

# Introduction to Psychology Section 07

## PSYC 1

Fall 2024 3 Unit(s) 08/21/2024 to 12/09/2024 Modified 08/25/2024

### Contact Information

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#### Instructor: Dr. Bianca Hinojosa

Email: [bianca.hinojosa@sjsu.edu](mailto:bianca.hinojosa@sjsu.edu)

##### About me

My name is Dr. Bianca Hinojosa, and I received my PhD in Health Psychology at the University of California Merced. I am the child of Mexican immigrants and was born and raised in Fresno, CA. I have a bachelors degree in cognitive science and a masters degree in experimental psychology. My research focuses on how intergroup processes influence peoples' health and well-being. In particular, I am interested in how healthcare workers' implicit attitudes towards Latinx people influence medical decision making for their Latinx patients.

##### What to call me?

Please refer to me as either Dr. Hinojosa or Professor Hinojosa

##### CANVAS AND EMAIL

Canvas will be a critical source of course-related information throughout the term. Consequently, so will your email account. Any changes to the lecture or course schedule will be posted on this site. In addition, lecture slides, grades, and other materials will be posted there. You are expected to check the Canvas website and/or your email account at least once a day, and ideally more, for course related materials and announcements. Failure to do so will not be a valid excuse for missing critical information.

**\*\*\*Important\*\*\*** Please reach out as often as you need. I enjoy teaching and I want you all to succeed. However, you can facilitate effective communication in the following ways: Please contact me exclusively via SJSU email (Gmail) and **NOT** via Canvas. Canvas messaging is very buggy and I frequently do not receive those messages. Because of this, I do not even check the Canvas messaging system. I will try to respond to emails within 48 hours (excluding

weekends, holidays, and when I am traveling). Please include **PSYC 1 07** in the subject line (with any other relevant information you want to include) when you send an email. Failure to do so may result in a delayed response or I might miss your email completely.

## Office Hours

Monday, Wednesday, 3:00 PM to 4:00 PM, DMH 319

Or by appointment

## Course Information

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### Lecture

Monday, Wednesday, 9:00 AM to 10:15 AM, CL 204

## Course Description and Requisites

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Psychology is the scientific study of behavior and mental processes. The content focuses on the exploration of major psychological theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches to treatment, and applied psychology.

GE Area: D (formerly GE Area D1)

Letter Graded

## \* Classroom Protocols

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### LATE WORK

I understand that sometimes circumstances such as illnesses, family emergencies can make it difficult or impossible to complete an assignment on time. If you need an extension, please contact me as soon as possible. Late assignments will receive a 10% point reduction for each day they are late, up to 5 days (50% off). After 5 or more days, assignments will not be accepted and the student will receive a 0 for the assignment.

### GRADE REVIEW POLICY

If you believe that you have unfairly missed points on an exam or assignment, you must make an appointment with the professor to go over the exam or assignment within one week of receiving your grade. If you do not make an appointment within one week of receiving your grade, the grade will be considered final.

## AI POLICY

"Use of an AI Generator such as ChatGPT, MidJourney, DALL-E, etc. is explicitly prohibited unless otherwise noted by the instructor. The information derived from these tools is based on previously published materials. Therefore, using these tools without proper citation constitutes plagiarism. Additionally, be aware that the information derived from these tools is often inaccurate or incomplete. It's imperative that all work submitted should be your own. Any assignment that is found to have been plagiarized or to have used unauthorized AI tools may receive a zero and / or be reported for academic misconduct." Tara Perrin, Middle Tennessee State University

## COPYRIGHT STATEMENT

Some of the materials in this course are possibly copyrighted. They are intended for use only by students registered and enrolled in this course and only for instructional activities associated with and for the duration of the course. They may not be retained in another medium or disseminated further. They are provided in compliance with the provisions of the Teach Act.

# Program Information

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## SJSU Cares

[SJSU Cares \(https://www.sjsu.edu/sjsucares/\)](https://www.sjsu.edu/sjsucares/), "provides comprehensive support for students facing financial crises, including emergency assistance, housing and food resources, and access to mental health services. Our goal is to ensure every student has the resources needed to succeed academically and personally. Connect with us for personalized guidance and support through life's challenges."

## University Policies/Resources

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's Academic Integrity policy, located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at <http://www.sjsu.edu/studentconduct/>. Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

## Campus Policy in Compliance with the American Disabilities Act:

If you need course adaptations or accommodations because of a disability, Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

### **Librarian: Psychology**

The SJSU library has a librarian who specializes in psychology (and other social sciences), and this librarian can serve as a very valuable resource for helping you to develop research ideas and locating appropriate research materials.

The library also has an abundance of resources for doing psychology research:

#### Psychology Librarian:

Christa Bailey [christa.bailey@sjsu.edu](mailto:christa.bailey@sjsu.edu) 408-808-2422

### **Student Technology Resources**

Computer labs and other technological resources for students can be found in various places on campus such as:

- [Student Computing Services \(MLK Library\)](https://library.sjsu.edu/student-computing-services) (<https://library.sjsu.edu/student-computing-services>)
- [Associated Students Print and Technology Center](https://www.sjsu.edu/as/departments/print-shop/index.php) (<https://www.sjsu.edu/as/departments/print-shop/index.php>)

### **Academic Advising**

[Academic Advising](https://www.sjsu.edu/socsci-ssc/academic-advising/index.php) (<https://www.sjsu.edu/socsci-ssc/academic-advising/index.php>).

### **SJSU Peer Connections**

[Peer Connections](https://www.sjsu.edu/peerconnections/index.php) (<https://www.sjsu.edu/peerconnections/index.php>) website “offers free mentoring, tutoring, and supplemental instruction services for students at SJSU. Peer Educators are students just like you; they understand the triumphs and challenges of being a student at San José State University.”

### **SJSU Writing Center**

The [SJSU Writing Center](https://www.sjsu.edu/writingcenter/) (<https://www.sjsu.edu/writingcenter/>) “offers a variety of resources to help students become better writers, and all of our services are free for SJSU students.”

### **SJSU Counseling and Psychological Services**

[SJSU Counseling and Psychological Services](https://www.sjsu.edu/wellness/access-services/counseling/index.php?utm_source=counseling&utm_medium=301&utm_campaign=wellnessrelaunch) ([https://www.sjsu.edu/wellness/access-services/counseling/index.php?utm\\_source=counseling&utm\\_medium=301&utm\\_campaign=wellnessrelaunch](https://www.sjsu.edu/wellness/access-services/counseling/index.php?utm_source=counseling&utm_medium=301&utm_campaign=wellnessrelaunch)) invites “all students to come into Counseling and Psychological Services, located at the Student Wellness Center, room 300B, for any support needed.”

# Course Learning Outcomes (CLOs)

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**Program learning outcomes (PLOs)** are skills and knowledge that students will have achieved upon completion of the Psychology BA degree. Each course in our curriculum contributes to one or more of these PLOs. The PLOs for the Psychology BA degree are:

1. Knowledge Base of Psychology. Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
  2. Research Methods in Psychology. Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.
  3. Critical Thinking Skills. Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.
  4. Applications of Psychology. Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.
- Values in Psychology. Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

## **GE Area D: Social Sciences**

Area D courses increase students' understanding of human behavior and social interaction in the context of value systems, economic structures, political institutions, social groups, and natural environments. Students develop an understanding of problems and issues from different disciplinary perspectives and examine issues in their contemporary as well as historical settings and in a variety of cultural contexts.

The CSU requires students to complete General Education courses in the Social Sciences in at least two different disciplines. Students may meet this requirement by either 1) taking two lower-division Area D courses in different disciplines, or 2) taking two lower-division Area D courses in the same discipline and an Area S upper-division GE course in a different discipline.

## **GE Area D Learning Outcomes**

Upon successful completion of an Area D course, students should be able to:

1. demonstrate understanding of the ways in which social institutions, culture, and environment shape and are shaped by the behavior of individuals, both past and present;
2. compare and contrast the dynamics of two or more social groups or social systems in a variety of historical and/or cultural contexts;
3. place contemporary social developments in cultural, environmental, geographical, and/or historical contexts;
4. draw on social/behavioral science information from various perspectives to formulate applications appropriate to historical and/or contemporary social issues.

**Writing Practice:** Students will write a minimum of 1500 words in a language and style appropriate to the discipline.

# Course Materials

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**Price:** Free

**Textbook:** Diener & Diener (Eds). Noba Resources. Text complied under a Creative Commons license by: Bianca Hinojosa on nobaproject.com

**Free online version:** <http://noba.to/vw9zpk3m> (<http://noba.to/vw9zpk3m>)

## Course Requirements and Assignments

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### EXAMS (200 Points)

Exams typically consist of 25-35 multiple-choice questions. The exams will cover material from that section of class only; these exams are not cumulative.

Exam questions will cover any materials discussed in class lectures and anything from the reading. There will be material on the exam that we will not discuss in class; therefore, you should complete all assigned readings. Likewise, there will be material on the exam that is not in your textbook. Therefore, it is important that you attend lectures. The emphasis in this class will be on ideas, theories, and research more than on names, dates, and statistics.

Arrive on time for exams. If you arrive after the first student has finished an exam, you may not take the exam. If you must miss an exam for emergency reasons (e.g., illness, family death) or for a university sponsored activity, you must contact me in advance and provide appropriate documentation within 24 hours after the exam. It is your responsibility to learn the time and place of the make-up exam. I reserve the right to create a new exam for anyone who needs a make-up, and that exam will be in essay form.

### ASSIGNMENTS (140 POINTS)

#### Assignment 1 (Covering Ch. 1-5):

30 pts: Psychology in Real Life

Psychology is best understood in-context, and thus you will have the opportunity to apply course concepts to real-life psychological matters.

Your task for this project is to 1) describe a psychological theory or concept from Ch. 1-5 in our textbook of interest to you and 2) write a short, in-depth response about how that theory/concept relates to your Self, a friend or family member, or life situations.

Entries should be **750 words**, 1" margins size, 12pt times new roman font, and DOUBLE SPACED.

A rubric will be posted in Canvas with exact instructions and point breakdowns.

This assignment will be graded and returned to you 2 weeks after the due date. You will have the opportunity to redo the assignment and turn it in 1 week after receiving feedback. Please refer to the class schedule for due dates.

### **Assignment 2 (Covering Ch. 7-11):**

30 pts: Psychology in Real Life

Psychology is best understood in-context, and thus you will have the opportunity to apply course concepts to real-life psychological matters.

Your task for this project is to 1) describe a psychological theory or concept from Ch. 7 - 11 in our textbook of interest to you and 2) write a short, in-depth response about how that theory/concept relates to your Self, a friend or family member, or life situations.

Entries should be **750 words**, 1" margins size, 12pt times new roman font, and DOUBLE SPACED.

A rubric will be posted in Canvas with exact instructions and point breakdowns.

### **Assignment 3 (Covering Ch. 12 - 16):**

30 pts: Demonstrate a Psychological Concept

By yourself or with up to four other students (i.e., groups of 2-5) pick your favorite psychological concept from Ch. 12 - 16 and demonstrate it in a video. You can act it out, interview a few friends, create a newscast, or anything else you can dream up; just be creative. This assignment is meant to be fun, but also to demonstrate your understanding and knowledge of the concept you choose. I should be able to show your video to someone unfamiliar with the topic for him/her to learn about the concept. Videos must be at least 1:30 minutes in length but should not exceed 4:00 minutes. Please make sure that you and your partner(s), if applicable, appear in the video at least once, even if it is just to introduce yourselves and your project.

Videos must be uploaded to Canvas by the due date.

If you do not have access to a video recording device like a phone, digital camera, or a webcam, or you do not know how to upload a video to Canvas, you should team up with a partner who does. If you cannot find a partner, please notify me and I will make an announcement in class.

A rubric will be posted in Canvas with exact instructions and point breakdowns.

### **Final Assignment Psychology Poster:**

50 pts: By yourself you will select a peer-reviewed psychological research article based on a topic discussed in class or in your textbook and create a poster based on the selected research article.

During the final examination date we will hold a mock psychology poster session where you will present your poster to your classmates. During a poster session you generally stand by your poster and wait for people to come up and talk to you about what your poster is on. For this assignment the allotted final time

will be divided into two poster sessions. Half of the class will present their poster while the other half walks around and completes a handout about two posters, then we will switch presenters. The professor will randomly select which students are in the first or second presentation times.

The posters do not need to be printed out as large posters, you can print the posters on regular printer paper to hand out to your classmates or pull the poster up on your laptop or tablet. You just need a way to share your work with your audience.

You will submit your poster on Canvas on 12/9.

We will discuss this assignment in more detail during class time including how to find a research article.

A rubric will be posted in Canvas with exact instructions and point breakdowns.

### **Department of Psychology Research Completion (Revised for Fall 2024)**

An important part of the educational experience of Psyc 1 is not only learning about important facts and findings from scientific research in psychology but also serving as a participant in research in psychology. Broad exposure to a variety of research methodologies (experiments, correlational studies, lab studies, online studies, etc.) will provide experiential knowledge for students. This experience contributes to **Course Learning Objective 4**, as well aligning with **Program Learning Outcome 2** (Research Methods in Psychology).

Thus, it is mandated for Psyc 1 courses that each student obtain a certain number of hours as a participant in research studies in the department. Research participation will count towards your course grade.

You can view available studies offered by the psychology department and sign up for the research participation on the SONA online system:

<https://sjsu.sona-systems.com/>

Details on how to set up an account in SONA in order to participate in research is included in the handout and on the psychology department's website.

There are several requirements by the department in order to receive full credit for research participation:

- 1) All students should complete at least one hour of their required research hours by October 1st.
- 2) Half of your research credit participation or 2 credit hours of your 4 hours must be in-person lab studies. Lab studies are studies that require your physical attendance at an experiment held on campus, as opposed to online studies that include virtual participation in research.

Research participation will be treated as a course assignment worth 6% of the final course grade. But to obtain the full 6%, you will need to complete 4 hours of research participation. Anything less than 4 hours will result in less than 6%. (1.5% per hour)

- If you elect to not participate in research, you can consider the alternative assignment option for full or partial credit for your research hours. Please see the distributed handouts on the alternative assignment for details on the requirements.



## Department of Psychology Policy for Awarding Research Hours for Partial Completion

For psychology students at SJSU, research participation is a requirement for completion of the Psyc 1 General Psychology course. However, it is the view of the department that **proportional credit** can be given in that points awarded should be commensurate with the effort expended by participants in studies. Consistent with IRB ethical guidelines, participants can always elect to withdraw from a study for any reason. In these cases, credit will be granted in proportion to the amount of the study completed, with a minimum credit of 0.25 hours.

In cases where participants complete a study unreasonably quickly, credit will be granted in proportion to the amount of the study completed, with a minimum credit of 0.25 hours.

### EXTRA CREDIT (UP TO 5 POINTS)

Podcast Bonus Points:

Students can get 5 bonus points by listening to, summarizing, and responding to podcasts about psychology.

To do so, students should download and listen to one or more episodes of the podcast: Hidden Brain (<https://hiddenbrain.org/>)

For every episode of Hidden Brain, students should write a response summarizing the podcast, discussing how it relates to concepts from the textbook/class, and discussing what they liked/didn't like about the topic.

Entries should be **250 words**, 1" margins size, 12pt times new roman font, and DOUBLE SPACED. Each episode should start on its own new page. The page should contain a heading with the title of the episode.

Each write up of an episode (250 words per episode) will be half a point (up to 5 points). Students should turn your full extra credit submission as a single .doc or .pdf file on Canvas before the final day of class.

Each 1/2 page = 1/2 point (up to 5 points).

## Grading Information

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Your letter grade will be assigned according to the following percentage scale:

A+ = 97.00% or greater

A = 94.00%-96.99%

A- = 90.00%-93.99%

B+ = 87.00%-89.99%

B = 84.00%-86.99%

B- = 80.00%-83.99%

C+ = 77.00%-79.99%

C = 74.00%-76.99%

C- = 70.00%-73.99%

D+ = 67.00-69.99%

D = 64.00%-66.99%

D- = 60.00%-63.99%

F = 59.99% or less

## University Policies

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Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

## Course Schedule

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<u>Date</u>	<u>Topic</u>	<u>Reading/Assignment due</u>
<b>Week 1</b>		
Aug 21	Welcome and introduction to the class	None
<b>Week 2</b>		
Aug 26	Conocimiento Activity	
Aug 28	What is Psychology?	Ch. 1: Why Science
<b>Week 3</b>		

Sept 2	No class	
Sept 4	Research Methods in Psychology	Ch. 2: Research Designs
<b>Week 4</b>		
Sept 9	Biology and Neuroscience	Ch. 3: The Brain and the Nervous System
Sept 11	Biology and Neuroscience	Ch. 3: The Brain and the Nervous System
<b>Week 5</b>		
Sept 16	Development	Ch. 4: Social and Personality Development in Childhood
Sept 18	Development	Ch. 4: Social and Personality Development in Childhood
<b>Week 6</b>		
Sept 23	<b><u>Exam 1</u></b>	Covering Ch. 1-4
Sept 25	Sensation & Perception	Ch. 5: Sensation and Perception
<b>Week 7</b>		
Sept 30	Visit to the MLK Library	
Oct 2	Learning	Ch. 6: Conditioning and Learning; <b><u>Assignment 1 Due (Cover Ch. 1 –5).</u></b>
<b>Week 8</b>		

Oct 7	Memory	Ch. 7: Memory (Encoding, Storage, Retrieval)
Oct 9	Memory	Ch. 7: Memory (Encoding, Storage, Retrieval)
<b>Week 9</b>		
Oct 14	Judgment and Decision Making	Ch. 8: Judgment and Decision Making
Oct 16	Language and Thought	Ch. 9: Language and Language Use
<b>Week 10</b>		
Oct 21	<u>Exam 2</u>	Covering Ch. 5-9
Oct 23	Motivation & Emotion	Ch. 10: Motives and Goals; <u>Assignment 1 Redo Due</u>
<b>Week 11</b>		
Oct 28	Personality Psychology	Ch. 11: Personality Traits
Oct 30	Personality Psychology	Ch. 11: Personality Traits
<b>Week 12</b>		
Nov 4	Social Psychology	Ch. 12: Social Cognition and Attitudes
Nov 6	Social Psychology	Ch. 12: Social Cognition and Attitudes; <u>Assignment 2 Due (Cover Ch. 7 – 11).</u>
<b>Week 13</b>		

Nov 11	No class 11/11	
Nov 13	Social Psychology	Ch. 13: Prejudice, Discrimination, and Stereotyping
<b>Week 14</b>		
Nov 18	<u><b>Exam 3</b></u>	Covering Ch. 10 - 13
Nov 20	Psychological Disorders	Ch. 14: Anxiety and Related Disorders
<b>Week 15</b>		
Nov 25	Treatment of Psychological Disorders	Ch. 15: Therapeutic Orientations
Nov 27	No class 11/27	
<b>Week 16</b>		
Dec 2	Health Psychology	Ch. 16: The Healthy Life  <u><b>Assignment 3 Due (Cover Ch. 12 – 16)</b></u>
Dec 4	Health Psychology	Ch. 17: Happiness: The Sciences of Subjective Well-Being
<b>Week 17</b>		
12/9	<u><b>Exam 4</b></u>	Covering Ch. 14 - 16  <b>Final Poster must be uploaded to canvas on 12/9</b>
12/13	Final: 7:15 am - 9:30 am (Section 07)	Poster Session