PSYCHOLOGY 1115 (G01) Fundamentals of Psychology I

Welcome to Psychology 1115!

This course is offered as a Guided Independent Study Program. This is not an online course. Your texts, materials and exams are in accordance with those being used in Langara’s regular psychology courses. However, as a GIS student, you will be required to be on campus only to write exams and submit assignments.

I am Sue McBride, your Instructor for this course. My office is B252f, my voice-mail is 323-5869 and my email is smcbride@langara.bc.ca. Please don’t hesitate to contact me if you have any questions concerning this course. Simply leave a message for me, indicating a few different times I can reach you, and I will return your call. Look for course news, emails, and announcements posted in My Langara, My Courses, Course Tools. I will correspond with you by email so please check your MyLangara email in MyCourses regularly.

The Psychology Lab, room A236, phone 323-5373, is also available for you. There are books, videos, practice quizzes and more for your use. Your textbook lists other learning supplements as well. These are noted in the Preface as well as at the end of each chapter. Recommended websites are in abundance! Langara’s Library, Writing Centre, and Student Services are also available resources. Workshops (e.g. Study Skills) are offered throughout the term. Phone 323-5511 for general information.

Check PSYC LAB: Psychology Lab Information in Blackboard, within MyCourses, for videos, practice quizzes, and other helpful information.

TEXTS

The following is a required text for Psychology 1115 (G01):


Optional:

Student Study Guide for the above text.

The following is an optional text for Psychology 1115 (G01). If you do not purchase this text you can read it in the Psychology Lab (A236) or read the information concerning plagiarism on the Langara website.

PSYCHOLOGY 1115(G01)

COURSE COMPOSITION

This course is made up of three on-campus exams (including the final) and several off-campus assignments and exercises.

Grades will be determined from the following:

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<tr>
<td>Exam 1</td>
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<td>&quot; 3</td>
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<td>Assignment 1</td>
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<td>&quot; 2</td>
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<td>Exercises 1</td>
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<td>Exercises 2</td>
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<td>TOTAL</td>
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EXAMINATIONS

At each exam session you will be required to present personal **photo identification**, such as your (photo) Langara Student I.D. Card or driver's license. **No exceptions.** Student I.D. Cards may be obtained through the Instructional Media Services (IMS) on the second floor of the main building (above the Bookstore). Contact IMS well in advance to determine their hours of operation. You should have your photo I.D. taken at least one month before the first exam.

Each exam will have **100 multiple-choice questions.** You will have **1.5 hours** for each exam and they will be held as follows:

<table>
<thead>
<tr>
<th>EXAM</th>
<th>DATE</th>
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<th>TIME</th>
<th>ROOM</th>
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<tbody>
<tr>
<td>Exam #1</td>
<td>Oct. 8/09</td>
<td>Prologue, and Chpts.1 and 2</td>
<td>6:30 – 8:30 PM</td>
<td>A130</td>
</tr>
<tr>
<td>Exam #2</td>
<td>Nov. 5/09</td>
<td>3, 4, &amp; 5</td>
<td>6:30 – 8:30 PM</td>
<td>A130</td>
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<tr>
<td>Final</td>
<td>(TBA: Dec. 7-15)</td>
<td>6, 7, &amp; 8</td>
<td>TBA</td>
<td>TBA</td>
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A mark of "0" will be given for missed exams, assignments or exercises.
EXAMINATIONS (CONTD.)

**Exam 1:** Prologue, Chpt. 1: Thinking Critically with Psychological Science, Chpt. 2: The Biology of Mind.  
**Exam 2:** Chpt. 3: Consciousness and the Two-Track Mind, Chpt. 4: Nature, Nurture, and Human Diversity, Chpt. 5: Developing Through the Life Span  
**Exam 3:** Chpt. 6: Sensation and Perception, Chpt. 7: Learning, Chpt. 8: Memory

If the dates of exams #1 and #2 conflict with other exams you may be writing or if you are missing an exam due to illness and have a medical note, please complete Form 13 (in Appendix) and notify me well in advance (emails are best). For conflicts regarding the final exam, please refer to the student handbook for procedures to follow. I do not handle requests for changes to the final exam dates nor will I be giving makeup final exams for non-medical reasons.

The location and date of the final exam will be announced on Langara's website prior to the exam period. You are responsible for acquiring this information and for writing your exam as indicated. Exam schedules that are posted without room numbers are NOT the final schedule.

**Final Exam Policy**

You are referred to Langara’s policy regarding final exams. The Langara College Calendar includes the following:

“To receive course credit, you must write the scheduled final examination for each course taken....Permission to write examinations at alternative times may be approved in cases of illness (with a medical certificate) or documented bereavement and for no other cause....If you are registered in a course and have attended throughout the semester, but owing to illness or other special circumstances, are unable to write a final examination, you may apply to the Registrar for an “aegrotat standing”, that is, a grade based upon the semester’s work. A medical certificate or other appropriate documentation must substantiate such applications.”

The above statement means that documented illness and bereavement are appropriate reasons for consideration by the Registrar’s office. However, they will **not** make special arrangements for students who, for example, oversleep or arrive on the wrong day to write their final exam.
PSYCHOLOGY 1115 (G01)

GRADE ALLOCATION:

95 - 100 = A+
90 - 94 = A
85 - 89 = A-

80 - 84 = B+
75 - 79 = B
73 - 74 = B-

67 - 72 = C+
61 - 66 = C
55 - 60 = C-

50 - 54 = D
0 - 49 = F

EXAM ABSENCE DUE TO ILLNESS

Please note: **No make-up exams without a Dr.'s written note.** If you miss an exam due to illness, contact me and submit a medical note **immediately** upon your return. A substitute test can be written only if you make arrangements with me before or **immediately** after your return. A substitute test must be written as soon as possible following your return to campus and may not be rescheduled.

LEARNING OUTCOMES

By the end of the course successful students will be able to demonstrate sufficient knowledge of, comprehension of, and analytic abilities about the content of the course, as described in the Langara Calendar, that they are capable of advancing to further studies for which this course is a pre-requisite.
ASSIGNMENTS AND EXERCISES

All papers are to be typed. Hand in your originals and keep a copy for reference. Please do not put your papers in cardboard or plastic covers as this presents difficulties for return mailings. Simply staple the top left corner to secure your papers. Papers are described in this package and are due as follows:

<table>
<thead>
<tr>
<th>Assignment #1</th>
<th>Due: 6:30 PM – October 8/09</th>
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<tbody>
<tr>
<td>Exercises #1 (questions 1-5)</td>
<td>Due: 6:30 PM – October 8/09</td>
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<tr>
<td>(Exam #1 also on this date)</td>
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<tr>
<td>Assignment #2</td>
<td>Due: 6:30 PM – November 5/09</td>
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<tr>
<td>Exercises #2 (questions 6-10)</td>
<td>Due: 6:30 PM – November 5/09</td>
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<td>(Exam #2 also on this date)</td>
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Papers should be handed in to the Instructor in the exam room, just prior to the exam. Exam dates and paper due dates are the same. There are no extensions for late papers, unless they are accompanied by a medical note. However, no papers will be accepted after 4:00 PM on November 12/09 for any reasons. **No exceptions.**

Extensions will be granted for acute situations where a medical or bereavement note is presented and documented. Please note that this refers only to **acute** situations. It is important that you notify the instructor immediately it becomes apparent that an absence may occur (not after you’ve missed an exam or handing in a paper). Your note should state the **specific days** that you were unable to do academic work. Exercises and Assignments will be due immediately upon the expiration of this medical or other documentation, even if this is prior to completion of a make-up exam. See the instructions on page 6 concerning hand-delivery of your papers. If it appears that an illness or other situation may be chronic or of a long duration, then the Registrar’s office may become involved as to whether or not continuance in the class is advisable or permissible.

Extensions will not be granted for other reasons, e.g. printer or disk problems, hard-drive crashes, exams/papers due in other classes, travel engagements, holidays, out of town visitors, etc. Please make sure you start and finish your papers well ahead of the due dates to avoid last-minute dilemmas. There are no make-up exams or papers available for the purpose of upgrading marks.
PSYCHOLOGY 1115 (G01)

HANDING IN PAPERS

Please hand in your assignments and exercises directly to me or my assistants at the time of the regularly scheduled exams. I will only be responsible for acceptance of papers handed in at that time, as there is no guarantee that other forms of delivery will reach me at all, or before the due date. However, if you are hand-delivering your papers to the college other than at those times, please take them to the General Office, 2nd floor, Building B (new building), and ask the receptionist to place your envelope in my mailbox. Please also send an email to me as to the time and day of your delivery. Do not fax or email your papers to me, and do not place them on/under my office door. They definitely will not be considered handed in. If you’re mailing your papers, do so at least ten days prior to their due dates. My mailing address is:

Sue McBride  
Department of Psychology  
Langara College  
100 West 49th Avenue  
Vancouver, B.C.  
V5Y 2Z6

AUTHORIZATIONS

Marking time usually takes about three weeks. Please complete and hand in the attached authorization form (last page), which will instruct me as to whether you wish me to return your papers and inform you of your marks by regular mail or by placing them in the Psychology Lab (A236) for you to collect. If, for some reason, you do not receive your marked papers in due time by mail, please check for them at the Psychology Lab (A236).

I welcome you to our course and look forward to working with you.

Enjoy your readings and assignments and keep in touch!

Sue McBride  
Instructor, Psychology Department
A note from me as we begin our course…

I really do believe that Psychology is one of the most fascinating disciplines that anyone could ever study. First, we live it and it's all about us. Secondly, it helps us understand our thoughts and actions and helps give meaning to the essence of others in our lives as well. Psychology is full of passion!

How to approach this study? Do we see most of our behaviours as our genetic destiny, or a product of our environment? And what about our feelings, our motivations, our achievements?

Our text begins with a general overview of Psychology. We look at its history and the various people who helped form our basic theories. Then we get right into the essence of scientific research, and here's where you start your first assignment. Hopefully this will give you an understanding of the way that psychologists view information and the ways in which they seek to verify and predict it.

Throughout this course you’ll be doing your own reading and using your study guide a lot. You’ll be completing activities for each chapter, and practicing tests from your study guide or from practice quizzes that are available online or in our Psychology Lab. If you need extra assistance, please don’t hesitate to give me a call or to contact our lab.

I hope you’ll enjoy the assignments. I have tried to select articles and topics with varied interests in mind. I think you'll enjoy reading about poor Little Albert's phobia, as well as Harlow's famous baby monkeys. Your term paper topic choices include Hypnosis, Dream Interpretation, and Fetal Alcohol Syndrome. The exercise questions could be considered free bonus points earned for simply studying your text and putting some of it into your own words.

By the time you’ve completed this course you’ll also have learned many interesting ideas about biological processes, sensation and perception, learning from experience, remembering and forgetting, as well as states of consciousness.

Most importantly, though, your studies here will have given you a good grounding for the many more exciting psychology courses that await you in academia. I'm hoping you'll find this to be an exciting course and that you'll be signing up for many more. Don't hesitate to contact me if I can be of assistance. Enjoy!
Getting Started:

The papers you will hand in consist of ten exercises and two assignments. The exercises ask you to explain, in your own words, information from your text, requiring an understanding of the information and the ability to integrate it. The assignments to be handed in are described on pages 11-15 of this packet.

As you will discover, the assignments are more complex, formal and lengthy, using the American Psychological Association essay format. An examination of library reference material is essential for your second assignment. Combined, the two assignments are worth a total of 30% of your final mark. Your mark could range from 0% - 10% for your first assignment and from 0% - 20% for your second.

By contrast, the exercises are short and simple in their design. Point form is allowed for your answers. Each exercise is worth 1% of your total mark, and letter grades are not awarded. Therefore, each exercise will be marked either Pass or Fail. That is to say, you will receive either 1% or 0% for each, depending upon whether or not you correctly completed the exercise. Combined, the exercises are worth a total of 10% of your final mark.

Using Your Text, Study Guide and Web Sites

You are encouraged to use all of the above materials as your “classroom.”

Throughout this course, you must read all of the contents for each chapter. For each chapter of your text, it is important to read in the outer margins:

- definitions
- in review sections
- critical thinking questions
- test yourself items

Also, chapter summaries and terms to remember are of great help. For each chapter there are excellent Web Sites listed. Of particular note is the Worth Publishers Site at www.worthpublishers.com/myers which assists you with practice quiz questions. The Study Guide also fills this need, and includes chapter outlines and summaries.
EXERCISE QUESTIONS

1. Compare the goals and beliefs of structuralism, functionalism, psychoanalysis, humanistic psychology, and behaviourism. (see Psychology’s Roots and Psychological Science Develops in text.)

2. Explain why correlations do not imply causation. Describe the role of alternative hypotheses in the interpretation of a correlation. (see Correlation in text.)

3. Explain how experiments clarify cause and effect relationships. (see Experimentation in text.)

4. Name six major neurotransmitters and discuss the behaviours and mental processes associated with each. (see How Neurotransmitters Influence Us in text.)

5. Explain brain plasticity and the divided brain. (see The Brain’s Plasticity and Our Divided Brain in text.)
PSYCHOLOGY 1115 (G01)

EXERCISE QUESTIONS (Contd.)

6. Describe Sleep Stages and REM Sleep. (see Sleep Stage and REM Sleep in text.)

7. Discuss Psychoactive Drugs. (see Psychoactive Drugs in text.)

8. Discuss the Nature and Nurture of Gender. (see The Nature of Gender and The Nurture of Gender in text.)

9. Discuss Cognitive Development. (see Cognitive Development in text.)

10. Discuss Social Development. (see Social Development in text.)

GENERAL INSTRUCTIONS FOR DOING THE EXERCISE QUESTIONS

For each of the above Questions:

1. Review the relevant pages in the text and explain the information requested, using your own words. Please consult your plagiarism handbook before doing this assignment.

2. Answer in point form or essay style, or a combination of both.

3. Type and double-space your answers. Include your name and Exercises #1 (or #2) on the top of every page of your answers.

4. Answer each question on a separate sheet(s) of paper. At the top of each sheet type the question number and the question you are answering.

5. Include one cover sheet for all five Exercise Answers and staple all five, plus the cover sheet, into one packet.

6. The cover sheet should include: Psych. 1115 (G01), Exercises #1 (or #2), your name, student #, the date, your instructor's name.

7. Do not staple your Exercise Answers to your Assignment! Keep them separate, to go in a separate pile!

8. The maximum length of each Exercise Answer is 1.5 pages, typed and double-spaced. It’s not necessary to do 1.5 pages – just make sure you’ve answered the questions.
PSYCHOLOGY 1115 (G01)

Assignment #1

Psychology is a scientific enterprise in which research is conducted. There are many types of psychological research. For example, there are observational studies, case studies, surveys, and experimental studies. Our minds are bombarded with research results from the media. We even quote them in our daily conversations. In this assignment you will become familiar with and evaluate the various parts of a research study by analyzing an investigation that has had a significant impact on the field of psychology. This assignment will help you become a more sophisticated consumer of psychological research.

Each of the four research studies included in the Appendix of this package has been reproduced from Forty Studies That Changed Psychology, by Roger Hock, and as such, each is considered a "classic" study. I hope you find them interesting reading and can relate some of the findings to your own experiences.

Assignment #1 is due on October 8/09 @ 6:30 PM.

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Instructions

1. Read each of the four articles in the Appendix of this package. (They will not be on any exam.) Select one article for more detailed consideration for your paper.

2. Answer each of the following questions, using the information in the article and in your text.

   A. Summarize the Hypothesis, Methods, and Results of the study. (See chapter 1 of your text.)
   B. Discuss and evaluate the Ethics of the study. (See chapter 1 of your text.)
   C. Discuss the Significance of the study to the field of Psychology and to the general public.
   D. Discuss Criticisms of the study. (e.g.: Did the investigators use all necessary controls? Were biases and expectancies allowed to influence the results? Can the results and conclusions be generalized?) (See chapter 1 of your text.)

Contd.
PSYCHOLOGY 1115 (G01)

Assignment #1 (Contd.)

3. Write your paper in essay style, not point form. Your paper should be organized in **four sections**, corresponding to each of the four questions above. Use the underlined words in the above four questions for the heading for each section.

4. Your essay must be in your own words. Please consult **Plagiarism Avoided: Taking Responsibility For Your Work**, which is available in the Langara bookstore and in the Psychology Lab (A236). Also consult the information concerning plagiarism on the Langara website.

5. Include a list of **References** at the back of your paper, citing the article you discussed and your text, if used. Additional reference information, beyond the article and your text, is not needed. However, if you do use other reference information you must cite the source and include it in your list of references. Follow APA guidelines as described in the Appendix of this course packet. Make sure you consult the booklet; **Plagiarism Avoided**…. The original source of all ideas and information must be properly referenced in the body of your paper and in your list of References, even if the information has been put in your own words. You may go to the Psych. Lab for extra help with this.

6. Your paper should be 3 - 4 pages, typed and double-spaced, which is about 750 - 1000 words.

7. Include a cover sheet with the following information: Psych. 1115 (G01), Assignment #1, title of the article you select, your name, student #, the date, your instructor's name.

8. Type your paper. Include your name, Assignment #1, and page number on the top of every page of your paper. Carefully proofread your paper to correct errors and omissions. Grammar and content are important. General guidelines to editorial style can be found in Langara’s Writing Centre.

9. Staple your paper together in the upper left corner. Do not put your paper in a binder and do not attach it to your Exercise Answers.

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PSYCHOLOGY 1115 (G01)

Assignment #2

This assignment is a library reference paper so you will be expected to discuss and explain relevant information from reputable library sources. All information must be in your own words so please review the information in Plagiarism Avoided: Taking Responsibility For Your Work, available in the bookstore, Psychology Lab (A236), or the plagiarism page of the Langara website. Any information directly quoted must have quotation marks around it and be cited as a quote, using APA style. A paper of this length shouldn't have more than two, or perhaps three, direct quotations.

Public libraries are not good sources for this academic information and college libraries, being small, have limited resources so be prepared to visit a university library or use interlibrary loan. Start this assignment early in the term because you may have to wait for reference material to be returned to the library by other students. Be sure to consult the APA style information sheets included in the Appendix of this course packet.

Be careful to use only reputable sources of information for your paper (i.e.: use journal articles, college/university level texts and books, no magazines; check the credentials of authors whose work you cite.) Your own opinion is not generally included in this type of paper. However, you may briefly state your opinion, if it is supported by the literature, in a summary section where you review the information discussed in your paper.

The purpose of this assignment is to allow you to become familiar with the use of library sources in psychology and to acquire a more detailed understanding of the topic you select. I hope you will find one of the topics interesting and worthy of further investigation.

Assignment #2 is due on November 5/09 @ 6:30 PM.

Contd
PSYCHOLOGY 1115 (G01)

Assignment #2 (Contd.)

Topics

Select one topic from the following list of four.

1. **Systematic Desensitization of a Phobic Reaction**
   Select and briefly describe a specific phobic reaction. Briefly, how does learning theory explain the development of this phobia? Discuss and explain the use of systematic desensitization to treat the selected phobia. Evaluate the effectiveness of systematic desensitization as a treatment technique for phobic reactions.

2. **Dream Interpretation**
   Discuss, compare, and contrast two theoretical approaches. Discuss research that supports or refutes each theory.

3. **Fetal Alcohol Syndrome**
   What is it? What are the symptoms? Discuss the etiology, prognosis, and prevention.

4. **Hypnosis**
   What is it and how does it function? Discuss the theoretical explanations of it and the research that evaluates the theories. Discuss how it is/can be used.

Instructions

1. Select your topic.

2. Collect the necessary library reference information.

3. Organize the reference information into the various subsections of your paper.

4. Write your paper in formal essay style, using the third person. Discuss and explain the reference information in your own words, using subheadings relevant to your topic. Include a "Summary" subheading at the end of your paper. General guidelines to essay writing can be found in Langara’s Writing Centre.

5. Use at least four references other than your own text.
PSYCHOLOGY 1115 (G01)

Assignment #2 (Contd.)

6. Acknowledge all references and include a list of References at the back of your paper. Follow APA guidelines as described in the Appendix of this course packet. Make sure you consult the booklet: Plagiarism Avoided…. Additional information concerning APA style can be found on our Psychology Department’s web page, which also includes several online APA resources that you can access. The original source of all ideas and information must be properly referenced in the body of your paper and in your list of References, even if the information has been put in your own words.

7. Type your paper, using double-spacing. Include your name, Assignment #2, and page number on the top of every page of your paper. Carefully proofread your paper to correct errors and omissions. Grammar and content are important.

8. Include a cover sheet with the following information: Psych. 1115 (G01), Assignment #2, title of the topic you select, your name, student #, the date, your instructor's name.

9. Staple your paper together in the upper left corner. Do not put your paper in a binder and do not attach it to your exercise questions.

10. Your paper should be 6 -7 pages, typed and double-spaced, which is about 1500 - 1800 words.