Introduction to Psychology (PSYC 1)
Summer Session 1, 2020
June 22nd- July 24th

Course Description
This course is intended to provide an overview of the subfields of psychology. Topics covered will include an introduction to cognitive, clinical, social, and developmental psychology as well as some intersections between these subfields. Foundational theories will be discussed, but we will also connect theories with modern research. This course is intended to briefly examine a broad range of topics to inform your choice of upper-division courses, research labs, pique your interest in psychology, and make you a more critical consumer of research.

Course Goals
 The goal is for students to learn foundational knowledge about the different fields of psychology. This foundational knowledge will provide students the information they need to be successful in future coursework.

Rather than ask students to memorize information, **students are encouraged to refer to their notes, the lecture slides, and textbook to complete all assignments and exams.** Using notes and resources (such as course materials and the textbook) is more reflective of what psychologists do in everyday life. Psychologists consistently look up information from the tools and resources at their disposal. This course will introduce you to some of the tools and resources psychologists in the field use. Additionally, the course will **teach you how to find, read, and critically evaluate peer-reviewed journal articles.**

Learning Goals and Objectives

1. Students will gain experience in **finding, reading, and discussing peer-reviewed journal articles**. Students should be able to identify the different sections of a journal article and understand the purpose of each section.
2. Students will **practice being critical readers**.. Students will be able to critically assess claims by examining cultural appropriateness, limitations of the work, and context.
3. Students will gain a better **understanding of APA style writing and formatting**. Students will read, learn, and apply APA style citations in all class assignments.
4. Students will develop an **understanding of foundational theories in psychology** by examining current research in the field.

Class Meetings
Since summer session will be held remotely, **lectures will be pre-recorded and uploaded each week**. Lectures will consist of the instructor talking through a set of slides. Students are encouraged to read the accompanying text *before* listening to the lecture. These mini lectures will summarize the corresponding chapter in the textbook, highlighting important concepts. **These lectures are not comprehensive, please read the textbook and listen to the lectures so you get all the information.** The instructor and TA's will hold office hours to answer questions about the content of the lectures and textbook.

In addition to office hours, **students can fill out an exit ticket at the end of each pre-recorded lecture**. Exit tickets are optional. Students are encouraged to fill out an exit ticket to leave feedback, ask questions, or indicate what topics they want to learn more about. To fill out an exit ticket: https://tinyurl.com/psyc1-2020 (the URL will remain the same all quarter and the link will be posted at the end of each set of lecture slides). Exit tickets are anonymous, with an option to leave your name *if* you want the Teaching Team to respond to your comment or question.

The Teaching Team:
Instructor*:* Elizabeth Goldman
Office hours: Thursdays 1pm -2pm or by appointment (please email me to set up an alternative time)
Office hours will be held remotely over zoom
Zoom link: https://ucsc.zoom.us/j/97738524460
eljgoldm@ucsc.edu

Teaching Assistant: Andrew Guydish
Office hours: Fridays 10am – 11am
Office hours will be held remotely over zoom
Zoom link: https://ucsc.zoom.us/j/96998976176
aguydish@ucsc.edu

Teaching Assistant: Miguel Lopezzi
Office hours: Thursdays 4pm-5pm
Office hours will be held remotely over zoom
Zoom link: https://ucsc.zoom.us/j/97229342233
mlopezzi@ucsc.edu

What are office hours for?
Please join us in our zoom office hours if you have any questions about the material or assignments. We are happy to meet and answer any questions you might have about psychology, the course, or research. Please don't wait until you're panicking about the course to come to us for help. Office hours are for reviewing material, asking questions, or just coming to say hi and pay us a visit. We're all PhD students and psychology researchers, so if you have questions about research and/or grad school, we're here to help!

Communicating via email:
If you have a question please consult the syllabus, course site, and textbook *before* you email us. We are here to help – but some questions are better able to be answered through conversation (via zoom) rather than email. So, please consider coming to office hours.

If you want to send an email please do the following:
- Put Psyc 1 in the subject line
- Start with a greeting (Dear, Hello, Hi, etc.)
- Describe your question
- Sign off with your full name

We will try and respond to all emails within 24 hours, but please be patient. We may need more time to respond if we do not know the answer to your question. **On weekends we may not respond until the following Monday.** We appreciate your patience and understanding.

Course site:
We will be using **Canvas** to post slides, grades, and other materials. Your quizzes will also take place on Canvas. Please make sure you have a working login and can access the site. Lecture slides and the recorded lectures will be uploaded. Please note that slides are made available only for your personal use and should not be sold or shared for commercial purposes. **The slides posted are an outline of the lecture and students are strongly encouraged to watch the lecture, read the textbook, and attend office hours to get all the information.**

Textbook:
Learning in multiple ways is usually most effective, and it's always useful to hear from multiple perspectives. There will be required reading assigned to correspond to each lecture topic. We will be using an open-source textbook found here: https://openstax.org/details/books/psychology The book is available for free as a PDF on this page, but you can also order a physical copy if you prefer. An opensource textbook makes the information available to you without forcing you to purchase a textbook. Textbooks are expensive, so we want to give students a way to access the information for free. If you have trouble accessing the textbook, Canvas site, or materials please let us know.

Course components: All assignments, quizzes, and exams are open notes. This means **students can use their class notes, lecture slides, and textbook to complete the assignment, quiz, or exam**. Please do not copy the work of another student or work with another student to complete the assignments, quizzes or exams. **All work should be done independently.**

Paper (30%)
> For this paper, you will choose one empirical article from a provided list (although you can clear other articles of interest your TA). You will write a 4- to 5-page, double-spaced response to the article. Your response should include (1) a brief summary of the empirical findings and conclusions (2) an evaluation of the findings and conclusions (whether or not you are convinced by the findings and conclusions, and why or why not), (3) a connection between the article and a real-world topic in the media, and (4) a discussion of how the psychological topics being covered in the article relate to your own

life. **Papers should be submitted through Canvas in .docx or .pdf format**. Late papers will only be accepted within 24-hours of the due date and will be docked 15**%. If you have issues with Canvas, email your paper to your TA on or before the deadline to avoid a late penalty**. More instructions about the paper and the rubric will be posted to Canvas.

Reflections (2 Reflections 5% each) (10% total)

Instead of in person discussions, students will be asked to post a short essay response to a prompt on Canvas. Responses will be read by the TA's. Responses will be scored using a rubric and are meant to help students think about the material they just covered. Late reflections will not be accepted unless we have arranged a make-up before the deadline or there are emergency circumstances.

Quizzes (5 quizzes; 4% each) (20% total)

Quizzes will be available on Canvas to complete every week except during week 5. During week 1 there will be 2 quizzes: the first quiz will be a syllabus quiz and the rest of the quizzes will be about course content. You may consult your notes and textbook, but if you are found to be soliciting help from other students (online or offline), you will be referred for academic dishonesty. Late quizzes will not be accepted unless we have arranged a make-up before the quiz deadline or there are emergency circumstances.

Examinations (2 exams, 20% each) (40% total)

You will be given a midterm and a final exam. The final will be cumulative. The exams will be multiple-choice format and exams will be taken online on the Canvas course site. Exams are open notes, open lecture slides, and open textbook. You will be given 3 hours to complete each exam. Exams will be open for one day (see the course schedule for exact dates), please make sure to set aside time on the exam days to take the exam. Make-up exams will be scheduled under emergency circumstances and must be arranged with your instructor _before_ each exam.

Extra Credit (1%)

You will receive an extra 1% towards your final grade if 80% or more of the class completes an online course evaluation by the end of the course. Please complete the course evaluation with honest feedback about the course. Your evaluations are anonymous. Course evaluations must be completed by 11:59 pm on Friday, July 24, 2020. To complete the course evaluation go to Canvas and click on "Student Experience of Teaching" (SET's).

Late Policy and Pacing of the Course

This is a strange and chaotic time. One reason the course asynchronous is to give students the flexibility to watch/listen to lectures at their own pace. Some of us are more productive in the morning, some of us learn better at night. You know what will work best for you. If you need more time to complete an assignment, please communicate with the instructor and your TA. We want to work with you and are willing to grant extensions if you communicate with us. The teaching team recommends following the course schedule, do not fall behind on the reading and lectures, 5 weeks flies by.

Research Participation (optional, extra credit opportunity)

      The Psychology Department typically requires that all students in this course participate in psychology research projects (surveys or experiments). Due to remote instruction, the department no longer requires research participation. Instead **extra credit** will be given to anyone who completes a total of **3 hours of research participation** or completes **an alternative assignment** (see below for more information). All research participation must be completed by **5:00pm on July 24th, 2020**. If you have any questions or concerns, please contact the research pool administrator at ucscresearchpool@gmail.com.

Follow these easy steps to sign-up for research projects:

1) Go to the E-Link website at https://ucsc.sona-systems.com
2) If you are enrolled in the class at the start of the quarter, then an account should already be created for you. To log in for the first time, click "Forgot Password?" to retrieve the pre-set password. For those who added the class late, or for some reason the system won't let you log in, you may need to click "Request Account." Only request a new account if the "Forgot Password" link isn't working.
3) **Always enter your UCSC email address.** You will receive your password via email.
4) Log in and follow the instructions to complete the Prescreening Questionnaire. Your responses on this questionnaire will determine your eligibility for different studies.

IMPORTANT: Studies are posted throughout the summer. Plan ahead and complete them as soon as possible. Check online often for new studies. Due to remote instruction many studies will be surveys you can fill out on your own time. A few studies will ask you to sign up for a timeslot to complete the survey. If you know you cannot make it, and if the time until the study is more than 24 hours, you can cancel on E-link. If you fail to show up for a study, or fail to cancel in time, you will be marked as having an "unexcused no-show." If you accumulate three unexcused no-shows you will be prevented from signing up for more research studies. All participation must be completed by **5:00pm on Friday, July 24th**. Do not wait until the last week to sign up.

What if you can't find studies? Although some studies may be available right at the start of the summer session, there may not be enough for everyone. Please be patient, researchers will post new studies throughout the summer. There is usually a big spike in hours during the last couple weeks. If you are concerned about the availability of hours, please don't email your instructors or TAs; instead email the pool administrator so that they can try to address the issue directly (ucscresearchpool@gmail.com). This is also the best email to use if other issues arise during the summer. If you participated in a study but didn't receive credit after two days, please start by emailing the researchers directly. If the researchers don't respond then send an email to the pool administrator. Rest assured, however, that all pending timeslots will be given credit at the end of the summer session before a report is sent to your instructor.

Alternative assignment: If you prefer to not participate in research projects (or if you are under the age of 18) you may substitute a two-page typed paper, that critically evaluates a psychology

research article. If you are doing the alternative written assignment, your assignment must be emailed directly to your TA by **July 24th at 5:30 pm**. Please note that plagiarized papers will result in a violation of the University's academic integrity policy.

> The alternative assignment paper should be 1-2 pages (double spaced, 12-point, Times New Roman) and critically evaluate a psychology research article (addressing the questions shown below). You will need to use the articles on the list provided. More detailed instructions about the alternative assignment are posted on Canvas.
>
> 1)   What were the basic questions or hypotheses under investigation?
> 2)   How did the researchers test their hypotheses?
> 3)   What did the researchers find and how were these findings interpreted?
> 4)   Are you convinced? Why or why not? Explain.

Calculation of grades

The above components (paper, quizzes, reflections, exams) make up the final grade in the following manner. First, the average of each component is calculated, and you are assigned that number of points based on the weight of each component. The weighted average of the grade points from these components determines your final grade.

Important Notes about Grades:

see the psychology website for more details: https://psychology.ucsc.edu/undergraduate/psych-majors/admission-reqs.html

- If you are taking the course Pass/Fail, a **70 and above is passing**.
- **C- grades will not satisfy pre-requisites**, GE requirements, or major requirements; students may repeat courses in which they receive a grade of C- or below.
- The Psychology Department requires **at least a B- in PSYC 1 to declare the Psychology major** and the required GPA for the major includes your grade in this course. For more information, contact psychology advising: psyadv@ucsc.edu

Scores to Letter Grades:

A+	97.0-100	A	93.0-96.9	A-	90.0-92.9
B+	87.0-89.9	B	83.0-86.9	B-	80.0-82.9
C+	77.0-79.9	C	70.0-76.9	D	60.0-69.9
F	<60.00	NOTE: D and F are not passing grades.			

Accommodations

Your success in this class is important to the teaching team. We will all need accommodations because we all learn differently. If there are aspects of this course that prevent you from learning or exclude you, please let the instructor know as soon as possible. Together we'll develop strategies to meet both your needs and the requirements of the course. The teaching team is doing their best to accommodate all needs and make the course/materials as accessible as possible to all students. The teaching team is still learning how to best do this, especially with the new challenges remote learning brings. If you have any needs that are not being addressed or met please reach out to us. We will do our best to accommodate your needs.

Any student who thinks they may need an accommodation based on the impact of a disability should *contact the teaching team privately to submit their Accommodation Authorization* and discuss specific needs, preferably *within the first week of summer session*. Please contact the **Disability Resource Center** at 831-459-2089, in room 146 Hahn Student Services, or by e-mail at drc@ucsc.edu to coordinate those accommodations. Connect with our Reception Staff on Zoom: ucsc.zoom.us/j/9542521577 (Meeting ID: 954 252 1577)

On campus resources and information: Even though we are remote, many of these resources are continuing to serve students.

Basic Needs & Slug Support
Any student experiencing difficulty affording or accessing nutritious food, or who does not have a safe, stable place to live is urged to contact **Slug Support** at deanofstudents@ucsc.edu or 831-459-4446. A comprehensive listing of food and housing resources on campus and in Santa Cruz is available at basicneeds.ucsc.edu

CAPS (Counseling and Psychological Services) If you are in distress, managing heightened stress and anxiety, or want to get more support and a counselor's perspective on something you're going through, CAPS provides a variety of services for your needs—including immediate crisis support, scheduled individual appointments, group counseling, and workshops led by peer advisors.

https://caps.ucsc.edu/ or 831-459-2628

Veterans Resource Center (at Kresge)
https://stars.ucsc.edu/veteran/ or 831-459-1520
Peer Mentors at the Veterans Resource Center: 831-459-1520
Veterans Program Coordinator: Juhowell@ucsc.edu or 831-502-7240

UCSC VA Certifying Officials:
vets_benefits@ucsc.edu or 831-459-2709 or Website:
https://registrar.ucsc.edu/enrollment/veterans/index.html

Undocumented Student Services (USS)
https://eop.ucsc.edu/undocumented_student_services/index.html Under the umbrella of the Educational Opportunities Programs, Undocumented Student Services (USS) provides personal, academic, financial, and legal support to all UCSC undocumented students, including scholarship and fellowship information, community-building meetings, legal assistance and workshops, and access to fresh produce.

Student Health Center https://healthcenter.ucsc.edu/services/index.html In addition to providing medical and health care, the Student Health Center provides resources and information for overall wellness and sexual health at Student Health Outreach and Promotion (SHOP). SHOP also provides a safe, confidential, and nonjudgmental space where you can talk about and get information about alcohol and other drugs. The COVE offers a space for sober students or students questioning their relationship to alcohol and other drugs. If you're seeking more information, strategies, and opportunities to engage in honest dialogue about safer social and party experiences, visit Party Like a Slug. During remote instruction the on campus pharmacy is open and able to refill prescriptions. Prescriptions can be mailed to you

Title IX & CARE: UC Santa Cruz is committed to providing a safe learning environment that is free of all forms of gender discrimination and sexual harassment, which are explicitly prohibited under Title IX. If you have experienced any form of sexual harassment, sexual assault, domestic violence, dating violence, or stalking, know that you are not alone. The Title IX Office, the Campus Advocacy, Resources & Education (CARE) office, and Counseling & Psychological Services (CAPS) are all resources that you can rely on for support.

CARE (Campus Advocacy Resources and Education) https://care.ucsc.edu/ CARE is a confidential space to discuss issues of dating violence, sexual assault, and stalking. CARE advocates provide support in a variety of ways depending on your needs, such as by supporting you in your decision-making; understanding the complexities that can arise from these issues; providing emotional support and free services; and providing resources and referrals. Make an appointment: https://care.ucsc.edu/services/advocacy-appointment-request1.html or give CARE a call: (831) 502-2273

In addition to CARE, these resources are available to you:

- If you need help figuring out what resources you or someone else might need, visit the Sexual Violence Prevention & Response (SAFE) website, which provides information and resources for different situations.
- Counseling & Psychological Services (CAPS) can provide confidential counseling support. Call them at (831) 459-2628.
- You can also report gender discrimination and sexual harassment and violence directly to the University's Title IX Office, by calling (831) 459-2462 or by using their online reporting tool.
- Reports to law enforcement can be made to the UC Police Department, (831) 459-2231 ext. 1.

Academic Integrity
Academic dishonesty is not tolerated. Cheating and plagiarism are very serious academic offenses. Penalties can include a failing grade in an assignment, exam, or in the course, or suspension or expulsion from the university. Please consult the following website for more information: https://www.ue.ucsc.edu/academic_misconduct

Distribution of Course Materials
The unauthorized posting or sale of lecture notes (other course materials) is a violation of campus policies, state law, and may also constitute copyright infringement subject to legal action.

Special thanks to Julia Soares PhD for sharing her materials.

Course Schedule (Subject to Change)

Date Lectures will be posted on Canvas	Topics Covered, Textbook Chapters, and *Optional readings* (Textbook chapters are <u>required </u>reading)	Important Dates
6/22 Mon Week 1	• Introduction to the Course • History of Psychology (Chapter 1, *optional reading WEIRD Article*) • Research Methods (Chapter 2)	
6/24 Wed Week 1	• Neuroscience (Chapter 3, *optional reading: Hubel & Wiesel (1959), optional reading: No, You're Not Left-Brained or Right-Brained -Psychology Today*) • Attention & Consciousness (Chapter 4, *optional reading: Siegrist (1995), optional reading: Wegner, Wenzlaff, & Kozak, (2004),optional reading: Killingsworth & Gilbert (2010)* Quiz 1 (Syllabus Quiz) due Wednesday 6/24 Quiz 2 due Saturday 6/27	Add deadline: Thursday, June 25
6/29 Mon Week 2	• Sensation & Perception (Chapter 5, *optional reading: Morrot,Brochet, & Dubourdieu, 2001*) • Language & Thinking (Guest Lecturer Allison Nguyen; Chapter 7) Reflection 1 due Monday 6/29	Drop deadline: Monday, June 29
7/1 Wed Week 2	• Learning (Guest Lecturer Yu Zhang; Chapter 6) • Memory (Chapter 8) Quiz 3 due Saturday 7/4	
7/6 Mon Week 3	Midterm Exam	
7/8 Wed Week 3	• Lifespan development (Chapter 9, *optional reading: Rogoff et al., 2014*) • Emotion & Motivation (Chapter 10, *optional reading: Ekman & Kelter, 2000*) Quiz 4 due Saturday 7/11	Grade change option: Friday, July 10
7/13 Mon Week 4	• Personality (Chapter 11, *optional reading: Mischel,1977*) • Social Psychology (Guest Lecturer Sona Kaur; Chapter 12) Paper due at 11:59pm on Tuesday 7/14	
7/15 Wed Week 4	• Clinical Psychology: Psychological Disorders (Chapter 15) • Therapy & Treatment (Chapter 16) Quiz 5 Due Saturday 7/18	
7/20 Mon Week 5	Special Topics (TBD. Topics will be selected based on student interests/requests. Reading is TBA) Reflection 2 Due Monday 7/20	
7/22 Wed Week 5	Final Exam Research Participation *or* Alternative Assignment (extra credit opportunity) due Friday, 7/24	

Notes:
- Each chapter will have its own corresponding recorded lecture. Textbook chapters are REQUIRED reading.

- Recorded lectures will be posted on Canvas, a PDF of the slides will also be posted on Canvas.

- I will show video clips during the recorded lectures. A list of the video links will be provided so students can re-watch the videos if needed. See "Psyc 1 List of Videos" which has been uploaded onto the Canvas site. I recognize the sound and video quality on some of these clips is not the best, I apologize and appreciate your understanding.

- Assignments and exams are highlighted in green. Instructions and detailed rubrics have been posted on the Canvas site.

- *Optional readings* are available on the Canvas course site. Optional readings will be posted in the same folders as lecture slides and recordings. Optional readings are in *italics*.

- Summer session key dates: https://summer.ucsc.edu/studentlife/index.html