# PSYC 1: Introduction to Psychology

University of California, Santa Cruz – Summer Session 1, 2023

| **Instructor** | **Teaching Assistant** |
|---|---|
| Dan Copulsky | Daisy Cervera |
| he or they | She/Her |
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| **Class Meetings** | **Dan's Office Hours** | **Daisy's Office Hours** |
|---|---|---|
| Mondays and Wednesdays 1:00 pm – 4:30 pm Merrill Academic Building, Room 102 *Graded In-Class Activities* | Drop-in on Monday and Wednesdays 11:00 am – 12 noon Social Science 2 Building, Office 206 Or Zoom meetings by appointment | Drop-in on Tuesdays 10:00 am – 11:00 am Social Science 2 Building, Office 203 |

## Course Description

Psychology is the study of the mind and behavior. This course introduces prospective majors to the scientific study of behavior and mental processes and also provides an overview for non-majors. The course emphasizes cognitive, developmental, social, personality, and clinical psychology and their interrelations.

- 5-Credit Lower-Division Course in Psychology
- General Education Code: PE-H (Perspectives: Human Behavior)

## Learning Outcomes

By the end of this course, you will:

- Recognize key historical moments, conceptual ideas, and influential studies that have shaped the field of psychology today
- Explore major contemporary subfields of psychology, including cognitive, developmental, social, personality, and clinical psychology
- Evaluate common theoretical perspectives and research methods used in psychology, including observational, experimental, quantitative, and qualitative approaches
- Develop critical thinking and communication skills for writing specifically to an audience in the discipline of psychology
- Identify the areas of psychology and opportunities to pursue psychological research available in the UCSC Psychology Department
- Consider future career paths within psychology and the application of psychology to other personal and professional contexts

## **Textbook**

There is one required textbook for this course: **Interactive Psychology: People in Perspective (2020) by Gross, Schmader, Hard, & Anderson**

This textbook is an ebook. To access the ebook:
- Go to "Textbook Access and Registration" in the "Course Resources" module on Canvas
- Follow the link to the Norton site and click the green button that says "Purchase Options"
- **To complete the required work in the class, you must select an option that includes both the ebook and InQuizitives ($49.95)**

If you run into difficulties with purchasing and navigating the ebook or InQuizitives, please first try the resources in the "Additional Ebook and InQuizitive Resources" module. Then reach out the teaching team!

If cost is a barrier, please contact me! I should be able to provide a limited number of access codes to students in need. Students who are affiliated with EOP may also be able to get support through the Textbook Access Program.

## **Graded Coursework**

| Item | Number | Each | Total |
|---|---|---|---|
| In-Class Activities | 10 activities | 1% | 10% |
| InQuizitives | 16 quizzes | 2% | 32% |
| Midterm Quiz | 1 midterm | 15% | 15% |
| Final Exam | 1 final | 25% | 25% |
| Short Papers | 5 papers | 3% | 15% |
| Research Participation | 3 hours* | 1% | 3% |
| Total | | | 100% |

*Or alternative assignments (refer to details below and on Canvas)

## Final Grades

| Percentage | Letter Grade | P/NP Grade |
|:---:|:---:|:---:|
| 97.0% and over | A+ | Pass |
| 93.0% – 96.9% | A | Pass |
| 90.0% – 92.9% | A- | Pass |
| 87.0% – 89.9% | B+ | Pass |
| 83.0% – 86.9% | B | Pass |
| 80.0% – 82.9% | B- | Pass |
| 77.0% – 79.9% | C+ | Pass |
| 73.0% – 76.9% | C | Pass |
| 70.0% – 72.9% | C- | No Pass |
| 67.0% – 69.9% | D+ | No Pass |
| 63.0% – 66.9% | D | No Pass |
| 60.0% – 62.9% | D- | No Pass |
| 59.9% or under | F | No Pass |

## All Students:

To earn a passing grade in this course, all students must participate in psychology research projects for 3 hours or complete alternative assignments. If you do not fulfil this requirement, you will earn an "F" or "No Pass" in the course. More details about this **Research Participation** are provided in the **Coursework** section of the syllabus.

## Intended Psychology Majors:

To use this course to declare a psychology major, students must take this course for a letter grade and must earn at least a B- grade. You can read more about Declaring the Psychology Major and Major Admission Requirements on the department website.

## **Coursework**

**In-Class Activities (10%)**

Students will turn in an in-class activity during each of our <u>ten</u> class sessions. These activities take the place of an attendance grade and will be graded based on completion. There is no make-up work for missed activities.

**InQuizitives (30%)**

InQuizitives are interactive, online quizzes connected to our ebook. There is one InQuizitive for each of the <u>fifteen</u> textbook chapters, along with <u>one</u> introductory "How to Use InQuizitive." I encourage you to read the chapter and then take the InQuizitive *before* each class session (although the due dates are later that night). Until the deadline, you can continue to work on an InQuizitive until you've reached the grade you'd like to earn. I encourage you to take this opportunity to earn 100% on every InQuizitive! Please access the InQuizitives through the Canvas links. Please reach out to the TA if there are issues with Canvas grade integration.

**Midterm Quiz (15%)**

The midterm quiz will cover material from the first two weeks of class, Chapters 1-7. There will be one scheduled makeup session for the midterm. If you miss the midterm quiz and makeup session, your final exam grade will replace the midterm quiz grade. If you score higher on the final exam than the midterm quiz, your final exam grade will replace the midterm quiz grade. *Taking the midterm quiz can only improve your grade in the course!*

**Final Exam (25%)**

The final exam will cover material from the full course. There will be one scheduled makeup session for the final exam. Additional makeups for the final exam will only be arranged if <u>documented</u> illness or emergency has prevented you from attending <u>both</u> other times.

**Short Papers (15%)**

You will write <u>five</u> short papers in this class, <u>one per week</u>. All papers will be 1-2 pages. More details about each paper will be provided on an assignment sheet and reviewed in class.

| Week | Short Paper Topics |
|:---:|:---:|
| 1 | Why Are You Taking This Class? |
| 2 | Memory, Leaning, and InQuizitives |
| 3 | Investigating Psychological Research |
| 4 | Infographic or Comic Study Tool |
| 5 | How Will You Use This Class? |

**Research Participation (3%)**

The Psychology Department requires that all students in this course participate in psychology research projects (surveys or experiments) for a total of **three (3) hours** OR complete alternative assignments (see below). Participating in research studies is a great way to learn about what real psychology research looks like on our campus. All participation or alternative assignments must be completed by Friday, July 28th. *If you do not complete this, you will not be able to pass the course.*

Follow these easy steps to sign-up for research projects:
1) Go to the SONA website at https://ucsc.sona-systems.com
2) If you are enrolled in the class at the start of the quarter, then an account should already be created for you. To log in for the first time, click "Forgot Password?" to retrieve the pre-set password. For those who added the class late, or for some reason the system won't let you log in, you may need to click "Request Account." Only request a new account if the "Forgot Password" link isn't working.
3) **Always enter your UCSC email address**. You will receive your password via email.
4) Log in and follow the instructions to complete the Prescreening Questionnaire. Your responses on this questionnaire will determine your eligibility for different studies.

**IMPORTANT**: You can earn research credit points by either participating in studies (in-lab experiments or online surveys) or writing papers (the alternative assignment). Studies are posted throughout the summer session. Plan ahead and complete them as soon as possible. Check online often for new studies. If you know you cannot make it, and if the time until the study is more than 24 hours, you can cancel on Sona. If you fail to show up for a study, or fail to cancel in time, you will be marked as having an "unexcused no-show." If you accumulate three unexcused no-shows you will be prevented from signing up for more experiments. Do not wait until the last week to sign up.

**What if you can't find studies?** Although some studies may be available right at the start of summer session, there may not be enough for everyone. Please be patient, researchers will post new studies throughout the session. If you are concerned about the availability of hours, please don't email your instructor or TA; instead email the pool administrator so that they can try to address the issue directly (ucscresearchpool@gmail.com). This is also the best email to use if other issues arise during the course. If you participated in a study but didn't receive credit after two days, please start by emailing the researchers directly. If the researchers don't respond then send an email to the pool administrator. Rest assured, however, that all pending timeslots will be given credit at the end of the course before a report is sent to your professor.

**Alternative assignments**: If you prefer to not participate in research projects (or if you are under the age of 18) you may substitute **three (3) papers**, each critically evaluating a psychology research article. If you are doing the alternative written assignments, they must be emailed directly to the instructor by 5 pm on the last day of summer session 1 (Friday, July 28th). Please note that plagiarized papers can result in a failing grade for the course. Detailed instructions for completing the alternative assignments will be on Canvas.

## Course Policies

### Academic Integrity

I take academic integrity seriously. Here are my key expectations for work in this class:

- Only you should be completing your in-class activities and InQuizitives.
- The midterm and final exam must be taken independently, without referring to outside sources or communicating with other students.
- All written assignments should be your own original work, created for this class. Any sources used should be cited, and any quotes should be clearly marked with quotation marks. The UCSC library provides additional resources on citation. You should not be using paraphrasing software ("spinbots") or AI chatbots (like ChatGPT). You are welcome to use spell check, a thesaurus, or Grammarly on written work. You are also encouraged to get support from writing tutors or get feedback from others on your writing.
- Allowing another student to copy your work or doing work for another student is also a form of academic misconduct.

Please speak with me before completing an assignment if you have any questions about what is permitted and expected in this class.

Coursework that is cheated on, plagiarized, or otherwise breaks academic integrity rules will result in both a grade of 0 on the assignment and a report of academic misconduct sent to your affiliated college. Please refer to the Academic Misconduct Policy for Undergraduates and note that consequences for academic misconduct can include suspension and expulsion. At my sole discretion, I may invite a student to redo an assignment if it appears the student has made a minor mistake like paraphrasing inappropriately or forgetting to give credit for an idea.

### Attendance

The work, activities, and discussion in our class sessions are an important part of the course! Please come to class whenever possible, and please do your best to come prepared, arrive on time, and stay until we end. Please don't come to class if you have a contagious illness or are not ready to be engaged in the work we're doing together. Students who are creating a distraction for others or are unwilling to participate may be asked to leave. The graded in-class activities take the place of an attendance grade in this class.

### Missed Classes

I will often share my slides and materials on Canvas for our class session. It is your responsibility to catch up on these materials if you miss a class. I encourage students to share their notes and study materials with each other. You are also welcome to come to my office hours with specific questions about the material.

**Late Work**

Extensions will only be granted in the case of illness or emergency. Please reach out to the TA as soon as possible if you need an extension.

InQuizitive grades are automatically locked at your current score at the deadline. Late papers will receive -10% per day late. No work will be accepted after 5 pm on the last day of the quarter (Friday, July 28th) without an approved extension.

**Office Hours**

Office hours are times I have set aside to meet with students. During these times, I'm happy to discuss course material, questions about assignments, or my own research work and experiences with graduate school. My weekly office hours are held in person and as drop-in sessions, meaning you do not need to make an appointment ahead of time. If you cannot make any of my scheduled office hours, please email me to find another time to meet.

**Contacting Me**

The best way to contact me is by email at dcopulsk@ucsc.edu. I may take up to two working days to respond to a message, so please reach out early if you have questions about an upcoming assignment. If a question will take more than a few sentences to answer, it's often better addressed during office hours.

**Accessibility and Accommodations**

If there are things I can do to help you thrive in this class, I'd be happy to discuss this with you. If formal accommodations might benefit you, I encourage you to learn more about the Disability Resource Center (DRC) on their website. If you have approved accommodations from the DRC that would benefit you in this class, please confirm that I've received your DRC letter.


## Note on Mandatory Reporting

Campus guidelines state that instructors are required under the UC Policy on Sexual Violence and Sexual Harassment to inform the Title IX Office should we become aware that you or any other student has experienced sexual violence or sexual harassment. It is important to me that it should be your decision whether a report is made to Title IX on your behalf. Please speak with me privately during office hours if you would like me to make a report. Please do not share information with me about experiences of sexual violence and sexual harassment if you do not want me to make a report. See info below about the CARE office for a confidential resource.

## Course Schedule

| Week 1 |
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**Monday, June 26 – Welcome to Psychology**

| Attend:<br>• Class, 1 pm – 4:30 pm | **By 11:59 pm…**<br>[extended to 11:59 Tuesday, June 27]<br><br>Read:<br>• Chapter 1: Welcome to Psychology<br>Take:<br>• "How to Use InQuizitive"<br>• Chapter 1 InQuizitive |
|---|---|

**Wednesday, June 28 – Research Methods; Brain, Mind, and Behavior**

| Attend:<br>• Class, 1 pm – 4:30 pm | **By 11:59 pm…**<br>[extended to 11:59 Thursday, June 29]<br><br>Read:<br>• Chapter 2: Research Methods<br>• Chapter 3: Brain, Mind, and Behavior<br>Take:<br>• Chapter 2 InQuizitive<br>• Chapter 3 InQuizitive |
|---|---|

**Friday, June 30**

| *No Class Meeting* | **By 5 pm…**<br><br>Write:<br>• Short Paper 1:<br>Why Are You Taking This Class? |
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**REMINDER: Start thinking about the 3 hours of Research Participation!**

| Week 2 |
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| **Monday, July 3 – Sensation and Perception; Consciousness** |
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| Attend:<br>• Class, 1 pm – 4:30 pm | **By 11:59 pm…**<br><br>Read:<br>• Chapter 4: Sensation and Perception<br>• Chapter 5: Consciousness<br>Take:<br>• Chapter 4 InQuizitive<br>• Chapter 5 InQuizitive |
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| **Wednesday, July 5 – Learning & Memory** |
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| Attend:<br>• Class, 1 pm – 4:30 pm | **By 11:59 pm…**<br><br>Read:<br>• Chapter 6: Learning<br>• Chapter 7: Memory<br>Take:<br>• Chapter 6 InQuizitive<br>• Chapter 7 InQuizitive |
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| **Friday, July 7** |
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| *No Class Meeting* | **By 5 pm…**<br><br>Write:<br>• Short Paper 2:<br>Memory, Leaning, and InQuizitives |
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**REMINDER: Don't forget the 3 hours of Research Participation!**

| Week 3 |
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| **Monday, July 10 – <u>Midterm Quiz</u>; Thought, Language, and Intelligence** | |
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| Attend:<br>• Midterm, 1:45 pm* – 2:30 pm<br>• Regular Class, 2:45 pm – 4:30 pm<br><br>Take:<br>• **<u>Midterm Quiz</u>**<br>(Chapters 1-7) | **By 11:59 pm…**<br><br>Read:<br>• Chapter 8: Thought, Language, and Intelligence<br>Take:<br>• Chapter 8 InQuizitive |

| **Wednesday, July 12 – Motivation and Emotion; Stress and Health** | |
|---|---|
| Attend:<br>• Class, 1 pm – 4:30 pm | **By 11:59 pm…**<br><br>Read:<br>• Chapter 9: Motivation and Emotion<br>• Chapter 10: Stress and Health<br>Take:<br>• Chapter 9 InQuizitive<br>• Chapter 10 InQuizitive |

| **Friday, July 14** | |
|---|---|
| *Make up session to take:*<br>• *Midterm Quiz*<br>*1 pm – 1:45pm\**<br>*Location TBD* | **By 5 pm…**<br><br>Write:<br>• Short Paper 3:<br>Investigating Psychological Research |

*Additional time will be provided for students with approved accommodations

| Week 4 |
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| Monday, July 17 – Development & Personality |
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Attend:
- Class, 1 pm – 4:30 pm

**By 11:59 pm…**

Read:
- Chapter 11: Development
- Chapter 12: Personality

Take:
- Chapter 11 InQuizitive
- Chapter 12 InQuizitive

| Wednesday, July 19 – Psychological Disorders & Therapies |
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Attend:
- Class, 1 pm – 4:30 pm

**By 11:59 pm…**

Read:
- Chapter 13: Psychological Disorders
- Chapter 14: Therapies

Take:
- Chapter 13 InQuizitive
- Chapter 14 InQuizitive

| Friday, July 21 |
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*No Class Meeting*

**By 5 pm…**

Write:
- Short Paper 4:
  Infographic or Comic Study Tool

**REMINDER: Don't forget the 3 hours of Research Participation!**

| Week 5 |
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| Monday, July 24 – Social Psychology; Qualitative Psychology; Sexuality |
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| Attend:<br>• Class, 1 pm – 4:30 pm | **By 11:59 pm…**<br><br>Read:<br>• Chapter 15: Social Psychology<br>Take:<br>• Chapter 15 InQuizitive |
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| Wednesday, July 26 – <u>**FINAL EXAM**</u> |
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| Attend:<br>• Final, 1 pm – 2:30 pm*<br><br>Take:<br>• **FINAL EXAM**<br>(All content) | *No Work Due* |
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| Friday, July 28 |
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| *Make up session to take:*<br>• *FINAL EXAM*<br>*1 pm – 2:30pm**<br>*Location TBD* | **By 5 pm…**<br><br>Write:<br>• Short Paper 5:<br>How Will You Use This Class?<br><br>Complete:<br>• **3 hours of Research Participation** |
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*Additional time will be provided for students with approved accommodations

## <u>Additional Resources</u>

### Writing Tutors

- The Writing Center "works with all students, in all genres, at all stages of the writing process." Visit the website to book a virtual appointment.
- Leaning Support Services also provides peer writing tutors and writing groups.

### Counseling and Psychological Support

- Counseling and Psychological Services (CAPS) provides mental health services including brief individual therapy, crisis intervention, psychiatric services, and referrals to off-campus clinicians. Most CAPS services are free to all students.
- Campus Advocacy Resources and Education (CARE) provides "nonjudgmental support and resources for survivors of sexual assault, dating/domestic violence, and stalking, and their significant others."
- The Cove "is a safe space to be in community with other students that are committed to their recovery from alcohol and/or other drugs, are the loved one of someone with an addiction, are someone who wants to support those in recovery, are interested in recovery or just want to meet other students who are substance-free and looking for community."

### Resource Centers

Resource Centers "offer counter-spaces for students who are queer, trans, nonbinary, womxn, and people of color, as well as impact institutional policies and campus climate."

- African American Resource and Cultural Center (AARCC)
- American Indian Resource Center (AIRC)
- Asian American / Pacific Islander Resource Center (AAPIRC)
- El Centro Chicanx Latinx Resource Center
- Lionel Cantú Queer Center
- Womxn's Center

### Other Support

- Title IX Office "works preventively to prevent discrimination and harassment. Title IX also receives and responds to reports of misconduct, and will work to remedy and prevent future harm."
- Basic Needs website offers "an online hub for information on food, housing, health & wellness, and financial security resources, both on-campus at UCSC and off-campus in the greater Santa Cruz community."
- Slug Support Program works to "to identify students navigating difficult or challenging situations and assist them in resolving their concerns." May help access campus and community services and "provide financial resources such as funding for food, emergency housing, and other essential needs."