

PSYCHOLOGY 101, Section I: FOUNDATIONS IN PSYCHOLOGY
FALL 2004

INSTRUCTOR: Dr. John Burling
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Class meetings: MWF at 9-9:50 AM in Comer Auditorium

OFFICE HOURS: TBA

COURSE PREREQUISITES: None

COURSE DESCRIPTION: Facts, principles, and theories of psychology with which every educated person should be familiar. PSYC 101 is a prerequisite for all other Psychology courses. No prerequisite; 3 hours credit.

REQUIRED TEXTS: Wade, C., and Tavris, C. (2003) Psychology, 7th edition, New York: Harper & Collins

Course Bibliography: For complete course bibliography, see end of text.

Course Goals: Goals are broad long-term aims of the course which describe educational intentions. These goals may not all be achieved by the end of the course; in fact, you may not accomplish them until after the course is over. This course will enable you to:

- Understand and appreciate the scope of the field of psychology.
- Gain a greater understanding of human behavior and social relationships. (SDE 290-3-3-.20-1-a-5; NCSS 1.4; Assessment Component for SDE and NCSS: Exams.
- Develop and/or enhance writing skills and critical thinking skills.
- Embrace an attitude of tolerance of ambiguity and diversity as it pertains to human experience and to increase your ability to deal with multiple points of view.
- Enhance your liberal arts education by gaining knowledge about the relationship between psychology and all areas of human behavior. Understanding the importance and prevalence of psychology--the science of human behavior and mental processes-- and its application in our daily lives is one of the marks of a liberally educated person. (SDE 290-3-3-.20-1-a-5; NCSS 1.4; Assessment Component for SDE and NCSS: Exams)
- Learn how psychological principles are relevant and have application in your life.
- Understand the goals of psychology and the use of the scientific method to reach those goals.

Course Objectives: Objectives describe the desired learning outcomes of the course. These are specific skills or knowledge that you are expected to be able to demonstrate by the end of the course. In this course you will learn the answers to the following questions:

- What is Psychology?
- What methods of knowing does the science of psychology use?
- How do neurons work?
- What are the functions of brain structures?
- How do we learn? (SDE 290-3-3-.20-1-a-5; NCSS 1.4; Assessment Component for SDE and NCSS: Exams)
- How does our memory work? (SDE 290-3-3-.20-1-a-5; NCSS 1.4; Assessment Component for SDE and NCSS: Exams)
- Why does language make humans special?
- How do humans problem solve?

- How do humans grow and relate to others? (SDE 290-3-3-.20-1-a-5; NCSS 1.4; Assessment Component for SDE and NCSS: Exams)
- What determines our personality?
- How do we influence each other?
- What are psychological disorders? (SDE 290-3-3-.20-1-a-5; NCSS 1.4; Assessment Component for SDE and NCSS: Exams)
- How are psychological disorders treated?

General Education Curriculum (GEC) Requirement Fulfillment:

This course is closely aligned with the GEC goal that states that, “Students will acquire knowledge about human nature.” Understanding the importance and prevalence of psychology--the science of human behavior and mental processes--and its application in our daily lives is one of the marks of a liberally educated person. This course, while not strictly about human behavior, is largely focused on human mental processes and behavior. Thus, as you can see from the course objectives listed below, and the remainder of the course syllabus, we will be considering human nature throughout the semester.

COURSE CONTENT AND ASSIGNMENTS: Students are responsible for reading the text material before coming to class. The textbook is comprehensive and should be considered the students' primary source of material during the term. Short, unannounced writing assignments and occasional tests may be given as well... so it is very important that you keep up on your readings. Students are responsible for all assigned reading material unless specifically instructed to the contrary.

Content areas to be covered include: research methodology in psychology, historical aspects of psychology, biopsychological bases of behavior, learning theory, cognition and thinking, motivation and emotion, personality theory, human growth and development, health and stress, psychopathology, social psychology, and the influences of culture.

COURSE FORMAT: Each day, we will cover approximately one-third to one-half chapter, on average, from your textbook. If you must miss a class meeting, you are still responsible for upcoming material and exams. In addition, occasional films, extra-credit assignments, or in-class assignments will be given.

ATTENDANCE: Attendance will be taken each class, and will be considered when course grade is assigned.

TESTS / GRADES: During the term you will be given "units" of chapters that will be covered on the next exam. These exams will consist of multiple-choice questions, and in general will cover 3-4 chapters at a time. In addition, in-class exercises and brief writing assignments will be given periodically. Your grade will be assigned on the basis of the percentage of points you earn from all assigned work. The scale is as follows: A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=59% and below.

You may make up a test without penalty only if your absence was due to an authorized absence. (for example, illness with a doctor's written excuse, a death in the family, or participation in a University activity with the approval of the Dean. Athletes must give a list of dates that they will be absent due to sports activities.) A missed test must be made up within three class days of the scheduled date for that test.

GENERAL COURSE INFORMATION: Psychology is a broad, and sometimes extremely abstract field of study. We all have theories about why people do what they do...and we often assume that we "already know" some of the material because it is just common sense. However, research in psychology has consistently demonstrated that "truth" is often counterintuitive. That is, what REALLY describes behavior is the opposite of what you would think. Therefore, concepts that appeared to be "obvious" seem remarkably elusive on exam day. For this reason, it is essential that you read the assigned chapters, and that you take thorough notes in class. A very common, but very incorrect, belief about psychology is that it is an "easy" course.

Lectures and readings will not be identical. However, they will always be closely related. Neither can stand completely alone as preparation for exams. You should try to understand concepts discussed in lecture and the

text, as memorizing definitions and key words will not necessarily result in high test scores. You will need to study as if you were going to teach the material to someone else. It is strongly recommended that you review your notes and readings after each class. If you read your text carefully, study it thoroughly, strive to *understand* course material, and put genuine effort into learning the material presented in text and lecture...you will find the course much more useful to your life, and the tests far less stressful.

Some of the course material may change the way you think about yourself, others, and the world for the rest of your life. This is not a course covering irrelevant details in some area of specialization...it is a body of information about human beings' behavior, thought, and emotion. Since you are very likely human, you should find a good deal of psychology very applicable to your life and yourself. To better understand why you, and others, behave as you/they do can broaden your understanding of your life immeasurably. For many students, this will be the only psychology course they will ever take...so use this opportunity to learn about yourself.

ADA Policy: Americans With Disabilities

It is the policy of the University of Montevallo to afford equal opportunity in education to qualified students. Course requirements will not be waived but reasonable accommodations will be developed to assist you in meeting the requirements. Students who need special accommodations due to a documented disability should contact me. Students requesting classroom / testing accommodations should provide me with a memo from Disability Support Services so that it may be reviewed during the appointment. If you do not have a memo from DSS, please make an appointment with that office (Rear, Main)

ASSESSMENT MODEL

<u>Objective COMPONENT</u>	<u>SDE RULE NUMBER</u>	<u>ASSESSMENT</u>
<u>1</u>	Social Science 2(a)(1)v	Examinations
<u>2</u>	Social Science 2(a)(1)v	Examinations
<u>3</u>	Social Science 2(a)(1)v	Examinations
<u>4</u>	Social Science 2(a)(1)v	Examinations
<u>5</u>	Social Science 2(a)(1)v	Examinations