



Foundations of Psychology
Fall 2023
PH 2304

PSYC – 111-002
Tu/Th 11:00-12:15

PSYC-111-003
Tu/Th 12:30-1:45

About the Instructor

Name: Stacey Adams, MS

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Email: sadams@siue.edu (the best way to reach me)

Office Hours: Tuesdays 2:00-3:00 (AH 0143)

Wednesdays 11:00-12:00 (via Zoom: <https://siue.zoom.us/j/99721030110>)

Graduate Assistant: Kaitlyn Rhyneer

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Office: Alumni Hall

Office Hours: Tuesdays 9:45-10:45

Thursdays 9:45-10:45

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Bio

I earned an undergraduate degree in Psychology from McKendree College before receiving a Master's degree in Clinical Child Psychology here at SIUE. Throughout my education I was interested in working with youth and their families struggling with depression, anxiety, and substance abuse. I have been teaching at SIUE for over 10 years either as an adjunct or full-time instructor. Prior to teaching I was an inpatient therapist on a Psychiatric Unit where I worked with children, adolescents, adult males and females, older adults and families. In addition to teaching, I also conduct psychological evaluations primarily for adolescents who are involved in the legal system. I have taught many different courses in the Psychology Department, including Foundations of Psychology, Careers in Psychology, Child and Adolescent Development, and Psychology of Gender.

Teaching Philosophy

I believe that my role as an instructor is to make the material in any of my courses about more than what needs to be learned for an exam. My goal is to teach the concepts and theories that are required to be learned in order to have a working knowledge of the course, but to make that information memorable and useful in a practical way as well. Psychology courses lend themselves very well to do this as nearly everything in psychology can be applied to each of our lives. So, my philosophy of teaching is about assisting students in taking what is taught and utilizing it outside of the classroom in some way. I enjoy the interaction with students that this type of course involves, therefore I am excited to have the chance for students to interact with one another in this new environment and hopefully learn more about yourselves, each other, and your SIUE community.

Communicating with the instructor

Email is the fastest way to communicate with me; however, students can also attend office hours offered each week, request an appointment, talk with me before or after class, or post a question on the Discussion Board. The Graduate Assistant can also be contacted with questions.

On Mondays, an announcement will be emailed through Bb to detail expectations and activities for each week. These announcements should be used to assist you in preparing for class. If you are sick or unable to attend class, these announcements will outline the material that the class will cover. *As outlined in this syllabus, abbreviated notes for all lectures are provided on Blackboard (Bb). When classes are missed, students should read the textbook to complete the notes found on Bb. Upon return to class, students should then check with fellow students or the GA if questions regarding the notes remain. Instructor notes will not be shared or sent to students.*

About the Course

Course description

Psychology is the science of behavior and mental processes. Foundations of Psychology is a 3 credit hour course that will provide students with an overview of the historical and scientific roots of psychological methods and techniques, biological bases of behavior, human development and learning, memory, motivation, personality, psychological disorders, therapeutic techniques, and social psychology.

Course textbooks

Pomerantz, A. M. (2020). *My Psychology* (2nd ed.). New York: Worth Publishers.

**Hardcopies of the textbook are available through Textbook Services, however access to a digital textbook will also be available. This ebook will be available through the link on Blackboard.

Course goals and objectives

By the completion of the course students will gain:

- A basic understanding of the science of psychology, including the scientific method, differing forms of psychological research, and contemporary approaches to psychological science.
- A basic understanding of nervous system structure and brain-behavior relationships.
- Knowledge of human development from a life-span developmental perspective.
- Knowledge of learning and memory processes, and the basics of motivation and personality.
- A basic understanding of psychological disorders, therapeutic techniques, and social psychological principles.

Course Requirements

Expectations

To ensure the best experience for all class members, students are expected to:

- *Come to class.* If you are hoping to do well in this, or any, course, regular attendance and active participation will always be the first step. The attendance policy is outlined below.
- *Come to class prepared and ready to participate.* Classes are much more interesting when students are able to draw on their own experiences to enrich the material covered by the instructor and when all readings are completed prior to entering class.
- *Come to class on time and with as little amount of disruption as possible.* Please keep all devices not being used for note-taking out of sight and turned off.
- *Be courteous and respectful of fellow students' time and comments.* This refers to the statement above, in regards to limiting class disruptions, as well as appreciating other students' examples or questions. The classroom should be a comfortable and safe environment that promotes class discussion.
- *Be responsible for your own learning.* As college students you are entering adulthood, therefore keeping records of your own grades, being aware of the class assignments, and being proactive if you are falling behind (contacting the professor to clarify confusing concepts prior to the exam, for example) is up to you. *Please print and read the syllabus!* Before asking the professor a question regarding due dates or assignments make sure it is not already on the syllabus.

- *Turn assignments in on time.* All assignments will be submitted electronically through Blackboard (Bb). The submission location for this assignment will be located under Coursework in our Class Bb page. No late work will be accepted.

To ensure the best experience for all class members, students can expect the instructor to:

- Be available to students to clarify or explain concepts further. See the office hours outlined above. **Please do not email assignments**, however emailed questions or concerns are welcome. **Emails will not be answered if they do not contain the following:**
 - A proper address (Mrs. Adams, Dear Mrs. Adams, Hello Mrs. Adams, Instructor Adams),
 - Your name, class, and section/class time
 - Professional language. Please, use full sentences, correct grammar, and appropriate language. Emails to your instructors should not look like text messages to your friends.
- Provide an enriching environment that stimulates critical thinking and thoughtful discussion.
- Return graded work in a timely manner and to be available to clarify grading policies if needed.

Submitting work

All work for the class will be submitted through Blackboard (Bb). Please take time to explore the class Blackboard page to become familiar with the multiple resources linked there. Weekly announcements will be sent on Mondays to help students stay on track in the class. These announcements will remain on Bb throughout the semester. Please refer to those announcements for details regarding class each week as most class questions will be answered there. Further, abbreviated notes, links to assignments, and exams will all be located on Bb as well. Class materials will be found in Coursework and then in an Exam Materials folder.

Any problems with Bb typically can be solved by 1) switching the browser being used (Bb likes Chrome and Firefox best), 2) logging out of Bb, then signing back in after several minutes, or 3) contacting ITS. Do not complete assignments or exams on a mobile device.

Check Bb and your SIUE email regularly for class updates.

Technology requirements

Technical requirements for students can be found in this [ITS KnowledgeBase article](#).

Grading scale

Assignments		Final Grades (points)
4 Exams (100 pnts each)	400 points total	A = 457+ B = 406-456 C = 355-405 D = 304-354 F = 303 or below
Syllabus Quiz	10 points total	
Learning Curve Quizzes (10 total, 5 pnts each)	50 points total	
Written Assignment	50 points total	
Research Participation	Complete/Incomplete	
		Total points available for the course: 510

Assignments

Exams – Four (4) exams will be given throughout the semester. Each exam will cover only the material from the last exam. As such, the final exam **is not cumulative**. Each exam will cover both lecture topics and information from the assigned readings and will include 50-55 questions with any combination of multiple choice, true or false, or fill in the blank. Each exam will be available on Blackboard for completion for 48 hours (the day of the scheduled class and the following day). **Once an exam is opened by the student, the exam will auto-submit after 75 minutes.** Students are encouraged to prepare for the exam as if no resources (notes and textbook) are available, although these materials are allowed. Use of online resources, such as Google or other search engines, are not allowed.

Tips for taking online assessments:

- Plan to complete Exams when an internet connection is typically stable

- Choose a time to complete the Exam when distractions are limited
- Do not use a mobile device, such as a phone or tablet
- Read the instructions and directions carefully
- Be prepared to complete the Exam in the allotted time

**Makeup exams are only given in cases of emergency. Any makeup exam will be open during finals week. Only 1 makeup exam for the class will be allowed.

Learning Curve Quizzes-Each chapter will have an accompanying set of Learning Curve Quizzes worth 5 points each to assist students in preparing for their exams and to assess their retention of the material. Learning Curve Quizzes are due by midnight on the day before each exam, but can be completed at any time once open on Bb. These quizzes can be found in the *Learning Curve Quizzes* folder in Coursework on Blackboard. **As these quizzes are intended to help with studying for the exam, they will NOT be accepted late.**

Written Assignment-Many topics are unable to be addressed in class due to time constraints, yet these topics are still valuable and important for students to learn. To address these areas of interest, students will choose a topic (outlined in detail in class in the 3rd week of class) to learn about outside of class discussion. This assignment will only be accepted when submitted to Turn It-In on Blackboard. Specific details outlining this assignment will be provided in class. Although papers will be accepted late, they will be reduced by 10% (5 points) per day after the due date.

Research participation – As per Department of Psychology requirements, each student is required to participate in at least six (6) hours of psychological research, complete six (6) psychological research article quizzes, or complete a combination these options (ie. 3 hours of research and 3 passed quizzes). **A grade of INCOMPLETE on this assignment will result in a reduction of one letter grade.** A detailed description of such requirements and the appropriate departmental policy are listed below, will be detailed in class, and will be provided via recorded lecture that can be found on Bb in the Research Participation Information folder.

Extra Credit Opportunities-In order to reward class attendance, throughout the semester there will be several random attendance checks that will take place during the first 3 minutes of class. Each student present during these random checks will earn 2 extra credit points. In order to earn such points, students must arrive to class on time and remain in class for the entire period (as leaving early on such days will result in the loss of the 2 bonus points). Attendance taken during the first week of class will not be considered for extra credit.

Blackboard (Bb)- The Written Assignment will be submitted to Turn It In on Bb. This submission link will be located in the Written Assignment folder located in Coursework. Instructions for submitting an assignment to Turn It In can be found in the [ITS Knowledgebase](#) or here: <https://kb.siue.edu/62087>

- All grades, assignments, abbreviated class notes, additional readings, and class announcements will be posted on Blackboard. Notes are located in folders in Coursework that corresponds with the Exam the material contributes to (Chpt 2 materials will be located in Exam 1 Materials, for example).
- Exams will also be completed on Bb, as discussed above. These exams will be located in the Exam Materials folder, which can be found in Coursework.
- All assignments will have video explanations that will remain on Bb in Coursework throughout the semester.
- Chrome and Firefox are recommended browsers. **Do not attempt to complete assignments on mobile devices or through the Blackboard mobile app.** Exams, the quiz, and Launchpad Activities will not submit properly if completed on a mobile device.
- Please check this system, along with your SIUE email account, regularly.

Feedback and grading timeline

The Syllabus Quiz, Launchpad Activities, and Exams will be graded upon submission. The Written Assignments will take longer to grade, but grading is usually completed within 2-3 weeks. You can find your grade by clicking the My Grades link on the left menu of the Blackboard course. Feedback is given on all papers. Instructions for viewing Instructor Feedback can be found in the [ITS Knowledgebase](#) or here: <https://kb.siue.edu/66985>

Department of Psychology Requirements

Participation in Research or Research Article Quizzes by Psychology 111 Students

Research is the basis of knowledge in psychology and provides the content in all areas of the discipline. The Department of Psychology requires a minimum of **6 hours** of research experience of each student enrolled in PSYC 111, unless the participant pool coordinator has dictated otherwise. This requirement may be completed by active participation in a department-approved study, by taking quizzes on select research articles, or a combination of these two in accord with guidelines set by the instructor. Each accepted quiz (must score 70% or above to be accepted) receives one hour of research credit, and active participation in ongoing studies receives credit according to the length of time spent in the study, which can vary from half an hour to multiple hours.

Details of the research participation will be provided early in your class. You will receive in-depth instructions on how to use the [SONA web site \(https://siue.sona-systems.com\)](https://siue.sona-systems.com) for research participation. You will also participate in an initial screening process which may allow you to participate in future studies.

Failure to fully complete the research experience requirement results in a one-letter grade drop. For example, if a student earned a B in PSYC 111 at the end of the semester but failed to fulfill the research experience requirement, the student would receive a C. Students who make an appointment for research participation, as do the investigators conducting the study, make a commitment to be at the designated place at the designated time for their appointment. If an emergency arises to prevent participants from being able to be at the appointed time and place, they must notify the investigator no later than one hour prior to the study time. If students fail to come to the study on time or fail to cancel with sufficient notice, they will not receive credit for that study and be marked as a “no-show.” If you have more than two no-shows, you will no longer be able to register for experiments and will only have the option to register for the research article quizzes. Moreover, it is up to the investigator to decide whether and when such a participant can make an additional appointment for that particular study. Students should be aware that making a large number of appointments at the end of the semester (at the same time that hundreds of other students are trying to do so) can be difficult. It is best to fulfill the 6-hour requirement well before the end of the semester.

Again, failure to meet the 6-hour requirement at the end of the semester will lead to a reduction of one letter grade.

Those students who do not wish to participate in research may substitute research article quizzes for research participation. The article quizzes will give you some exposure to psychological research and acquaint you with some of the rich sources of materials where psychological studies are reported. The article quizzes will be posted on Blackboard after the midterm. Quizzes will be released one per week, typically during the last eight weeks of the semester. Each quiz will be open for 24 hours. The dates and times the quizzes will be available will be posted on Blackboard. During the 24 hour window, you will read a pre-approved research article and take a quiz on said article. You must receive a 70% or greater to receive credit. You may read the article for as long as you like during the 24 hour window; however, you have one hour to complete the quiz. Each quiz counts for 1 HOUR of research time.

Research Article Quizzes will be available on Blackboard during the following times (all CST):

- Article 1: 9:00 a.m., Friday, October 13 - 9:00 a.m., Saturday, October 14
- Article 2: 9:00 a.m., Friday, October 20 - 9:00 a.m., Saturday, October 21
- Article 3: 9:00 a.m., Friday, October 27 - 9:00 a.m., Saturday, October 28
- Article 4: 9:00 a.m., Friday, November 3 - 9:00 a.m., Saturday, November 4
- Article 5: 9:00 a.m., Friday, November 10 - 9:00 a.m., Saturday, November 11
- Article 6: 9:00 a.m., Friday, November 17 - 9:00 a.m., Saturday, November 18
- Article 7: 9:00 a.m., Friday, December 1 - 9:00 a.m., Saturday, December 2
- Article 8: 9:00 a.m., Friday, December 8 - 9:00 a.m., Saturday, December 9

Don't get dropped a letter grade! Recommendation for earning all 6 credits: Use the first eight weeks of the semester to earn research credits through SONA. Check SONA for new studies at least once per week. Many (but not all) studies are online. At week eight, calculate how many credits you still need. Plan to complete that many article quizzes and take

the quizzes as soon as they're available on Blackboard. You can also keep checking SONA for additional studies during the last eight weeks. If you participate in more studies, you won't need to complete as many article quizzes.

Recordings of Class Content

Faculty recordings of lectures and/or other course materials are meant to facilitate student learning and to help facilitate a student catching up who has missed class due to illness or quarantine. As such, students are reminded that the recording, as well as replicating or sharing of any course content and/or course materials without the express permission of the instructor of record, is not permitted, and may be considered a violation of the University's Student Conduct Code (3C1), linked here: <https://www.siu.edu/policies/3c1.shtml>.

Course Policies and University Policies

Academic integrity/plagiarism

Students are reminded that the expectations and academic standards outlined in the [Student Academic Code \(3C2\)](#) apply to all courses, field experiences and educational experiences at the University, regardless of modality or location. Plagiarism is the use of another person's words or ideas without crediting that person. Plagiarism and cheating will not be tolerated and may lead to failure on an assignment, in the class, or dismissal from the University, per the [SIUE academic dishonesty policy](#). Students are responsible for complying with University policies about academic honesty as stated in the [University's Student Academic Conduct Code](#).

The use of artificial intelligence (AI) tools and applications (including ChatGPT, DALL-E, and others) to produce content for course assignments and assessments is a violation of SIUE's academic policy and is prohibited.

Turnitin

This course will utilize the Turnitin plagiarism detection software. A Turnitin link will be available anywhere written work is to be submitted in the course. [Find out more about using Turnitin](#).

Diversity and Inclusion

SIUE is committed to respecting everyone's dignity at all times. In order to learn, exchange ideas, and support one another, our virtual and physical classrooms must be places where students and teachers feel safe and supported. Systems of oppression permeate our institutions and our classrooms. All students and faculty have the responsibility to co-create a classroom that affirms inclusion, equity, and social justice, where racism, sexism, classism, ableism, heterosexism, xenophobia, and other social pathologies are not tolerated. Violations of this policy will be enforced in line with the SIUE Student Conduct Code.

The [Inclusive Excellence, Education, and Development Hub](#) is an excellent resource for students for support and community. Any person who believes they have experienced or witnessed discrimination or harassment can contact Lindy Wagner, Assistant Vice Chancellor for Inclusive Excellence, Education and Development at (618) 650-3179 or linwagn@siue.edu.

Pregnancy and Newly Parenting Policy

This policy and procedure are established to ensure the protection and equal treatment of pregnant students, students with pregnancy-related medical conditions including as a result of the termination of pregnancy, and students who become new parents including parents adopting or fostering to adopt for the first 12 weeks a child is in the home, in accordance with Federal and State guidelines and regulations. "New Parents" refers to a parent who has recently welcomed a newborn or adopted a child or is fostering to adopt a child and needs support to mitigate the disruption in academic progress within the first 12 weeks of parenting or a parent that needs support due to medical necessity attributed to pregnancy or delivery of a child; care of newborn; or lactation within the first year of child's life or legal adoption/fostering. Visit [Policies & Procedures - Student Rights and Conduct - Newly Parenting Policy - 3C15](#) to view the full policy and learn how to request accommodations through the Office of Equal Opportunity, Access, and Title IX Coordination (EOA).

Additional Support

Services for Students Needing Accommodations

Students needing accommodations because of medical diagnosis or major life impairment will need to register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. Students who believe they have a diagnosis, but do not have documentation, should contact ACCESS for assistance and/or appropriate referral. The ACCESS office is located in the Student Success Center, Room 1203. You can also reach the office by emailing us at myaccess@siue.edu or by calling [618-650-3726](tel:618-650-3726).

If you feel you would need additional help in the event of an emergency situation, please notify your instructor to be shown the evacuation route and discuss specific needs for assistance.

Academic and Other Student Services

As an enrolled SIUE student, you have a variety of support available to you, including:

- [Lovejoy Library Resources](#)
- [Academic Success Sessions](#)
- [Tutoring Resource Center](#)
- [The Writing Center](#)
- [Academic Advising](#)
- [Financial Aid](#)
- [Campus Events](#)
- [Counseling Services](#)

If you find that you need additional support, please reach out to me and let me know.

Cougar Care

Dealing with the fast-paced life of a college student can be challenging, and I always support a student's decisions to prioritize mental health. Students have access to counseling services on campus (Student Success Center, 0222). Make an appointment by visiting cougarcare.siue.edu or by calling [618-650-2842](tel:618-650-2842).

Student Success Coaches

[Student success coaches](#) work across campus to serve the SIUE student population with the tools and resources to adjust to and meet the demands of the college experience. Success coaches provide direct services such as time management support and referrals to campus resources. If you find yourself in need of academic or personal support, or in a situation that is preventing you from being successful in the classroom, please utilize [Starfish](#) to connect with a coach as soon as possible. The sooner you engage, the sooner you can access the information or tools you need that may help you get back on track.

Technical Support

Contact ITS at [618-650-5500](tel:618-650-5500) or at help@siue.edu with any technical concerns. You can also check the functionality of University systems, including Blackboard, at the [ITS System Status page](#), or search the [ITS KnowledgeBase](#) for various how-to and troubleshooting guides.

Tips for taking online assessments:

- Set up a wired (Ethernet) Internet connection on your computer
- Do not use a mobile device, such as a phone or tablet
- Read the instructions and directions carefully
- Be prepared to complete the assessment in the allotted time

Subject to change notice

All material, assignments, and deadlines are subject to change with prior notice. It is your responsibility to stay in touch with your instructor, review the course site regularly, or communicate with other students, to adjust as needed if assignments or due dates change.

Course Schedule:

	Topics	Readings/Due Dates
8/22	Introduction and Syllabus Review	Syllabus
8/24	The Science of Psychology	Chapter 1
8/29	The Science of Psychology	
8/31	The Science of Psychology and Brain and Behavior	Chapter 2 Syllabus Quiz due by midnight Thursday, 8/31. Find the Quiz in Coursework on Bb.
9/05	Brain and Behavior	
9/07	Brain and Behavior	
9/12	Exam 1-no in person class	Learning Curve Quizzes for Chpts 1 and 2 due by 11:59pm on Monday, 9/11. Exam 1 opens Tuesday, 9/12 at 8 am and closes Wednesday, 9/13 at 11:59pm. Find in Exam 1 Materials folder in Coursework.
9/14	Memory	Chapter 5
9/19	Memory	
9/21	Learning	Chapter 6
9/26	Learning	
9/28	Learning	
10/03	Motivation and Emotion	Chapter 8
10/05	Motivation and Emotion	
10/10	Exam 2-no in person class	Learning Curve Quizzes for Chpts 5, 6, 8 due by 11:59pm on Monday, 10/9. Exam 2 opens Tuesday, 10/10 at 8 am and closes Wednesday, 10/11 at 11:59pm. Find in Exam 2 Materials folder in Coursework.
10/12	Development Across the Lifespan	Chapter 9
10/17	Development Across the Lifespan	Section 002-Written Assignment due by midnight.
10/19	Development Across the Lifespan	
10/24	Development Across the Lifespan and Personality	Chapter 12
10/26	Personality	
10/31	Personality	
11/02	Social Psychology	Chapter 13 Section 003-Written Assignment due by midnight
11/07	Social Psychology	
11/09	Exam 3-no in person class.	Launchpad Quizzes for Chpts 9, 12, 13 due by 11:59pm on Wednesday, 11/8. Exam 3 opens Thursday, 11/9 at 8 am and closes Friday, 11/10 at 11:59pm.

		Find in Exam 3 Materials folder in Coursework.
11/14	Psychological Disorders	Chapter 14
11/16	Psychological Disorders	
11/20-11/24	Happy Thanksgiving No Classes	
11/28	Psychological Disorders	
11/30	Psychological Disorders and Therapy	Chapter 15
12/5	Therapy	
12/7	Therapy	
12/13	Exam 4-no in person class *Note the exam opens on Wednesday, 12/13.	Launchpad Quizzes for Chpts 14, 15 due by 11:59pm on Tuesday, 12/12. Exam 4 opens Wednesday, 12/13 at 8 am and closes Thursday, 12/14 at 11:59pm. Find in Exam 4 Materials folder in Coursework.