PSYCHOLOGY 250 - INTRODUCTION TO PSYCHOLOGY

Section: 002  
When: Tuesdays, 7 - 9:40 p.m.  
Duration: 8/22/17 – 12/12/17  
Where: Stevenson Hall, Room 1002  
Units: 3 semester units

Instructor: Dr. David F. Sowerby  

Note:  
1. The best way to reach me is during class or visit me in person during my office hours. To make myself available outside of class hours, I have scheduled office hours on several days. If it is urgent and you need to reach me outside of class, please send me a voice-mail message rather than an e-mail message, for the quickest response.  
2. If you miss a class, you will need to get notes from another student; do not ask the instructor to go over material already covered in class when you were absent.  

Voice Mail: (707) 588-0725 (I will return calls as soon as possible)  
E-Mail: sowerby@sonoma.edu  
Web Site: www.dfsowerbyphdconsulting.com  
Office: Stevenson Hall, Room 3085  
Office Hours: Mondays, 1 - 3 p.m., 4:45 - 5:45 p.m.  
Tuesday, 5:45 - 6:45 p.m.  
Thursdays, 5:45 - 6:45 p.m.  
Note: Office hours begin on 8/29/17 and end on 12/7/17

Catalog Description: Theories, research, and applications that constitute psychology. An important goal is to help students become informed consumers of psychological knowledge. The role of culture is emphasized. Prerequisite to upper-division courses in the major for first-time freshmen or transfer students. Satisfies GE Area D1 (Individual and Society).  
GE URL: http://www.sonoma.edu/ge_initiative

Course Objectives:  
1. To be familiar with the major concepts, theories, and perspectives in psychology  
2. To be able to apply psychological theories, concepts, and principles to individual experience as well as to broader social issues and social systems  
3. To be able to reflect on personal experience in light of psychological knowledge  
4. To be able to recognize and understand the complexity of cultural diversity, in light of psychological knowledge

Required Text:  

Chapters:
1. The Science of Psychology
2. The Biological Basis of Behavior
3. Sensation and Perception
4. States of Consciousness
5. Learning
6. Memory
7. Cognition and Mental Abilities
8. Motivation and Emotion
9. Life-Span Development
10. Personality
11. Stress and Health Psychology
12. Psychological Disorders
13. Therapies
14. Social Psychology

**Format:** Classes will include lectures, exercises, group and class discussions, and student presentations.

**Evaluation:**

1. **Tests:** These tests will be in-class, and will include multiple-choice questions from the text. **Each test is worth 20% of the final grade.**

   - **Test #1:** Chapters 1, 2, 3, 4
   - **Test #2:** Chapters 5, 6, 7
   - **Test #3:** Chapters 8, 9, 10, 11
   - **Test #4:** Chapters 12, 13, 14

2. **Attendance and Participation** - Students are required to attend class, participate during group discussions and exercises, and give two presentations. **Students must give both presentations and receive credit for these in order to get attendance credit.** The grade for attendance and participation will be based on the percentage of classes attended; each class, you will be asked to sign an attendance sheet (as proof of attendance). There are 17 classes for this course. (Example: 14/17 classes attended = 8.2/10 participation score)

   **Weight:** 10% of the final grade

   **Note:** If a student attends classes before being officially registered in the course and he/she signs in, then this student will receive attendance credit for these classes. However, if a student does not attend classes before being officially registered, then he/she will not receive attendance credit for these classes.

**Papers:**
Paper #1: Chose an article from a professional academic psychology journal or part of a book about a topic within the field of psychology that interests you. Use an original source (i.e., not a textbook).

Your paper will only be accepted if the following criteria are met:
If you read a journal article, on a cover sheet, indicate: author(s); year; title of the article; journal; volume number; and page numbers.
If you read part of a book, on a cover sheet, indicate: author(s); year; title; where it was published; publisher.
For electronic media, include on a cover sheet: author(s); date of publication/update/retrieval; document title; address; and any other information that will help identify the work.
Include the following sections in your paper (use subtitles):
   i) a summary, in your own words, of the article or book;
   ii) how could you use this information and/or how did the article or book impact you?
Minimum of Maximum Length: Write two full pages (typed, double-spaced) for each of the sections (i, ii), for a total of four full pages (not including the cover sheet).
Writing Style: Essay style. Your writing should be clear and free from grammatical errors.
Font Size: 12
Margins: 1 inch

Weight: Students will receive 5% for Paper #1, if the above criteria are met. If the above criteria are not met, students will be asked to resubmit the paper until they are met. If a paper does not meet the criteria mentioned above, the student will receive 0/5 until the criteria are met.
Due: The due date will be assigned during your first meeting with your Teaching Assistant (TA).

This paper will give you the opportunity to study in-depth a topic of particular interest to you, with the aid of original source material, and apply the theories and research findings to your own life. This assignment will also help you improve your research and writing skills.

Paper #2: Listen to a podcast show, attend a lecture (not including one from this course), watch a video, or conduct an interview with an expert on a topic within the field of psychology that interests you. If you want to listen to a podcast show, you can go to my website: www.dfsowerbyphdconsulting.com then click on the Interviews page, which will take you into the website Shrink Rap Radio. You can listen to any of the shows on the Shrink Rap Radio website. Give as much identifying information as possible (e.g., speaker/interviewee, topic, podcast program, website, date of retrieval/lecture/interview).

The same requirements and format mentioned for paper #1 are required for paper #2.

Weight: Students will receive 5% for Paper #2, if the above criteria are met. If the above criteria are not met, students will be asked to resubmit the paper until they are met. If a paper does not meet the criteria mentioned above, the student will receive 0/5 until the criteria are met.
Due: The due date will be assigned during your first meeting with your Teaching Assistant (TA).
This paper will give you the opportunity to study in-depth a topic of particular interest to you, using an oral method of delivery (e.g., podcast show, lecture, video, interview) rather than reading about the information. You then will have the chance apply the theories and research findings to your own life. This assignment will also help you improve your research and writing skills.

**Presentations:** You will present your papers to your fellow students who are assigned to your TA group. After you present your material, address questions and comments from your group. The goal is to discuss your findings with others in a supportive atmosphere. Try to be clear and comprehensive during your presentation. **Each presentation will be graded on a credit/no credit basis.** Each student must do both presentations on the assigned dates and receive credit for both presentations in order to receive attendance credit. To receive credit, the presentation must meet the length requirements announced in class. If you do not receive credit for one or both of your presentations, your attendance grade will be 0/10, even if you have attended class and signed in. **These presentations are considered part of your class participation.**

**Weight:** CR/NCR

**Due:** The same days that you submit your papers

**Maximum and Minimum Length:** This will be announced in class. The length of your presentations may vary, according to the number of students in your TA group.

These presentations will give you the chance to share your research, on topics of special interest to you, with your fellow students. These assignments will improve your presentations skills and you will learn how to field questions about your work.

**Dates, Chapters, Assignments, Tests:**

**Note:** Ch = Chapter; Pr = Presentation

8/22 - Introduction, TA assignments, book presentation dates

8/29 - Ch 1, overview of psychology

9/5 - Ch 1, 2, Pr #1

9/12 - Ch 3, Pr #1

9/19 - Ch 4, Pr #1

9/26 - Test #1, Pr #1

10/3 - Ch 5, 6, Pr #1

10/10 - Ch 6, 7, Pr #1

10/17 - Test #2, Pr #2

10/24 - Ch 8, 9, Pr #2

10/31 - Ch 9, 10, Pr #2

11/7 - Ch 10, 11, Pr #2

11/14 - Test #3, Pr #2

11/21 - Ch 12, 13

11/28 - Ch 13, 14, Pr #2

12/5 - Test #4

12/12 - (Tues) (8 – 9:50 p.m.) Human Needs
Summary of Grading System:
20% - Test #1
20% - Test #2
20% - Test #3
20% - Test #4
10% - Attendance and Participation
5% - Paper #1 (on a journal article/book) (4 full pages)
CR/NCR - Presentation #1 (on a journal article/book)
5% - Paper #2 (on a podcast/lecture/video/interview) (4 full pages)
CR/NCR - Presentation #2 (on a podcast/lecture/video/interview)

Note: There will be no make-up tests or presentations, and late papers will not be accepted. Exceptions to these would occur only if formal documentation (e.g., doctor’s note) is submitted to the instructor (if you are absent from of a class, test, or presentation, or if you submit a paper late); otherwise, you will receive an absence, zero, or NCR. Resubmitted papers should be turned in within 2 days after they are returned to the student, and must be received by 11/28/17 or else they will receive a zero.

Grading:
A = 91.1 – 100%
A- = 90 – 91%
B+ = 89 – 89.9%
B = 81.1 – 88.9%
B- = 80 – 81%
C+ = 79 – 79.9%
C = 71.1 – 78.9%
C- = 70 – 71%
D+ = 69 – 69.9%
D = 61.1 – 68.9%
D- = 60 – 61%
F = 0 – 59.9%

Special Needs:
If you are having trouble in the course or if you have special academic needs, please see me immediately, so I can assist you. I will do my best to facilitate your learning and work with you to create an enjoyable educational experience. If you are a student with special learning needs and you think that you may require accommodations, your first step is to register with the campus office of Disabled Student Services (DSS), Salazar 1049 (phone number: 664-2677). DSS will provide you with written confirmation of your verified disability and authorize recommended accommodations. You then present this recommendation to the instructor, who will discuss the accommodations with you.

University Policies URL (Disability, Plagiarism, etc.):
http://www.sonoma.edu/uaaffairs/policies/studentinfo.shtml