

# INTRODUCTORY PSYCHOLOGY

**PSY100H1F**

**COURSE SYLLABUS – FALL 2013**

**Tuesdays 11-12pm & Thursdays 11-1pm  
Convocation Hall**



## **Instructor**

Dr. Ashley Waggoner Denton

Phone: (416) 978-3020

Office Hours (drop-in): Fridays 2-4pm

Office: Sidney Smith Hall (SS) Room 5016D

Twitter: @DrAshleyWD

Virtual Office Hours: TBD

## **Teaching Assistants**

Amy Wilkinson

April Au

Nick Diamond

Vanessa Vogan



Have a question that doesn't require a face-to-face discussion? See below for online course communication policies!

## **Drop-In Office Hours** (*remember to seek help as soon as you need it!*)

Where: Sidney Smith (SS) Room **5016F** (PSY100 Instruction Centre)

When: TBD (will be posted under "Announcements" in Blackboard)

Note: TAs will also hold *pre-test tutorials* before each test/exam, as well as *test review sessions* after the marks have been posted for each test (see the section on "Reviewing Your Tests" below). Date, times, and locations of tutorials and review sessions will be announced in class and posted on Blackboard.

## **Course Website**

You should see this course when you log into portal (<http://portal.utoronto.ca>) using your UTORid and password. Use the links on the left to navigate through the site: Check announcements, download lecture notes, access the experiment sign-up system, etc.

## **Piazza & Course Communication Policies**

Email: [psy100@psych.utoronto.ca](mailto:psy100@psych.utoronto.ca) ← Use this address for all email\* (if you need to contact me specifically, just address your email to me and it will be forwarded accordingly)

**Email should *only be used* for personal/private matters,**

**NOT** for general questions about course content, policies, experiments, tests, etc. For these types of questions, please use PIAZZA (discussion board system).

\*Note: Questions regarding **experiment participation** must be sent to [psy100pool@psych.utoronto.ca](mailto:psy100pool@psych.utoronto.ca) (see "Experiment Participation" below)



## **How to log-in to Piazza:**

Simply go to: <http://www.piazza.com/utoronto.ca/fall2013/psy100h1l0101> (or use the link on Blackboard) to sign-up for this class on piazza (if the link doesn't work, you can also just search for "PSY100H1, L0101" from the piazza homepage). Once you have access to the course, using Piazza is very easy and intuitive. Post away!

**Required Textbook**

Gazzaniga, M. S., et al. ***Psychological Science***, 3rd Canadian Edition, W.W. Norton & Company, Inc., NY. ISBN: 9780393911527 (available at the U of T Bookstore). One copy of the textbook will be available for short-term (2-hr) loan from Robart's Library. **Note:** Using an older (or US) edition of the textbook is NOT recommended.

**COURSE OVERVIEW****Course Description**

Psychology is defined as the science of the mind, brain, and behaviour. The purpose of this course is to provide you with an overview of the major themes and areas of study in the field of psychology. You will learn about the history of the discipline, the research methods used by psychologists, and the major theoretical perspectives in psychology. We will cover concepts from different content areas such as cognitive psychology, physiological psychology, developmental psychology, and social psychology. Effort will be made to connect course material to your everyday life, in order to help you better understand yourself and those around you. This is a survey course, thus the emphasis is on breadth rather than depth - we cover a huge range of topics in a very short amount of time. In order to provide a sense of coherence, material will be presented in terms of overarching themes (e.g., "*The Mind is Adaptive*") rather than simply jumping from one major content area to the next. This means that you must pay special attention to the reading schedule, as the assigned reading for any given week may involve sections from multiple chapters. Lectures will serve to highlight the connections across the readings, as well as provide additional examples and explanations.

**Learning Objectives**

At the conclusion of this course, you should be able to:

- Describe the six overarching themes of psychology that are highlighted in this class, and be able to provide illustrations of how each theme plays out in multiple content areas
- Describe the various research methods used by psychologists to test hypotheses about human behaviour, and understand the strengths and weaknesses of each method (e.g., correlational versus experimental designs)
- Properly use and understand common terms and concepts used by psychologists in the various domains of psychology
- Name some of the most influential psychologists in each content area and describe their contributions to the field (e.g., Jean Piaget, Sigmund Freud)
- Demonstrate a basic understanding of neural communication as well as the basic structures of the brain and their functions
- Describe how biological, social, and psychological variables work together to determine outcomes (e.g., physical and mental health outcomes)
- Explain the importance of research-based evidence (e.g., using evidence-based assessment in the clinical evaluation of clients) and understand the importance of the scientific method to psychological research and practice
- Understand how psychological research is shaped by the sociohistorical context
- Recognize the important role that culture plays in your life, and the influence that it has on your own psychological experience

### Experiment Participation

As you will see below, a small portion of your grade in this class is based on participation in psychological experiments conducted by researchers on the St. George campus. Information on using the PSYNup system is posted on Blackboard. If you encounter technical difficulties, or have general questions about experimental participation, please email the PSY100 pool coordinator at [psy100pool@psych.utoronto.ca](mailto:psy100pool@psych.utoronto.ca). Please make sure you follow the guidelines for using the PSYNup system and do not sign-up for experimental credits you do not need.

### Marking Scheme

All tests will be **multiple choice** and conducted during **regular class time** (except for the final exam which will be held during the final exam period).

Item	Weight	Notes
<b>Term Test 1</b> – Oct 10 <sup>th</sup>	30%	60 multiple choice questions; 1 hour & 45 minutes
<b>Term Test 2</b> – Nov 14 <sup>th</sup>	30%	60 multiple choice questions; 1 hour & 45 minutes
<b>Final Exam</b> – TBA	35%	90 multiple choice questions; 3 hours
<b>Experimental Credits</b>	4%	See the experiments page on the course website
<b>Class Participation</b>	1%	See “ABCD Cards” below; Photo due by Nov 21

Every student in this class will receive exactly the grade which he or she deserves. If you are caught cheating on a test/exam, it will be dealt with through official university channels and the results can be severe. Please save yourself the trouble by *not cheating*! Please see below for information regarding my expectations for you (and what you can expect from me), as well as information on academic integrity at U of T (also see: <http://www.artsci.utoronto.ca/osai/students>).

### Taking Tests in PSY100

Tests will not be written in our regular classroom (thankfully!), and you will need to check Blackboard for the location of each test (rooms will be assigned based on surname). On test days, make sure you arrive at your test location on time, bring a pencil, an eraser, and your T-card (or other photo ID). Try to leave valuables at home, as you will need to leave all other items at the front of the testing room. If you wish to keep your phone (or other electronic device) at your desk, you may bring an *opaque bag* into which you may put your cellphone or other electronic device – after it has been turned off – and then put it *under or beside* your desk. Students who quarantine their cell phones in this way will not be deemed in possession of an unauthorized aid.

### Missed Term Tests

(\*\*Please note that if you miss the final exam, we cannot help you – you will need to file a petition for a deferred exam with your College Registrar's Office.)

You are expected to make every possible effort to complete the scheduled tests and arrive on time. **Failure to take a scheduled test may result in a zero on the test.**

#### **What do you need to do to avoid getting a zero?**

- If you miss a test for a legitimate medical reason, you will need to submit the appropriate medical documentation. The [Verification of Illness & Injury form](#) is now the *only* acceptable medical documentation at U of T and must be used for all students who are requesting special academic consideration based on illness or injury. The form must be submitted to myself or a TA **within one week** of missing the test (forms may also be

submitted to room SS4027). Medical documentation must show that the physician was consulted ***within one day of the missed term test***. If you have missed the test for a reason *other than illness*, an official email from your **College Registrar's office** or **Accessibility Services** may also be considered acceptable documentation.

**What happens after you submit the documentation?**

- If you miss one term test due to a legitimate absence, your other term test and the final exam will be reweighted (at 45% and 50%, respectively) to make up for the missing test (i.e., that missing 30% of your grade). A missing grade in Blackboard ("-") means that your documentation has been accepted and your grade will be reweighted. You do not need to do anything else. If a "0" appears as your mark for the missed test, this means that either we never received your documentation or that it was unacceptable for some reason. Please feel free to contact us in this case. If you miss BOTH term tests for documented reasons, you will need to take a make-up test. In this rare case, please send an email to psy100@psych.utoronto.ca to make arrangements for the make-up test as soon as possible after missing the second term test.

**Reviewing Your Tests**

The tests and exams for PSY100 are restricted, meaning that you will *not* be able to keep your test or answer papers. You are strongly encouraged, however, to review your test, in order to see which questions you got correct, and more importantly, which questions tripped you up.

**Test review sessions will be held after the grades have been posted for each test.** Please check Blackboard and listen in class for announcements about when and where to review your tests.

**LECTURE INFORMATION**

**Class Participation: ABCD Cards**



In order to participate in class and communicate with myself and your classmates, you will make your own unique set of "ABCD" cards. Because Con Hall is huge, and the letters themselves may be difficult for me to see, please also colour-code your cards, as indicated below (so that if the answer to a question is "C" and I see a sea of red cards being held up across the classroom, I know that something is wrong!). Be as creative as you want with your cards, so long as the proper colour/letter is dominant.

- A → Red
- B → Blue
- C → Yellow
- D → Green

Bring your cards (large enough to be seen by me) to class every day in order to participate (note: you could also hold up an iPad/tablet with the appropriate colour/letter). Also feel free to participate as a pair or group (up to 4 people). To receive your participation point, simply **submit a photo of yourself with your cards to Blackboard by the deadline** (November 21). Even if you use your cards as a group, you must *each submit your own photo*. A small prize will be given to the person or group with the most creative/clever/fun set of ABCD cards, and this will be announced on the last day of class.

**Lecture Slides**

**Incomplete** versions of lecture slides will be posted before the start of class (typically the day before). These slides are meant to aid in note-taking, not to replace coming to lecture. If you

miss a lecture, you must **ask a classmate** to fill you in on what you missed. Coming to class and taking notes is solely *your responsibility*, not the responsibility of myself or the TAs.

### **Classroom Behaviour**

Please be respectful of your classmates, myself, and any classroom guests by behaving in an appropriate manner during class. This includes not speaking while myself (or anyone else) is talking, arriving on time, remaining seated except during breaks and activities, and not behaving in any other way that may be distracting to those around you (e.g., texting, playing games, surfing the web, etc.). If you don't want to pay attention, that's fine – but impeding someone else's learning experience is not!

### **Lecture Schedule:**

Week	Date	Lecture Topic
1	September 10 <sup>th</sup> & 12 <sup>th</sup>	<b>Psychology Evolves in a Socio-Historical Context</b> <i>History of the Discipline; Intro to Abnormal, Cognitive, &amp; Social Psychology</i>
2	September 17 <sup>th</sup> & 20 <sup>th</sup>	<b>Psychology is an Empirical Science I</b> <i>Research Methods in Psychology</i>
3	September 24 <sup>th</sup> & 26 <sup>th</sup>	<b>Behaviour is Determined by Multiple Factors I:</b> <i>Focus on Genetics &amp; Biology</i> <i>Biological Foundations</i>
4 & 5	October 1 <sup>st</sup> , 3 <sup>rd</sup> , & 8 <sup>th</sup>	<b>Behaviour is Determined by Multiple Factors II:</b> <i>Focus on Nature x Nurture Interactions</i> <i>Development; Stress; Mental Illness</i>
5	October 10 <sup>th</sup>	<b>Term Test 1</b> <i>Lecture &amp; textbook material from Sept 10 – Oct 8</i>
6	October 15 <sup>th</sup> & 17 <sup>th</sup>	<b>Behaviour is Determined by Multiple Factors III:</b> <i>Focus on Culture</i> <i>Cultural Psychology; Social Psychology; Personality</i>
7	October 22 <sup>nd</sup> & 24 <sup>th</sup>	<b>People's Experience of the World is Highly Subjective</b> <i>Perception; Attention &amp; Memory</i>
8	October 29 <sup>th</sup> & 31 <sup>st</sup>	<b>The Mind is Adaptive I: Focus on Evolution</b> <i>Development; Emotions; Motivation</i>
9	November 5 <sup>th</sup> & 7 <sup>th</sup>	<b>The Mind is Adaptive II: Focus on Experience</b> <i>Thinking; Learning</i>
10	November 12 <sup>th</sup>	<i>No Class ("Fall Break")</i>
10	November 14 <sup>th</sup>	<b>Term Test 2 (cumulative)</b> <i>Approx. 80% "new" material, 20% "old" material</i>
11	November 19 <sup>th</sup> & 21 <sup>st</sup>	<b>People Are Often Unaware of the Influences Acting Upon Them</b> <i>Memory; Consciousness; Social Influence</i>
12	November 26 <sup>th</sup> & 28 <sup>th</sup>	<b>Psychology is an Empirical Science II</b> <i>Treatment of Psychological Disorders; Intelligence; Well-Being</i>
13	December 3 <sup>rd</sup>	<b>Final Wrap Up</b>
--	TBA	<b>Final Exam (cumulative)</b> <i>3 hours, approx. 40% "new" material, 60% "old" material</i>

*(Corresponding textbook readings are listed on the next page...)*



*Note: Although I will try my best to adhere to this schedule, lecture topics and readings are subject to change at my discretion. Any changes will be announced in class and posted on Blackboard.*

### Reading Schedule:

Week	Date	Assigned Reading
1	September 10 <sup>th</sup> & 12 <sup>th</sup>	<i>Psychology Evolves in a Socio-Historical Context</i> Ch. 1: pp. 16 – 25 (history) Ch. 9: pp. 406 – 414 (sex) Ch. 12: pp. 548 – 556; pp. 562 – 564 (prejudice, obedience)
2	September 17 <sup>th</sup> & 20 <sup>th</sup>	<i>Psychology is an Empirical Science I</i> Ch. 2: pp. 35 – 77 (research methods)
3	September 24 <sup>th</sup> & 26 <sup>th</sup>	<i>Behaviour is Determined by Multiple Factors I</i> Ch. 3: pp. 81 – 124 (biological foundations)
4 & 5	October 1 <sup>st</sup> , 3 <sup>rd</sup> , & 8 <sup>th</sup>	<i>Behaviour is Determined by Multiple Factors II</i> Ch. 10: pp. 439 – 456 (stress) Ch. 14: pp. 629 – 674 (mental illness)
5	October 10 <sup>th</sup>	<b>Term Test 1</b>
6	October 15 <sup>th</sup> & 17 <sup>th</sup>	<i>Behaviour is Determined by Multiple Factors III</i> Ch. 12: pp. 535 – 547 (attitudes & impression formation) Ch. 13: pp. 583 – 625 (personality) Ch. 16: pp. 734 – 740; pp. 748 – 765 (cultural influences)
7	October 22 <sup>nd</sup> & 24 <sup>th</sup>	<i>People's Experience of the World is Highly Subjective</i> Ch. 5: pp. 187 – 239 (sensation & perception) Ch. 7: pp. 289 – 319; pp. 327 – 337 (attention & memory)
8	October 29 <sup>th</sup> & 31 <sup>st</sup>	<i>The Mind is Adaptive I</i> Ch. 11: pp. 481- 531 (development) Ch. 9: pp. 416 – 435 (emotions)
9	November 5 <sup>th</sup> & 7 <sup>th</sup>	<i>The Mind is Adaptive II</i> Ch. 4: pp. 155 – 164 (sleep) Ch. 8: pp. 341 – 365 (thinking) Ch. 6: pp. 243 – 284 (learning)
10	November 14 <sup>th</sup>	<b>Term Test 2</b>
11	November 19 <sup>th</sup> & 21 <sup>st</sup>	<i>We Are Often Unaware of the Influences Acting Upon Us</i> Ch. 7: pp. 322 – 326 (forgetting) Ch. 4: pp. 139 – 154 (consciousness) Ch. 12: pp. 557 – 561; pp. 565 – 571 (social influence)
12	November 26 <sup>th</sup> & 28 <sup>th</sup>	<i>Psychology is an Empirical Science II</i> Ch. 15: pp. 679 – 723 (treatment of psychological disorders) Ch. 8: pp. 336 – 385 (intelligence) Ch. 10: pp. 468 – 477 (positive psychology)
13	December 3 <sup>rd</sup>	Catch up!



You are ***strongly encouraged*** to keep up with the assigned reading. I recommend reviewing the assigned chapter(s) once before class and then re-reading the chapter(s) after lecture, so that you can make note of anything you are still unsure of and seek help well before the exam. We go through *a lot of material in a short amount of time*, so if you fall behind it can be very difficult to catch up. Make yourself a reading schedule and stick to it!

### **Tips for Doing Well in PSY100**

*To do well in this course, it is highly recommended that you:*

- Pay attention during lecture
- Take good notes (using whatever method works well for you)
  - Review your notes *immediately after lecture* (e.g., on the subway ride home) and fill in any gaps, add in any details, while the material is still fresh in your mind – don't think "I'll remember that example later" (because as memorable as I'd like to think my examples are, you'd be amazed at what you can forget over the course of a semester!)
- Keep up with the reading! There is a lot of it, do NOT leave it all until the week before the test. The textbook is full of interesting material, but do NOT just read what interests you most and avoid the more complicated sections → the parts you find confusing are (obviously!) the parts you should be spending the most time on.
- Seek out help when you need it, and as soon as you need it (whether it is from a classmate, the TAs, or myself)
- Quiz yourself (or better yet, quiz each other). And not just on the easy stuff, or the stuff that you know, but *really make yourself think* → it is how you will learn
  - You are strongly encouraged to form study groups and to teach and learn from each other
- Teach someone else what you have learned in class each week (your mom, your roommate, your dog... or even just to yourself... it will help you figure out what you do and do not know!)
  - By trying to describe complicated topics in your own words (rather than simply memorizing what the textbook says), you will gain a deeper knowledge of the material
- Connect the material to your life/personal experience
- Make a detailed study plan (not just "I will do the assigned reading before lecture each week", but "I will do the assigned reading on Sundays after soccer, and finish up any remaining reading on Monday between POL101 and ENG101.")
- Do NOT procrastinate, do NOT stay up all night before a test, and do NOT panic if you do not know something on a test! Keep calm, take a guess, and carry on ☺



I want you to do well, and more importantly, I want you ***to learn!*** And I will do everything that I can to help you do just that. But the responsibility for your learning and for your performance in this course is ultimately yours and yours alone. So seek out help when needed, take the advice above to heart, and work hard!

### **ACADEMIC RESOURCES**

#### **Accessibility Needs**

Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, please feel free to approach me and/or Accessibility Services at (416) 978-8060;

<http://www.accessibility.utoronto.ca> (please note that accommodations for tests must be made weeks in advance, so don't delay)

### **Writing**

As a student here at the University of Toronto, you are expected to write well. The university provides its students with a number of resources to help them achieve this. For more information on campus writing centres and writing courses, please visit <http://www.writing.utoronto.ca/>.

### **Academic Integrity and Plagiarism**

Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto is a strong signal of each student's individual academic achievement. As a result, the University treats cases of cheating and plagiarism very seriously. The University of Toronto's Code of Behaviour on Academic Matters ([www.governingcouncil.utoronto.ca/policies/behaveac.htm](http://www.governingcouncil.utoronto.ca/policies/behaveac.htm)) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other institutional resources (see [www.utoronto.ca/academicintegrity/resourcesforstudents.html](http://www.utoronto.ca/academicintegrity/resourcesforstudents.html)).

### **Other Resources**

Student Life Programs and Services (<http://www.studentlife.utoronto.ca/>)

Academic Success Services (<http://www.asc.utoronto.ca/>)

Counselling and Psychological Services (<http://www.caps.utoronto.ca/main.htm>)

Health and Wellness Services: <http://healthandwellness.utoronto.ca/>

Psychology Students' Association: <http://psa.psych.utoronto.ca/>

***Please read the information contained in this syllabus very carefully and keep a copy of this document handy throughout the semester. I'm looking forward to a great semester with you!***

*Syllabus updated: 08/26/13*