

New York City College of Technology
Dept. of Social Sciences
PSY 1101/ENG 1101– Learning Community
EMOTIONS 101: Learning to Navigate the Challenges of College and Life

Introduction to Psychology - PSY 1101/LC 23
MW 10-11:15, Rm N523

Fall 2017 - 3 credit hrs.
Prof. Barbara Chutroo, MSW, LCSW

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Required Text: Feldman, R.S. (2011). **Essentials of Understanding Psychology (11th or 12th Ed).**
Boston: McGraw Hill. ISBN 978-0-07-338280-7

Course Description: Introduction to Psychology



James Franco in the movie 127 Hours

Introduction to Psychology is a broad overview of Western Psychology that covers the fundamental principles of psychology, its history, and theories, including, but not limited to, the role of the brain the body and the senses in psychological behavior, research methodologies; the history and the development of the different psychological theories and schools of thought; human development; psychological disorders; treatment approaches; current psycho-social problems, neuropsychology, motivation, emotions, perception, learning, thinking, intelligence, personality, health psychology, and social psychology.

This Learning community will emphasis the module on health psychology, particularly stress and coping. It will help students to identify stresses in their own lives, recognize stresses they share with other students entering college, and collaboratively develop effective coping skills to address them. It will utilize readings - including recent blog posts by educators and researchers -writing assignments, and a shared screening of *127 Hours*, to help students identify the stressors encountered by college freshmen, to explore troubling rise of crises associated with this transition, and to develop possible ways to deal with them. (ENG 1101- LC47, taught by Jennifer Sears meets on Mondays and Wednesdays from 11:30-12:45 p.m.)

College Policy on Absence/Attendance

Students are expected to attend all classes. Due to college policy, you may not miss more than 3 sessions (10% of class time). More than 3 absences will affect your grade. Being late is tabulated as half an absence. Leaving class for more than ten minutes after class has started or leaving early also counts as half an absence. This attendance policy is intended to cover sickness, work and family commitments, and transportation delays. In other words, there are no “excused” absences.

Class meets 1x/wk - allowable absence: 2 classes; **Class meets 2x/wk- allowable absence: 3 classes.**

CONTENT-RELATED LEARNING OUTCOMES AND ASSESSMENT:

LEARNING OUTCOMES	ASSESSMENT
Demonstrate an understanding of classic and contemporary theories of psychology	Exam items, assignments, in-class activities.
Demonstrate an understanding of the different research methods that psychologist use to study overt and covert behaviors	Exam items, assignments, in-class activities.
Demonstrate an understanding of the different areas within psychology, along with their terms and concepts	Exam items, assignments, in-class activities.
Demonstrate an ability to apply psychological concepts to real world situations	Exam items, assignments, in-class activities.

GENERAL EDUCATION LEARNING OUTCOMES AND ASSESSMENT:

LEARNING OUTCOMES	ASSESSMENT
KNOWLEDGE: Develop an introductory knowledge of psychology methodology and concepts	Exam items, assignments, in-class activities.
SKILLS: Develop and use the tools needed for communication, analysis and productive work	Exam items, assignments, in-class activities.
INTEGRATION: Work productively within and across disciplines	Exam items, assignments, in-class activities.
VALUES, ETHICS, AND RELATIONSHIPS: Understand and apply values, ethics, and diverse perspectives in personal, civic, and cultural/global domains.	Exam items, assignments, in-class activities.

Course Policies: Professionalism: Professionalism is for everyone, is expected of everyone, and covers much more than ethics and appearance. Professionalism also addresses accountability, being responsible, having a positive work ethic, civility (manners), striving for excellence, respect, and a commitment to developing skills and expertise in one's arenas. Professionalism is a skill that can be learned and honed through practice and experience. I expect professionalism in this course. For more information, please visit the following website:
<http://www.tipsforsuccess.org/professionalism.htm>

Readings & Class Participation: Readings are assigned from the required text and supplemental handouts. Prepare for class by reading the assigned text in advance. You must read the text in order to pass the exams. Students are expected to participate freely in class, ask questions and demonstrate knowledge of the assigned readings. Students are encouraged to share their understanding and experiences in class and to listen to one another with interest and respect.

Academic Integrity Policy Statement: Students and all others who work with information, ideas texts, images, music, inventions, and other intellectual property owe their audience and sources accuracy and honesty in using, crediting, and citing sources. As a community of intellectual and professional workers, the College recognizes its responsibility for providing instruction in information literacy and academic integrity, offering models of good practice, and responding vigilantly and appropriately to infractions of academic integrity. Accordingly, academic dishonesty is prohibited in The City University of New York and at New York City College of Technology and is punishable by penalties including failing grades, suspension, and expulsion. The complete text of the College policy on Academic Integrity may be found in the catalog.

Schedule of assigned readings and exams: Below is a schedule of the weekly chapter assignments. This is an estimate as some chapters may warrant further explanation or in-class group exercises

Date	Topic	Readings
Wk 1 M 8/28 W 8/30	Introduction – Research Methods	Chapt. 1, module 2 & 3
Wk 2 M 9/4 – no school W 9/6	Neuroscience & Behavior	Chapt. 2
Wk 3 M 9/11 W 9/13	Neuroscience & Behavior Sensation & Perception Quiz 1 – the nervous system	Chapt. 3
Wk 4 M 9/18 W 9/20 - No school	Sensation & Perception	Chapt 3
Wk 5 M 9/25 W 9/27	Health Psychology & The defense mechanisms - Movie Health Psychology	Chapt. 11
Wk 6 10/2 10/4	EXAM # 1 – CHAPTERS 1, 2, 3, 11 Learning – Classical Conditioning	Chapt 5
Wk 7 M 10/9 -No school W 10/11	Learning– Operant conditioning & Piaget (handout)	Chapt 5
wk 8 10/16 10/18	States of Consciousness (sleep, drug use) - Chapt 4 Quiz 2 – Chapt 5	Chapt. 4
Wk 9 10/23 10/25	Psychological Disorders	Chapt. 12 Chapt. 13
Wk 10 M 10/30 W 11/1	Treatment of Psychological disorders Memory - Quiz 3 - Chapt 12	Chapt. 6
Wk 11 11/6 11/8	Memory – chap 6 EXAM # 2 - CHAPTERS 4,5,6, 12, 13	
Wk 12 11/13 11/15	Social Psychology - Ch. 14	Ch 14
Wk 13 11/20 11/22	Intelligence, Thinking, Language - Intelligence, Thinking, Language Quiz 4 Ch. 14	Chapt 7
Wk 14 M 11/27 W 11/29	Motivation/Emotion	Ch. 8
Wk, 15 M 12/4 W 12/6	Development Development	Chapt. 9
Wk 16 M 12/11, 12/13	Development Personality	Ch. 9 Ch 10
Wk 17 12/18	Final - CHAPTERS 7, 8, 9, 10, 14	

Exams

Exams will include material covered in the text, handouts, and in class. If you do not take an exam it will be credited as a “0” toward your final grade. Exams will start promptly, extra time will not be allotted due to tardiness. If you must miss an exam, you must advise the professor **prior to** the exam and you may be allowed a make up at the professor’s discretion. Grading Scale: 93-100 = A; 90-92.9 = A- ; 87-89.9 = B+; 83-86.9 = B; 80-82.9 = B- ; 77-79.0 = C+ ; 70-76.9 = C; 60-69.9 = D; 59.9 and below = F

Classroom Rules

1. Cellphones, pagers, ipods must be turned off upon entering class
2. Please use the restroom before class begins
3. Conduct yourself in a respectful and appropriate manner during class. There must be no side conversations during class. It is disrespectful to your teacher, your classmates, and yourselves.
4. Disruptive behavior will be handled according to the policies and procedures set forth by the NYC College of Technology. Please consult your Student Handbook for more information on student rights and responsibilities.

Policy on Plagiarism

Plagiarism is not allowed. Plagiarism is the presenting of someone else's ideas without proper credit or attribution. These ideas could come from:

1. Information obtained from books, journals or other printed sources.
2. The work of other students or of faculty.
3. Information from the Internet.
4. Software programs or other electronic material.
5. Designs produced by other students or faculty.

Credit will not be given for plagiarized material. The use of plagiarized material can result in an F for the course.

Homework Assignments:

1. Chapt 1 – Handout - Research, due 9/11 (10 pts)
2. Chapt 11, – due 10/4
Discuss the stress Arron faced and the skills he used to cope with his life-threatening situation. You must include references to the material in module 34 such as problem focused coping, emotion focused coping, avoidant coping, coping styles, types of stress and to the defense mechanisms. 2 complete pages. (25 pts)
3. Chapt 5 – learning - due 10/16
 - a. Article to read –What did you learn from this article and how can you apply these lessons to your own study habits? Compare your study habits to those of a peer. – 1-2 pages, (20 pts)
 - b. Handout – classical conditioning (10 pts)
4. Chapt. 12 & 13 - Psychiatric disorders. 11/1
Article to read - 2 pages (25 pts)
5. Chapt 14, due 12/11
Take the Implicit Attitude Test available on line on two different topics. Write a paragraph about your responses and what you learned about yourself. (15 pts)

Assessment Methods:

3 in-class multiple choice examinations, <u>each</u> worth 20 %.....	60% (300 pts)
4 short quizzes each worth 4%.....	16% (80pts)
Homework assignments	21% (105 pts)
Attendance, participation and class preparation	3 % (15 pts)
Total.....	100% (500 pts)

F= less than 300pts, D=300-349 pts, C=350-384 pts, C+=385-399pts, B- = 400-414 pts, B=415-434 pts, B+= 435-449 pts, A- =450-464 pts, A=465-500 pts