

# **Psychology 100: Introduction to Psychology**

**~Western Kentucky University~**

*“If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.” – Abraham Maslow*

PSY 100-700, CRN: 13108

Winter 2023 - Online/Web Course

December 12, 2022 – January 14, 2023

Instructor: Kristina McCarol (Rutledge)-----270-218-0833

Email (preferred contact method): [kristina.rutledge@wku.edu](mailto:kristina.rutledge@wku.edu)

(please allow up to 24 hours response time for emails sent M-F; emails sent over the weekend shall be treated as received Monday [8:00am CST] and follow the same 24-hour response rule)

**NOTE: When emailing, please place YOUR name and course # (including section #) in the subject line (i.e. Smith – PSY100-780) or it may be overlooked due to the amount of emails received**

Office Hours: scheduled chat appointment times (4:00-7:00 pm CST on M, T, W, TH)

Grading (%): A $\geq$ 90%, B=80-89%, C=70-79%, D=60-69%, F $\leq$ 59% (3.0 credit hour course)

## **I. Rationale:**

This online credit Psychology 100 course (PSY 100-700; CRN 13108) is available for enrolled students at Western Kentucky University (WKU). This course may assist with fulfilling WKU Colonnade goals under the Exploration category of Social and Behavioral Sciences. There is no prerequisite for this class.

## **II. Course Description, Aims, & Learning Outcome Goals:**

### ***Course Description***

PSY 100: Introduction to Psychology (3.0 credit hours)

“An introductory course dealing with principles of behavior, scientific methods of psychology, measurement, learning, perception, motivation, development, personality, abnormal behavior, social behavior, intelligence, and other topics.”

-Western Kentucky University 2022-2023 Undergraduate Catalog

Upon completion of the course, students should have a solid understanding of an overview of introductory level psychology. This should include an understanding of terminology and concepts related to research types and methods of research, basics of the brain and functionality, our senses and perception of the world around us, sleep and effects of altered states of consciousness, how we learn and remember, general intelligence and language, what drives

motivation and emotions, development over the years of life, personality and theories of such, social aspects of behavior, effects of stress and coping on our health, psychological disorders, and various therapeutic methods.

### ***Aims***

This course aims to foster student thinking and learning while building a foundational knowledge for further application of skills and exploration of psychological issues, psychology classes (serving as a prerequisite class for higher-level psychology courses), and understanding of human cognition and behavior within an environment, including the future profession of the student.

### **Colonnade Statement:**

The Colonnade goals for Exploration Social and Behavioral Science courses are as follow:

By the end of this course, students should be able to...

1. Demonstrate knowledge of at least one area of social and behavioral sciences.  
*Due to the nature of an introductory class, such as PSY 100, the student should be able to demonstrate an exposed (yet limited) understanding of several areas such as basic history, prominent names, early experimentation, and basic terminology, as well as a basic level understanding of more specific areas such as the brain and behavior, sensation and perception of the world around us, our conscious states, learning, memory, intelligence, motivation, emotion, development over the lifespan, personality, interactions with others and the world around us, stress and the effects on health, coping mechanisms, psychological disorders, and therapeutic approaches (the term "limited" is utilized for PSY 100 due to the depth of each specific area which is covered more comprehensively in advanced level classes).*
2. Apply knowledge, theories, and research methods, including ethical conduct, to analyze problems pertinent to at least one area of the social and behavioral sciences.  
*Research in order to demonstrate (through discussion board questions, research paper, and assessments) knowledge of how specific areas have a significant impact on the social and behavioral sciences.*
3. Understand and demonstrate how at least one area of the social and behavioral sciences conceptualizes diversity and the ways it shapes human experience.  
*Demonstrate a basic understanding of how social psychology (i.e. prejudice, discrimination, diversity, variations related to gender and culture, social influences, interpersonal relationships, group behavior, violence and conflict resolution, and prosocial behavior) impacts and molds us as humans, our life experiences, and ultimately the world around us.*
4. Integrate knowledge of at least one area of the social and behavioral science into issues of personal or public importance.  
*Demonstrate the ability to research and describe how various areas in psychology covered over the semester impacts our personal life and/or our society.*
5. Communicate effectively using the language and terminology germane to at least one area of the social and behavioral sciences.  
*Engage in discussions, reviews, and reflections using appropriate language and terminology of the social sciences to demonstrate learning and understanding and an overall synthesis of course information.*

### **III. Format and Procedures:**

This course is from December 12, 2022 through January 14, 2023 – this will be FAST PACED with no time to fall behind. Please set aside time EACH day to look at your course and make sure you have everything done!

This course is designed as an online course with no required in-person meetings/classes; however, daily readings, assignments, discussion board participation, exams/quizzes, and full effort is not only expected but required for obtaining a passing grade within the course. Courteous and respectful behavior is expected at all times by all students toward one another and the instructor. There will be discussions and disagreements, which is good as this opens our minds for thinking and learning; however, it must be conducted through appropriate social interaction. Civility and respect is required and inappropriate behavior will NOT be tolerated...this may be grounds for automatic failing grade within the class. I am VERY confident this will not be an issue.

Grades shall be attained through:

1. REVEL Pre-Assessment (PA)
2. End of Chapter Quizzes (EOC)
3. Discussion Board (DB)

### **IV. My Assumptions**

I believe that learning is maximized when the cognitive load is not exceeding a personal limit, therefore, I choose to progress through the readings and discussions so that regular (frequent) feedback (through assessments) is provided prior to moving on to the next topic. Psychology is extremely interesting but PSY 100 is VERY broad and can have great depth. For this reason, I feel that a student may maximize learning if they are able to strongly focus on condensed topic areas prior to moving on to the next area/topic.

### **V. Course Requirements:**

1. Attendance: this is an online course with no required in-person meetings/classes; however, readings, assignments, discussion board participation, quizzes, and full effort is not only expected but required for obtaining a passing grade within the course
2. Required Text (DIGITAL or PRINT)

REVEL Psychology, 6<sup>th</sup> Ed. Ciccarelli, S.K, and White, J.N. (2020). Pearson.

ISBN 9780135212431

**BIG RED BACKPACK PROGRAM:** WKU has partnered with Barnes & Noble to provide course materials through a delivery program that not only lowers the cost of materials but also ensures students have their required course materials on the first day of class. Please visit this [LINK](#) to learn more about the program and how it works!

### 3. Special Materials Needed for the Online Student:

**NOTE: You will access REVEL (to complete the pre-assessment, chapter readings, and EOC quizzes) THROUGH a link provided on your Blackboard. DB questions, videos, announcements, and grades will be posted/completed directly on Blackboard.**

Required materials: access to a computer with internet access; access to Blackboard

**NOTE: Blackboard does NOT work properly on mobile devices. Failure to successfully submit any quiz, discussion board, or any other task due to using a mobile device will NOT be considered as a reason for a redo or makeup. Do NOT attempt to submit document or complete work from your mobile device.**

- *Minimum Technical Requirements:* Since this is an online course, your computer should meet the recommended technology guidelines. Please refer to the [Technology Requirements page](#) to determine if your computer and internet speed meets the requirements.
- *Blackboard:* If you are not familiar with Blackboard, please enroll and complete the Blackboard Student User Training Course. The [IT Training page](#) is where you will find the course and be able to enroll. You will have immediate access to the course upon enrollment. It is self-paced and should take no more than 90 minutes to complete. Pay particular attention to "How to Submit Assignments". Blackboard functions better in some internet browsers. Please see information from IT to determine if you are using the best browser.
- *Microsoft Word, Excel, and PowerPoint:* You will be expected to use Microsoft Word, Excel, and PowerPoint for course assignments. If you do not already have Microsoft Word, Excel, and PowerPoint, you should be aware that all WKU faculty, staff, and students are given free access to Office 365, which includes all Microsoft Office programs. Go to the [IT Microsoft 365 page](#) for information and instructions to obtain access.
- *Location/Synchronicity Requirements:* This course will have no face-to-face meetings or synchronous online meetings. All requirements will be fulfilled independently by the student and according to the deadlines presented.

## VI. Grading Procedures:

Final grades will be based upon:

- **1 REVEL Pre-Assessment** (10% of final grade) – completion of this REVEL pre-assessment will provide you with a baseline of your current psychology knowledge AND 30-points for completion. You are provided with UNLIMITED attempts – maximize this to your FULL benefit (meaning...you can learn a lot through this quiz alone and answering wrong does NOT impact your grade – use this opportunity to learn, not just click answers)...IF you complete it, you get the full 30-points as your grade (failure to complete by due date results in a 0 for this activity) [worth total of 30 points; due by 11:00pm CST on due date]
- **8 Quizzes** (45% of final grade) – complete the REVEL EOC quizzes after you have read the chapter, studied, watched supplemental videos. Quizzes are 20 questions at 1 point each with only ONE attempt) [worth total of 160 points; due by 11:00pm CST on due date]
- **8 Discussion Board (DB) Responses** (45% of final grade) – read instructor posted DB question/topic and respond – up to 20 points available per DB (quality defined by provision of response with detail and reasoning for this response – must draw information from text, may draw from other credible sources, and may use personal experience as well (cite as appropriate) [worth total of 160 points; due by 11:00pm CST on due date]

**You will access REVEL (to complete the pre-assessment, chapter readings, and EOC quizzes) THROUGH a link provided on your Blackboard. DB questions, videos, announcements, and grades will be posted/completed directly on Blackboard.**

Final will be your 8<sup>th</sup> DB and 8<sup>th</sup> quiz – worth the same as outlined above (NOT comprehensive)

Late work typically will not be accepted; exceptions will be at the discretion of the instructor.

Extra Credit is typically not offered for this course; however, the instructor may offer occasional extra credit opportunities. Watch the “Announcements” section on Blackboard for extra credit opportunities (should they arise), as well as all general information regarding the course.

Structure of this course may be changed at the discretion of the instructor.

### **GRADING:**

315-350 points = A

280-314 points = B

245-279 points = C

210-244 points = D

≤ 209 points = F

## VII. Tentative Course Schedule (schedule may change upon discretion of instructor)

| DATE/TOPIC   | CHAPTER                                       | ASSIGNMENT   | POINTS  | DUE                           |
|--|---|--|---|-------------------------------|
| <b>December 12 (Monday)</b><br>Let's Get Started (REVEL)<br>-post 7:00am CST-  | Introduction<br>-and-<br>REVEL Pre-Assessment | ---Intro DB<br>---Syllabus Quiz<br>---REVEL Pre-Assessment | DB: 20<br>QUIZ: 20<br>REVEL P/A: 30<br>(total possible pts: 70) | 12/12/22<br>-due 11:00pm CST- |
| <b>December 13 (Tuesday)</b><br>The Science of Psychology<br>-post 7:00am CST- | 1   | Reading, Video(s), DB, EOC Quiz                            | DB: 20<br>QUIZ: 20<br>(total possible pts: 40)                  | 12/15/22<br>-due 11:00pm CST- |
| <b>December 16 (Friday)</b><br>The Biological Perspective<br>-post 7:00am CST- | 2   | Reading, Video(s), DB, & EOC Quiz                          | DB: 20<br>QUIZ: 20<br>(total possible pts: 40)                  | 12/20/22<br>-due 11:00pm CST- |
| <b>December 21 (Wednesday)</b><br>Sensation & Perception<br>-post 7:00am CST-  | 3   | Reading, Video(s), DB, & EOC Quiz                          | DB: 20<br>QUIZ: 20<br>(total possible pts: 40)                  | 12/23/22<br>-due 11:00pm CST- |
| <b>December 27 (Tuesday)</b><br>Learning<br>-post 7:00am CST-                  | 5   | Reading, Video(s), DB, & EOC Quiz                          | DB: 20<br>QUIZ: 20<br>(total possible pts: 40)                  | 12/29/22<br>-due 11:00pm CST- |
| <b>December 30 (Friday)</b><br>Theories of Personality<br>-post 7:00am CST-    | 13  | Reading, Video(s), DB, & EOC Quiz                          | DB: 20<br>QUIZ: 20<br>(total possible pts: 40)                  | 01/04/23<br>-due 11:00pm CST- |
| <b>January 5 (Thursday)</b><br>Psychological Disorders<br>-post 7:00am CST-    | 14  | Reading, Video(s), DB, & EOC Quiz                          | DB: 20<br>QUIZ: 20<br>(total possible pts: 40)                  | 01/10/23<br>-due 11:00pm CST- |
| <b>January 11 (Wednesday)</b><br>Psychological Therapies<br>-post 7:00am CST-  | 15  | Reading, Video(s), DB, & EOC Quiz                          | DB: 20<br>QUIZ: 20<br>(total possible pts: 40)                  | 01/13/23<br>-due 11:00pm CST- |

**MAKE-UP POLICY:** SINCE all tasks are posted with due dates for the entire Winter Term, ONLY extenuating circumstances (with documentation of such) will make-up assessments be allowed (i.e. medical emergency, family emergency, etc.). Generally no late discussion board posts or assignment submissions will be accepted. IMMEDIATE communication should be made with the instructor should such a situation arise.

I am here to help you learn. I gladly welcome any questions and offer assistance if you are having difficulty; however, I cannot help if I am not aware...so communicate with me if you need any assistance. My goal is for you to learn and succeed...my job is to provide you the opportunity to do so. What you do with this opportunity is in your control.

## VIII. Regular and Substantive Interaction (RSI) in Online and Distance Learning

The U.S. Department of Education requires that distance education courses must include regular and substantive interaction between students and faculty. For more information about Regular and Substantive Interaction at WKU, please visit the [Regular and Substantive Interaction in Online and Distance Learning webpage](#). In this course, regular and substantive interaction will take place in the following ways:

- Weekly synchronous sessions with faculty and students,
- Faculty participation in weekly discussion boards,
- Weekly announcements, and
- Timely and detailed feedback on assignments provided within one week of submission.

Note: Your activities may look different from these as they are used solely for the purpose of this example.

## IX. COVID STATEMENT:

All students are strongly encouraged to get the COVID-19 vaccine. Students who are fully vaccinated will not be required to wear masks or quarantine if exposed to the virus. Based on the latest CDC and KY public health guidance, WKU will require the wearing of masks while indoors for those that have not been fully vaccinated to protect themselves and others. Persons not fully vaccinated must quarantine if exposed to someone with Covid-19. Accommodations can be requested in special cases through the Student Accessibility and Resource Center (SARC): 270-745-5004 (voice), 270-745-3030 (TTY), or 270-288-0597 (video).

All students must immediately report a positive Covid-19 test result or close contact with a person who has tested positive to the Covid-19 Assistance Line at 270-745-2019. The assistance line is available to answer questions regarding any Covid-19 related issue. The guidance is subject to change based on requirements set forth by public health agencies or the office of the governor. Please refer to the Healthy on the Hill website for the most current information. [www.wku.edu/healthyonthehill](http://www.wku.edu/healthyonthehill)

## X. Academic Integrity

*“The maintenance of academic integrity is of fundamental importance to the University. Thus, it should be clearly understood that acts of plagiarism or any other form of cheating will not be tolerated and that anyone committing such acts risks punishment of a serious nature.”* -Western Kentucky University

ANY and ALL students involved will automatically receive a zero for the assignment AND disciplinary action may be extended to include course failure and further University disciplinary action.

## XI. Accommodations for Students with Disabilities (ADA)

*“In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at [sarc.connect@wku.edu](mailto:sarc.connect@wku.edu). Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.”* -Western Kentucky University, 2019

## XII. Title IX Statement

*“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”* -Title IX of the Educational Amendment of 1972

## XIII. Course Policies

1. *Internet Access:* In order to effectively participate in class activities, reliable access to the internet and Blackboard is necessary. Failure of technology- At times Blackboard can have issues. If you have issues with Blackboard, please contact the IT Help Desk at 270-745-7000. It is HIGHLY recommended you do NOT wait until the last possible hour to complete and submit an assignment/assessment. A technology problem will not be an acceptable reason for late or non-submission. You have the entire semester outline on the first day of the course...use your time wisely and submit early enough that would allow you to locate another computer etc. should you have technical difficulties or

internet problems.

2. *Plagiarism and Cheating*: Cheating and plagiarism may result in an automatic grade of “F” for the entire course. Please refer to the link to learn more about the definition of plagiarism.  
<http://www.lib.utexas.edu/services/instruction/learningmodules/plagiarism/index.html>
3. *Disability Accommodations*: Students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at [sarc.connect@wku.edu](mailto:sarc.connect@wku.edu) . Consult the instructor within the first two weeks of class regarding disabilities and/or accommodations.
4. *Attendance Policy*: Although there is no formal attendance policy, you will be expected to complete assignments according to the course schedule.
5. *Late/Missing Assignments/Assessments*: You are expected to complete assignments/assessments by scheduled due dates. Late work will generally not be accepted/graded with a 0. If circumstances beyond your control arise, contact me as soon as possible. Internet issues are NOT acceptable for reasons for late work. You MUST have stable internet connection for the class/work.
6. *Requesting Makeup Work*: Generally, makeup work is not offered...any approved makeup work will be due to extenuating circumstances only AND makeup work will be must be requested by the student within 2 days of the assignment original DUE DATE...anything out of that range will NOT be available for makeup EXCEPT in extenuating circumstances (i.e. extended student hospitalization, etc.). Makeup work will NOT take the form of the original assignment (i.e. you may be assigned a paper, etc.) due to the tests being previously released to other students. Internet issues are NOT acceptable for reasons for makeup work. You MUST have stable internet connection for the class/work.
7. *Working Ahead*: It is acceptable to work ahead of schedule IF the item is already available online. Please do not request for items to be made available in order to work ahead.
8. *The Role of Your Textbook*: Since this is an online class, you are responsible for reading the assigned chapters of your textbook in order to prepare for the weekly assignments as well as to prepare to demonstrate mastery on assessments.
9. *Supplemental readings/materials*: You may be required to review additional readings, videos, Powerpoints, etc. This material may also be covered on assessments. General rule...If I take the time to mention, suggest, or post it then it is considered to be material appropriate for assessment/assignments.
10. *Powerpoints*: Powerpoints may be provided for some chapters. The intention of the Powerpoint is to highlight important material and serve as a study guide for upcoming Discussion Boards and Assessments. In addition, Powerpoints may assist you in completing other course assignments.
11. *Respectful Behavior and General Civility*: I ask that everyone be respectful of each other and the instructor. We will not agree about everything but it is important that we respectfully disagree and encourage each other to be open in our discussions in order to create a positive learning atmosphere and expand our thinking.
12. *Correspondence and email*: Please note that email is my preferred method of correspondence. Please first try my email, and I will do my best to respond to you within 24 hours. Feel free to ask me questions. I am here to help!
13. *Grading*: I will make every attempt to grade within one week after the due date. Feedback will be given at times to enhance learning.



## **USEFUL LINKS FOR STUDENTS**

(Ctrl + Click to follow links)

[Academic Integrity](#)

[Student Code of Conduct](#)

[Student Handbook](#)

[Student Resource Portal](#)

[Blackboard Student Mobile Applications](#)