

Psychology 100
Introductory Psychology
Spring 1997

Instructor: Dr. Sharon Lewis
Office: 214C Seney Hall, Office Tel 4-8374
Office Hours: Mon. & Wed. - 2:00-3:00
Tues. - 11:00-12:00
Thurs. - 2:30-3:30
(Other times by appointment)

"Body and soul are not two different things, but only two different ways of perceiving the same thing.

Similarly, physics and psychology are only different attempts to link our perceptions together by way of systematic thought."

- Albert Einstein

Text

Wade, C. & Tavris, C. (1996) Psychology (4th edition).

Tavris, C. (1995) Psychobabble and Biobunk: Using Psychology to Think Critically About Issues in the News.

Learning to Think Critically: The Case of Close Relationships (Available on reserve in the library.)

Class Organization

The class will meet 3 times a week. Although attendance is not required it is in your best interest to attend class regularly as the exams will include items based on my lectures. In addition, from time to time, there will be some fun and interesting class exercises you can participate in which will help you understand some of the basic concepts in psychology.

The final grade will be based on 5 exams, each worth 100 points for a possible total of 500 points. A letter grade will be assigned to the total points accumulated during the semester. An A requires 450 points, a B 400, a C 350, a D 300 and anything below 300 points is an F. If your total puts you a few (2-3) points below a higher grade, your attendance and participation will be taken into consideration when assigning a grade. Make-up tests will be allowed only for officially excused absences.

Goals

I wish three things for all of you in this course.

- 1) I hope you will gain a better understanding of the science of psychology. I think this will be an advantage to you no matter what your chosen occupation. Psychological information is often critical in understanding the many feelings and experiences you will have throughout your life.
- 2) I hope that your ability to analyze and evaluate scientific information will grow allowing you to know when to trust what you read and hear.

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- 3) Finally I hope you have a great time in this course; learning about why people and animals behave the way they do should be a lot of fun. So relax, (but not too much), get ready to question all those "truths" you hold so dear, and have a good semester.

Course Outline

Chapter 1 What is Psychology
Chapter 2 How Psychologists Know What They Know, Tavris # 1-4
Chapter 4 Neurons, Hormones, and the Brain, Tavris # 14
Chapter 5 Body Rhythms and Mental States, Tavris # 7, 15
Handbook- Learning to Think Critically: The Case of Close Relationships
Exam I - **Wednesday, February 5th**

Chapter 10 Emotion
Chapter 11 Motivation, Also pp. 99-102, 112-113, Tavris # 5, 19
Chapter 6 Sensation and Perception
Exam II - **Monday, February 24th**

Chapter 7 Learning, Tavris # 11, 12
Chapter 9 Memory
Chapter 3 Evolution, Genes and Behavior
Exam III - **Friday, March 21st**

Chapter 12 Theories of Personality, Tavris # 8, 9
Chapter 13 Childhood & Adolescent Development
Chapter 17 Principles of Social Life, Tavris # 16
Chapter 18 The Cultural Contest, Tavris # 18
Exam IV - **Wednesday, April 9th**

Chapter 8 Thinking and Intelligence. Also pp. 103-110
Chapter 14 Health, Stress and Coping, Tavris # 10
Chapter 15 Psychological Disorders, Tavris # 17
Chapter 16 Approaches to Treatment and Therapy, Tavris # 6, 13
Epilogue
Exam V - **Monday, May 5th**