

# Psychology 1010 (Course #24262 Sec #14)

## Dixie State College

Spring Semester 2012

Jan. 9- May 4

McDon 103

Mon and Wed 4:00-5:15 pm

**Instructor: Mr. Steve Child**

**Office Hours: Mon. and Wed. 1:00-2:00pm**

**Cell Phone Number: 435-890-8189**

**Email Address: schild@dixie.edu**

My office is the adjunct office in Room 115 of the McDonald Building. If you have any questions, you could speak to me via cell phone at any time during the day and evening until 10 pm. You may also contact me, using the above email address. Please allow me three days to respond to emails.

**Course Description:** General Psychology is a one semester course designed to expose and familiarize students with the basic concepts and principles of psychology and psychological investigation. Psychology is a vast field that investigates every aspect of behavior.

### Course Objectives:

There are six broad learning objectives for this course. All class activities (e.g. readings, lectures, exams, quizzes, etc.) are designed to help students meet, and/or assess their progress on, these objectives. By the end of this course, successful students will:

1. Demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in the field of psychology.
2. Understand and apply basic research methods in psychology
3. Respect and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes.
4. Understand and apply psychological principles to personal, social, and organizational issues.
5. Value empirical evidence, tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a science.
6. Develop insight into their own and other's behavior and mental processes and apply effective strategies for self-management and self-improvement.

**Textbook/Readings:** Psychology. By Schacter, Gilbert, Wegner

1st Edition ISBN-13 #978-1-4292-3719-2 ISBN-10 #1-4292-3719-8

### Grading:

All students have the potential of earning an "A" in this class. Your graded assignments will be returned to you within one-three weeks. You will be graded according to the following point system:

**Quizzes- Ten Total = 200 points – 39% of your grade**

**Midterm Exam = 100 points – 19 % of your grade**

**Five Assignments = 95 points – 18% of your grade**

**Final Exam = 100 points – 19% of your grade**

**Participation = 25 points - 5% of your grade**

**Total Points = 520 points**

**A = 484 points and above 93% of the points possible**

**A- = 468-483 points 90% “**

**B+ = 452-467 points 87% “**

**B = 432-451 points 83% “**

**B- = 416-431 points 80% “**

**C+ = 400-415 points 77% “**

**C = 380-399 points 73% “**

**C- = 364-379 points 70% “**

**D+ = 348-363 points 67% “**

**D = 328-347 points 63% “**

**D- = 312-327 points 60% “**

**F = 311 and below which is 59% or less of the total points possible.**

**Disability Statement:** If you suspect or are aware that you have a disability that may affect your success in this course, you are strongly encouraged to contact the Disability Resource Center (DRC) located in the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516

**Participation:** You will have the opportunity to earn 25 points for participation in class discussions and for allowing others the same privilege. You could lose points for participation, by showing any “disrespect” to anyone in the class, being tardy, absences, late assignments or not participating in group discussions. The offense will be acknowledged and points will be deducted. If you show any blatant “disrespect”, you will receive a zero for participation and will not be able to attend class resulting in an “F” grade. Also, at the end of the semester a complete evaluation of your participation will be conducted and a point total will be tallied.

There is a possibility that we may watch parts of movies in class. Please let me know beforehand, if you do not want to observe PG-13 movies.

**Academic Honesty:** Plagiarism, cheating, or violating other reasonable standards of academic behavior will not be tolerated. Any student who engages in academically dishonest behavior will receive an “F” for the course grade. All incidents of cheating will be reported for university-level disciplinary proceedings the results of which can include probation, suspension, expulsion, the assignment of HV (honors violation) to the student’s permanent transcript, etc.. While complete definitions are available in the course catalogue the following are particularly relevant to this course.

Plagiarism: representing, by paraphrase or direct quotation, the published or unpublished work of another person as one’s own in any academic exercise or activity without full and clear acknowledgment. Plagiarism also includes using materials prepared by another person or by an agency engaged in the sale of term papers or other academic materials.

Cheating: (a) depending on the aid of sources beyond those authorized by the instructor in writing papers...or carrying out other assignments; (b) substituting for another student, or permitting another student to substitute for oneself, in taking an examination or preparing academic work; (c) submitting substantially the same work for credit in more than one class, except with prior approval from the instructor (recycling).

**Quizzes and Tests/Assignments:** Students are expected to complete all of their assignments and exams as scheduled. Assignments will be returned within ten business days.

Late assignments received after the due date, or quizzes and tests that are taken after the class has taken them may receive a penalty of minus 10% of the points possible. No penalty will be assessed if there is a Dixie State-endorsed exemption (e.g., death in the immediate family). The excuse needs to be accompanied by adequate documentation, such as a death certificate, a medical professional’s valid written note that explains why the deadline was not met.

Points will not be lost, if prior arrangements (a dated written response, or a voicemail) to the instructor were made before the deadline or before the test or quiz has been given in class.

Also note that it is the responsibility of the student to ensure that submitted work is in a readable format. Work that is submitted via a file that is empty, unreadable, corrupted, or otherwise not grade-able prior to the deadline will not be graded and will be scored as 0.

Plan ahead, using the following dates on which quizzes and exams will be given.

<u>Date</u>	<u>Assignment</u>	<u>Test/Quiz/Assignment Due</u>
Jan. 9, 11	Read: Chapter 1, Evolution of Science	Quiz-Jan. 18-Wed.
Jan. 16	Martin Luther King Day-No Class	
	Assignment One-Watch a movie or Comment on a Reading from the Text	Due-Feb. 1-Wed.
Jan. 18, 23, 25, 30, Feb. 1	Read: Chapter 14, Psychological Disorders	
Feb. 6, 8, 13	Read: Chapter 15, Treatment of Psychological Disorders	Quiz-Feb. 15-Wed.
	Assignment Two- Diagnose –Twelve Techniques in Therapy	Due-Feb. 15-Wed.
Feb. 15, 20, 22	Read: Chapter 13, Social Psychology	
	Assignment Three-Terms from the textbook not discussed in class	Due Feb. 22-Wed.
Feb. 27, 29, 5	Read: Chapter 3, Neuroscience and Behavior Read: Chapter 2, Methods in Psychology (Review for the	Mar. 5 –Mon. midterm-Mar. 5)
	Assignment Four-You be the experimenter	Due-Mar. 5 –Mon.
Mar. 7	Midterm Exam	Mar. 7-Wed
Mar. 12-16	Spring Break-No class	
Mar. 19, 21, 26	Read: Chapter 5, Consciousness	
Mar. 28, Apr. 2	Read/Review: Chapters 6, 8, 9 and 10	Apr. 4-Wed.
Apr. 4, 9	Read: Chapter 7, Learning	Apr. 11-Wed
Apr. 11, 16	Read: Chapter 11, Development	
Apr. 18, 23, 25	Read: Chapter 12, Personality Read: Chapter 16, Stress & Health	Apr. 25-Wed.
	Assignment Five-Understanding Theory in Psychology	Due-Apr. 25-Wed.
	Final Exam	Apr. 30-Mon 2:30-4:30

### Assignments-Spring 2012

**#1- Watch a Movie related to Psychology:** (Worth 10 points) Watch a movie or documentary that is related to Psychology. Describe in one type written page, what you learned about principles in psychology. Be more descriptive about what you learned rather than summarizing the movie. For instance, you might explain how the movie related to culture and/or ethics and it's impact on real societal rules or norms while listing or explaining these real life examples not discussed in the movie.

**Or**

**#1- Summarize a reading from the textbook** (Worth 10 points)– In half a type written page, summarize concepts from the textbook that interest you. Explain why they interesting to you with a story or brief explanation. Discuss examples from the textbook of research or application situations, events etc. Describe how the research or examples do or do not apply to you.

**Due- Feb. 1, 2012**

**#2-Diagnose and use 12 techniques for therapy: (Worth 25 points)**This assignment will incorporate material from Chapters 14 and 15.

**Part One;** You will interview someone who has experienced a time when they have been or could have been diagnosed with a mental illness. He or she may have experienced depression, anxiety, divorce, a break up of a serious relationship or a traumatic event such as a car accident, war, a crime etc. They don't have to have had a mental illness. It is your job to prove that they had the illness or did not. It is as if you are the therapist and need to justify your diagnosis to the insurance company. You can diagnose a person from a movie. You can do this assignment with a partner. Put both of your names at the top of the paper. You will receive the same grade.

Your paper would be something like the following; Give a brief explanation of the problem saying: My parents experienced a divorce two years ago. I am assessing to see if my father experienced any depressive symptoms in the past or currently. He described experiencing depressive symptoms a year after the divorce.

1. **Depressed Mood**-He stated that he was irritable "more than usual" and cried "all the time"... "for at least two weeks".

2. **Reduced interest in activities**-He reported that he had not gone fishing all year long and he loves to fish.

3. **Loss of appetite/Loss of weight**-He reported that he did not lose any weight, but that it was hard to eat when he usually ate breakfast and dinner

Give a brief conclusion regarding your analysis.

Make sure that you include every symptom of the disorder. You will lose points if you do not include all the symptoms and why they did or did not have the symptom.

**Part Two-Demonstrate doing 12 therapy techniques:** Choose **12** of the 18 therapy techniques discussed in class. **I do not want you to actually do any technique or attempt to solve any real person's problem.** Demonstrate using the technique on the problem in part one. Show me as if you are a therapist. Do not tell me about the technique. Do not write the definition. Actually, show me the example of each technique. For instance, **Genuineness**- I would look her in the eye and sit on the edge of my seat as she cried about the sudden death of her uncle.

Here are the 18 techniques. Select 12 of them.

- 1-Biological Treatment
- 2-Free Association
- 3-Dream Analysis
- 4-Interpretation
- 5-Transference
- 6-Catharsis
- 7-Genuineness
- 8-Empathy
- 9-Unconditional Positive Regard
- 10-Clarification
- 12-Recording Automatic Thoughts
- 13-Refuting Negative Thinking
- 14-Homework Assignments
- 15-Conditioning
- 16-Aversive Therapy
- 17-Systematic Desensitization
- 18-Social Skills Training (Group Therapy)

Your paper would be something like the following:

**Part Two:** These are the 12 techniques that I have selected as a therapist to assist with the problem of depression (or whatever the problem is from part one)

1-Biological Treatment- I would have my friend go to his doctor to get on an antidepressant, such as Zoloft, which would increase the levels of Serotonin.

2-Dream Analysis- I would tell my friend that his dreams are his unconscious mind getting rid of the stress he experienced when he experienced the crash.

3-Interpretation- He is experiencing “flashbacks” because his mind does not want to experience the same trauma again.

The paper should be about 3 pages typed, double space. Write at a college level; organized, no spelling errors, and correct grammar.

**Due- Feb. 15, 2012 –Wed.**

**#3- Terms from the textbook not discussed in class :** (Worth 10 points) Choose ten terms or concepts from the textbook that are not listed on the Midterm or Final Exam Study Guide. The terms can be related to each other or completely unrelated. List the term. You can write the definition, but writing the definition is not a requirement. Give a short narrative of the practical application of the term. You can do this by writing a personal experience, telling about someone you know, explaining the usefulness of the knowledge, or describing how people use the knowledge in their career, in their family, or in society. Write in your own words. The explanation following the term should be 5-10 sentences. The objective is for you to apply the terms to what you already know, as well as to increase your exposure to other parts of Psychology that may not be discussed in class. Your paper should be about 1-2 pages, typed, college level writing.

**Due- Feb. 22, 2012**

**#4- You be the Experimenter:** (Worth 25 points) This assignment is designed to put you in the position of the professional. You will do an experiment. You can do this assignment with a partner or in a group of three. You will be graded on how similar your paper is to a journal article. For instance, divide the paper into six headings; **Abstract, Introduction, Method, Results, Discussion, and References.** The Abstract is 3-4 sentence summary of the whole article. Then you start the paper over with, the introduction, which includes an overview of the problem, in one to two sentences. The introduction also contains pieces of other’s research, such as information from a textbook. You must include one reference from the textbook. In addition, the introduction contains the hypothesis. The Method Section must include the following terms in bold font; **Independent Variable, Dependent Variable, Extraneous Variables, Control Group, & Experimental Group.** The Results Section may include a graph or a clear presentation of the numbers obtained or quotes from the person that you interviewed. In this section, do not use your own opinion. State only the results. You do not need to include a statistical analysis in this section, as the professional journals. The Discussion Section should include your own personal discoveries, possibly what others have discovered, any problems with your methods used or any conclusions. In this section, you must include the term **Experimenter Bias.** Make the paper two to three pages, typed, and double spaced. You will be graded on the organization, clarity, correct grammar, word spelling and sentence structure. You and your partner(s) will receive the same grade.

**Due- Mar. 5, 2012**

**#5- Understanding theory in Psychology:** (Worth 20 points) The purpose of this assignment is to increase insight into different theories. You will identify examples of the following theories; Erikson’s eight stages of development, Piaget’s four stages of cognitive development, Kohlberg’s six stages of moral reasoning, Maslow’s Hierarchy of Needs, Freud’s Id, Ego, and the Super Ego and each of the following defense mechanisms; Repression, Projection, Displacement, Reaction Formation, Regression, Rationalization, Identification, Sublimation, Denial. You can do this assignment with a partner. Put both of your names at the top of the paper. You will both receive the same grade.

Follow this format below:

#### **Erikson-Stages of Psychosocial Development**

**Trust vs. Mistrust-** As a baby, my little brother was fed, changed, and interacted with in a positive way. He is secure in his relationships as a teen, and can establish trust with peers.

**Autonomy vs Shame and Doubt-** At a preschool, I saw a child that sat and didn’t play with the other children. At times, he would be very clingy to adults, that he didn’t even know. He would rarely venture off to play. He is experiencing shame and doubt.

#### **Kolberg- Six stages of moral reasoning**

1. **Stage 1-Preconventional Moral Reasoning-** Joe only thought that “drinking was wrong” because the police arrested him.
2. and so on

The paper should be about 3 pages typed, double space. Do not include the definitions. Write at a college level; organized, no spelling errors, and correct grammar.

**Due- Apr. 25, 2012**

## **Important Semester Dates**

Jan 11	Last Day to Add Without Signature
Jan 16	Martin Luther King Jr. Day
Jan 17	Drop/Audit Fee Begins (\$10 per class)
Jan 31	Pell Grant Census
Jan 31	Last Day for Refund
Jan 31	Last Day to drop without receiving a "W" grade
Feb 1	Courses dropped for non-payment
Feb 3	Last Day to ADD Classes
Feb 20	President's Day
Feb 27	Mid-Term Grades Due
Mar 2	Last Day to DROP/AUDIT Classes
Mar 12-16	Spring Break
Apr 6	Last Day for Complete Withdrawal
Apr 26	Classwork Ends
May 4	Commencement