

Psychology 101
Introduction to Psychology
PSYC-101-4943

Mount San Jacinto College

Mr. Fitzpatrick

Vista Murrieta High School

Fall 2021

W220 Tuesday: 7:30-9:13, Wednesday: 9:16-9:57, Friday: 7:30-9:01

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This course is designed to introduce students to the themes of psychology - the scientific study of behavior and mental processes. Contemporary theories and research methods will be explored. Topics will include learning, memory, cognition, brain physiology, and psychopathology.

Required text: *Visualizing Psychology*, 3rd Edition, Carpenter & Huffman, 2013

You are required to have 4" x 6" index cards. You will be required to write questions on these cards showing that you have read the material. You will also use them for review activities. Further instructions on these activities will be given at the appropriate time.

Psychology is the scientific study of behavior and mental processes. This course gives an overview of the many themes within the study of psychology. Psychology can be used to understand and enhance many facets of your life.

This course will require reading and understanding a chapter each week. While you will have to *know* certain facts, you will have to *understand* the concepts in order to apply them to specific scenarios given on a test. For instance, you may learn about certain kinds of coping strategies for stress. On a test, you will be given a scenario in which you face an anxiety producing situation. You will be asked to discuss how to specifically apply coping strategies to this situation.

Grading Policy

There are five tests and a final exam given in this class. If you miss a test day, you will **NOT** be given an opportunity to make up that test. You will have that test grade replaced with the lowest of either your lowest test score or 50%. If there is a required school activity that conflicts with the test day, you must resolve the conflict with the instructor well **BEFORE** the day of the test.

You will be required to write a research based paper in APA format on a topic of your choice that is approved by the instructor. **Failure to turn in the paper will result in a failure in the class.** Plagiarism will result in a failure in the class and may result in your expulsion from Mount San Jacinto College, which will be reflected on your transcripts.

As this is a college course, you are expected to participate and your participation in the class and in group activities will be factored into your grade.

Grade scale: A: 90-100%; B: 80-89%; C: 70-79%; D: 60-69% F: below 60%

Office Hours: Should you need help, want guidance on studying for a test, or want to ask further questions outside of class time, Mr. Fitzpatrick is here by 6:50 a.m. There is availability most days after school. You should check with Mr. Fitzpatrick for after school availability. School office hours are Thursday and Friday from 9:06-9:36. Check for availability. There may be some time at the end of certain lectures.

In order to facilitate the best possible learning environment, arrive on time and turn off your cell phone. The high school tardy policy will be enforced.

Mt. San Jacinto College abides by the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 that prohibits federal and state agencies or programs from discriminating against qualified individuals with disabilities. Students in this course who have a documented disability, that limits a major life activity which may have some impact on your work in this class and for which you may require accommodations should meet with a counselor in Disabled Student Services and Program (DSP&S) as soon as possible.

Academic Support is available for all students through the services provided in the Learning Resources Center, Building 800, 1st floor, Room 812C, 951-639-5480. The learning center is open M-Th 9 am. – 7 pm and F 9 am – noon.

Psychology Program Learning Outcomes (PLO)

1. Apply the learning outcome goals provided by the American Psychological Association.
2. Apply the various psychological theories and concepts, including personality theory, consciousness, learning theory, and others, to our own personal and professional lives.
3. Develop a tolerance, acceptance, and appreciation of the diversity of others' thoughts, backgrounds, and self-concepts.
4. Explore various topics and concepts within psychology, and integrate these into a whole concept of individuals and groups.
5. Explain different research methods used by psychologists, including strengths and weaknesses of different designs, types of questions addressed by each, and the significance of research to the field of psychology.

Psychology 101 Introduction to Psychology Student Learning Outcomes

1. Compare and contrast correlational and experimental research methods, including examples of psychological research topics for each design.
2. Construct an operant conditioning plan aimed at modifying a behavior (for example, teaching a dog to roll over).
3. Compare and contrast two or more of the theories and perspectives of personality (Psychoanalytic, Humanistic, Cognitive, Behavioral, and others).

Mental Health & Wellness: Health Centers are open and available on both the San Jacinto and Menifee Valley Campuses. Health consultations, wellness education, mental health counseling, and referrals are available to you free of charge. Hours vary by campus, but the centers are generally open 8-5:30 M-Th and 8-12 F. More details are available here: <https://msjc.edu/healthcenter/>

The reading schedule and test schedule appear on the next page.

| Date | Day | Chapter | Topic |
|-------------|---------------|----------------|---|
| 8/11-17 | Wed, Fri, Tue | | Course Intro |
| 8/18 | Wednesday | 1 | Introduction to Psychology and Research Methods |
| 8/20 | Friday | | |
| 8/24 | Tuesday | 3 | Stress and Health Psychology |
| 8/25 | Wednesday | | |
| 8/27 | Friday | | |
| 8/31 | Tuesday | | Test |
| 9/1 * | Wednesday | 4 | *EBSCO Research and Choosing a Topic Sensation and Perception |
| 9/3 | Friday | | |
| 9/8 | Wednesday | | |
| 9/10 | Friday | | |
| 9/14 * | Tuesday | 6 | *Topic and Sources Due Learning |
| 9/15 | Wednesday | | |
| 9/17 | Friday | | |
| 9/21 | Tuesday | | |
| 9/22 | Wednesday | 7 | Memory |
| 9/24 | Friday | | |
| 9/28 | Tuesday | | |
| 9/29 | Wednesday | | |
| 10/1 | Friday | | Test |
| 10/5 | Tuesday | 8 | Thinking, Language, and Intelligence |
| 10/6 | Wednesday | | |
| 10/8 | Friday | | |
| 10/12 * | Tuesday | | |
| 10/13 | Wednesday | 9 | Life Span Development 1 *Research Paper Due |
| 10/15 | Friday | | |
| 10/19 | Tuesday | | |
| 10/20 | Wednesday | | |
| 10/22 | Friday | 10 | Life Span Development 2 |
| 10/26 | Tuesday | | Test |
| 10/27 | Wednesday | 11 | Motivation and Emotion |
| 10/29 | Friday | | |
| 11/3 | Wednesday | | |
| 11/5 | Friday | | |
| 11/9 | Tuesday | 12 | Personality |
| 11/12 | Friday | | |
| 11/16 | Tuesday | | |
| 11/17 | Wednesday | 13 | Psychological Disorders |
| 11/19 | Friday | | |
| 11/30 | Tuesday | | |
| 12/1 | Wednesday | 15 | Social Psychology |
| 12/3 | Friday | | |
| 12/7 | Tuesday | | |
| 12/8 | Wednesday | | |
| 12/10 | Friday | | Test |
| 13-17 | | | Final Exam |