Basic Course Information

**Required text for General Psychology 201, 202, and 203:**

**Course contents:**
This introductory course covers Personality (Chapter 12), Social Psychology (Chapter 13), Stress and Health (Chapter 16) and Psychological Disorders (Chapter 14).

This is a general psychology class for a general audience. You need to apply the course concepts to your particular situation AND situations you might encounter since your future may not unfold as you intend. General psychology will cover some of the biological, psychological, environmental and individual factors that influence human thinking, beliefs and behavior. This knowledge can help you begin the process of understanding yourself and others. The nature of psychological inquiry can be challenging because it can change the sense of who you are and your view of life events.

Knowledge about how we think and behave and what can influence them can help you begin the process of understanding yourself and others. If you don’t understand some of the factors that influence your thinking and behavior, you will be unable to make the changes in your life that you want and the problems you face will continue. A good understanding of yourself can help you feel that you have more control over your life and allow you to begin to make the changes in your life. A good understanding of others can be helpful in that it will help you improve your relationships with other people. Since most careers involve working with people, this knowledge will be helpful with not only your personal relationships, but your professional career.

**Course format:**
Class time will be used to cover some of the main concepts in the chapter, address questions you may have, work on in-class exercises, and perform demonstrations and activities to help you learn, apply and connect the concepts to “the real world”. I will integrate current topics with chapters from within this course as well as material from the other General Psychology courses. In addition, we will explore how understanding psychology relates to the other social sciences, such as criminal law, sociology, economics and politics. Although I encourage participation in class, this is NOT an open invitation for having a conversation with your fellow students. Conversations in the classroom are distracting for other students.

**Topical psychology courses offered at Lane Community College:**
- Abnormal Psychology
- Adult Development
- Applied Psychology
- Child Development
- Experimental Psychology
- Human Sexuality
- Learning and Memory
- Lifespan Development
- Multi-Cultural Psychology
- Personality
- Physiological Psychology
- Social Psychology
Grades

Grades:
Chapter Exams (4 x 100 pts.) 400 points
Final Exam (100 pts.) 100 points
Non-Exam points (75 pts.) 75 points

A = 500 - 575 pts.
B = 450 - 499 pts.
C = 400 - 449 pts.
D = 350 - 399 pts.

Grades are not based on a curve. Keep a record of your points. If your records do not match mine, let me know. Please see me during office hours for help to address your questions or concerns. Pluses and minuses are given at my discretion for exceptional work.

Chapter exams (100 points each):
Exams are usually 30 multiple choice/matching questions (3 points each) and 2 of 4 short answer questions (5 points each) for a total of 100 points (exams that are not 100 points will be scaled to 100 points) to be taken in 50 minutes. Exams may contain multiple-choice, matching or short answer questions that can be based on the readings, class demonstrations, discussions and examples from class, or questions from a previous chapter from the course!

• There will be an opportunity to earn bonus points on the chapter exams for those who take the exam at the scheduled time. These bonus points are optional and are questions from previous chapters. You will need to correctly answer at least 3 of the 12 questions to earn points and these questions can be used as practice for the final exam and an indicator of how well you are retaining information for the final exam.

Comprehensive final exam (100 points):
The final exam will be a comprehensive multiple-choice exam based on the textbook of 50 questions worth 2 points each.

• Students who take the comprehensive final exam at the scheduled time, a sheet of notes (8 ½” x 11”, front and back) will be allowed. You cannot use notes if you are taking a makeup final.
• The final exam score may replace a single missed exam with a score of zero (see Missed exam and late work policy), thus making the final exam worth 200 points.
• Students who have an average greater than or equal to 80% on the four chapter exams may substitute the final exam score with the average score of all four chapter exams, thus avoiding the final exam. If you have this option, I will use the average of all four chapter exams OR the final exam—whichever is greater.

Non-exam points: homework, in-class assignments, or alternative assignments:
There will be assignments given in class worth anywhere from 1 to 10 points each (depending on performance). These can be in the form of a quiz on the vocabulary, concept reviews from the textbook, in-class exercises, homework, group work, applications of the course material, etc. I will provide an opportunity to earn at least 50 non-exam points during the term (there is usually more). In addition to the in-class opportunities, you may do alternative assignments to accumulate more non-exam points. A brief description for some of these assignments is covered on the page 6. The last day to do alternative assignments for non-exam points is the last day of class, June 7th at 5:00 pm.

Basic Student Code of Conduct:
• Work hard
• Be responsible
• Be respectful to others
• Seek help when struggling
• Be honest. Don’t lie, cheat or steal
Missed Exams and Late Work

Missed exam and late work policy:
• **Exams:** A zero will be recorded for a missed exam. A single zero can be replaced with the score from the comprehensive final exam (see Comprehensive final exam). Only students who take the exam at the scheduled time may earn bonus points on the exams and use note cards for the exams (if applicable).

• **Homework:** Homework is an individual exercise (unless it is explicitly a group exercise). You may work with others, but you will need to do your own work. Unless otherwise stated, *homework assignments are due at the beginning of the next class meeting.* If you are absent from class, you are responsible for the class material and turning it in on time. Late work will be graded for feedback. Depending on how much late work and how late it is, points from late work may or may not count toward your final grade. Homework is NOT accepted after the last day of class at 5:00 pm.

Makeup exams:
You can take an alternative makeup exam if you meet one of two conditions.
1. If you notify me by email, voice mail message, or in writing (but not verbally) *in advance* that you cannot take the exam at the scheduled time OR
2. If you provide *documentation* of a health (sick) or legal reason (in court, arrested, ticketed) why you could not take the exam at the scheduled time after you missed the exam.

Makeup exams are to be taken in the Social Science Testing Lab (CEN 456). The makeup exam must be taken within 14 days of the original exam or else it will revert to a zero (in the summer session, this must be done by the end of the 4-week session). There are no makeup exams after the last day of class without prior approval.

Limitations of makeup exams:
• Only students who take the exam at the scheduled time may earn bonus points. There are no bonus points on makeup exams.
• If applicable, you cannot use notes for the makeup exams. Currently, only the final exam and summer session chapter exams are allowed notes on exams.
Being Successful!

General strategies for success:
- Distribute your reading over the week. Minimize reading all at one time or get behind in your reading.
- Learn the vocabulary for each chapter. There are virtual flashcards on the publisher’s website and I have paper copies of flashcards on the website.
- Get copies of the overheads from the website.
- Attend, pay attention and participate in class.
- Take notes.
  - Rewrite and review your notes (look up SQ3R or the Cornell Method on Wikipedia), or visit Academic Learning Skills Department.
  - Review your notes daily, before class and at the end of each week.
- Visit your instructor during office hours if you are have difficulties, have questions or don’t understand the material or any other questions or need assistance with the course.
- Get a good night’s rest. People who are deprived of sleep tend to have difficulties concentrating and remembering information.
- The average student needs to spend 2 hours outside of class for every hour in class. This means spending 6 hours a week outside of class preparing for a 3 credit class.

General strategies for preparing for exams:
- Generate a chapter outline and expand it and add more specific details: You should start reading the material as soon as possible and create a general outline of the chapter. As you read the chapter, slowly add detail to your general outline. You can find also find an example of a general outline for each chapter on my website and a detailed outline on the publisher’s website.
- Read the chapter objectives: Visit the publisher’s website and download the learning objectives for each chapter. This can help focus your attention while reading the chapter. When reading the chapter, break the chapter into small sections for studying and distribute your reading to correspond with the topics on the tentative schedule. This will help you learn, organize and remember the concepts. When reading through the chapter, make sure you can determine the important points of each section. If you have questions about this process, come and see me during office hours and we can explore strategies for learning the material.
- Visit the website for this course. I should have identified the number of multiple choice items per major heading for each chapter. This way you know which sections I will focus on.
- Use on the on-line resources such as the chapter quizzes and electronic flashcards that can be found on the publisher’s website or linked from my website.
- When you finish the chapter it is recommended (not required) that you make a detailed outline of each section to summarize and organize the main ideas. As you read the text, include the images, THE REAL WORLD, HOT SCIENCE, etc. sections. You ARE tested on them.

DO NOT:
- rely on merely repeating the information over and over to yourself. Elaborate on the information, connect the information with what you already know and organize the information.
- rely on memorizing facts and answers to specific questions. Understand and interrelate the psychological concepts.
- text, blackberry, surf the internet, or have conversations unrelated to class, etc. while in class.
- cram for your exams.
Those who don’t pay attention in class, don’t read the material, don’t attend, don’t ask questions, don’t study, don’t participate, get behind which leads to not paying attention, not reading the material, not attending, not asking questions, not studying and not participating and get even further behind. At the end of the term these people tends to spiral out of control and lead to poorer grades, higher levels of stress, and avoidance of your responsibilities.
Resources

Web sites:

- **My web site**: [http://media.lanecc.edu/users/kime](http://media.lanecc.edu/users/kime)  
  You can find short chapter outlines, chapter objectives and, copies of my overheads, point distributions (based on exam scores as your ID), and links to other psychology related resources. You should get copies of the overheads to help you listen, think, and take your own notes during class instead of copying from the overheads. This is a supplement for the course, not a substitute for attending class or reading the textbook. Handouts from class are the documents of record since there may be problems or delays with transferring information from my files to the web site.

- **Publisher’s web site**: [http://bcs.worthpublishers.com/schacter2e/](http://bcs.worthpublishers.com/schacter2e/)  
  On the publisher’s web site, you can find chapter objectives, chapter outlines, quizzes, electronic flashcards and other resources to help you learn psychology. If you use this website, under your student profile, enter my email as your instructor.

**Academic Learning Skills Department (Center building, second floor)**

The Academic Learning Skills Department provides instruction at both the developmental and transfer levels to prepare students for success in lower division and career/technical courses and in work, family and community settings. The Department uses assessment and placement information to offer sequenced credit courses in reading, writing, English as a second language, math, study skills, and computer literacy. Phone: (541) 463-5439. [http://www2.lanecc.edu/als](http://www2.lanecc.edu/als)

**Counseling and Advising Center**

Academic advising counselors and advisors are available to help you plan your educational program and select classes to meet your goals. Advising services are available on a drop-in basis at the main campus in Building 1, Room 103. For academic advising at the Downtown Center in Eugene, or at the Florence or Cottage Grove Centers, call for availability. For more information, call (541) 463-3200. [http://www.lanecc.edu/counseling/contactus.html](http://www.lanecc.edu/counseling/contactus.html)

**Disability Services (building 1, room 218):**

If you need support or assistance because of a disability, you may be eligible for academic accommodations through Disability Services. For more information contact Disability Services at (541) 463-5150 (voice), or (541) 463-3079 (TTY), or stop by Building 1, Room 218.

**Women’s Center (Student Services Building 1, room 202)**

- Resources, referrals, and information
- A place to study and socialize with other students
- Coffee, tea, and a free phone for local calls
- Lending library, brochures, handouts
- Bulletin boards with community and campus events and services
- Peer support from other students
- Individual appointments with trained advisors
- Free use of our computers with staff assistance available

Find assistance for academic concerns and personal concerns. Phone: (541) 463-5353. [http://www.lanecc.edu/wp/women.htm](http://www.lanecc.edu/wp/women.htm)
Brief descriptions of Some Optional Assignments for non-exam Points

**On-line quizzes (optional):**
Visit the publisher’s website at [http://bcs.worthpublishers.com/schacter2e/](http://bcs.worthpublishers.com/schacter2e/). Complete both of the multiple choice quizzes for the chapters covered in this course, print them out entirely and turn them in (there are usually 2 quizzes of 15 items each). Points are based on completed quizzes turned in at the beginning of class. Points are NOT based on performance.
- Turn in both quizzes 2 class session before the exam for 3 non-exam points (each one is worth 1½ points).
- Turn in both quizzes 1 class sessions before the exam or later for 1 non-exam point (each one is worth ½ a point).

**News article reviews (optional):**
Read a news article from a newspaper, news magazine, or internet news web site with a professional editorial process. Briefly summarize the article and relate it to one of the psychological concepts covered in this course. See alternative assignment descriptions on my website for more information and specific requirements. These are worth up to 6 points each with a maximum of fifty points.

**Identification of examples or applications (optional):**
Each chapter will have several key concepts/terms listed at the end of the chapter. From these concepts, briefly describe one situation involving this concept, an explanation of why this situation is an example of this concept, and describe how this concept can affect behavior or beliefs or the potential impacts of not recognizing this psychological concept. See alternative assignment descriptions on my website for more information. These are worth up to 2 points each with a maximum of fifty points. You cannot use any examples that come from class, your textbook or another psychology course.

**Videos (not video clips) (optional):**
There are some Discovering Psychology videos that correspond to some of the concepts in this course that you may watch ([http://media.lanecc.edu/users/kime/videoguideindex.html](http://media.lanecc.edu/users/kime/videoguideindex.html)), and answer some questions (see handouts on my website) or summarize it and describe the main points (be specific). The summary should be about a page long. This is not a substitute for the reading the textbook or attending class. These videos will roughly correspond to the material covered by our textbook. Most videos will be about 30 minutes. Some will be up to 1 hour. You can receive up to 5 extra points toward my course. See the list on my website for possible titles.

**Radio stories from NPR on the web (optional):**
On my web site, I list a variety of stories from National Public Radio’s web site. You will need Real Audio player to listen to them. For each story, listen to them, summarize the main points of the story, and explain what psychological concept(s) are important to know and understand the story. Often, the psychological concept needs to be discovered and explained. This is worth up to 2 points each.

**Concept maps or answer the chapter objectives (optional):**
You should develop a broad overview of the chapter with a concept map or outline (outlines, receive no credit) before reading the chapter. A concept map is a tool to help you visually organize the contents of the chapter. It is easier to do concept maps on the computer. Visit [http://vue.tufts.edu/](http://vue.tufts.edu/), download the program and play with it to construct a concept map. A concept map must contain approximately 90% of the key terms listed at the back of the chapter with specific details to help you organize and summarize the chapter. It should be turned in two class days before the exam to receive feedback for the exam. You can still turn it in later for points—it is just more difficult to give you feedback before the exam. The purpose is to encourage you to read and organize the material of the chapter before the exam. This is worth up to 5 points per chapter.
### Tentative Schedule

<table>
<thead>
<tr>
<th>Week of...</th>
<th>General Lecture Topic(s)</th>
<th>Associated reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon., April 1</td>
<td>Personality: What is personality?</td>
<td>p. 467-472</td>
</tr>
<tr>
<td>Weds., April 3</td>
<td>Methods of assessing personality (Projective Tests and Self-report inventories)</td>
<td>p. 472-480</td>
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<tr>
<td>Fri., April 5</td>
<td>Theories of Personality (Freud’s Psychoanalytic perspective)</td>
<td>p. 480-486</td>
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<tr>
<td>Mon., April 8</td>
<td>Freudian defense mechanisms</td>
<td>p. 489-492</td>
</tr>
<tr>
<td>Weds., April 10</td>
<td>Theories of Personality (Social Cognitive)</td>
<td>p. 486-489</td>
</tr>
<tr>
<td>Fri., April 12</td>
<td>Why is learning about Personality important?</td>
<td>p. 492-501</td>
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<tr>
<td>Mon., April 15</td>
<td><strong>Exam: Personality</strong></td>
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<tr>
<td>Weds., April 17</td>
<td>Social Psychology: Attitudes and cognitive dissonance theory</td>
<td>p. 535-545</td>
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<tr>
<td>Fri., April 19</td>
<td>Actor-observer discrepancy, fundamental attributional error (FAE), self-serving bias</td>
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<tr>
<td>Mon., April 22</td>
<td>Prejudice and discrimination: Techniques to reduce prejudicial attitudes</td>
<td>p. 505-524</td>
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<tr>
<td>Weds., April 24</td>
<td>The power of the situation. Obedience: The Milgram experiments(s)</td>
<td>p. 524-535</td>
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<tr>
<td>Fri., April 26</td>
<td>The effect of groups on behavior: helping behavior: pluralistic ignorance and social proof, diffusion of responsibility</td>
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<tr>
<td>Mon., April 29</td>
<td>Why is learning about social psychology important?</td>
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<tr>
<td>Weds., May 1</td>
<td><strong>Exam: Social Psychology</strong></td>
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<tr>
<td>Fri., May 3</td>
<td>Spring Conference, College closed</td>
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<tr>
<td>Mon., May 6</td>
<td>Stress and Health: Sources of stress</td>
<td>p. 625-630</td>
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<tr>
<td>Weds., May 8</td>
<td>Reactions to Stress</td>
<td>p. 630-637</td>
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<tr>
<td>Fri., May 10</td>
<td>Stress Management</td>
<td>p. 637-643</td>
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<tr>
<td>Mon., May 13</td>
<td>Stress and Health</td>
<td>p. 643-649</td>
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<tr>
<td>Weds., May 15</td>
<td>Why is learning about the psychology of stress, health and coping important?</td>
<td>p. 649-653</td>
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<td>Fri., May 17</td>
<td><strong>Exam: Stress and Health</strong></td>
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<tr>
<td>Mon., May 20</td>
<td>Chapter 14: What is defines a psychological disorder? Myths about psychological disorders; Difficulties in seeking help? The likelihood of being affected by a psychological disorder</td>
<td>p. 549-558</td>
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<tr>
<td>Weds., May 22</td>
<td>Anxiety Disorders and Dissociative Disorders</td>
<td>p. 558-564</td>
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<tr>
<td>Fri., May 24</td>
<td>Dissociative, and Mood disorders</td>
<td>p. 564-571, 571-573</td>
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<td>Mon., May 27</td>
<td>Memorial Day holiday</td>
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<tr>
<td>Weds., May 29</td>
<td>Schizophrenia and Personality Disorders</td>
<td>p. 574-580, 580-585</td>
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<tr>
<td>Fri., May 31</td>
<td>Frontline video: Killer at Thurston High (90 minutes)</td>
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<tr>
<td>Mon., June 3</td>
<td>Frontline video: Killer at Thurston High (90 minutes)</td>
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<td>Weds., June 5</td>
<td>Discuss the video: What psychological principles (psychology of personality, social psychology, stress, health and coping, and psychological disorders) help you understand different aspects of the shooting at Thurston High</td>
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<tr>
<td>Fri., June 7</td>
<td><strong>Exam: Psychological Disorders</strong></td>
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<tr>
<td>Mon., June 10</td>
<td><strong>FINAL EXAM, 12:00-1:50 am for MWF class at 12:00</strong></td>
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<tr>
<td>Weds., June 12</td>
<td><strong>FINAL EXAM, 12:00-1:50 am for MWF class at 1:00</strong></td>
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*Students who have an average of 80 – 100% on the first four exams may choose to substitute the score for the final exam with the average of all of their exams.*