! Attending class and staying engaged during class will help you perform better on the exams.

4. Practice retrieval of information before the exam

Don't just read over your notes. Quiz yourself on the concepts. Research has shown that practice retrieving information from memory helps with retention. I suggest finding a study buddy or buddies.

5. Be a smart test-taker

When answering multiple choice test questions, don't try to imagine how each answer option could be correct. This will only confuse you. Instead, cover up the options. Try to answer the question without the answer choices and then find the answer choice that best matches your own answer.

6. Don't panic!

Stress can motivate you to study and do well in a class, but too much stress can lead you to distraction and inhibit your performance. Make a study plan and stick to it. The better prepared you are for an exam, the less stressed you will be. If test anxiety is something that you struggle with, the University Counseling Center provides helpful group sessions on dealing with this.

Class Schedule

Date	Topic	Assignments (How would you know...)
8/28–9/8*	Introduction to course & Chapter 1: Thinking Critically with Psychological Science	
9/11-9/15	Chapter 2: The Biology of Behavior	If there is a “hot hand” in basketball? Due 9/13
Mon 9/18	Exam 1: Covers history, research methods, and brain	
9/20-9/25	Chapter 3: States of Consciousness	
9/27-10/4	Chapter 7: Learning	
10/6-10/11**	Chapter 8: Memory	If people’s memories are accurate? Due 10/11
Fri 10/13	Exam 2: Covers consciousness, learning, and memory	
10/16-10/20	Chapter 4: Developing Through the Life Span	If personality runs in our genes? Due 10/20
10/23-27	Chapter 5: Sex, Gender, and Sexuality	
10/30-11/6	Chapter 12: Social Psychology	
Wed 11/8	Exam 3: Covers development, personality, and social psychology	
11/10-11/15	Chapter 10 (pp 386-403 on emotion) & Chapter 11: Stress, Health, and Human Flourishing	If stress increases risk of disease? Due 11/15
11/17-11/29***	Chapter 14: Psychological Disorders	
12/1-12/6	Chapter 15: Therapy	Papers for research requirement due 12/1
Friday 12/8	Exam 4: Covers emotions, stress, and health, psychological disorders, and therapy	
Finals week	Optional Cumulative Final Exam	

*No class on 9/4 in observance of Labor Day

**No class on Monday, 10/9; All Monday classes will meet on Tuesday, 10/10 instead

***No class 11/22 or 11/24; Enjoy your Thanksgiving break!

GO TO COURSEWEB AND TAKE THE SYLLABUS QUIZ FOR UP TO 4 POINTS OF EXTRA CREDIT (see Unit 1 folder in Course Documents)!
MUST BE COMPLETED BY FRIDAY, SEPTEMBER 15TH AT 11:59 PM
REGISTER FOR LAUNCHPAD AND TURNINGPOINT ASAP!