PSY 100 Survey of Psychology

3 Credits, CRN: 61025

Online, Asynchronous 21 August – 15 December 2023

Instructor: Lisamarie Bensman, Ph.D.

Email: bensman@hawaii.edu

Office: Na'auao 114

Office Hours: By email and appointment via Google video chat. Email is an excellent way to

get a hold of me; email anytime. I will respond within 24 hours, except on

Saturdays.

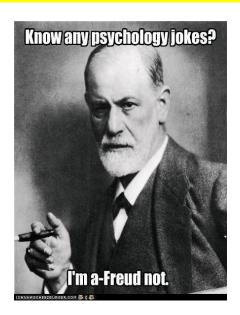
Effective Date: Fall 2023

WINDWARD COMMUNITY COLLEGE MISSION STATEMENT

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai'i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O'ahu's Ko'olau region and beyond with liberal arts, career, and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

OUR COURSE

When you hear the word psychology, what comes to mind? While psychology is a popular subject, most people are not aware of the many elements contained within this scientific study of behavior and mental processes. Through this course however, you will be, as we'll survey a wide variety of the topics and approaches within psychology, providing you an idea of the breadth and diversity of the discipline. Our course is intended to increase your understanding of the relevance of psychological concepts to everyday living and to provide a basic foundation for subsequent coursework in psychology.



CATALOG DESCRIPTION

Psych 100 is an introductory course with emphasis on principles of human behavior. Topics covered include motivation, learning, perception, emotion, development, personality, group processes, problem solving and thinking, and methods of inquiry. (3 hours lecture.)

This is an asynchronous distance learning class conducted via the internet using Laulima, the University of Hawai'i's web-based course management system. A web-based course such as this one requires that you have computer literacy skills. Our course also requires an electronic device, such as a laptop or desktop, that can open Microsoft Office (Word and PowerPoint). The course cannot be completed using a smartphone or tablet (some, but not all of our materials may open on these devices).



This course space is being shared by students in CRN 61025 and 61316. If you do not wish to be in a shared course space, please drop this section and register for another section or alternate course.

STUDENT LEARNING OUTCOMES

Upon completion of the course, you will be able to:

- 1. Recognize the study of psychology as a science.
- 2. Discuss the biological and environmental basis of human behavior.
- 3. Integrate the basic perspectives, concepts, principles, and general information comprising the field of psychology.

Psychologist of Note:

Mamie Phipps Clark (1917-1983)



She and her husband, Kenneth Clark, studied racial preferences and identity in Black children in integrated schools compared to segregated schools. In the famous Doll Studies, children were presented with four dolls, two black and two white. They were asked which doll they liked best. More than 65% of the kids chose a white doll. These findings were used in the Brown v. Board of Education Supreme Court case that dismantled school segregation.

Image source: feministvoices.com

COURSE TASKS.

Because this course is conducted via the internet, our class communication, assignments, and textbook are all online and available via Laulima (https://laulima.hawaii.edu/portal). Laulima is WCC's online course management system (you might already be familiar with it from previous classes). On Laulima, you will find our syllabus, class announcements, gradebook, and weekly folders that include links to our assignments as well as our class lectures/PowerPoints. Access to

Laulima requires your regular UH school username and password. Throughout the semester, I recommend checking Laulima and your UH email once a day.

You are responsible for keeping up in this class: logging in regularly to Laulima and engaging with our content in a timely fashion is essential to your success. **No late work is accepted** (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

We have much to learn this semester and you'll demonstrate the knowledge and skills you've acquired using a variety of different formats. As you will see, you will be submitting more work for this class than you likely do for most of your face-to-face courses. Since this is an asynchronous online course, I need to be able to measure how well you are keeping up with the materials; these assignments allow me to gauge your understanding of the course material.

Reading Checks:	$12 \times 5 \text{ points} = 60 \text{ points}$
Chapter Activities:	$12 \times 20 \text{ points} = 240 \text{ points}$
Quizzes:	$12 \times 25 \text{ points} = 300 \text{ points}$

TOTAL: 600 points

Our assignments follow a uniform structure. We spend one week on each chapter of our textbook. On Wednesday evening, the first assignment (the reading check) is due. This assignment helps "get your feet wet" regarding the chapter content. On Friday evening, the second assignment (the chapter activity) is due. This assignment deepens your understanding of core chapter concepts. On Sunday evening, the final assignment (the chapter quiz) is due. This assignment gauges your mastery of the chapter material. All assignments may be submitted early, but no assignments are accepted late (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

Psychologist of Note:



Stanley Sue, PhD, is recognized nationally as an active contributor on issues related to minority populations and mental health. He is one of the most prominent leaders in multicultural studies (Rockwell, 2001). Sue was born in Portland, Ore., and was the third of six children born to first and second

generation Chinese immigrants. He received a Bachelor's degree from the University of Oregon followed by a PhD from the University of California Los Angeles in Psychology.

Click to learn more about the Sue brothers

Our class works on a mastery system. This means that it's more important that you get concepts eventually than to get them right away (although, it's awesome if you do get them right away). To this end, our class assignments and policies are all set up for you to succeed, provided

you continue to put in the work. Success is obtainable even if you struggle initially or experience difficulties throughout the semester. Each week is set up with assignments of increasing difficulty and credit, so that the first assignment—when you're likely the most unsure on our content—is the least complex and worth the least amount of credit. As your knowledge grows throughout the week, so too does the complexity of and credit for our assignments. The final, and therefore most complex, assignment can be revised and resubmitted as many times as you'd like, provided you do so by the assignment deadline. As a final feature of our mastery system, we will cover 14 chapters over the semester but only your highest 12 scores in each assignment category count. This means you don't have to worry if an assignment or two doesn't go your way as you can replace that score with another score from that category. Counting only the 12 highest scores also means that when life inevitably gets in the way and makes it difficult for you to complete your work, you can simply make that an assignment you don't submit (in other words, you can miss two assignments in each assignment category with no penalty).

Psychologist of Note:

Reiko True



Born in Japan, she attended university in Tokyo, one of only 3 women in a class of 80. She remains passionate about equal access to mental health care and lobbied to create the first mental health center in California to serve Asian Americans. She then led the center, ensuring staff were trained in Asian languages and culture.

Image source: apa.org

Reading Checks (5 points each, highest 12 scores count, 60 points total)

To encourage you to keep up with our assigned readings, for each chapter that we cover, you'll WRITE two quiz questions. One question should come from the textbook and the other question should come from the supplemental PP (a.k.a. our class lecture, which is available on Laulima in the weekly chapter folder). Question format is up to you (multiple choice and true/false are great go-to options). Provide the question, the answer options, the correct answer, and indicate where you found this information. For example:

- 1. Who is considered the founding father of psychology?
 - a. Sigmund Freud
 - b. John Watson
 - c. B.F. Skinner
 - d. Wilhelm Wundt

*the correct answer is D; answer can be found on slide 6 of the supplemental PP

The questions that you write will go into a question bank for next semester's students to answer, so please be thoughtful and clear. Also, feel free to write in your own voice (i.e. formal/stiff/academic writing isn't necessary, unless you'd like to use it). 'Own voice' includes the option to write in Pidgin (please note somewhere in your submission that you're writing in Pidgin). If you choose this option, you'll be allowing future semesters of students the chance to answer quiz questions in Standard English or Hawaiian Pidgin, per their choosing.

Questions are submitted to the 'Reading Checks' tab on Laulima. Together these two questions are worth 5 points (please see assignment on Laulima for grading rubric), with partial credit available.

There are 14 reading checks throughout the semester and your highest 12 scores count, so you can skip two checks without any negative impact on your final grade. No need to tell me which reading checks you're skipping; just don't do them. Reading checks are due on Wednesdays. They may be submitted early (if the chapter is available under the 'Reading Checks' tab on Laulima, go for it), but not late. Late reading checks are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).



Chapter Activities (20 points each, highest 12 scores count, 240 points total)

For each chapter, you will complete an activity related to that topic. Activities vary chapter to chapter; for example, one week you might complete a short experiment, another week watch and review a film, and yet another week you might contribute a discussion post to our class discussion board, but all activities will draw on the posted supplemental PP (i.e. our class lecture) content for that chapter. Additionally, all activities are submitted through Laulima. Details on each individual activity (complete with grading rubrics and examples from previous students) are available on our Laulima in the weekly folders. Regardless of the specific activity, your submission should make use of the information from the textbook, supplemental PP, and any additional posted materials, be thoughtful and thorough, and when responding to a discussion post, build on the responses of fellow students.

There are 14 chapter activities throughout the semester and your highest 12 scores count, so you can skip two activities without any negative impact on your final grade. No need to tell me which activities you're skipping; just don't do them. Activities are due on Fridays. They may be submitted early, but not late. Late activities are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

Psychologist of Note:

Jennifer Eberhardt



Her research shows how subliminal images activate racial stereotypes, changing what and how people see. She investigates the largely unconscious yet deeply ingrained ways that individuals racially code and categorize people, with a particular focus on associations between race and crime. She uses these findings to raise awareness about stereotypes in the criminal justice system and in education. In 2014, she received a MacArthur Foundation award for her groundbreaking work.

Image source: www.macfound.org

Quizzes (25 points each, highest 12 scores count, 300 points total)

For each chapter, you will complete a quiz through Laulima. The quizzes are open-book, open -notes but should be entirely your own work. The quizzes work on the mastery system, so you can take them as many times as you would like until the assignment deadline. The computer will record your highest score, so there's no harm in trying a quiz multiple times (your score can't get lower but can improve). Each quiz is worth 25 points. There are 14 quizzes throughout the semester and your highest 12 scores count, so you can skip two quizzes without any negative impact on your final grade. No need to tell me which quizzes you're skipping; just don't do them. Quizzes are due on Sundays. They may be submitted early (if the chapter is available on Laulima under the 'quizzes' tab, go for it), but not late. Late quizzes are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).



Late Work/Assignment Policies

Late assignments are not accepted, except in cases of serious documented emergencies with written verification of the extenuating medical, legal, or other qualifying circumstances. The determination of a qualified emergency is made by me; please contact me as soon as you anticipate or experience a problem.

There are two exceptions to this policy: Late passes and Mulligans (do-overs).

1. Late passes: Each student gets three late passes to turn in an assignment late. Each late pass buys an extra week (seven days) after its due date to submit the assignment. To use a late pass on a reading check or activity, simply email me your assignment by the late

- pass deadline. To use a late pass on a quiz, email me to say you'd like to use a late pass on the quiz and I'll reopen the quiz for you on Laulima.
- 2. Mulligans (do-overs): Each student gets three Mulligans (do-overs). A Mulligan (do-over) allows a student to revise and resubmit a previously submitted assignment. For example, if you miss the mark on a chapter activity, you could revise your work and resubmit. Mulligans can be used within one week (seven days) of the graded assignment being returned. To use a Mulligan, email me to say you'd like to use it and I'll let you know how to resubmit the work.



Extra Credit

At this point, 5 extra credit opportunities are anticipated for the semester. Most are available now and due in the first week of the course:

- 1. Syllabus quiz. Taken on Laulima. Worth up to 5 points. Due 27 August.
- 2. Introduce yourself to the class using Laulima's discussion board. Worth up to 2.5 points. Due 27 August.
- 3. Meet and Greet with the instructor. With online classes, it can be easy to feel you're all alone in your learning process, but you're not. I'm in it with you so let's get to know one another. Sign up for a quick, 10-minute one-on-one introduction with me. Worth 10 points. Due 27 August.
- 4. Mid-semester check-in with instructor. Worth 15 points. Complete between 16 22 October.
- 5. Mid-semester survey. Worth 2 points. Complete between 16 22 October.

Psychologist of Note:



Richard Suinn, PhD, obtained a bachelor's degree from the Ohio State University and his doctorate in counseling psychology from Stanford University. He was the third ethnic minority and the first Asian-American president of the American Psychological Association when elected in 1999. Previous to serving

in this leadership role, Dr. Suinn was very involved in APA governance. He was one of the first members of the Committee on Ethnic Minority Affairs in 1979.

Suinn has conducted extensive research in the areas of sport psychology, behaviors and ethnic minority issues. Much of his career was spent at Colorado State University as a professor and department chair. During his time there, he established a program that served to recruit and retain ethnic minority students. He was involved in the early establishment of the Asian American Psychological Association and in 1972, became the first psychologist to serve on a U.S. Olympic sports medicine team. Additionally, he has served as city councilperson and mayor of the city of Fort Collins, Colo.

IMPORTANT NOTE:

Please do NOT wait until the last day to do your work because all kinds of problems (especially technological ones) can happen. This is a reality of online courses. If you experience problems near the deadline and miss submitting the work, your grade will be recorded as a zero (if you have a late pass remaining, you could then choose to still submit the work, but if you are out of late passes, you'd be out of luck).

COURSE CONTENT/SCHEDULE (tentative and subject to change)

Week	Dates	Topic	Assignment Due	
1	21 - 27	Orientation	Familiarize yourself with our course and	
	Aug.		Laulima; download textbook; do extra credit	
2	28 Aug. –	Introduction to	W, 30 Aug.: Reading Check	
	3 Sept.	Psychology	F, 1 Sept.: Activity	
			Su, 3 Sept.: Quiz	
3	4 – 10	Psychological Research	W, 6 Sept.: Reading Check	
	Sept.		F, 8 Sept.: Activity	
			Su, 10 Sept.: Quiz	
4	11 - 17	Biopsychology	W, 13 Stp.: Reading Check	
	Sept.		F, 15 Sept.: Activity	
			Su, 17 Sept.: Quiz	
5	18 - 24	Sensation & Perception	W, 20 Sept.: Reading Check	
	Sept.		F, 22 Sept.: Activity	
			Su, 24 Sept.: Quiz	
6	25 Sept.	Learning	W, 27 Sept.: Reading Check	
	– 1 Oct.		F, 29 Sept.: Activity	
			Su, 1 Oct.: Quiz	
7	2-8 Oct.	Thinking & Intelligence	W, 4 Oct.: Reading Check F, 6 Oct.: Activity	
			Su, 8 Oct.: Quiz	
8	9 – 15	Memory	W, 11 Oct.: Reading Check	
	Oct.		F, 13 Oct.: Activity	
			Su, 15 Oct,: Quiz	
9	16 – 22	Cognitive Processing	Check in with instructor regarding	
	Oct.	Week	semester progress	
10	23 - 29	Lifespan Development	W, 25 Oct.: Reading Check	
	Oct.		F, 27 Oct: Activity	
			Su, 29 Oct.: Quiz	
11	30 Oct. –	Emotion & Motivation	W, 1 Nov.: Reading Check	
	5 Nov.		F, 3 Nov.: Activity	
10	6 10	D 11	Su, 5 Nov.: Quiz	
12	6 – 12	Personality	W, 8 Nov.: Reading Check	
	Nov.		F, 10 Nov.: Activity	
			Su, 12 Nov.: Quiz	

13	13 – 19	Social Psychology	W, 15 Nov.: Reading Check	
	Nov.		F, 17 Nov.: Activity	
			Su, 19 Nov.: Quiz	
14	20 - 26	Stress, Lifestyle, & Health	W, 22 Nov.: Reading Check	
	Nov.		F, 24 Nov.: Activity	
			Su, 26 Nov.: Quiz	
15	27 Nov. –	Psychological Disorders	W, 29 Nov.: Reading Check	
	3 Dec.		F, 1 Dec.: Activity	
			Su, 3 Dec.: Quiz	
16	4 – 10	Therapy & Treatment	W, 6 Dec.: Reading Check	
	Dec.		F, 8 Dec.: Activity	
			Su, 10 Dec.: Quiz	

Assigned work is due by 11.59 p.m. on the date it is listed. Beyond the late passes, late work is not accepted, excepting documented, qualified emergencies (as determined by me, see course policy below).

My therapist taught me to interrupt my anxious thinking with thoughts like: "What if things work out" and "What if all my hard work pays off?"

So, I'm passing that onto you wherever you are, whatever you're leaving, or whomever you're becoming.

— Sinclair P. Ceasar III (@Sinclair_Ceasar) April 11, 2018

ASSESSMENT TASKS AND GRADING

You're spending your valuable time and money on this course, so let's make sure that you are on course for success. Using this grade tracker sheet, you can always be aware of your grade in our course. Simply fill in your scores as you earn them.

Grade Tracker:

Reading Checks

intro to Psycn =	/5 points	
Psychological Research =	/5 points	
Biopsychology =	/5 points	
Sensation & Perception =	/5 points	
Learning =	/5 points	
Thinking & Intelligence =	/5 points	
Memory =	/5 points	Highest 12 of 14 Scores =/60 points
Lifespan Development =	/5 points	
Emotion & Motivation =	/5 points	
Personality =	/5 points	
Social Psych =	/5 points	
Stress, Lifestyle, Health =	/5 points	
Psychological Disorders =	/5 points	
Therapy & Treatment =	/5 points	
Chapter Activities		
Intro to Psych =	/20 points	

/20 points/20 points	Highest 12 of 14	Scores =/240 points
	Highest 12 of 14	Scores =/300 points
edit then determine pints [percentage of 8 pints [percentage of 8 pints [percentage of 7 pi	Extra credit earn s the final course gr 90 – 100%] 80 – 89.9%] 70 – 79.9%]	s in this right, bolded column ed:points
	/20 points /25 points	

To figure out your grade at any point during the semester, total up all the points you've earned up until thus far and use this formula:

(Points earned \div Points possible thus far) x 100 = Current grade

For example, say it's partway through the semester and you've earned 179 points thus far and there have been 200 points available. You would take $179 \div 200$, which equals .895, and then

multiply .895 by 100, which equals 89.5%. Using the above grade breakdown, we'd see that a percentage of 89.5 means that your current grade would be a 'B'.



LEARNING RESOURCES.

Our required materials for the course:

Spielman, R. M., Jenkins, W., & Lovett, M. (2020). *Psychology, 2nd Edition*. OpenStax CNX. April 22, 2020 https://openstax.org/details/books/psychology-2e.

We are using an OER (Open Education Resource) for this class, which means that our textbook is free! A .pdf copy of the text is available on Laulima under 'Resources' (if you'd like to print it, I recommend going to TRiO). If you'd like to read the text online, you can use the following link: https://openstax.org/books/psychology-2e/pages/1-introduction Each chapter covers multiple pages, so as you read each chapter, be sure to keep hitting the 'Next' button until you reach the next chapter.

If you'd prefer a hard, bound copy of the textbook, it is available for PURCHASE on Amazon.com (or again, print it for FREE in TRiO [one chapter at a time is probably best if printing on campus]).

Along with our textbook, our posted lectures and additional course materials are available on Laulima.

Psychologist of Note:



2. FRANCIS CECIL SUMNER (1895-1954)

Contributions: First African American to receive his Ph.D. in Psychology. Helped establish the psychology department at Howard University to train African American Psychologists. Sumner completed vast amount of research which counteracted racism

and bias in psychological studies of African Americans. Some of his students went on to becoming leading psychologist in their own right, for example Kenneth Clark.

Recommended Reading Resources:

American Psychological Association. (2002). *Publication Manual of the American Psychological Association, (5th Ed.)*. Washington DC: Author. (Available in the Reference Section of WCC Library or at Reference Librarian's desk. Call number: BF76.7.P83 2001)

Campus Resources:

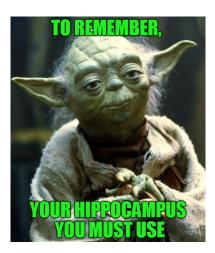
At WCC, we care deeply about your success. To help you thrive, we have the following services:

TRiO: Tutoring and resource center for low-income, first-generation, and/or students with disabilities.

Additional tutoring options: Free online, on-demand <u>tutoring</u> is also available for all students. Sign in to <u>MyUH.hawaii.edu</u> for access to <u>Tutor.com</u>.

WCC Librarians: Our <u>librarians</u> are amazing and can help with oh so much.

<u>Ka Piko</u> is WCC's academic support hub and contains even more tutor help as well as other services.



ADDITIONAL INFORMATION

I am here to help you succeed in this course. Please don't hesitate to email me, reach out to schedule a video chat, or stop by my office if you have any questions, concerns, or problems. At any point in the semester, if you have concerns about our class that you would prefer not to discuss with me, an alternative contact for any concerns is wccaa@hawaii.edu.

In order to keep class fair for everyone, we will adhere strongly to the following course policies:

1. **Plagiarism/Cheating:** I take both plagiarism and cheating very seriously. If I think you have plagiarized (intentionally or unintentionally) or cheated, you will earn a zero for that assignment, no exceptions. A second instance of either will result in failure of the course (i.e. two instances of plagiarism, two instances of cheating, or one instance of plagiarism and one instance of cheating).

- 2. **Late work policy:** Beyond the late passes, late assignments are not accepted, except in cases of serious documented emergencies with written verification of the extenuating medical, legal, or other qualifying circumstances. The determination of a qualified emergency is made by me; please contact me as soon as you anticipate or experience a problem.
- 3. I strongly uphold the University of Hawai'i's non-discrimination policy in my class. Any discriminatory acts or language on the basis of race, religion, sex, gender, gender identity, age, national origin, ancestry, disability, or sexual orientation will NOT be tolerated. We will maintain our online classroom as a safe environment for all.

Psychologist of Note:

Martha Bernal (1931-2001)



The first Latina to earn a PhD in psychology in the United States, she studied ethnic identity and made clinical training more relevant for minorities. She also mentored Latino/a psychologists and founded the National Hispanic Psychology Association.

Image source: palantelatino.com/

DISABILITIES ACCOMMODATION STATEMENT

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Roy Inouye can be reached at 235-7487, royinouye@hawaii.edu, or you may stop by Hale Kakoʻo 106 for more information. Please note that any special accommodations for the class will begin once the instructor is contacted by the Disability Specialist and will include the assignments from that point forward, as deemed reasonable and appropriate.

SEX DISCRIMINATION & GENDER-BASED VIOLENCE RESOURCES (TITLE IX)

Windward Community College is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking.

If you or someone you know is experiencing any of these, WCC has staff and resources to support and assist you. To report an incident of sex discrimination or gender-based violence, as well as receive information and support, please contact one of the following:

Leslie Cabingabang, Confidential Advocate

Phone: (808) 348-0432

Email: leslie.cabingabang@hawaii.edu

Desrae Kahale, Mental Health Counselor & Confidential Resource

Phone: (808) 235-7393

Email: <u>dkahale3@hawaii.edu</u> Office: Hale Kākoʻo 101

Karen Cho, Title IX Coordinator

Phone: (808) 235-7404 Email: kcho@hawaii.edu Office: Hale Alaka'i 120B

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, the University's Title IX resources and the University's Policy, Interim EP 1.204, go to manoa.hawaii.edu/titleix/

ALTERNATE CONTACT INFORMATION

If you are unable to contact me or experience any issues with class that you'd prefer not to discuss with me, please contact the Academic Affairs Office:



Location: Alaka'i 121 Phone: 808-235-7422

Email: wccaa@hawaii.edu