

**PSY 201 General Psychology
Spring 2018**

GENERAL:

Instructor: Brian R. Johnson, Ph.D.

Classroom: 66-202

Course website: <http://www.gettingunstuck.com/cpu/PSY201/PSY201.html>

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COURSE DESCRIPTION: Exploration and application of basic psychological principles in understanding self, relationships with others, and interactions with social groups. Stages of psychological development and personality. Psychological approaches to interpersonal relations. Effective and ineffective living. 4 lecture-discussions. May be taken for credit5/no credit by non-majors.

COURSE OBJECTIVES: To increase your understanding of:

- A. Psychology as a science and the common areas of investigation.
- B. The application of psychological theory to explain individual differences (personality).
- C. The impact of stress and healthy (and unhealthy) behaviors to coping.
- D. Common psychological disorders and treatment options.
- E. How to apply this new knowledge to your own life and the world in which you live.

While an awareness of the signs and symptoms of mental conditions will be gained from the successful completion of the class and alert you to possible interventions that can be pursued, the course will not qualify you to diagnosis or treat yourself, friends, families, supervisors, ex's, etc.

TEXT:

Weiten, Dunn, and Hammer. Psychology Applied To Modern Life: (Eleventh Edition)

EXAMS: Four exams (three Mid-Terms and a cumulative Final) will be given. The exams will consist of multiple choice, matching, and/or sentence completions. You will have one hour, ten minutes to take each exam which are each **worth 70 points**. Your course grade will include your three highest exam grades. The lowest grade will be dropped. If you are satisfied with your scores on the first three exams, you do not have to take the final. If you miss a Mid Term for any reason, you will have to take the Final. No make-up exams will be given under any circumstance.

No one will be allowed to begin any exam after the first student has completed the exam and left the room. Please be sure that you are on time to take the exams. Also note that once you begin the exam, you will not be permitted to continue if you leave the room for

any reason. Be prepared to complete your exam fully once you begin. You will not be permitted to use dictionaries, notes, organizers, or the text.

The mid term-exams will cover the assigned reading, lecture materials, and class activities since the last exam. The final will be comprehensive and cover all material presented in the course. Students are allowed seventy (70) minutes to take each exam. Students with special needs such as arrangement to take exams at the DRC must advise me at the beginning of the quarter so that I can accommodate you. If you are eligible for such accommodations, I encourage you to use them.

All notes, printouts, flash cards and electronic devices must be stowed during the exam. Turn off your cell phone when you stow it. **Wrist watches must also be taken off and stowed**—The introduction of smartwatches that allow the wearer to view information including lecture overheads and notes, necessitates this. I will enlarge on the classroom overhead the Windows time piece from the Taskbar so you can see how much time you have left during the exam. If you have a valuable timepiece, please leave it home.

QUIZZES: During the quarter there will be ten open note quizzes. Be prepared by having paper and writing instruments. You will receive 5 points for each quiz you take for a potential total of 50 points. Quizzes will normally be given at the end of class. You will be asked to write a brief essay answering a question that addresses a topic lectured on that day. Since quizzes will be scheduled randomly it is important that you attend all classes. If you miss a class at which a quiz was given, you will only be allowed to do a make up if you document reasonable cause for not being in class on the day of the quiz.

SONA PARTICIPATION: It is tradition for students taking an introductory course like this to participate as subjects in research studies being conducted in the Psychology and Sociology Department. For this course you are to earn 2 participation credits (the equivalent of two hours) by volunteering to be a subject in Psychology and Sociology Department sponsored experiments (or by doing the alternative assignment listed below). This credit will only be given if you participate in an experiment using the Sona system. By completing this assignment you will be given twenty (20) class points.

This is **not** an extra credit assignment. The 20 points possible for this assignment are part of the total points that are used for determining the final grade..

To earn this credit, you must be registered with SONA (<http://cpp.sona-systems.com>) This will automatically be done by the department. If you find that you are not already registered, go to the web site and click the “New Participant Requests An Account” link to register. To sign up for a study or experiment, click on the “Sign up for experiments” link. When you sign up for an experiment, you must identify that you want the credit applied to this course. **After the experiment, you must go back to the Sona website and make sure the credit has been assigned to this course. If the 2 credits are not assigned, you will not get the 20 class points. The department’s report of student participation in experiments (and that report’s summary of students’ assignment of credits to classes) will be the sole basis for**

determining earned credits.

Because ethics require that participation be freely chosen, an alternative way to earn 20 class points is offered for those students who decline to participate as subjects in research studies. For students taking this course, the alternative assignment is to read a professional psychology article and write a one-page summary. The instructions for doing this will be found by going to the course website and clicking the SONA link. Please read the entire set of instructions in order to get full credit!

CLASS ATTENDANCE: 20 points can be earned by attending all the lectures (approximately .8 points per class meeting). A sign-in sheet will be circulated at the beginning of class. These points are not only given for being in the classroom, but, presumably, for being attentive and taking notes, not merely occupying a chair.

It is a form of academic dishonesty and a violation of University policy to have another student sign in for you when you are not in class. If I give a quiz on a certain day and you have not turned in a quiz but the attendance sheet has you signed in, I will not give you credit for attendance that day and will subtract an additional attendance point. If you will be leaving before class ends, advise me at the start of class, and you will not lose these two points.

CLASS PARTICIPATION: There are no points given in this course for participation. At the same time, the lectures will expand upon the reading material and provide other important information not covered in the reading. In this class there is no such thing as a dumb question. The Roman statesman Cicero wrote that “I am not afraid to admit that I am ignorant of what I do not know.” And he was a respected philosopher and Senator! Remember, this is an academic class, not group therapy. While sharing on how a subject presented applies to you can enrich the class process, you need not share any more than you feel comfortable disclosing in class.

PRIVACY is to be respected by both the instructor and fellow students. Although the course can provide information that is relevant and interesting for your own life, it is not meant as a substitute for personal psychological services. If you are interested in receiving psychological assistance, please contact Cal Poly Pomona's Counseling and Psychological Services (909-869-3220). Services are free to students. There are no participation points for this course.

NAME PLATE: I want to know you by your name. Since there may be up to ninety people in the class, I need you to create a personal name plate to put on your desk so I will get to know who you are. I have had students use head bands in the past but that didn't go over too well. So, please write your name on a piece of paper and put it on the front of your desk until I get to know you by your name. Be creative but also legible with lettering big enough (and thick enough) that I can see it across the room (if you sit in the back). And if I mispronounce your name, correct me.

COURSE WEBSITE (www.gettingunstuck.com/cpu/psy201/psy201.htm): There is a direct link from Blackboard. The website contains a number of resources and messages from the instructor to the class concerning announcements, corrections, and any changes in the schedule, reading assignments, etc. From the website you can also download Adobe Acrobat PDF copies of the overheads that are used in the lectures. (You will need to have Adobe Acrobat 4.0 to

download these and other documents available on the website. Information is provided for downloading Acrobat if the program is not already on your computer.) I attempt to put the overheads up no later than the night before class, but sometimes that proves impossible. I recommend that you download these so you can have these in class on the days of the lectures.

READING ASSIGNMENTS: Listed with the schedule below are the readings for each lecture. To better follow the lectures and to gain mastery of the subject of this course, it is **strongly** encourage that you complete the reading assignments *before* the lectures. While I do not lecture from the textbook, the material that I will present will dovetail with the reading which will often

RECORDING LECTURES: The audio recording of any lecture(s) is only permitted with the instructor's permission for your use only and not to be posted on the internet. Video recording is not permitted.

TEXT MESSAGING, ETC. DURING CLASS: Unless you have the prior permission of the instructor, electronic devices in the classroom are to be used only for class related activities like viewing course overheads, taking notes, looking at relevant web sites, etc. Texting during lectures, social networking, etc. can distract the instructor and other students, and especially you. Turn off your cell phone or put it on vibrate. If you are expecting an important call or text, advise the instructor before the start of class. If it is noticed that you are disregarding this rule, points will be subtract from your attendance score (which if you have frequently failed to show up for class could give you a negative points for this category!) Electronic devices must be turned off and stowed during exams.

LIMITS OF FACULTY/STUDENT CONFIDENTIALITY: Please note that there are two executive orders from the CSU's Office of the Chancellor that limit what information faculty members are able to keep confidential. These are Executive Order 1096 (which relates to the reporting of campus sexual assaults) and Executive Order 1083 (which relates to mandatory reporting of child abuse). These orders made CSU faculty members "mandatory reporters," which means that once a faculty member has been apprised of such an incident, he or she is required to report it to the university's on campus Title IX officer, regardless if the student wants this information reported or not. It may very well be that you would like the information reported but you do not know whom to approach, in which case our mandatory reporting requirements will be desirable to you. However, if you just wanted to talk about an incident but do not want it reported, neither you nor I have a choice in this matter. Once such information is divulged, I must report it. Executive Order 1096 does not apply to counselors at Student Counseling Services located in the Bronco Bookstore Building (66-116)—Executive Order 1083, regarding child abuse, does.

GRADING: To receive a passing grade for the course you must complete the requirements for this class (three (3) exams). If you fail to do so and have not received approval for an incomplete grade contract, you will receive a grade of "F." Assuming that you do complete the requirements, grades will be based on the following scale:

300-279	A	248-240	B-	209-201	D+
278-270	A-	239-231	C+	200-189	D
269-261	B+	230-219	C	188-180	D-
260-249	B	218-210	C-	<180	F

Grades will be posted on Blackboard during the course of the quarter.

The grades listed on Blackboard are unofficial because the program does not always list students in the same order as the official registration list from the Registrar's Office. This can result in some student's grades being mixed up on Blackboard. I attempt to catch these discrepancies but there is always a chance that one can slip through.

ACADEMIC INTEGRITY: The school's policy will be enforced in this class, and violations are subject to being reported to the Office of Judicial Affairs. The policy reads in part, "All forms of academic dishonesty at Cal Poly are a violation of University policy and will be considered a serious offense. Academic dishonesty includes but is not limited to: [Plagiarism, Cheating During Exams, Use of Unauthorized Study Aids, and Falsifying any University Documents including Attendance Lists]." See the University Catalog for more details. Remember, plagiarism is passing off another's work as your own. **Students often don't realize that they have committed plagiarism when they fail to (1) denote with quotation marks or some other notation the cited material or (2) do not identify the source of an idea they are summarizing in their own words.**

Finally, a class works best and is most enjoyable for both the students and instructor when all have the opportunity to actively engage and participate fully in the learning process. This is a large class and we must be respectful of the purpose we are here. Disruptive behavior (and that includes talking with classmates about none course related matters) during class will not be tolerated. I take this issue seriously.

COURSE SCHEDULE

Mar 26 Mon	Introduction
Mar 28 Wed	The Science of Psychology Chapter 1
Mar 30 Fri	Cesar Chavez Day - No Class
Apr 2 Mon	The Science of Psychology (Cont.)
Apr 4 Wed	Personality and the Major Theories to explain individual differences Chapter 2
Apr 6 Fri	Personality Theories (Cont.)
Apr 9 Mon	Personality Theories (Cont.)
Apr 11 Wed	Stress and Common Causes of stress Chapter 3
Apr 13 Fri	Stress and Common Causes of stress (Cont.)
Apr 16 Mon	Copying and Personal Resilience Chapter 4
Apr 18 Wed	Exam 1 Covers Chapters 1 - 4 and the lectures corresponding to the reading
Apr 20 Fri	The Mind and Body Chapter 5
Apr 23 Mon	Psychology and Physical Health Chapter 5
Apr 25 Wed	Self, Identity Chapter 6
Apr 27 Fri	Self Esteem Chapter 6
Apr 30 Mon	Social Influence and Perceptions of Others Chapter 7
May 2 Wed	Communication

	Chapter 8
May 4 Fri	Exam 2 Covers Chapters 5 - 8 and the lectures corresponding with the reading
May 7 Mon	Friendship Chapter 9
May 9 Wed	Intimate Relationships and Love Chapter 9
May 11 Fri	Living Together; Marriage Chapter 10
May 14 Mon	Sexuality Chapter 12
May 16 Wed	Sexuality (Cont)
May 18 Fri	Careers and Functioning in a Work Environment Chapter 13
May 21 Mon	Psychological Disorders and Conditions Chapter 14
May 23 Wed	Psychological Disorders and Conditions (Cont.)
May 25 Fri	Exam 3 Covers Chapters 9, 10,12, 13, 14 and the lectures corresponding with the reading
May 28 Mon	Memorial Day - No Class Meeting
May 30 Wed	Treatment of Psychological Disorders and Conditions Chapter 15
June 1 Fri	Positive Psychology Chapter 16
Jun 4 Mon	Final Exam (9:10 - 10:20) Covers all chapters assigned and all the lecture material for the course