

Foundations of Psychology
PSYC – 111-001
PH 2304
Tu/Th 11-12:15
Spring 2022

Professor: Stacey Adams, MS

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On-Campus Office Hour: Tuesdays 3:30-4:30

Zoom Office Hours: Mondays 2:00-3:00 Zoom link: <https://siue.zoom.us/j/98422812380>

Wednesdays 11:00-12:00 Zoom link: <https://siue.zoom.us/j/98342559021>

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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.

Required Text

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

Course 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.

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.

Assignments and Final Grades

Assignments		Final Grades (points)
4 Exams (100 pnts each)	400 points total	A: 90% B: 80% C: 70%
Syllabus Quiz	10 points total	D: 60% F: 59% or below
Launchpad Quizzes (10 total, 5 pnts each)	50 points total	
Written Assignment	50 points total	Total points available for the
Research Participation	Complete/Incomplete	course: 510

Exams – Four (4) exams will be given throughout the semester. Each exam will cover only the material since 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 on Monday at 8am through Tuesday at midnight of finals week. Only 1 makeup exam for the class will be allowed.**

Launchpad Quizzes-Each chapter will have an accompanying set of Launchpad Quizzes worth 5 points each to assist students in preparing for their exams and to assess their retention of the material. Launchpad Quizzes are due by midnight on the day before each exam, but can be completed at any time. These quizzes can be found in the *Launchpad 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 2nd 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.

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)-All grades, assignments, abbreviated class notes, additional readings, and class announcements will be posted on Bb. 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 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 classwork on mobile devices or through the Blackboard mobile app.
- Please check this system, along with your SIUE email account, regularly.

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, March 4 - 9:00 a.m., Saturday, March 5**
- **Article 2: 9:00 a.m., Friday, March 18 - 9:00 a.m., Saturday, March 19**
- **Article 3: 9:00 a.m., Friday, March 25 - 9:00 a.m., Saturday, March 26**
 - **Article 4: 9:00 a.m., Friday, April 1 - 9:00 a.m., Saturday, April 2**
 - **Article 5: 9:00 a.m., Friday, April 8 - 9:00 a.m., Saturday, April 9**
 - **Article 6: 9:00 a.m., Friday, April 15 - 9:00 a.m., Saturday, April 16**
 - **Article 7: 9:00 a.m., Friday, April 22 - 9:00 a.m., Saturday, April 23**
 - **Article 8: 9:00 a.m., Friday, April 29 - 9:00 a.m., Saturday, April 30**

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.

COVID-19 Pandemic Policies Related to Classroom Instruction (Spring 2022)

Potential for Changes in Course Schedule or Modality

As the COVID-19 pandemic continues, there remains a possibility that planned classroom activities will need to be adjusted. Depending on circumstances and following state-issued recommendations, potential changes include alterations to distancing requirements, course modality (e.g., transition from face-to-face to online, hybrid, or hy-flex, mask wearing, in-course activities, etc). These changes would be implemented to ensure the successful completion of the course while preserving health and safety. In these cases, students may be provided with an addendum to the class syllabus that will supersede the original version. If the course schedule or modifications significantly alter expectations, a new syllabus will be issued.

Health and Safety

The measures outlined below are required and any student who does not comply may be in violation of the *COVID-19 People-Focused Health and Safety Policy*, as well as the University's *Student Code of Conduct*.

The full text of the *COVID-19 People-Focused Health and Safety Policy* can be found here: <https://www.siu.edu/policies/Covid.shtml>

Classrooms, Labs, Studios, and Other Academic Spaces

Under current University policy, whether in the classroom, lab, studio, or other academic spaces, students (regardless of vaccination status) shall wear face coverings that fully cover the nose and mouth and practice physical distancing measures to the extent practicable based on the specific classroom capacity and pedagogy. Classroom furniture should not be rearranged, and furniture that has been taped off or covered should not be used.

Students who forget to wear a face covering will be reminded of their obligation to comply with SIUE's *COVID-19 People-Focused Health and Safety Policy* and temporarily asked to leave the class until they are able to conform to the policy. Students who forget or lose their face coverings may be able to obtain replacements from a friend, a faculty member, or a nearby departmental office. Face coverings are also available for purchase in the Cougar Store (MUC).

Students who refuse to wear a face covering will be asked to leave the classroom and referred to the Dean of Students for non-compliance with community health and safety protocols. Repeated non-compliance may result in disciplinary actions, including the student being administratively dropped from an on-ground/face-to-face course or courses without refund if no alternative course format is available.

If a student has a documented health condition which makes wearing a face covering medically intolerable, that student should contact ACCESS to explore options with the understanding that

ACCESS will not grant accommodations which excuse the need for a face covering while on campus or in the classroom. ACCESS will work with qualifying individuals to find reasonable alternatives, whenever such solutions are available. Please call or contact the ACCESS Office via email to schedule an online appointment to discuss potential alternatives. ACCESS office (Student Success Center, Room 1203, 618-650-3726, and myaccess@siue.edu).

General Health Measures

At all times, students should engage in recommended health and safety measures, which include:

- Conducting a daily health assessment. If you have [COVID-19 symptoms](#), but not yet tested positive, have had COVID-19 close contact exposure, or are COVID-19 diagnosed as presumptive or confirmed positive, contact your health provider or SIUE Health Service at cougarcare@siue.edu or 618-650-2842. More information on reporting procedures is available [here](#).
- Frequent washing or disinfecting of hands.
- Adhere fully to the current face mask and physical distancing rules as articulated in policy: <https://www.siue.edu/about/announcements/coronavirus/safety-guidelines-support/face-mask-pick-up.shtml>
- If present, adhere to directional signs and traffic flow patterns in buildings and offices. In many spaces, doors for entering and exiting buildings are designated.

Academic Integrity

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. The full text of the policy can be found here: <https://www.siue.edu/policies/3c2.shtml>.

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.siue.edu/policies/3c1.shtml>.

Additional Information

ACCESS Services

It is the policy and practice of the Southern Illinois University Edwardsville to create inclusive learning environments. If there are aspects of the instruction or design of this course that result in barriers to your inclusion or to accurate assessment of achievement—such as time-limited exams, inaccessible web content, or the use of non-captioned videos—please notify the instructor as soon as possible. Students are also encouraged to contact office for Accessible Campus Community and Equitable Student Support (ACCESS). The ACCESS office is located in the Student Success Center, Room 1270. You can also reach the office by e-mail at myaccess@siue.edu or by calling 618.650.3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at www.siue.edu/access.

ACCESS, Student Success Center, 1270, Box 1611, 618-650-3726

Psychology Policy On Incomplete Grades, Pass-No Credit Option, & Withdrawal:

All withdrawals must be completed by the end of the 13th week of classes during fall and spring, and by a similarly late date (i.e., before 82% of class meetings have occurred) in any summer term. When students discontinue attending class and do not withdraw from a course they may receive the grade of UW (Unauthorized Withdrawal). The grade of UW will only be given when a student's grade based on the course requirements is an F. The grade of UW is calculated as an F in a student's grade average. The granting of a grade of I (Incomplete) is not automatic and is available only in cases when a student has completed most of the work required for a class but is prevented by a medical or similar emergency from completing a small portion of the work not later than the end of the following semester. An I must be approved by the instructor with appropriate documentation provided by the student. If an instructor agrees to give a student an I, the instructor will fill out a Memorandum of Incomplete Grade to be kept with the student's records. If the work is not completed by the time specified on the Memorandum, the student's grade will be changed from I to F.

Academic Honesty: I trust you will be honest in this course. *Cheating on exams, plagiarism on class assignments, and other forms of cheating will result in a grade of "F" in the course, a letter to the provost, probable disciplinary probation or expulsion, and other sanctions will be provided to the fullest possible extent.* Included below are descriptions of plagiarism as outlined by the Department of Psychology and the Undergraduate Catalog.

Plagiarism (PLEASE READ the Department of Psychology's Statement): *Plagiarism includes presenting someone else's words without quotation marks (even if you cite the source), presenting someone else's ideas without citing that source, or presenting one's own previous work as though it were new. When paraphrasing from another source or your own work, at the very least, the student should change the wording, sentence syntax, and order of ideas presented in the paper.* Additionally, you should not submit a paper, or parts of a paper, written to fulfill the requirements of one class for the requirements in another class without prior approval of the current instructor and appropriate citation. Ideally, the student will integrate ideas from multiple sources while providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source. Plagiarism is one type of academic misconduct described in SIUE's Student Academic Code (<http://www.siu.edu/policies/3c2.shtml>). University policy states that "Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost." (<http://www.siu.edu/policies/1i6.shtml>). The University policy discusses additional academic sanctions including suspension and expulsion from the University. To insure that you understand how to avoid plagiarism, we encourage you to review the information on plagiarism provided on the Department of Psychology web page at <http://www.siu.edu/education/psychology/plagiarism.shtml>.

The Undergraduate Catalog provides the following statement on **plagiarism**: “The University gives high priority to matters of academic ethics and abhors all types of cheating, including plagiarism. *Plagiarism is the act of representing the work of another as one’s own and may consist of copying, paraphrasing, or otherwise using written or oral work of another without proper acknowledgement of the source or presenting oral or written material prepared by another as one’s own.* Instructors may impose sanctions for academic cheating in accordance with the Student Academic Code. The minimum penalty for academic misconduct beyond failure for an assignment and/or for a course is disciplinary probation.”

	Topics	Readings/Due Dates
1/11	Introduction and Syllabus Review	Syllabus Meet virtually or watch syllabus review video (found in Coursework) Zoom Link: https://siue.zoom.us/j/92859362052
1/13	The Science of Psychology	Chapter 1 Meet virtually or watch lecture video (found in Exam 1 Materials folder) Zoom Link: https://siue.zoom.us/j/92859362052
1/18	The Science of Psychology	As of 1/7/22: Meet in classroom PH 2304 at 11:00 **Details will be provided to the class via email and posted as an announcement on Bb if this changes
1/20	The Science of Psychology and Brain and Behavior	Chapter 2 Syllabus Quiz due by midnight. Find the Quiz in Coursework on Bb.
1/25	Brain and Behavior	
1/27	Brain and Behavior	
2/1	Exam 1	Launchpad Quizzes for Chpts 1 and 2 due by 11:59pm Exam 1 Exam will open at 8 am on 2/1 and remain open until 2/2 at midnight. Find the exam in Exam 1 Folder in Coursework.
2/3	Memory	Chapter 5
2/8	Memory	
2/10	Learning	Chapter 6
2/15	Learning	
2/17	Learning	
2/22	Motivation and Emotion	Chapter 8
2/24	Motivation and Emotion	
3/1	Motivation and Emotion	
3/3	Exam 2	Launchpad Quizzes for Chpts 5, 6, 8 and 2 due by 11:59pm Exam 2 Exam will open at 8 am on 3/3 and remain open until 3/4 at midnight. Find the exam in Exam 2 Folder in Coursework.
3/8 3/10	SPRING BREAK-NO CLASSES	
3/15	Development Across the Lifespan	Chapter 9 Written Assignment due by midnight.

3/17	Development Across the Lifespan	
3/22	Development Across the Lifespan and Personality	Chapter 12
3/24	Personality	
3/29	Personality	
3/31	Social Psychology	Chapter 13
4/5	Social Psychology	
4/7	Exam 3	Launchpad Quizzes for Chpts 9, 12, 13 due by 11:59pm Exam 3 Exam will open at 8 am on 4/12 and remain open until 4/13 at midnight Find the exam in Exam 3 Folder in Coursework.
4/12	Psychological Disorders	Chapter 14
4/14	Psychological Disorders	
4/19	Psychological Disorders	
4/21	Psychological Disorders and Therapy	Chapter 15
4/26	Therapy	
4/28	Therapy	
5/3	Exam 4	Launchpad Quizzes for Chpts 14, 15 due by 11:59pm Exam 4 Exam will open at 8 am on 5/3 and remain open until 5/4 at midnight. Find the exam in Exam 4 Folder in Coursework.

****This schedule may change based on Covid-19 safety measures, class pace, and instructor discretion

Reasons to Become a PSYCHOLOGY MAJOR (or MINOR) at SIUE

Take Valuable Courses: Popular examples...

- Child Psychology (Psyc 201); Social Psychology (Psyc 206)
- Cognitive Psychology (Psyc 208); Research Design (Psyc 220)
- Theories of Personality (Psyc 340); Psychopathology (Psyc 431)

Meet Other Students: Social Events, Presentations, Volunteerism, Leadership

- Psychology Club (open to all students interested in psychology)
- Psi Chi Honors Society For majors with notable academic success

Conduct Research Studies (Psyc 491): Example topics...

- behavior problems, school difficulties, autism spectrum, parenting, delinquency
- weight management, physical health, stress, ethical issues, mental illness, aging
- consumer behavior, employee selection, prejudice, gender bias
- decision making, memory, teaching of psychology, pseudoscience

Experience Field Study (Psyc 493): Example sites...

- SIUE Counseling; SIUE Human Resources; Local schools
- Juvenile Detention; Center for Autism; Madison County Probation

Find Great Jobs! Examples with a Bachelor's degree from SIUE...

- Facebook Recruiter; Case Manager at Centerstone; Human Resources
- Probation Officer at St. Clair County; Research Technician at Barnes Hospital
- Crisis Worker at Children's Home + Aide; Residential Counselor

Get Your Masters at SIUE:

- **Industrial/Organizational Psychology (consult for businesses)**
- **Clinical Psychology (provide assessment & therapy)**
- **Clinical Child & School Psychology (help children & adolescents)**

Get into PhD Programs: Examples admitting our students...

- DePaul University (industrial/organizational psychology)
- Florida State University (social psychology)
- Illinois State University (school psychology)
- St. Louis University (clinical psychology & family therapy)
- University of Nevada - Las Vegas (experimental psychology)

Find Great Jobs (PART 2): Examples with graduate degrees...

- Professor at SIUE; Researcher at Washington University
- Nestle Manager; VP of Human Resources at Ameren
- Clinician at Foundations for Change; Neuropsychologist at St. John's Mercy
- St. Jude Hospital Research Associate; School Psychologist at Edwardsville High

If not the Psychology MAJOR, consider the Psychology MINOR:

- All you need is: Introduction to Psychology (Psyc 111) and 6 more psych courses
- Most jobs are greatly enhanced by psychology knowledge and related skills!