



# PSYCHOLOGY: The Human Experience

**NAME OF COURSE:** Introduction to Psychology  
**COURSE #:** PSY100.910  
**FACULTY:** Heather LaCost  
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**TIMELINE:** All three exams must be completed by **December 8<sup>th</sup>, 2008**, regardless of when you start the course. If you have questions or concerns about meeting this deadline, contact the instructor immediately. You are not able to take the first exam until after the first day of classes on August 25<sup>th</sup>

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**COURSE DESCRIPTION:** This course is a survey of the study of human behavior with emphasis on the scientific methods of contemporary psychological investigation. Topics include an introduction to: biology of behavior, sensation and perception, learning, memory, cognition, motivation, emotion, life-span development, personality, abnormal behavior and its therapies, social behavior and individual differences.

**COURSE OBJECTIVES:** This course is designed to provide the student with the opportunity to:

1. Explain methods utilized in conducting psychological research.
2. Explain major theories and models of psychology.
3. Explain the biological and psychological factors related to growth and development.
4. Explain the major systems in physiological psychology.
5. Outline the history of psychology including the contributions of major scientists.
6. Summarize learning theories including theories related to behaviorism, cognitive psychology, intelligence and information processing.
7. Describe various psychological disorders, causes and treatments.

**TEXTBOOKS &  
MATERIALS:**

Both a textbook and the telecourse study guide are required and are available from Waubonsee's Sugar Grove (Dickson Center) and Aurora campus bookstores. Make sure you get the TELECOURSE study guide. It lets you know how to navigate the course, gives a set of objectives for each tape, reading assignments, an overview, as well as some study questions. The books for the course are as follows:

- A. [Hockenbury & Hockenbury, Psychology 4th ed., Worth, N.Y. 2006. ISBN: 0-7167-6446-6](#)

- B. [Telecourse Student Guide to accompany Psychology: The Human Experience](#). Coast Learning Systems. Worth, NY, 2006. 4th ed., ISBN: 0-7167-7350-3 (TELECOURSE study guide)
- C. [Optional Text: Study Guide for Psychology](#), Cornelius Rea, Worth, N.Y. 2006. ISBN:0-7167-6926-3 (TEXT study guide).

**TESTS:**

Tests will be available on [August 25, 2008](#) and can be taken at the [Waubonsee Assessment Center](#) on either the Sugar Grove campus (Collins Hall, Room 137), or at the Aurora campus (Room 110). You will be required to show a photo ID before you are allowed to test.

Be prepared to leave your textbooks, notes, handbags, coats, etc., with the room proctor while taking the test. Testing for this course is being done using a computer. You will find the computerized testing format both easy and non-threatening to use. Using the computerized approach to testing will allow you to receive your score immediately upon completion of the exam.

Please note there are TWO study guides: the study guide that accompanies your text (optional) and the telecourse study guide. Refer to the Telecourse Study Guide by Hutchins to know how to study both the text and telecourse tapes. The tests should be taken after completing the following units in the TELECOURSE study guide:

<u>Tests #</u>	<u>Material</u>	
1	Study Guide Units 1 - 9	see study guide for
2	Study Guide Units 10 - 18	corresponding chapter
3	Study Guide Units 19 - 26	readings & tapes to view

There are three (3) 75 question multiple-choice tests. The tests cover material from the text and tapes, so both should be studied thoroughly utilizing the study guides. Questions on the test will be using the vocabulary of the textbook, so make sure you understand the textbook concepts and terminology. Each test is of equal weight in determining your final grade.

**HOW TO SUCCEED:**

For many of you this will be the first time you have taken an independent study course. This course was designed to provide students with the flexibility of allowing them to earn college credit by fitting the course into their schedule.

Successful students are the ones who read the text and watch the tapes on a regular schedule. In other words, they approach this course much the same way they do their other courses in that they do something each week instead of trying to watch all the tapes at the end of the semester. For many students the flexibility is an exciting new way to earn college credit, while for others it is a disaster. If you find you are having difficulty getting the work done or are struggling with the course, please give me a call at 630-466-2465 or e-mail me at [hlacost@waubonsee.edu](mailto:hlacost@waubonsee.edu). I might be able to give you some help.

Another study aid you may want to utilize is the publisher online website at <http://bcs.worthpublishers.com/hockenbury4e/>. Just register as a student by providing an e-mail address and a password. It is free and will give you

access to electronic flashcards, quizzes, interactive activities, etc. which will provide a more active way to study and prepare for the tests.

**ACCESS TO  
THE COURSE:**

This course consists of viewing 26 one-half hour video segments, doing the assigned reading and, of course, taking the tests. There are no class meetings scheduled, so you will be working on your own.

The Distance Learning Office has sets of telecourse videos (many on DVD) Students are invited to visit or contact the Distance Learning Office to rent a full box set for no extra fee. If a student is unable to come to the Sugar Grove campus to pick up a set of videos, arrangements can be made to mail the set.

The Distance Learning Office can be found on the Sugar Grove campus in Collins Hall room 145. Feel free to call them at 630-466-2402 if you have any questions. The Distance Learning Staff is available Monday 8:00 a.m. to 4:30 p.m., Tuesday through Friday 8:00 a.m. to 8:30 p.m., and Saturday 8:00a.m. to 4:30 p.m.

Each semester, selected telecourses are broadcast on Comcast (channel 17), Comcast (channel 42), and Media Com (channel 15). Check your local cable guide to see if this course is being offered. Telecourses are also broadcast on Comcast's Channel 99, Waubensee's TV station. If you are not sure if this telecourse is being broadcast, please contact the Distance Learning Office at 630-466-2402.

Please feel free to contact me if you have any questions. The quickest way to get in touch with me is by e-mail at [hlacost@waubensee.edu](mailto:hlacost@waubensee.edu). You can also call me at 630-466-2465. If I am not available when you call, you may leave a message and I'll get back to you as quickly as possible.

**GRADING POLICY:**

Your grade will be determined according to the total number of points you receive on the three (3) exams. There is a maximum of 225 points.

<u>Grade</u>	<u>Total Points</u>
A	202 – 225
B	180 – 201
C	148 – 179
D	115 – 147

**PLEASE NOTE!**

**You may retake the first test if you are unhappy with your performance as you adjust to taking telecourse tests. Your second test score is the score that will count in your final grade. Your 2nd and 3rd test may not be retaken.**

**All students are expected to complete the course on or before August 6<sup>th</sup> even if you register late in the semester. If you fail to complete all three tests within this time and have not contacted the instructor and received confirmation for an extension, you will be issued an F as a final grade.**

You may withdraw from the course by contacting the Records office before **December 1st**.

If there are special extenuating circumstances for which you have documentation for why you cannot complete the course by **December 8<sup>th</sup>** and it is past the withdrawal date above, you may contact the instructor to request a grade of 'I' (incomplete). With the instructor's approval, this option will allow you an extension to complete the course work.

**A request for an extension (via I grade) or withdrawal must be in writing, with documentation, by e-mail at [hlacost@waubonsee.edu](mailto:hlacost@waubonsee.edu) , fax (630) 466-9102, or regular mail before December 8<sup>th</sup>**. In your request you need to include: your special circumstances and documentation, whether you are requesting a withdrawal or an I grade, how much time you would like for an extension, and a contact e-mail or phone number where I can reach you to confirm your request. You will receive a confirmation call or e-mail from me confirming if I have or have not accepted your request. If you do not receive a confirmation call or e-mail from me, it means that I did not receive your request and you will need to resubmit it. All extensions are at the instructor's discretion.

If you do receive an extension for the course and wish to receive your grade before the end of the semester in which you complete the course, you must request it from the instructor in writing.

**Extra Credit:**

Students may complete an extra credit assignment to earn a maximum of 15 extra credit points. Attached is an additional sheet that explains the requirements of the assignment, which involves a book review. Students must complete the assignment and submit the assignment via e-mail no later than **December 8, 2008**. No late assignments will be accepted. If students do not receive an e-mail confirming the assignment was received, then they must submit the assignment again prior to the deadline and receive an e-mail from the instructor confirming it was received. It is not considered a submitted assignment until they receive confirmation via e-mail that the assignment was received.

Instructions for the assignment are included in this syllabus. Please be sure to carefully read the instructions or your assignment may not be accepted.

## Key Concepts /Areas to Study

Here are some key concepts to study. Everything in your chapters could still appear on the test.

### Exam 1

Perspectives in psychology (cognitive, psychodynamic, humanistic, behavioral)  
Scientific Method (empirical evidence, hypothesis, theory, operational definition, replication, placebo)  
Naturalistic Observation  
Survey  
Representative Sample  
Positive and Negative Correlations  
Independent and Dependant Variables  
Experimental and Control Groups  
Practice Effect  
APA Ethical Guidelines  
Parts of the Neuron and their function  
Action Potential  
All-or-none law  
Neurological Diseases (Alzheimer's disease, multiple sclerosis)  
Branches of the Nervous System  
Endocrine Glands  
Lobes of the Brain  
Parts of the brain (Hippocampus, amygdale, thalamus, hypothalamus, etc.)  
Absolute Threshold, Difference Threshold  
Parts of the eye (pupil, cornea, iris, retina, etc.)  
Process of Color Vision  
Blind Spot  
Sensory Receptors for hearing, tasting, smelling  
Vestibular and Kinesthetic senses  
Gestalt Principles of Organization  
Perceptual Constancies  
Circadian Rhythm  
Stages of Sleep (REM and Non-REM)  
Sleep Disorders  
Hypnosis  
Drug Abuse  
Types and characteristics of drugs  
Classical Conditioning  
Operant Conditioning  
Positive and Negative Reinforcement  
Punishment  
Shaping  
Schedules of Reinforcement  
Learned Helplessness  
Modeling  
Sensory, Short-term, and Long-term Memory  
Chunking  
Episodic, Semantic and Procedural Memory  
Explicit and Implicit Memory

Flashbulb Memories  
Interference Theory  
Eyewitness testimony  
Retrograde and Anterograde Amnesia  
Peg-word method and method of loci

## Exam 2

Natural Concept/ Formal Concept  
Prototype  
Heuristics  
Insight  
Functional Fixedness  
Confirmation Bias  
Intelligence Testing (Stanford-Binet, WAIS)  
Achievement Tests  
Aptitude Tests  
Standardization  
Multiple Intelligences  
Intellectual Potential  
Stereotype Threat  
Convergent vs. Divergent Thinking  
Theories of Motivation (Arousal Theory, James-Lange, Cannon-Bard, Drive Theory)  
Homeostasis  
Satiation  
Eating Disorders  
Self-actualization  
Intrinsic vs. Extrinsic Rewards  
Achievement Motivation  
Polygraph  
Evolutionary Psychology  
Facial-feedback hypothesis  
Zygote, Embryo, Fetus  
Genes and Chromosomes  
Periods of Prenatal Development  
Teratogen  
Neonatal Reflexes  
Temperament  
Attachment Theory  
Piaget's Stages of Development  
Zone of Proximal Development  
Erikson's Stages of Psychosocial Development  
Kohlberg's Theory of Moral Development  
Gilligan's Model of Moral Development  
Gender  
Male vs. Female Brain Differences  
Sexual Orientation  
Sexuality Throughout the Lifespan  
Dyspareunia  
Paraphilia

Sexually Transmitted Diseases  
AIDS/HIV  
Marriage  
Personality  
Perspectives in Psychology (trait, psychoanalytic, behavioral, social cognitive)  
Id, Ego, Superego  
Unconscious, Preconscious, Conscious  
Freud's Psychosexual Stages  
Neo-Freudians  
Carl Jung, Collective Unconscious  
Karen Horney, Neurotic Trends  
Alfred Adler, Inferiority Complex  
Humanistic Psychology  
Carl Rogers, Unconditional Positive Regard  
Albert Bandura, Self-Efficacy  
Traits  
The "Big Five" Personality Traits  
Behavioral Genetics

### Exam 3

Person Perception  
Blaming the Victim  
Just-world Hypothesis  
Fundamental Attribution Error  
Prejudice and Discrimination  
In-group versus Out-group  
In-group Bias  
Jigsaw Classroom Technique  
Conformity  
Normative and Informational Social Influence  
Stanley Milgram's Obedience Study  
Altruism  
Diffusion of Responsibility  
Social Loafing  
Social Facilitation  
Deindividuation  
Persuasion Techniques (Foot-in-the-Door, Door-in-the-Face Technique)  
Stress  
Social Readjustment Rating Scale  
Daily Hassles  
Marginalization  
Acculturative Stress  
Stress Responses- (General Adaptation Response, Fight-or-Flight Response)  
Corticosteroids  
Control and Stress  
Optimistic vs. Pessimistic Explanatory Style  
Stress Contagion Effect  
Coping, Distancing  
Psychopathology

DSM-IV-TR

Anxiety, Panic Disorder, Panic Attacks, Generalized Anxiety Disorder

Specific Phobias, Agoraphobia

Mania

Obsessive-Compulsive Disorder

Posttraumatic Stress Disorder

Major Depression, Bipolar Disorder

Antidepressant Medications

Dissociative Identity Disorder

Dissociative Amnesia, Dissociative Fugue

Personality Disorders (Paranoid, Histrionic, Schizotypal, Dependent, Borderline, Antisocial, etc.)

Schizophrenia (Catatonic, Paranoid, Disorganized, Undifferentiated)

Psychotherapy, Psychoanalysis

Transference

Client-Centered Therapy

Systematic Desensitization

Virtual Reality Therapy

Token Economy

Rational-Emotive Therapy

Psychotropic Medications

Tardive Dyskinesia

Bipolar Disorder

SSRI's

ECT



An extra credit assignment is available to any students interested in the opportunity to explore a topic in psychology in greater depth. The purpose of this assignment is to help further stimulate interest and thinking in psychology.

Students have the option to earn a **maximum of 15 extra credit points**. Your paper will be granted points based on the clarity, accuracy, completeness, and overall quality.

- 1) Read one of the books on the attached list or contact the instructor for special permission for a book.
- 2) Summarize the key points of the book.
- 3) Discuss how the author arrives at his/her conclusions.
  - a. Are they based on findings using the scientific method (ex. experiments, studies, etc.)?
  - b. Are they based on the author's personal experiences, case studies, ideas?
  - c. How would you rate the quality of the author's conclusions?
  - d. Do you agree or disagree with the author's key points and conclusions? Why or why not?
  - e. Would you recommend this book to others? Why or why not?

Type up your review of the book in a 3-4 page paper, double-spaced, 10-12pt font. Be sure to include the complete reference for your book.

If your book is not on the list that follows **you must discuss your book choice with the instructor and have it approved prior to beginning this assignment.** If you are interested in a particular topic and would like a book recommendation, please ask the instructor for assistance. I am happy to make recommendations.

Students with any questions about this assignment are strongly encouraged to discuss them with the instructor. Happy Reading and Exploring!

**Influence : science and practice / Robert B. Cialdini.**

Cialdini, Robert B.

New York : HarperCollinsCollegePublishers, c1993

**BF774.C53 1993**

**The hurried child : growing up too fast too soon / David Elkind.**

Elkind, David, 1931-

Reading, Mass. : Addison-Wesley, c1988.

**BF723.S75 E44 1988**

**Intelligence reframed : multiple intelligences for the 21st century / Howard Gardner.**

Gardner, Howard.

New York, NY : Basic Books, c1999.

**BF432.3.G378 1999**

**Galen's prophecy : temperament in human nature / by Jerome Kagan with the collaboration of Nancy Snidman, Doreen Arcus, J. Steven Reznick.**

Kagan, Jerome.

New York, NY : Basic Books, c1994.

**BF723.T53 K34 1994**

**The nurture assumption : why children turn out the way they do / Judith Rich Harris.**

Harris, Judith Rich.

New York : Free Press, c1998.

**HQ772.H353 1998**

**Punished by rewards : the trouble with gold stars, incentive plans, A's, praise, and other bribes / Alfie Kohn.**

Kohn, Alfie.

New York, N.Y. : Houghton Mifflin Co., c1993.

**BF505.R48 K65 1993**

**The myth of repressed memory / Elizabeth Loftus and Katherine Ketcham.**

Loftus, Elizabeth F., 1944-

New York : St. Martin's Press, 1994.

**RC455.2.F35 L64 1994**

**The language instinct / Steven Pinker.**

Pinker, Steven, 1954-

New York, NY : W. Morrow and Co., 1994.

**P106.P476 1994**

**Shyness : what it is, what to do about it / Philip G. Zimbardo ; research in collaboration with Paul A. Pilkonis ; therapy in collaboration with Margaret E. Marnell.**

Zimbardo, Philip G. Reading, Mass. : Addison-Wesley Pub. Co., c1977.

**BF575.B3 Z55**

**What you can change and what you can't : the ultimate guide to self-improvement / Martin E.P. Seligman.**

Seligman, Martin E. P.

New York : Knopf, 1994.

**BF637.C4 S45 1994**

**Our labeled children : what every parent and teacher needs to know about learning disabilities / Robert J. Sternberg and Elena L. Grigorenko.**

Sternberg, Robert J.

Reading, Mass. : Perseus Books, 1999.

**LC4704.S79 1999**

**Opening skinner's box: Great psychological experiments of the 20<sup>th</sup> century.**

Slater, Lauren-

**BF198.7.S57 2004**

**The man who mistook his wife for a hat**

Sachs, Oliver

**RC351.S195 1990**