



# Introduction to Psychology

Psychology 1000 Section 3 MWF 10:30  
Psychology 1000 Section 6 MWF 11:30

**Instructor for Term I:** Professor Trapnell ("DrP"), first semester  
**Website Term I:** [www.paultrapnell.com/1000](http://www.paultrapnell.com/1000)

**Instructor for Term II:** Professor Sinclair, second semester  
**Website Term II:** WebCT (Dr.Sinclair)

**Course Description:** This course provides an introduction to the scientific study of mind and behaviour from biological, social, cultural and individual perspectives. Major topics include personality traits, developmental processes, visual perception, theories of motivation, learning, memory, intelligence, states of consciousness, social interaction, hereditary and environmental influences, and psychological disorders. To fulfill the research requirement for this course, students also participate directly or indirectly in the Department's research programs.

**Class Absence:** Missed material is your responsibility. You must contact others in the class about missed material when you are absent, NOT the Instructor or Teaching Assistant. Below is room to record contact information for 4 classmates who you may want to contact if you need to get missed materials.

1. Name: \_\_\_\_\_ Contact Info: \_\_\_\_\_  
2. Name: \_\_\_\_\_ Contact Info: \_\_\_\_\_  
3. Name: \_\_\_\_\_ Contact Info: \_\_\_\_\_  
4. Name: \_\_\_\_\_ Contact Info: \_\_\_\_\_

**Course Materials:** Save your receipts and make a copy!

1. Weiten, W. & McCann, D. (2010). *Psychology: Themes and Variations* (2nd Canadian Edition). Toronto, Canada: Nelson Education.

New textbooks come packaged with Concept Charts (Ideal for studying) and PsykTrek (a study/review tool). The textbook is also available on reserve in the library.

2. Wireless Remote: The i-clicker.

## Grade Components

1. *Six tests (95%).* There are six tests across the year and will be worth 95% of your final grade. All six tests are NON-cumulative, (i.e, are based ONLY on the material since the preceding tests). Tests will be multiple choice and will assess BOTH material from the textbook and material from lectures. The average of your best FIVE test marks will be used to calculate your grade, however, only the lowest mark across the *first five* tests can be dropped--All students must write test 6, and their mark on test 6 must be included in the calculation of their grade.

## Note:

Some adjustments may be made in the text material to be covered for each test. For example, sometimes a chapter may not be covered in class but will still be required for the exam, and/or some chapters may be reordered and possibly tested on a different dates than listed above. Announcement of changes will be made in class. If there are any changes you will know well in advance.

## Please Note:

- Bring Photo-ID to all tests as well as two sharpened pencils.
- Electronic devices (e.g. calculators, cell phones, etc.) are banned for all tests.
- All tests are property of the Psychology Department. They must be returned to the instructor or teaching assistant following review, upon penalty of course failure.
- We do not have a lot of extra lecture time so I will normally not hand back or go over tests during class time. To see your test, please arrange an appointment with myself or a teaching assistant.

**Missed Tests:** A grade of 0 will be given for any test that a student fails to write. However, exceptions will be made in the case of “illness, physical disability, or adverse domestic circumstances”. Students will be permitted to write a make-up test provided that they:

- a) Notify me before the scheduled time for the writing of the test, or if that is not possible within 24 hours of missing the test. (Please email me or if that is not possible telephone me at the University at 786-9207, and leave a message if I am not in my office.) AND
- b) Provide appropriate documentation (a medical certificate from your physician, in the case of illness or physical disability; documentation from a counsellor, lawyer, advising clergy, etc., in the case of domestic affliction). Students will also be permitted to write a make-up test, if the test conflicts with the observance of a religious holiday, providing that appropriate notification and documentation are given.

**Please note:** Documentation must state that the student was unable to write the test on the test date. If a test is missed without a valid reason, it will become the one "dropped" in the calculation of your final grade. There are **no exceptions** to this policy.

**2. Class participation (5%).** Given that this is a large class, you will use clickers to participate more fully in lecture. The iClicker is an interactive student response system that allows you to participate in demonstrations, find out whether you understand a particular concept or idea, and examine your preferences and opinions. Thus, it is important that you remember to bring your clicker with you to class each day (except for test days), and to participate using your clicker throughout the lecture. I will officially begin keeping track of class participation starting on Friday, September 17. You will earn one participation point per class period by answering the clicker questions presented that class period using your clicker. Your six lowest clicker scores will be dropped at the end of the course. Thus, you have six days that you can miss class, forget your clicker, fail to click on the questions in a class periods, etc. without losing any clicker points. **Do not come up and ask me to write down your name as participating if you forget your clicker.** Participation requires you to be present in class AND to be participating with your clicker. **WARNING:** If you are found using multiple clickers, then I will take the clickers away from you and all involved parties will be ineligible to receive clicker participation points for the rest of the course. Additionally, you would be in violation of the university’s student code of conduct and the infraction would be handled accordingly per university guidelines.

**3. Subject Pool Requirement:** All students are expected to fulfill the subject-pool requirement by completing six credits worth of psychology experiments. **Failure to complete all 6 credits will result in your final grade being dropped one letter grade (e.g., from an A- to a B+).** See attached sheets at the end of this course outline for subject-pool information or go to the subject-pool website <http://psychology.uwinnipeg.ca/pages/sbpinf.html>

**Grades:** Letter grades will be assigned based on the following table, reduced by one step if the subject pool requirement is not met.

A+	95-100%	B+	75-79 %	C+	65-69%	D	50-59%	Fractions equal to or greater than ½ will be rounded up to the next letter grade.
A	85-94%	B	70-74 %	C	60-64%	F	0-49%	
A-	80-84 %							

These cutoffs are tentative and may be changed in either direction by (i) the professor, (ii) the Departmental Review Committee, or (iii) the Senate, when circumstances warrant.

## Topic and Exam Schedule

<b><u>Term I: Prof. Trapnell (“Dr. P”)</u></b>		
<b>Week</b>	<b>Chapter</b>	<b>Content</b>
Week 1	Chapter 1	Introduction
Week 2	Chapter 1 & 2	Intro, Research Methods
Week 3,4,5	Chapter 3	Biological Bases of Behavior
<b><u>FRIDAY, Oct. 7th</u></b>	<b><u>EXAM 1</u></b>	<b><u>Chapters 1, 2, and 3</u></b>
Week 6, 7,	Chapter 4	Sensation-Perception
Week 8, 9	Chapter 5	Consciousness
<b><u>FRIDAY, Nov. 04</u></b>	<b><u>EXAM 2</u></b>	<b><u>Chapters 4 and 5</u></b>
Week 10	Chapter 6	Memory
Week 11	Chapter 9	Intelligence
Week 12, 13	Chapter 10	Motivation and Emotion
<b><u>WEDNESDAY, NOV. 30th</u></b>	<b><u>EXAM 3</u></b>	<b><u>Chapters 6, 9 and 10</u></b>
<b><u>Term II: Prof. Sinclair</u></b>		
Week 14	Chapter 6	Learning
Week 15	Chapter 8	Language
Week 16, 17	Chapter 11	Human Development
<b><u>MONDAY, Jan 30</u></b>	<b><u>EXAM 4</u></b>	<b><u>Chapters 6, 8, 11</u></b>
Week 18,	Chapter 12	Personality
Week 19, 20	Chapter 14	Psychological Disorders
Feb 20-25	No classes	Reading Week
Week 21	Chapter 15	Treatment
<b><u>MONDAY, Mar 5</u></b>	<b><u>EXAM 5</u></b>	<b><u>Chapters 12, 14, 15</u></b>
Week 22	Chapter 13	Stress
Week 23	Chapter 16	Social Behavior
Week 24	Chapter 16	Social Behavior
<b><u>MONDAY, Mar. 26th</u></b>	<b><u>EXAM 6</u></b>	<b><u>Chapters 13, 16</u></b>
<p><i>Makeup Test 1, 2      Thursday Dec. 1 at 12:30</i>  <i>Makeup Test 3,4,5      Wednesday March 28 at 12:30.</i></p>		

**Voluntary Withdrawal:** The final date to withdraw from this course without penalty is Friday, January 21. Please refer to the General Calendar for Voluntary Withdrawal procedures.

**NOTE:** You must formally withdraw from a course. If you simply stop going to classes, you may receive an “F” on your transcript and loss of tuition credit. *If you are considering withdrawing from this course, I encourage you to talk to me in case I can help in anyway.*

**Disability Services and Resource Centre:** Students with documented disabilities requiring academic accommodations for lectures or tests (e. g., access to volunteer note-takers, private space) are encouraged to contact the Coordinator of Disability Services at 786-9771, or go to <http://www.uwinnipeg.ca/index/services-disability>. All information about

disability is confidential. If you are seeking academic accommodations, please discuss the situation with me the first week of classes or within one week of making arrangements with DS.

**Counselling and Career Services:** For career or academic guidelines, for personal problems, for STUDY SKILLS and note-taking, anxiety, etc., take advantage of the range of free counseling services to get the help you need to survive and succeed in university. Check out the Counselling homepage at <http://ccs.uwinnipeg.ca>.

**NOTE:** If you feel that you have a medical or personal problem that is interfering with your work, you should contact me, Disability Services or Counselling Services as soon as possible. Problems may be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. In general, retroactive requests for grade revisions on medical or compassionate grounds will not be considered.

**Academic Misconduct:** Students are responsible for understanding the nature of and avoiding the occurrence of academic offenses. There is a section in the General Calendar on academic misconduct dealing with regulations on student discipline and grade appeals.

**Classroom Etiquette:** Unauthorized talking-in-class and other seemingly minor disruptions (e.g., students arriving late or leaving early) have a negative impact on the class environment (ranging from being somewhat annoying to the rest of us to being downright rude and offensive). Attendance is voluntary. If you attend I expect you to be attentive and polite to others. Do not sit near others who seem to always want to communicate with you or amuse you through words, whispers, or smiles. You are expected to change your seat next class, if necessary. Resist being an accessory no matter how innocent it seems. If you must leave class early, please sit near the door. (Otherwise, early departures can be quite disruptive, no matter how carefully you try to arrange your exit.)

**Email Policy:** I strongly prefer to interact with students in person but you are welcome to communicate with me by e-mail. However, e-mail should be used only to provide me with information or to ask a question that requires a brief response. For more lengthy discussions, you should raise questions during class or office hours. Should you decide to email me, please do so this way: First Term (Dr. Trapnell) use: [psyc1000@gmail.com](mailto:psyc1000@gmail.com); Second Term (Dr. Sinclair): use **WebCT**. If you email me through my university account your email could end up being filtered out by the University SPAM filter.

**Office hours and appointments:** If you have questions about the course material, would like to discuss issues related to the course in more detail, or would like to see your tests, you are always welcome to drop by my office or make an appointment to meet with me or a teaching assistant. I will not use office hours to go over course material you missed without a valid reason for missing class.

**Instructor's expectations:** I expect you all to work hard and learn a great deal from this course. I also expect to be challenged by what you already know, or wish to know. I do not approach the courses I teach from a position of absolute authority and total knowledge. The field of psychology is so vast and ever changing that we must strive to keep up with the latest findings, while putting everything into the framework of our basic knowledge.

I want to remind you that this course should be taken seriously. I understand that many of you have second jobs (because university is a job!), families, and other personal obligations. However, this is no excuse to minimize the importance of this class or your university education. For those of you who have outside obligations, you must learn time management skills and how to plan accordingly. Through my experience, I have learned that planning ahead is the best tool that can be used throughout a university education and in the professional world. You must understand how to follow guidelines and complete work by deadlines.

**Tip:** Read this outline more than once and keep it in your binder or somewhere you can reference it easily.

## RESEARCH REQUIREMENT

Scientific knowledge of human behaviour depends upon research and as a university student you make a significant contribution to the psychological sciences by taking part in our department's research. The Psychology Department requires all Introductory Psychology students to experience the research process by having you participate in studies throughout the academic year.

You can complete the course requirement in any of the following 3 ways:

1. Take active part in research studies via studies and experiments, a.k.a. Subject-pool participation.
2. Be an 'observer only' of some studies.
3. Write a brief review on selected research journal articles.

<b><u>RESEARCH REQUIREMENT</u></b>		
	<b>Session</b>	<b># of Credits Required **</b>
sections	Fall / Winter daytime	6
section	evening	3
<b>Note:</b> This assignment of your course is an all or nothing mark.		
<b>PASS</b> = 6 credits <i>including any penalties</i> .		
<b>FAIL</b> = Less than 6 credits (3 for Spring) results in your final mark in the course being lowered by 1 letter grade, i.e. from B+ to B, C+ to C.		
** To reach the number of credits required, you may combine any of the following:		
a) subject-pool participation credits		
b) observer credits		
c) article reviews (1 credit each) <u>due 1 week after end of classes</u>		

### **Monitoring your credits**

**Psychology Department Website:** <http://psychology.uwinnipeg.ca/pages/credits.html> listed by student ID number for you to check the accuracy of your credits earned. The list will be updated regularly, so please check it frequently to be sure that your credits have been properly entered. Find out well in advance if you need to earn extra credits, or if there are any mistakes on the website. It may take up to one week from the date of the experiment to process your credit, but if after a week or so, you have not been given credit for a study in which you participated, contact us immediately. This is why you need to keep all your credit receipts until you receive your final grade.

### **Questions**

Questions concerning the research requirement should be directed to the subject pool coordinator, room 4L31, 786-9744. The Psychology Department is eager to make your subject pool participation an interesting and enjoyable learning experience for you, and we are always interested in your feedback.

### **1. SUBJECT-POOL PARTICIPATION CREDIT**

Participation has educational benefits for you as an Introductory Psychology student. You receive first-hand experience with research design and procedure, and you learn through the feedback you receive about each study you participate in. You earn one credit for each hour, or part thereof, of research participation. You need a total of 6 credits to pass the requirement.

All studies are carefully screened and approved by the Psychology Department Ethics Committee and by the University's Senate Committee on Ethics in Human Research and Scholarship. If, for any reason, you find a study offensive once it has been explained to you, you may leave, but receive credit nonetheless.

### **Availability of Studies**

Most students earn all or most of their research credits by participating in the Subject Pool because they usually find it interesting and somewhat less time-consuming than the article summaries. Studies will be posted when they are available or sometimes announced in class. It is your responsibility to check the subject pool bulletin board. Do not leave your participation to the last minute.

### **Sign-up Procedure**

1. Go to the Subject Pool Bulletin Board located in the hallway of 4th Floor Lockhart beside room 4L16N where you will find sign-up sheets on the various studies being conducted.
2. Read each study's information sheet carefully before signing up, and follow the instructions that are posted.

### **If You Cannot Appear**

Call the answering machine **786-9854** before your appointment time and leave a clear message including your name and student number, as well as the name, date, and time of the study. If you call before your appointment you will not be penalized; if you are a 'no show', you will receive a penalty.

### **If the Experimenter Does Not Appear**

If you show up but the experimenter does not, you can still get your credit. To receive it you must report your name and contact number, and the date and time and study name to either the subject pool coordinator in room 4L31 or the psychology office 4L41.

### **Credit for participating**

- a) You will receive one research participation credit when you show up for a study.
- b) Print your information at the top of the credit form and hand it in to the researcher so that your credit can be entered into our tracking system.
- c) Keep the bottom portion of the credit form as your receipt until you receive your final grade.
- d) You need a total of 6 credits to pass the research requirement. Check the website.

### **Penalties:**

- i) For missed appointments: If you miss an appointment, and have not phoned in before your scheduled participation, you will be required to earn an additional research credit.
- ii) For failure to complete the research requirement of 6 (or more) credits: Results in a letter grade penalty being applied to your mark. This means that your grade would be lowered one step. e.g. from B+ to B or from C to D, or from D to E.

### **Getting the Most out of Participation**

A debriefing period will follow your participation in the study. You may often get as much out of the discussion following the study as you do during actual participation. The researcher will be happy to discuss any aspect of the study with you. The researcher will post the results and they will tell you when and where you can review them. By participating in our research, you are providing a very valuable service to the Psychology Department, and your contribution is highly valued and much appreciated.

## **2. OBSERVER CREDIT**

The observer-only option is for those who want to have the experience of participating in a study but prefer not to have their results used. Students who elect this option will do everything that a regular participant would do; and in addition, they must inform the researcher in advance that they are opting for observer status. The researcher will then destroy the data produced. Although this option is available for most studies, there may be some that cannot accommodate observers. If a study will not be able to offer the observer option, this information should be posted on the sign-up sheet.

## **3. ARTICLE REVIEWS**

The third way of earning a credit is to read a research article and then answer a few questions about it. The prescribed articles are listed below, and they are on reserve in the library. Ask for them under "Psychology Research Requirement", rather than your professor's name.

- These are just like any other assignment in your course and are subject to the same rules regarding academic misconduct.
- Use the attached Article Review sheet, or create your own using the identical format and

information.

- Article reviews are graded on a PASS/FAIL basis and your responses must reflect that you have read and understood the article.
- If your article review is a PASS, you will receive 1 Research Credit (check the website).
- Deposit article reviews in the drop box outside of 4L16N, with your student number and name filled out legibly.
- Article reviews are due no later than 1 week after the last day of classes.

**Select from these following articles:** You may search the web, or go to the library where they are on reserve under '*Psychology Research Requirement*'.

1. Cervone, D., Shoda, Y. (1999). Beyond traits in the study of personality coherence. *Current Directions in Psychological Science*, 8, 27-32.
2. Gauvain, M., (1998). Cognitive development in social and cultural context. *Current Directions in Psychological Science*, 7, 188-192.
3. Goldstein, I., and the Working Group for the Study of Central Mechanisms in Erectile Dysfunction (2000, August). Male sexual circuitry. *Scientific American*, 70-75.
4. Krauss, R. M., (1998). Why do we gesture when we speak? *Current Directions in Psychological Science*, 7, 54-60.
5. Melzack, R. (1992, April). Phantom limbs. *Scientific American*, 120-126.
6. Nelson, C. A. (1999). Neural plasticity and human development. *Current Directions In Psychological Science*, 8, 42-45.
7. Ramachandran, V. S. (1992, May). Blind spots. *Scientific American*, 86-91.
8. Rodier, P.W. (2000, February). The early origins of autism. *Scientific American*, 56-63.
9. Steele, C. M. (1999, August). Thin ice: "Stereotype threat" and black college students. *The Atlantic Monthly*, 44-54.
10. Tsien, J. Z. (2000, April). Building a brainier mouse. *Scientific American*, 62-68.

