

PSY 101: Introductory Psychology

Course Syllabus, Section 20, Winter 2025

Course Information

- **Course Title:** Introductory Psychology
- **Course Code:** PSY 101 20
- **CRN:** 40146
- **Credits:** 3
- **Prerequisites:** None
- **Course Format:** Traditional (face-to-face)
- **Class Schedule:** MWF, 10:00 AM - 10:50 AM
- **Location:** Lake Michigan Hall (LMH), Room 176

Instructor Information

- **Instructor:** Dr. Paolo Campus
- **Office:** 2115 Au Sable Hall
- **Office Hours:** Mondays & Wednesdays, 1:00 PM - 03:00 PM (or by appointment)
- **Email:** campusp@gvsu.edu
- **Phone:** (616) 331-2421
- **Zoom:** [Personal Meeting ID](#) (use this link for personal meetings)
- **How to contact me:** The best way to contact me is via e-mail. I will do my best to reply within 24 hours to e-mails received during business hours (Monday-Thursday, 9:00 a.m. - 5:00 p.m.). I will be in limited contact during weekends, and I won't be able to reply until the following Monday. For urgent communication, make sure to write "URGENT" in the subject line of the e-mail, and I will do my best to reply as soon as possible.

Course Overview

This course is designed to provide students with a comprehensive overview of psychology, the science that studies the relationships between mind and behavior. Over the course of the semester, we will reflect over a variety of psychological phenomena related to our everyday life, their underlying theories, and the research strategies used by psychologists to investigate them.

The course will cover a vast range of topics divided into four learning modules:

1. **Module 1: The Foundations of Psychology.** In the 1st module we will discuss the scientific foundations of psychology, the common research strategies used in psychology (i.e., descriptive, correlational, and experimental) and their strengths/limitations. We will also explore the neurobiological basis of behavior, how sensory information is received and processed by the nervous system and how the brain affects our conscious experience of the world.
2. **Module 2: Cognition.** In this module we will discuss cognitive processes, and a wide range of mental activities that influence our ability to understand and interact with the world. In particular, we will explore mental faculties such as thinking, reasoning, problem-solving, decision-making, learning & memory, and language.
3. **Module 3: Emotion, Motivation, and Social Behaviors.** In this module we will explore the mental processes underlying the expression and regulation of emotional responses, motivated behaviors (e.g., hunger & satiation, sexual behaviors, etc.), and how social interactions can influence individual behavior through mechanisms such as conformity, obedience, leadership, and group cohesion.
4. **Module 4: Psychopathology & Mental Health.** In the last module we will discuss the complex factors that render individuals resilient vs. vulnerable to chronic disease. We will describe some of the most common mental disorders (e.g., depression, anxiety, schizophrenia, etc.) and discuss the current approaches to their diagnosis & categorization. We will learn to distinguish between the different classes of psychotropic drugs currently available on the market, discuss their

clinical applications and the risks associated with their use. Finally, we will explore some of the most common psychotherapy techniques, discuss their main differences, and address their strengths and limitations.

Course Objectives

The main goal of this course is to provide you with the scientific foundations for understanding human nature, including how and why we feel certain emotions, how we handle stress, how we learn new information and how we remember the past and, in general, why we behave the way we behave.

By the end of this course, you will:

- Develop a foundational knowledge of the major theories, concepts, and ideas in psychology.
- Build a fundamental understanding of the relationship between mental processes, brain functions, and behavioral outcomes
- Gain insights into the biological, cognitive, emotional, and social factors that influence human behavior.
- Critically evaluate the findings of psychological research, and recognize examples of how psychological concepts are applied to daily life.

Materials

- **Textbook:** Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). *Psychology 2e*. OpenStax. The textbook is available for free at: <https://openstax.org/books/psychology-2e/pages/1-introduction>
- **Internet Access:** All course materials/contents, including, readings, lecture slides, articles, study guides, announcements, exams, and grades, will be posted on the course Blackboard page, available at <https://lms.gvsu.edu/>.

- **Computer/Tablet/Smartphone:** Blackboard runs on Windows, Linux, iOS, Android, or any other electronic device with an up-to-date web browser.
- **PDF Reader:** Some material in this course may be presented in PDFs. To view these materials, you will need a [PDF reader](#).
- **Word Processor:** You will need a word processing software (e.g., Microsoft Office, Google Docs, etc.) to complete some course assignments. [Office 365](#) is available for free for personal computers/devices for qualifying GVSU students.

Evaluation and Grading

Grades will be determined by your scores on three types of assessment/evaluation: **Exams, Weekly Homework, and Enrichment Activities.**

Exams (60% of the final grade). The course will have a total of four exams (three midterms + one final), one for each learning module. Each exam consists of 60 multiple choices or fill in the blank questions. The exams will be available on Blackboard, at least seven days prior to the due date. You can take the exam anytime during this window. Once you start, the exam can't be stopped and resumed, and must be completed within 70 minutes. During each exam, you may access slides, textbook, notes, and the Blackboard page of the course. Use these resources sparingly: because of the time constraints, you won't be able to look up every answer. Therefore, the best strategy for doing well is reading the material in advance.

Weekly Homework (35% of the final grade). To keep up with the lectures, encourage continuous learning, and facilitate exam preparation, you will have to complete weekly homework. Homework consist of interactive quizzes and other activities that will be made available on Blackboard. The questions are not designed to be difficult or stressful. They are meant to help you study the material covered in class, and retrieve the corresponding information on the textbook. There is no time limits, and you can stop and resume the activity at any time (your progress will be automatically saved). You will have to complete a

total of 14 homework assignment, each worth 10 points, for a total of 140 points available (35% of your final grade).

Enrichment Activities (5% of the final grade). In the Enrichment Activities (EA) portion of the course, students will be given the opportunity to experience psychological research first-hand. Two kinds of enrichment activities are available:

- **Option 1** involves being a participant in research studies conducted by Psychology Department faculty and students.
- **Option 2** involves completing activities that will introduce you to a variety of research techniques used in psychological research.

Students must earn **four EA credits** for this requirement. The credit you earn by completing each EA is a function of the amount of time it takes to complete it. For example, by participating in a brief online study (30 minutes or fewer) you would earn ½ of an EA credit whereas an EA that takes one hour to complete would earn 1 credit. Both types of Enrichment Activities will be available in face to face and online formats. You may complete the EA requirement using any combination of EA types, however, **at least two full credits of EAs must be completed in person.**

Enrichment activities are scheduled and offered through the **Sona Study Scheduling System**. You will receive an email from Study Scheduling System at the beginning of the semester containing your User ID and an initial password, and a link to the Sona system website at <https://gvsu.sona-systems.com>. If you do not receive an email regarding your account by Tuesday January 14th, please check your spam folder. Should the email still not appear, please contact the Lab Supervisor, Hannah Todd, at psychlab@gvsu.edu.

SONA Systems maintains a strict policy protecting your privacy and confidentiality. This policy is available for review in the Psychology Office. Additional details regarding the enrichment activities and an FAQ are available online at

<https://www.gvsu.edu/psychology/psy-101-participation-in-research-sona-435.htm>

Screening Instrument: Once you receive your User ID and password, you will be able to immediately earn .5 credits by completing an online prescreening questionnaire. This is a

short questionnaire used by some researchers to determine your participation eligibility for studies carried out throughout the semester. You must be 18 or older to complete the prescreen survey. You are not required to complete it, but doing so increases the number of studies you will be able to choose from during the semester. You can complete the prescreen at any time from the My Profile tab on the blue bar at the top of the page, however, completing it early (within the first two weeks of class) ensures that you will have access to the widest variety of EA activities within the Sona System.

Enrichment Activity Deadline: The last day to complete your EA requirement is Friday, April 18th @ 5:00pm. If you have questions regarding any aspect of the Enrichment Activities, please contact the Lab Supervisor Hannah Todd, who can be reached in the Psychology Department Office (2224 Au Sable Hall, 616-331-2427) or by sending an email to psychlab@gvsu.edu.

Points Breakdown

You can find below a breakdown of the points assigned and a brief description of the assessments. Further instructions, including due dates, grading rubrics, and specific guidelines will be provided on the Blackboard page of the course.

Type of Assignment	Number of Assignments	Points Each	Total Points	% of Final Grade
Exams (3 midterms + 1 Final)	4	60	240	60%
Weekly Homework	14	10	140	35%
Enrichment Activities	4	5	20	5%
Total			400	100%

Final grades will be determined at the end of the semester by calculating the total points accumulated. Grading cutoff is as follows (standard rounding rules will be applied, decimal values of 0.5 or higher will be rounded up to the next whole number):

Grade	Percentage
A	≥93%
A-	90%-92%
B+	87%-89%
B	83%-86%
B-	80%-82%
C+	77%-79%
C	73%-76%
C-	70%-72%
D+	65%-69%
D	60%-64%
F	≤59%

Class Policies

GVSU Email and Course Communications. Students are responsible for all communications sent via Blackboard or via their GVSU email accounts. GVSU student email can be accessed by visiting: mail.gvsu.edu and Blackboard at: mybb.gvsu.edu.

Assignments and Assessments. Each student is required to complete all learning activities by the due date deadline, as indicated in Blackboard. All assignments, graded discussions, quizzes, exams etc. are submitted electronically to Blackboard. There are several available computer labs (gvsu.edu/it/lab-hours-66.htm) available for you to complete course work.

Late/make-up policy. No late or make-up assignments or exams will be permitted. Students who do not complete requirements on schedule due to personal illness, accidents, family affliction, official university activities or religious holidays must provide documentation of the circumstances. I recognize there may be other special circumstances and students should reach out to me as soon as possible if this is the case. Extensions or late assignments will be accepted at my discretion.

Participation. A large part of the learning in this course comes not only from reading, but also from participating in class activities. Therefore, it is to your benefit to take advantage of these learning opportunities. While I will not formally mark student attendance, it is strongly recommended that you attend all classes to succeed in this course. In class we will cover some topics that are not discussed in the textbook, and some quiz and exam questions may refer to material only covered in class. You are responsible for material, announcements, and learning activities covered in class. If you miss a lecture, I recommend you obtain notes from at least two different classmates. In case of illness and/or special circumstances, please talk to me. I want everyone to be successful in the class and will support you to help that happen, but I do expect regular attendance in class and participation with course material throughout the semester. Please come to all classes ready to engage as an active learner in class discussions and activities. Please treat everyone in the classroom with respect. Please limit electronic devices to classroom needs unless absolutely necessary. If conflicts for the class occur, please communicate with me as soon as possible. See the university's attendance policy in the online catalog for more information.

Accommodations. Students requiring accommodations should contact the instructor and accessibility services.

University Policies

Last Day to Add, Drop, Register, or Pay. The last day Last Day to Add, Register, or Pay to drop with a “W” is January 10 by 5:00 pm. Students must initiate drop through Registrar (gvsu.edu/registrar/course-withdrawals-6.htm).

Student Code of Conduct. Standards of conduct are established in order to generate an atmosphere in which the goals and objectives of the institution can flourish. Individual rights can only be ensured with acceptance of individual and group responsibilities and respect for the rights of others. Individuals attending GVSU automatically place themselves under the applicable rules and regulations of the institution.

Academic Integrity. All course assignments, learning activities, and assessments, are to be authored and completed individually, by the student themselves. Failure to be able to correctly cite, explain and defend your submissions is an indication that it is not your work. While assisting another student in learning is part of the academic process, completing the assigned work as a team or group effort (with the exception of group projects as assigned by the instructor) is not allowed and will be considered Academic Dishonesty. No Academic Dishonesty will be tolerated, and such activity may result in failure of a specific assignment, an entire course, or, if flagrant, dismissal from Grand Valley. Compliance shall include compliance with the following specific rules:

1. No student shall knowingly, without authorization, procure, provide, or accept any materials which contain questions or answers to any examination or assignment.
2. No student shall, without authorization, complete, in part or in total, any examination or assignment for another person.
3. No student shall, without authorization, allow any examination or assignment to be completed, in part or in total, by another person.
4. No student shall knowingly plagiarize or copy the work of another person and submit it as his or her own.

5. No student shall submit work that has been previously graded or is being submitted concurrently to more than one course without authorization from the instructor(s) of the class(es) to which the student wishes to submit it.

For further information see the Student Code, and the consequences include penalties established by GVSU's Academic Integrity policy

(<https://www.gvsu.edu/conduct/academic-integrity-14.htm>).

Plagiarism. Any ideas or material taken from another source for either written or oral presentation must be fully acknowledged. Offering the work of someone else as one's own is plagiarism. The language or ideas taken from another may range from isolated formulas, sentences, or paragraphs to entire articles copied from books, periodicals, speeches, or the writing of other students. The offering of materials assembled or collected by others in the form of projects or collections without acknowledgment is also considered plagiarism. Any student who fails to give credit in written or oral work for the ideas or materials that have been taken from another is guilty of plagiarism. Such activity may result in failure of a specific assignment, an entire course, or, if flagrant, dismissal from Grand Valley. For further information see the Student Code.

AI Policy Statement. [by David A. Joyner @davidjoyner@fediscience.org] We treat AI-based assistance, such as ChatGPT and Copilot, the same way we treat collaboration with other people: you are welcome to talk about your ideas and work with other people, both inside and outside the class, as well as with AI-based assistants. However, all work you submit must be your own. You should never include in your assignment anything that was not written directly by you without proper citation (including quotation marks and in-line citation for direct quotes). Including anything you did not write in your assignment without proper citation will be treated as an academic misconduct case. If you are unsure where the line is between collaborating with AI and copying from AI, we recommend the following:

1. Never hit "Copy" within your conversation with an AI assistant. You can copy your own work into your conversation, but do not copy anything from the conversation back into your assignment. Instead, use your interaction with the

AI assistant as a learning experience, then let your assignment reflect your improved understanding.

2. Do not have your assignment and the AI agent open at the same time. Similar to above, use your conversation with the AI as a learning experience, then close the interaction down, open your assignment, and let your assignment reflect your revised knowledge. This includes avoiding using AI directly integrated into your composition environment: just as you should not let a classmate write content directly into your submission, so also avoid using tools that directly add content to your submission.

Campus Emergencies. In case of fire, immediately proceed to the nearest exit during a fire alarm. Use a staircase, not an elevator. To sign up for campus emergency alerts and to access more information, please visit the GVSU Emergency website (<https://www.gvsu.edu/emergency>).

Learning Resources. See the “Help & Support” section of Blackboard for help with using Blackboard; a link to the Blackboard Student Mobile App and Blackboard IM; GVSU computer lab hours and locations; GVSU IT Help Desk (<https://www.gvsu.edu/it/helpdesk/>); accessibility and Disability Support Resources (<https://www.gvsu.edu/dsr/>).

Writing Center. The Fred Meijer Center for Writing, with locations at the Allendale and Pew/Downtown Grand Rapids campuses, is available to assist you with writing for any of your classes. Writing consultants, who are fellow GVSU students, are trained to help you with all stages of your writing process, from brainstorming to organizing to editing your papers. Simply bring a draft of your paper, the assignment sheet, and your questions/concerns to any of the Center's locations. Also, through your Gmail account, you have access to online consultations through Google Docs. The Center's services are free, and you can drop in and work with a consultant or make an appointment, either through our website or by calling the Center (331-2922). For more information about our services and locations, please visit the Writing Center website.

Psych Friends. If you feel you could use some extra help/guidance/support in any academic domain or for your well-being, please consider scheduling an appointment with a mentor through Psych Friends. Psych Friends mentors are upper-level undergraduate peer mentors who are trained to provide support in many areas including: effective study and time management techniques, exam preparation and reflection skills, comprehension of the psychology and behavioral neuroscience major requirements, tips for engaging in the field, strategies for education continuation, methods for maintaining physical and mental health. Schedule an appointment here: <https://www.gvsu.edu/navigate> and Questions? Email psychfriends@gvsu.edu

Disability Support Resources. If you need accommodations because of a learning, physical, or other disability, please contact your instructor and Disability Support Resources (<https://www.gvsu.edu/dsr/>). Furthermore, if you have a physical disability and think you will need assistance evacuating this classroom and/or building in an emergency situation, please make me aware so I can develop a plan to assist you. Assistive technology computers are available in many GVSU computer labs (<https://www.gvsu.edu/dsr/accessible-computer-labs-68.htm>). Also, Blackboard has a commitment to accessibility statement (blackboard.com/accessibility.aspx) providing information about accessibility in all of their products.

Mental health. Mental health concerns, including overwhelming stress, excessive worry, difficulty participating in daily activities, and changes in mood, appetite, or sleep patterns can interfere with your academic performance. College student surveys report that roughly 1 out of 3 students screen positive for a current mental health concern (Healthy Minds Study). GVSU values your health and wellness and provides services to support your mental health. If you would like mental health support or are concerned for another member of our campus community, reach out to the University Counseling Center for free resources, self-help options, and services. Also, visit Campus Recreation & Wellness for additional health and wellness programming.

Changes to the Syllabus. The instructor reserves the right to change the contents of this syllabus. Students will be given notice of relevant changes in class, through a Blackboard announcement, or through GVSU e-mail.

This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>.