# PSYC 103: Introduction to Psychology University of Bridgeport

# IDEAL PROGRAM COURSE SYLLABUS ONLINE

Dear Student,

Please read the following course syllabus carefully, especially the course expectations and activities. If you have any questions, please do not hesitate to communicate with the IDEAL office, your academic advisor, or the instructor.

The IDEAL degree-completion program is designed with the adult learner in mind. Adult learners approach learning with specific goals, want to be able to directly apply new learning to their work and personal lives, and tend to learn best when the coursework is problem-centered so that they are actively engaged in the learning process. In addition, adults bring rich and varied experience to the classroom, which becomes a valuable learning resource for other students.

The IDEAL Program assumes joint responsibility in the learning process. The activities and assignments in our courses build on the shared experience of all learners in each class. This is why each student's preparation, participation and interaction in class activities and discussions are critical to the success of each course. The accelerated format of each course requires a significant amount of time outside the classroom to prepare for and complete the course assignments. This varies between students and courses; however, students typically spend a minimum of ten-twelve hours per week on course material.

# To participate in the IDEAL Program, it is expected that you will do the following:

- 1. Participate in and complete the online orientation prior to your first online course.
- 2. Obtain the required course materials prior to the course start date.
- 3. If you do not participate during the first week of the course, you will be dropped one letter grade. If a student doesn't participate for two or more weeks a grade of "F" will be entered for a final grade.
- 4. Login to your course a minimum of three times per week.
- 5. Complete all assignments to the best of your ability.
- 6. Participate in the class discussions and demonstrate respect and consideration to the instructor and other students when they express themselves in discussion.
- 7. If you have any technical difficulties, you must contact the Office of Distance Education immediately at ubonline@bridgeport.edu.

It is the student's responsibility to familiarize himself or herself with and adhere to the standards set forth in the policies on cheating and plagiarism as defined in Chapters 2 and 5 of the Key to UB <a href="http://www.bridgeport.edu/pages/2623.asp">http://www.bridgeport.edu/pages/2623.asp</a> or the appropriate graduate program handbook.

# E-mail correspondence

It is imperative that you check your UB e-mail on a regular basis. All written correspondence, to include IDEAL and the University will be sent to you through his e-mail. The University can no longer correspond to your personal e-mail account(s).

# Have questions about taking an online course? Go to:

"Instructions for Taking a UB Online Course"

[http://www.bridgeport.edu/academics/online/yourfirstcourse.aspx]

The IDEAL Program

# IDEAL PROGRAM PSYC 103 - COURSE SYLLABUS Dr. Christopher Mark Wessinger

Telephone: 775-240-6599; email: cwessing@bridgeport.edu

Synchronous Office hours: Thursday 7:00 pm—8:00 pm MST or Saturday 10:00 am—11:00 am MST **REQUIRED TEXTBOOK**:

Introduction to Psychology: Gateways to Mind and Behavior, 13<sup>th</sup> edition by Dennis Coon and John Mitterer (published by Wadsworth/Cengage Learning, 2010, ISBN: 9781111833633)

To order textbooks, go to the bookstore website at <a href="http://bridgeport.textbooktech.com/">http://bridgeport.textbooktech.com/</a><a href="http://bridgeport.textbooktech.com/">Select IDEAL Campus and login to the bookstore. Select the course and follow instructions.</a>

#### **COURSE DESCRIPTION:**

Psychology 103 (General Psychology) is designed to provide you with an introduction to psychology across a variety of sub-disciplines within the field of psychology. Psychology is an extremely diverse field of study with an enormous variety of sub-disciplines – far too many to cover all of them in this class. Thus, this course will focus on covering the historical development of psychology, as well as a several specific psychological concepts that are key to understanding psychology. The unifying theme will be exploring psychology as a multidisciplinary field aimed at understanding how humans act, react, and interact within our complicated environment. In pursuit of this theme we will explore most psychological concepts at multiple levels of analysis – ranging from the cellular and molecular to the person and group. In exploring these multiple levels we will examine classical and contemporary research so that we understand the science that underlies psychology.

## **COURSE GOALS:**

This course strives to provide you with a greater understanding of the multidisciplinary approach that is fundamental to psychology, placing particular emphasis on understanding psychology as a science. If you are interested in psychology as a career, hopefully this course will provide you with the necessary background for more detailed, in-depth, upper level courses. If you are taking this course because you are not sure if psychology is for you, hopefully this course will foster your curiosity while exposing you to the wide range of possibilities within psychology. If you are taking this course to fulfill a core requirement, hopefully you will gain a greater understanding of, and appreciation for, psychology. Regardless of your reason for taking this course, hopefully you will come to view psychology as an exciting, diverse field that impacts all of us everyday – in many different and important ways.

# **COURSE Reading & Exam Schedule:**

Unit/Week 1:

Chapter 1: Introduction to Psychology and Research Methods

Unit/Week 2: Brain, Behavior and Development

Chapter 2: Brain and Behavior

Chapter 3: Human Development Unit/Week 3: Sensation & Perception

Chapter 4: Sensation and Reality

**Unit/Week 4: Consciousness** 

Chapter 5: States of Consciousness

Midterm exam

Unit/Week 5: Learning and Memory

Chapter 6: Conditioning and Learning

Chapter 7: Memory

Unit/Week 6: Cognition and beyond

Chapter 8: Cognition, Language, and Creativity

Chapter 9: Intelligence

Unit/Week 7: Motivation, stress and health

Chapter 10: Motivation and Emotion

Chapter 13: Health, Stress and Coping

## Unit/Week 8: Assessing and treating psychological disorders

Chapter 14: Psychological Disorders

Chapter 15: Therapies

Final exam

# UNIT BASED LEARNING OUTCOMES

#### Unit/Week 1.

Understand how psychology is studied as a science.

Be able to articulate key ethical aspects associated with psychological experimentation.

Compare and contrast historical and contemporary aspects of psychology.

#### Unit/Week 2.

Appreciate the biological underpinnings that contribute to psychology.

Understand the basics of neuronal communication.

Describe the developmental time course over a lifetime.

Compare and contrast nature and nurture contributions to human behavior.

#### Unit/Week 3.

Know basic anatomy of our sensory systems.

Be able compare and contrast sensation and perception.

Be able to compare and contrast bottom-down and top-down processing.

#### Unit/Week 4.

Explain how psychology explores and explains different levels of consciousness.

Articulate the psychological aspects of stages of sleep.

Describe the effects various drugs have on conscious processing and behavior.

#### Unit/Week 5.

Compare and contrast classical and operant conditioning.

Understand and appreciate the various stages of learning.

Be able to describe different schedules of reinforcement with regard to learning.

Understand and appreciate the various stages of memory.

#### Unit/Week 6.

Describe the basic principles of cognition.

Understand how attention and performance interact.

Compare and contrast automatic and controlled processing.

Compare and contrast communication and language.

Explain how psychologists describe and define intelligence.

#### Unit/Week 7.

Understand the relationship between emotion and motivation.

Describe the relationship motivation and performance.

Understand the relationship between health & stress,

Be able to describe various coping strategies with regard to stress.

#### Unit/Week 8.

Describe the basics of psychological disorders.

Compare and contrast nature and nurture influences on the expression of psychological disorders.

Articulate common courses of action for treating psychological disorders.

# **Assignment Due Dates**

# Week 1 (August 26 – September 1)

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Sunday September 1<sup>st</sup> at Midnight.

# Week 2 (September 2 - 8)

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Sunday September 8<sup>th</sup> at Midnight.

# Week 3 (September 9 –15)

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Sunday September 15<sup>th</sup> at Midnight.

# **Week 4 (September 16 − 22)**

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Sunday September 22<sup>nd</sup> at Midnight. There is also a midterm exam this week that must be completed by Sunday September 22<sup>nd</sup> at Midnight too.

# Week 5 (September 23 - 29)

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Sunday September 29<sup>th</sup> at Midnight.

# Week 6 (September 30 – October 6)

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Sunday October 6<sup>th</sup> at Midnight.

# Week 7 (October 7 - 13)

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Sunday October 13<sup>th</sup> at Midnight.

# Week 8 (October 14 –18) –NOTE – this is a short week...

Discussion Forum postings, Written Assignment, and the Open Book Quiz are due by Friday October 18<sup>th</sup> at Midnight. There is also a final exam this week that must be completed by Friday October 18<sup>th</sup> at Midnight too.

# ASSESSMENT

#### Weekly assessments:

- Discussion Question 1: DQ1
- Discussion Question 2: DQ2
- Written Assignment: WA
- Open book Quiz

#### **Tests**

weeks 4 and week 8

## Assignment weighting:

# Weekly-

- DQ1 = 30 points
- DQ2 = 30 points
- WA = 30 points

- Quiz = 10 points
- Weekly total = 100 points
- Test 1, week 4 = 100 points
- Test 2 week 8 = 100 points

Course Overall = 1000 points

# LETTER GRADE ASSIGNMENT: Letter Grading Scale:

% of Points Earned	<b>Letter Grade</b>
100-94	A
93-90	A-
89-87	B+
86-84	В
83-80	B-
79-77	C+

% of Points Earned	<b>Letter Grade</b>
76-74	С
73-70	C-
69-67	D+
66-64	D
63-60	D-
Below 60	F

# **ACADEMIC POLICIES**

# **Ethics Statement of Confidentiality**

An integral component of an IDEAL course is student and faculty expression of personal experiences for the purpose of facilitating coursework. Students enrolled in the program are expected to honor confidentiality as it pertains to student disclosure. Shared information, comments, or opinions expressed by another student or the faculty member during the course of classroom discussion should never be used in a manner which is intended to humiliate, embarrass, harass, damage, or otherwise injure other students in their personal, public, or business lives. In addition, confidentiality must be upheld by not disclosing any information that would identify any particular individual.

#### **Attendance Policy**

Course attendance, especially in an online course, is an integral part of the academic experience; therefore, students are expected to be participative in all course activities and discussions. If you do not participate during the first week of the course, you will be dropped from the course. If you cannot participate in all the course activities you should consider dropping the course.

# **Drop Procedures**

To drop a course, you must complete and submit a Schedule Change Request Form. The form can be accessed at the following web page:

http://www.bridgeport.edu/pages/2595.asp

# Starting Fall 2012

- Drop a course after the start date.....\$30.00 per transaction
- Drop prior to the second week of the course......75% Tuition Refund
- Drop prior to the third week of the course......50% Tuition Refund
- Drop during/after the third week of the course......0% Tuition Refund

\*\*Please note students will not be automatically dropped for not participating during the first week. Lack of participation for one week will reduce the final grade by one letter grade. If you have to miss the first week of the online course, you must contact your instructor in writing before the first week. However, a grade reduction will apply.

Please print and complete the form and fax the form to the IDEAL Office: 203-576-4537. Prior to dropping a course, the student should contact their IDEAL Academic Advisor to understand the implications to financial aid and/or degree plan progress.

Please review the Academic Calendar to see the fees for a drop and the impact on tuition. The Academic Calendar can be found at: <a href="http://www.bridgeport.edu/pages/2595.asp">http://www.bridgeport.edu/pages/2595.asp</a>

# **Academic Dishonesty**

We are committed to intellectual integrity in our academic pursuits; therefore, the IDEAL program prohibits all forms of academic dishonesty. Academic dishonesty is normally defined as, but not limited to, the following two categories:

Cheating – Using inappropriate sources of information in an assignment or on a test. The following are examples of cheating taken from real student experiences:

Case #1: A student is enrolled in an introductory computer-programming course. He has co-workers who program in the same language as his final project. As the end of the term approaches, he wonders how he will find the time to get the project finished, and asks one of his co-workers for help. His co-worker hands him a disk with a complete program similar to the kind required for the course project. The student makes minor modifications to the program, and submits it under his own name.

Case #2: A student enrolled in a religious studies course has never taken a humanities or history course, and is unsure about how to structure a research paper. She is doing research on the World Wide Web, and comes across a paper written by a student from another university. Using her computer mouse, she copies and pastes the document into her word processor. She goes to great lengths to re-word the paper in her own style, but essentially leaves the content and organization the same.

Plagiarism – Intentional as well as unintentional failure to acknowledge sources as well as the use of commercially available so-called "research papers" without full recognition of the source. Presenting as one's own, the ideas, words, or products of another. The following are examples of plagiarism taken from real student experiences:

Case #3: A student is conducting research for a Civil War research paper. He has reviewed work on the Internet as well as in the library. Finding helpful information, he has summarized his findings without citing his sources. He believes that minor paraphrasing is all that is necessary.

Case #4: A student is writing a paper that requires her to address specific topics and problems in the assigned course textbook. She takes the information directly from the textbook with slight modification, without giving any citation. She thinks that since it is the course textbook, she doesn't have to use quotations or citations.

Academic dishonesty applies to all courses, assignments or exams completed by students and submitted as their own original work, whether in person or by electronic means. The University does not tolerate cheating in any form. It is a serious breach of conduct with serious consequences. Instructors have the right to determine the appropriate penalty for academic dishonesty in their own classes; generally, however, such acts will result in a

failing grade for the assignment and/or the course. The penalty for subsequent acts of academic dishonesty may include expulsion.

More information on how to recognize plagiarism can be found at this site: http://www.indiana.edu/~istd/plagiarism\_test.html

## ACADEMIC RESOURCE CENTER

The Academic Resource Center is available for IDEAL students seeking help in their studies. The Center is staffed by writing professionals and peer tutors. More information can be found at: <a href="http://myub.bridgeport.edu/academics/academicrescenter/Pages/default.aspx">http://myub.bridgeport.edu/academics/academicrescenter/Pages/default.aspx</a> The Center is located in the Wahlstrom Library, Room 506. Hours of operation are Mondays –Thursday 9am – 6pm and Fridays 9am – 1pm. Make an appointment or walk-in: Telephone: 203-576-4290. **Online Tutoring** is available at: <a href="https://www.etutoring.org">www.etutoring.org</a>. To use this free service you must have a UBNet account.

# **Obtaining a UBNet Account**

Every registered student should obtain a UBNet Account. The account allows you to access your grades, access library services, access online tutoring, access the computers in computer labs, and provides an email account in which the University sends out information. Go to: <a href="http://www.bridgeport.edu/ubnet">http://www.bridgeport.edu/ubnet</a> - Click on "New UBNet Account" and follow the instructions.

The @bridgeport.edu email address is the official email the University uses to send information to you. You can have your Bridgeport.edu email forwarded to any other email account you use. Following the activation of your UBNet account (takes 24 hours), login at:

http://www.bridgeport.edu/email and click on "forwards" at the top of the page. Follow the directions to forward email messages to your other account.

#### **Accessing Your Grades & Schedule Online**

The WebAdvisor online information system allows students to search for available classes, check grades, view semester class schedule and verify your personal profile. Grades are generally posted 2-3 weeks following the end of a course. Information on WebAdvisor is password protected and requires you to use your UBNet username and password. To access WebAdvisor, go to: http://www.bridgeport.edu/webadvisor

- 1. Login in with your UBNet username and password.
- 2. Click on "Student Menu."
- 3. Click on "My Grades."

If you are carrying a financial balance, access to WebAdvisor will be restricted.

### Using the Library

You can access the library through the library's website: <a href="http://www.bridgeport.edu/academics/magnus-wahlstrom-library/">http://www.bridgeport.edu/academics/magnus-wahlstrom-library/</a>

Research tools available:

- Search for books held at the library.
- Search the online databases for your academic field; business, counseling, human services, psychology, etc.
- Send questions to the Reference Librarian for assistance in research topics and searching strategy.

To access the online journals for research purposes, you will need a UBNet account (see above).

University of Bridgeport Professor: CM Wessinger

# IMPORTANT CONTACT INFORMATION

Office	Contact	Telephone	Email
Bridgeport Campus Security		(203) 576-4911	ubsecurity@bridgeport.edu
Bursar	Robinson Hernandez	(203) 576-4692	bursar@bridgeport.edu
Cashier	Lana Mistry	(203) 576-4682	cashier@bridgeport.edu
Financial Aid		(203) 576-4568	sfs@bridgeport.eud
Registrar		(203) 576-4642	registrar@bridgeport.edu
Emergency Notification Phone		(203) 576-4159	
Distance Education Office		(203) 576-4853	ubonline@bridgeport.edu
IDEAL Office		(203) 576-4800	idealinfo@bridgeport.edu

# **CAMPUS CONTACT INFORMATION**

Campus	Address	Telephone	Email
Bridgeport	126 Park Avenue Bridgeport, CT 06604	(203) 576-4800	idealinfo@bridgeport.edu
Stamford	5 Riverbend Drive Stamford, CT 06750	(203) 358-0700	ubstamford@bridgeport.edu
Waterbury	84 Progress Lane Waterbury, CT 06705	(203) 573-8501	ubwaterbury@bridgeport.edu
Woodbridge	6 Lunar Drive Woodbridge, CT 06525	(203) 576-4800	idealinfo@bridgeport.edu
IDEAL Office		(203) 576-4800	idealinfo@bridgeport.edu

<b>Directions to IDEAL Campus locations</b>	http://www.bridgeport.edu/pages/2260.asp

To fill out your financial aid report to the Federal Government, please go online to <a href="www.fafsa.ed.gov">www.fafsa.ed.gov</a>. The school code for the University of Bridgeport is <a href="001416">001416</a>. Federal Student Aid Information: 1-800-433-3243.