Course Syllabus

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White Mountains Community College Psychology

Approved By: **Date:**

Course Description

PSYC111W Psychology (3 Credits)

This is an introductory course which surveys the behavioral science of psychology. Personal and social behaviors are explored through such topics as: consciousness, memory, learning, perception, physiology, sexuality, cognition, abnormal behavior and developmental processes. Applied research assignments are an integral component of this course. Emphasis is placed on analyzing data, and critically examining theories and trends in the field.

Prerequisites

None, but ENG120 College Composition (or equivalent) is suggested

Required Texts and Resources

Textbooks: Psychology 2e OpenStax Spielman, Jenkins & Lovett

ISBN: 978-1-975076-44-3

Materials: access to the Internet for on-line research

 See the **CCSNH IT Requirements** ⮺ **(https://www.wmcc.edu/academic-resources-for-students /#technology)**

Course Learning Outcomes

Upon completion of this course, students will be able to:

1. define psychology, specifically within the context of demonstrating that psychological investigation meets the criteria of being a legitimate scientific discipline
2. critically argue and document how the methods of research used by psychologists are mathematically and scientifically valid, while still adhering to ethical standards
3. identify the functions of the major components of the central and peripheral nervous system
4. identify the major branches of psychology, and describe the primary focus of each branch
5. explain the relationships between heredity and environment, and how these two influences, both individually and in combination, manifest in psychological phenomena
6. describe the psychological importance of sleep, and identify sleep disorders and their causes
7. research current theories regarding how learning takes place and memory is created in the central nervous system
8. identify different types of intelligence, present arguments for the importance of recognizing each type of intelligence, and describe the ways that psychologists measure each different types of intelligence
9. identify in physiological terms the relationship between sensory perception and its interpretation, and how differences in sensory perception and its interpretation in the central nervous system may shape psychological phenomena
10. describe specific examples of neural and hormonal influences on behavior
11. identify and define major recognized psychological disorders, and list symptoms and potential treatments of each disorder
12. differentiate between clinical behavioral disorders and "normal" eccentricities
13. provide the mechanisms by which emotional stress may produce physiological disorders
14. identify and describe personality assessment tools, and critique their accuracy
15. provide "real world "examples from past and current events, of how the concepts of social psychology manifest themselves in human interaction
16. describe the physiological mechanisms that may contribute to aggressive behavior in humans

Methods of Instruction/ Learning Activities

Discussion boards: Students are required to post to two discussion board forums and reply to at least one post of another student. Because the discussion boards expect students to share personal experiences or personal opinions regarding topics related to the course, they will be graded baes on the demonstration of critical thought and honesty. The posts will receive feedback commentary from the instructor.

Tests: The course will use textbook readings as the primary basis for students' preparation for the five tests for this course. Students are permitted and encouraged to use additional outside sources to

assist them in completing and learning from the tests. Students will be permitted two attempts for each test, retaining the higher score.

Research assignments: Students are expected to leverage multiple on-line resources to further investigate topics introduced in the textbook readings, and use researched information to provide original, insightful perspectives of each of the four research assignment. It is expected that students will expand their understanding of pivotal and evolving psychological investigation via online research, with the intent to broaden each topic beyond what is presented in the textbook.

Methods of Assessment

Graded objects:	Points:
Discussion board	2 @ 50 points each = 100
Research assignments	4 @ 75 points each = 300
Tests on assigned readings	5@ 120 points each = 600
Total	1000 points

See the **WMCC Grading Scale** ⤷ **(https://catalog.wmcc.edu/grading)**

Course Expectations

In college-level courses, instructors have common expectations of their students: specifically, that students have a high degree of self-motivation, that students have a personal interest in learning the material that the course addresses, and that students, as responsible learners, are highly respectful to one another. It is also expected that students possess basic competence in the functional use of digital technology. The following list includes other common expectations, specifically that students:

- Have easy, continuous access to a computer
- Have access to the Internet, preferably via a high-speed connection
- Be able to search for credible information online, have some facility for narrowing searches, and begin to differentiate among the levels of "legitimacy" of online information
- Use word processing software (Microsoft Word, or Open Office Writer are preferred)
- Be able to compose, send, receive, and reply to emails related to their courses, and track their email correspondence
- Know how to attach files to emails and discussion board posts when appropriate

- Be capable of downloading and opening files, manage stored files, and recognize the characteristics of popular computer file types

Please see WMCC's **Classroom Etiquette Policy** ⬀ **(https://www.wmcc.edu/academic-resources-for-students /#classroometiquette)** and **Appropriate Online Behavior Policy** ⬀ **(https://www.wmcc.edu/academic-resources-for-students /#onlinestudentbehavior)**

Policies

Students registered for WMCC courses must comply with all policies and guidelines in the *Student Handbook* and other college publications, including those related to civil rights, disabilities services, harassment, and plagiarism. For more information, refer to **http://www.ccsnh.edu/online-learning-policies (http://www.ccsnh.edu/online-learning-policies)**

- Please see WMCC's **Academic Integrity and Plagiarism Policy** ⬀ **(https://catalog.wmcc.edu /academic-honesty)**
- Please see WMCC's **Course Drop and Withdrawal Policy** ⬀ **(https://www.wmcc.edu/academic-resources-for-students/#coursedrop)** ⬀ **(https://catalog.wmcc.edu/academic-honesty)**
- Please see WMCC's **Discrimination Policy** ⬀ **(https://catalog.wmcc.edu/notice-of-nondiscrimination)** and **Title IX Policy** ⬀ **(https://www.wmcc.edu/academic-resources-for-students /#title-ix)**

Participation and Attendance Policy

As an on-line course, students enjoy some flexibility in determining when to submit assigned research papers and take tests. But as detailed in the section of this syllabus that addresses late work, it is obligatory that these graded objects be completed by their respective deadlines. For that reason, it is critically important that students read the course syllabus, all relevant posted announcements, and emails of each weekly unit to avoid the compromise of grade and learning that occurs from succumbing to a "just in time" strategy for submitting course work.

- Please see WMCC's **Participation and Attendance Policy** ⬀ **(https://catalog.wmcc.edu /attendance)**
- Please see WMCC's **Cancellation/Delayed Start Classes Policy** ⬀ **(https://www.wmcc.edu /academic-resources-for-students/#cancellation-delayed-start)**

Communication Policy

Modules will identify assigned research assignments and upcoming tests. They will indicate the due dates for assignments and tests. Students should read those descriptions very carefully, since they contain critically valuable information for successfully addressing each unit's graded objects.

There will be additional announcements posted regularly throughout the term. These announcements will address topics to assist students with other course-related issues or identify "exceptional" events in the courses' progression.

Course distribution-list emails will be sent out, usually once a week, to remind students of unit obligations, and/or issues unique to that week's works.

Emails to individual students will be sent on an as-needed basis.

If a student has issues that cannot be resolved effectively by email, they will be invited to provide a phone number for a follow-up phone conversation.

Instructor's Grading Policy and Timeframe

Research papers are due by the end of the period for which they are assigned, though they may be submitted earlier within that period. Instructor will provide explanation of the assigned grade and additional constructive feedback for all submitted papers.

Tests are due within the period for which they are assigned, tests are auto graded, and scores will appear in the Canvas Gradebook, usually within an hour of submitting a unit test (or its re-take.)

Late Work, Revisions, and Extra Credit Policy

Research papers and tests must be submitted by their latest due date. Students will be reminded to take advantage of the module window for each to minimize the risk missing the deadlines. In the event of a legitimate emergency, students should contact the instructor as early as possible to negotiate an alternative work delivery plan.

- See WMCC's **Policy for Incomplete Grades** ▣ **(https://catalog.wmcc.edu/incomplete-grades)**
- See WMCC's **Grade Reporting Policy** ▣ **(https://www.wmcc.edu/academic-resources-for-students /#gradereporting)**

Support

See WMCC's **Accessibility Services** ⬀ **(https://www.wmcc.edu/academic-resources-for-students /#accessibility)**

See WMCC's **Counseling Services** ⬀ **(https://www.wmcc.edu/academic-resources-for-students /#counseling)**

See WMCC's **Services for Student Basic Needs** ⬀ **(https://www.wmcc.edu/academic-resources-for-students/#basicneeds)**

Course Timetable

Weekly Timetable

Week	Date	Topic	Assignment	Outcome
1	8/28/2023 to 9/3/2023	psychology origins and its methodologies	**Required reading:** Textbook *Chapter 1: Introduction to Psychology*	**1,4**
2	9/4/2023 to 9/10/2023	methods of psychological research	**Required reading:** Textbook *Chapter 2: Psychological Research* **Discussion board 1:** Introduce yourself and describe your course expectations	2
3	9/11/2023 to	the biological	**Required**	3

	9/17/2023	basis of psychological phenomena	**reading:** Textbook *Chapter 3: Biopsychology* **Test 1: Ch. 1-3**	
4	9/18/2023 to 9/24/2023	consciousness and sleep	**Required reading:** Textbook *Chapter 4: States of Consciousness* **Assignment 1: Biological Foundations**	6
5	9/25/2023 to 10/1/2023	physical and psychological bases of sensation	**Required reading:** Textbook *Chapter 5: Sensation and Perception* **Test 2: Ch. 4-5**	3,9
6	10/2/2023 to 10/8/2023	learning and conditioning	**Required reading:** Textbook *Chapter 6: Learning*	3,7
7	10/9/2023 to 10/15/2023	cognition, language and intelligence	**Required reading:** Textbook *Chapter 7: Thinking and Intelligence* **Assignment 2: Sleep Disorders**	8

8	10/16/2023 to 10/22/2023	how memory functions	**Required reading:** Textbook *Chapter 8: Memory* **Test 3: Ch. 6-8**	10
9	10/23/2023 to 10/29/2023	stages of development through the lifespan	**Required reading:** Textbook *Chapter 9: Lifespan Development*	15
10	10/30/2023 to 11/5/2023	motivation and emotion	**Required reading:** Textbook *Chapter 10: Emotion and Motivation* **Assignment 3: Personality and Assessment**	10,16
11	11/6/2023 to 11/12/2023	theories of personality development	**Required reading:** Textbook *Chapter 11: Personality* **Test 4: Ch. 9-11**	5,10,14
12	11/13/2023 to 11/19/2023	social psychology and industrial psychology	**Required reading:** Textbook *Chapter 12: Social Psychology* *and* *Chapter 13:*	14,15

			Industrial – Organizational Psychology	
13	11/20/2023 to 11/26/2023	stress and physiological consequences	**Required reading:** Textbook *Chapter 14: Stress, Lifestyle and Health* **Assignment 4: Stress and Health** **Discussion board 2:** What are your most important course take-aways	11,13
14	11/27/2023 to 12/3/2023	psychological disorders and treatment	**Required reading:** Textbook *Chapter 15: Psychological Disorders* *and* *Chapter 16: Therapy and Treatment* **Test 5: Ch. 12-16**	11,12,16
15	12/4/2023 to 12/10/2023	genetic and bio-engineering potentials for treating disorders	online reading and video regarding genetic treatment for psychological disorders	5,11

| 16 | 12/11/2023 to 12/17/2023 | reflection of how the course's topics are relevant to current news | **Course wrap-up, final course communications** **End-of-course survey completion is required** | 1,15 |

Course Summary:

Date	Details	Due
Sun Sep 10, 2023	📨 **Discussion board #1: Who Are You and Why are You Here? (https://canvas-prod.ccsnh.edu /courses/76582/assignments /1416354)**	due by 11:59pm
Sun Sep 17, 2023	🚀 **Test 1: material from Chapters 1-3 (https://canvas- prod.ccsnh.edu/courses/76582 /assignments/1416349)**	due by 11:59pm
Sun Sep 24, 2023	📝 **Assignment 1: The Biological Foundations of Psychology (https://canvas-prod.ccsnh.edu /courses/76582/assignments /1416356)**	due by 11:59pm
Sun Oct 1, 2023	🚀 **Test 2: material from Chapters 4-5 (https://canvas- prod.ccsnh.edu/courses/76582 /assignments/1416350)**	due by 11:59pm
Sun Oct 15, 2023	📝 **Assignment 2: Sleep Disorders, Causes and Consequences (https://canvas- prod.ccsnh.edu/courses/76582 /assignments/1416357)**	due by 11:59pm
Sun Oct 22, 2023	🚀 **Test 3: material from Chapters 6-8 (https://canvas- prod.ccsnh.edu/courses/76582**	due by 11:59pm

Date	Details	Due
	/assignments/1416351)	
Sun Nov 5, 2023	📝 **Assignment 3: Personality and Assessment Methods** (https://canvas-prod.ccsnh.edu /courses/76582/assignments /1416358)	due by 11:59pm
Sun Nov 12, 2023	🚀 **Test 4: material from Chapters 9-11** (https://canvas-prod.ccsnh.edu/courses/76582 /assignments/1416353)	due by 11:59pm
Sun Nov 26, 2023	💬 **Discussion board #2: "So Have You Learned Anything?"** (https://canvas-prod.ccsnh.edu /courses/76582/assignments /1416355)	due by 11:59pm
	📝 **Assignment 4: Emotion, Stress and Health** (https://canvas-prod.ccsnh.edu/courses/76582 /assignments/1416359)	due by 11:59pm
Sun Dec 3, 2023	🚀 **Test 5: material from Chapters 12-16** (https://canvas-prod.ccsnh.edu/courses/76582 /assignments/1416352)	due by 11:59pm