Independent Study | in Idaho

**PSYC 101
Introduction to
Psychology**

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Course Guide

Independent Study | in Idaho

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**Psychology 101
Introduction to Psychology**

University of Idaho
3 Semester-Hour Credits

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University of Idaho

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Welcome!

Whether you are a new or returning student, welcome to the Independent Study in Idaho (ISI) program. Below, you will find information pertinent to your course including the course description, course materials, course objectives, as well as information about assignments, exams, and grading. If you have any questions or concerns, please contact the ISI office for clarification before beginning your course.

Policies and Procedures

Refer to the ISI website at **www.uidaho.edu/isi** and select *Students* for the most current policies and procedures, including information on setting up accounts, student confidentiality, exams, proctors, transcripts, course exchanges, refunds, academic integrity, library resources, and disability support and other services.

Course Description

Introduction to Psychology topics: Including sensation and perception, learning and thinking, motivation, personality and adjustment, social processes, psychological testing; emphasis on fundamental principles. General education credit, social science.
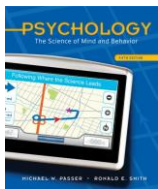Prereq: There are no formal prerequisites for this course.

11 graded assignments, 1 Term paper, 4 exams
Available online only.

> **Students may submit up to 3 assignments at a time and 6 assignments per week. Before taking exams, students MUST wait for grades and feedback on assignments, which may take up to three weeks after date of receipt by the instructor.**
>
> <u>ALL</u> assignments and exams must be submitted to receive a final grade for the course.

Course Materials

Required Course Materials
Passer, M.W. and Smith, R. E., *Psychology 5th ed.* McGraw Hill. July 2010. Print. ISBN-978-0-07-353212-7.

Course Delivery

All ISI courses are delivered through Canvas, an online management system that hosts the course lessons and assignments and other items that are essential to the course. Upon registration, the student will receive a *Registration Confirmation Email* with information on how to access ISI courses online.

Research Exposure

You will learn how psychological research is conducted by participating in a research experience. In fact, the Psychology faculty believe this experience is a sufficiently valuable experience that participation is required for this course. You will participate by reading a paper or article a specific Psychology topic in from the

American Psychologist journal or Psychology Today. More detail is provided in Lesson 12.

Course Introduction

Overview: This course will provide you with a broad overview of Psychology. However, the course is more than a survey course; it is an examination of how psychological knowledge is acquired. The materials and assignments are designed to demonstrate that Psychology is also a method of inquiry, not just a body of facts.

You need to note that there are many Psychology concepts you will need to know. Consequently, it is necessary to study hard while taking the class. While the assignments are open book, open note, open web, the exams are closed book and difficult. Be prepared to spend at least 1.5 hours a night on the material or 15-20 yours of studying (NOT READING OR DOING ASSIGNMENTS) per exam. If you study hard you will do well, if not, your performance on the exam will not be what you desire. A word to the wise should be sufficient.

With the exception of the paper (Lesson 12), the assignments and exams will be multiple choice.

Course Objectives

The primary objective for this class is to provide an overview of fields of study in Psychology, how psychologists examine multitudes of research problems, and general Psychological concepts. This course is not designed to help you understand or solve some particular psychological problem. For that, you should see a Clinical Psychologist, Psychiatrist other helping professional.

Another objective is to introduce to students that Psychologists are involved in a variety of different professional disciplines beyond helping people with problems. These include business, engineering, medicine, optometry, among others. Further, many psychologists are pioneers in helping other academic disciplines understand why people behave the way they do.

Lessons

Overview

Each chapter provides an overview of a different topic psychologists may examine. Make sure you understand the major theorists, the theoretical models they proposed, and the impact the theory had on Psychology. Also, make sure you understand the different concepts within the chapter. Use the study questions in the text to help you.

Written Assignment

Generally, you may use the multiple-choice question answer sheet found in Canvas. In some cases where there is no computer available, you will use a list format. An example might be:
1. B
2. C
3. A
4. D
5. Etc.

Select one answer only. Submit this lesson for grading.
Do not use yellow highlighter on the answer sheets.
Unless exceptions are made with ISI, materials are submitted through Canvas. Information
regarding submission of materials are found in the *Course Rules* in Canvas.

Study Hints:
- Complete all reading assignments.
- Set a schedule allowing for course completion one month prior to your personal deadline. An *Assignment Submission Log* is provided for this purpose.
- Web pages and URL links in the World Wide Web are subject to change. If you cannot access a link that has been listed in this course guide, use your favorite search engine (such as Bing) to locate the site. To seek assistance or provide any updated information, contact your instructor.
- Keep a copy of every assignment submitted.
- Make sure you put enough time into memorizing these concepts (essentially 20 hour per test). I strongly suggest you outline the chapters to ensure you have a thorough knowledge of these concepts, introduce and explain any terms that are essential to understanding the course.

Refer to the *Course Rules* in Canvas for further details on assignment requirements and submission, including:
- The number of lessons you may submit to your instructor at one time;
- How to format your lessons (e.g., handwritten/computer processed, software programs required);
- How your instructor prefers to receive and return lessons (e.g., via mail or e-mail); and
- Lesson guidelines specific to your instructor.

Exams
- You must wait for grades and comments on assignments prior to taking subsequent exams.
- For your instructor's exam guidelines, refer to the *Course Rules* in Canvas.

Grading
The course grade will be based upon the following considerations:
> 90% = A
> 80% = B
> 70% = C
> 60% = D
< 60% + F

All lessons are worth 25 points each. The Review Paper is worth 100 points. All exams are worth 100 points each.
- The final course grade is issued after all lessons and exams have been graded.
- Acts of academic dishonesty, including cheating or plagiarism are considered a very serious transgression and may result in a grade of F for the course.

About the Course Developer
Your course developer is Steven E. Meier, an Associate Professor of Psychology at the University of Idaho. Dr. Meier received his PhD from Washington State University in 1991. Since then, he has taught a wide variety of courses in Experimental Psychology. In addition, Dr. Meier directs and teaches in the Department of

Psychology Addiction's Training Program. He is also actively involved with assisting Idaho State in a wide variety of research projects. Dr. Meier is also an International Certified Addiction's Prevention Specialist.

Contacting Your Instructor

Instructor contact information is posted on your Canvas site under *Course Rules.*

Assignment Submission Log

Lesson	Date Taken/Score	Running Grade Total
1: Statistical Methods, What is Psychology		
2: Research Methods		
3: Brain, Behavior		
It is time to take Exam 1.		
Exam 1 (Covers Lessons 1-3)		
4: Sensation and Perception		
5: Learning		
6 Memory		
It is time to take Exam 2.		
Exam 2 (Covers Lessons 4-6)		
7: Intelligence		
8: Development		
It is time to take Exam 3.		
Exam 3 (Covers Lessons 7-8)		
9: Personality		
10: Abnormal Behavior		
11: Treatment		
12: Term Paper		
It is time to take the Final Exam.		
Final Exam (Covers Lessons 9-11)		

Lesson 1
Statistical Methods, What is Psychology

Lesson Objectives

Chapter 1 provides a brief overview of many different psychological theorists and the theories they proposed. Make sure you know each of the major theorists and their impact on psychology. The chapter also discusses some basic statistics. You should understand the major concepts related to both topics.

After completing this lesson you should be able to:
- 1-1. Provide an overview of different psychology theorists.
- 1-2. Provide an overview of some different psychological models.

Reading Assignment

Chapter 1

Handouts

These are notes/handouts of the video presentations available on the course Canvas site. Viewing the videos is not required to pass the course. Reviewing the notes are helpful to the learning processes for this course. The handouts are available starting on the next page.

Chapter 1 Quiz

Available directly after handouts. Make sure to use the provided bubble-sheet for the quiz submission. The completed bubble-sheet is the ONLY thing that must be mailed to the ISI office for grading for this lesson

Exam 1 Information

It is time to take Exam 1.

Prior to taking this exam:
- You must submit lesson 1–3 quizzes before taking this exam.
- Please do not take this exam until you have received graded quizzes back.
- Do not submit any subsequent quizzes until you have taken this exam.

Exam Components:
- This exam covers lessons 1–3.
- This is a closed-book, closed-notes exam.
- This exam is multiple choice format.
- This exam is worth 100 points.
- Time limit: 1.5 hours.

Items to take to the exam:
- Photo identification
- V number
- Pen, pencil if appropriate.

Exam grades and comments:
- Graded exams will not be returned to you. However, arrangements can be made to view graded exams. Contact the ISI office for more information.