Psychology 102 Syllabus

3 UWGB credits/ 0.5 PHS credits

Semester Course

Mrs. Donna Kalafut
kalafutd@peshtigo.k12.wi.us

Purpose of the Course

The purpose of Psychology is to introduce students to the systematic and scientific study of behavior and mental processes of human beings and animals. Students are exposed to the psychological facts, principles, and phenomena associated with the major subfields within psychology. They also learn about the methods psychologists use in their science and practice.

Psychology 102 is a one semester course designed to help students earn 3 college credits through UWGB. Thus, the pace of the course is such that each unit will be covered in approximately one week. This is a rigorous and demanding course with expectations of a university setting. Reading and video watching outside of class will be an essential component of your success in this course and all future college courses.

Course Objectives

1. Students will study the major core concepts and theories of psychology. They will be able to define key terms and use these terms in their everyday vocabulary.
2. Students will learn the basic skills of psychological research. They will be able to devise simple research projects, interpret and generalize from results and evaluate the validity of research reports.
3. Students will be able to apply psychological concepts to their own lives. They should be able to recognize psychological principles when they are encountered in everyday situations.
4. Students will develop critical thinking skills. They will become aware of the danger of blindly accepting or rejecting any psychological theory without careful, objective evaluation.
5. Students will build their reading, writing, and discussion skills.
6. Students will learn about psychology as a profession, and become aware of the educational requirements which must be met to pursue such careers. They will learn about the ethical standards governing the work of psychologists.

Psychology Programmatic Outcomes

1. Knowledge Base of Psychology
   Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

2. Research Methods in Psychology
   Students will understand and apply basic research methods in psychology, including research design, data analysis, and interpretation.

3. Critical Thinking Skills in Psychology
   Students will respect and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes.

4. Application of Psychology
   Students will understand and apply psychological principles to personal, social, and organizational issues.

5. Values in Psychology
   Students will be able to weigh evidence, tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a discipline.
Course Textbook
Psychology; third edition hard cover; Saundra K. Ciccarelli and J. Noland White;
Pearson(Prentice Hall) publishing ISBN: 9780205832576

Course Viewings & Readings
Course viewings & readings will be assigned and discussed as needed. Other relevant materials will be posted as needed. Readings and Videos are listed in the detailed course syllabus. The Discovering Psychology (Phillip Zimbardo) videos can be streamed via http://www.learner.org/resources/series138.html The class will not have time to watch all of the suggested videos. It will be most helpful if you find the time to stream them on your own time

Student Responsibilities
The student will document on and participate in labs, keep up with viewings and readings both in and out of the textbook, take each unit test, complete the projects and papers as long as completing the final exam.

Course Calendar
Class Calendar and Tentative Dates have been set according to the school calendar. However, these dates are only tentative and may fluctuate slightly as situations arise. (80+ class days)

Grading Scale
<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.0 pt</td>
</tr>
<tr>
<td>A/B</td>
<td>3.5 pt</td>
</tr>
<tr>
<td>B</td>
<td>3.0 pt</td>
</tr>
<tr>
<td>B/C</td>
<td>2.5 pt</td>
</tr>
<tr>
<td>C</td>
<td>2.0 pt</td>
</tr>
<tr>
<td>C/D</td>
<td>1.5 pt</td>
</tr>
<tr>
<td>D</td>
<td>1.0 pt</td>
</tr>
<tr>
<td>F</td>
<td>0.0 pt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade Computation</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Tests</td>
<td>(40%)</td>
</tr>
<tr>
<td>Lab Participation and Lab Reports</td>
<td>(25%)</td>
</tr>
<tr>
<td>Stranger Paper, Brain Project, Who am I Paper</td>
<td>(10%)</td>
</tr>
<tr>
<td>Midterm: Cumulative Test Ch1-7</td>
<td>(10%)</td>
</tr>
<tr>
<td>Research Paper</td>
<td>(15%)</td>
</tr>
<tr>
<td>Final: Cumulative Test Chapters 8-15</td>
<td>(10%)</td>
</tr>
</tbody>
</table>

Be sure to keep and watch all correspondence from PHS and UWGB
You will need your UW ID and Login information to check your UW-email, to access your class information on D2L, and to turn in your papers. This applies to everyone in the class- If you are not taking the class for UWGB credit I will need a valid e-mail address to set you up on the D2L system. Without your e-mail your papers cannot be graded. This information is needed ASAP. Thank You!
Famous People in Psychology:
Know these ten names and their accomplishments for each of the tests

B. F. Skinner    Erik Erikson
Abraham Maslow   Elisabeth Kubler-Ross
Sigmund Freud    Ivan Pavlov
Carl Jung        Carl Rogers
Jean Piaget      Howard Gardener

THESE ARE THE PSYCHOLOGISTS TO KNOW!       NOT IN THIS ORDER OF COURSE!

1._Jean Piaget________ This person was a famous child psychologist who discovered that children develop logic and think differently at different ages.

2._Carl Jung__________ This person was one of the most mystical and metaphysical of the psychoanalytic theorists. This person coined the term “archetypes” for inherited, universal ideas.

3._Carl Rogers________ This person was best known for the role they played in the development of counseling. This person believed that people are basically good and that counseling should focus on the present.

4._B.F. Skinner_______ This person was a strict behaviorist who was most closely associated with operant conditioning. This person believed that most behavior is influenced by a person’s history of rewards and punishments.

5._Ivan Pavlov________ This person was a Russian physiologist best known for his discovery of the type of learning called classical conditioning.

6._Erik Erikson_______ This person was best known for the theory of Psychosocial development.

7._Sigmund Freud______ This person was physician in Vienna who was best known for his interest in the unconscious mind. The father of the Psychoanalytic Theory.

8._Abraham Maslow____ This person was a pioneer of Humanistic Psychology. He may be best known for his hierarchy of needs.

9._Elisabeth Kubler-Ross_ This person investigated how people adjust to death by going through five stages, thus starting the field of Thanatology.

10._Howard Gardener__ This person was best known for broadening the concept of intelligence in to eight different categories.
Day 1 Seating Charts and Textbook and Syllabus information.
Bill Nye Pseudoscience and the Scientific Method DVD-PHS Library
Introduction Lab - Boundary Breaking Lab

Chapter 1: The Science of Psychology
Ciccarelli & White 3rd edition, pages 2-43

26 minutes VIDEO: Discovering Psychology: Understanding Research (on your own time)

What is Psychology?

Psychology Then: The History of Psychology.
   The issues in Psychology.

Psychology Now: Modern Perspectives

Psychology Professionals and Areas of Specialization.

Psychology: The Scientific Methodology.
   Issues in Psychology: Stereotypes, Athletes and College Test Performance

Ethics of Psychological Research.
   Guidelines for doing research with people.
   Brown Eyes versus Blue Eyes – Jane Elliott

Applying Psychology to Everyday Life: Thinking Critically about Critical Thinking.
   What are the criteria for critical thinking?

Chapter 1 Lab – Mean, Median, Mode, Range, and Standard Deviation Worksheet.
The students will write a one page lab report explaining when and where we use these measures of central tendency. All information must be reinforced with research and of course cited correctly within the report and the bibliography must also be correctly APA formatted! If possible this paper will be submitted electronically in the D2L-Turn-it-In drop box for this lab.

Psychology Labs and books for sources; Statistics Lab (the scientific method (math) in psychology)
The man who mistook his wife for a hat
The Glass Castle
Clearing the Haze
How we are smart.

Test: 90 chapter questions, 10 psychologists
(5 days)First day of class, 2 days of lecture, 1 day of lab, and 1 test day.
Math Teachers Assistant

Name: ________________________________

Date: __________

1) $[3, 5, 1, 3, 7, 2, 6, 9, 2]$

   Standard Deviation from Sum of Squares =

2) $[7, 8, 10, 7, 2, 10, 9, 2, 1, 5]$

   Standard Deviation from Sum of Squares =

3) $[6, 2, 6, 3, 1, 7]$

   Standard Deviation from Sum of Squares =

4) $[9, 4, 5, 2, 3, 6, 7, 7]$

   Standard Deviation from Sum of Squares =

5) $[4, 4, 3, 2, 7, 5, 4, 4, 2, 5]$

   Standard Deviation from Sum of Squares =

6) $[4, 8, 8, 9, 3, 2, 5, 10]$

   Standard Deviation from Sum of Squares =

7) $[4, 9, 2, 10, 10, 5]$

   Standard Deviation from Sum of Squares =

8) $[6, 3, 2, 10, 2, 5, 3, 1, 7]$

   Standard Deviation from Sum of Squares =

9) $[2, 7, 2, 9, 3, 9]$

   Standard Deviation from Sum of Squares =
Chapter 2: The Biological Perspective
Ciccarelli & White 3rd edition, pages 44-87:

26 minutes VIDEO: Discovering Psychology : Cognitive Neuroscience (on your own time)
Brain Games: “Use it or Lose it” episode. The brain is similar to a muscle, the more you use it the stronger it gets.

An Overview of the Nervous System

Neurons and Nerves: Building the Network

The Central Nervous System: The Central Processing Unit
Psychology in the News

The Peripheral Nervous System: Nerves on the Edge

Distant Connections: The Endocrine Glands

Looking Inside the Living Brain

From the Bottom Up: The Structures of the Brain
Classic Studies in Psychology

Classical Studies in Psychology:
Through the Looking Glass – Spacial Neglect

The Cerebral Hemispheres: Are you in your right mind?

Applying Psychology to Everyday Life:
Paying Attention to the Causes of Attention-Deficit/Hyperactivity Disorder.

Watch 2 minute video clip for the movie GATACA

Chapter 2 Lab – BIODOTS a full week of monitoring, The student will keep a 5 day log of the color of your dots at various times, such as morning, physical education class, after lunch, end of the school day… Explain the color and why that color. Then the student will explain the term Homeostasis. Lastly explain what your body temperature has to do with your ability to think. Your Lab write-up should be a minimum of two pages (one page is below) and backed up with correctly sited resources within your paper which will support conclusions, your bibliography must be APA formatted. The two page lab report will be placed in the UWGB D2L drop box for the Turn-it-In program.

Psychology Labs and books for sources: Biodots Lab (physiology and biology meet psychology)
The hurried Child
Flowers for Algernon
Zoobiguity
Child abuse and stress disorders
Phineas Gage

Test: 90 questions, 10 psychologists.
(5 days) 4 days of lecture, 1 day for Test.
# Biodot Log

**ME-HO2-080103-10**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Biodot Color</th>
<th>General Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
One class in the Computer Lab to set up your research. (http://owl.english.purdue.edu/owl/resource/560/18/)

1. Narrow down your broad idea to a more specific thesis question.
2. Quick overview of NoodleTools for APA formatting.
3. Quick overview of peer reviewed and academic sources!

**Possible Topics for Research Paper:**

<table>
<thead>
<tr>
<th>Anger Management</th>
<th>Inferiority Complex/Fear of success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Generalized Anxiety Disorder/Panic Attacks</td>
<td>Sleep Disorders (Insomnia)</td>
</tr>
<tr>
<td>Test Anxiety</td>
<td>IQ (Intelligence Quotient)</td>
</tr>
<tr>
<td>Post-Traumatic Stress Disorder</td>
<td>Learned Helplessness</td>
</tr>
<tr>
<td>Specific Phobias:</td>
<td>Statistics-what they tell us:</td>
</tr>
<tr>
<td>Acrophobia-fear heights</td>
<td>Mean</td>
</tr>
<tr>
<td>Aerophobia-fear of flying</td>
<td>Median</td>
</tr>
<tr>
<td>Claustrophobia-fear of closed spaces</td>
<td>Mode</td>
</tr>
<tr>
<td>Hemophobia-fear of blood</td>
<td>Standard Deviation</td>
</tr>
<tr>
<td>Hydrophobia-fear of water</td>
<td>Bell Curve</td>
</tr>
</tbody>
</table>

- Obsessive-Compulsive Disorder
- Conversion Disorder

- Hypochondriasis
- Dissociative Amnesia/Fugue

- Alzheimer’s/Senile Dementia
- Dissociative Identity Disorder (Multiple-Personality)

- Schizophrenia
- Bipolar Disorder (Manic-Depressive)

- Major Depressive Disorder
- Seasonal Affective Disorder

- Antisocial Personality/Sociopath

- Drug and Alcohol Addiction
- Pick a stage of development and delve further than we can in class:
  - Children
  - Adolescence/Young adulthood
  - Adult/Old age

- Attention Deficit Disorder
- Hypnosis-Clinical uses of
- Multiple Personality

- Animal Training
- Psychology in police science/Hostage Negotiations

- Psychology of Online Dating/Questionnaires
- Animal Therapy and or Laughter as medicine

- Psychology of attraction
- Etc....extra topics....

*Your papers will be dropped in the D2L Turn-it-In program to check for plagiarism.*

**Plagiarism = 0%**

In college plagiarism results in automatic F in the class and or expulsion from the school!

So be careful to cite everything correctly!
Chapter 3: Sensation and Perception
Ciccarelli & White 3rd edition pages 88-127

(20 min) VIDEO: Discovering Psychology “Sensation and Perception”
Brain Games: “Pay Attention” https://www.youtube.com/watch?v=4mSxiWypQOA

The ABC’s of Sensation
The Science of Seeing
The Hearing Sense: Can You Hear Me Know?
Chemical Senses: It Tastes Good and Smells Even Better
Somesthetic Senses: What the Body Knows

The ABC’s of Perception

Applying the Psychology to Everyday Life:
Beyond “Smoke and Mirrors” The Psychological Science and Neuroscience of Magic

Chapter 3 Lab – Perception goggles. A One Page explanation of how we adapt to altered perceptions and when and where in life do we need to adapt in just such a way, of course you need to back-up your conclusions with scientific evidence correctly cite your information within your paper and correctly format your bibliography in APA style.

Psychology Labs and books for sources: Perception Lab (goggles and illusions)
Go Ask Alice
No two alike
Expectations for women
Jake Reinvented
How does cell phone use impact teenagers
The impossible knife of Memory

https://www.youtube.com/watch?v=eA2d1tKNFoU
3 minute clip on perception goggles and basketball. Brain Games “Seeing is Believing”

Test: 90 questions, 10 Psychologists
(7 days) 1 day in working on research paper,
4 days of lecture, 1 day of lab, 1 day for Test.
“Stranger Paper”

1 final report page font 12, double spaced(10), 1 inch margins, Times New Roman. The note pages must also be included. Your digital paper and your references (typed up or scanned in) need to be placed in the UWGB D2L drop box on or before the due date! Plan accordingly.

Stranger Paper Rubric: DUE end of Chapter 4
Find a true stranger that you can watch unobtrusively every day for a week.
(students that you do not know—such as fellow study hall pupils)
Ask the study hall teacher the “strangers” name preferably after the week is over.

Your Name & the Stranger’s Name: __________(5%)

5 days of description of stranger: __________ (50%)
Detailed descriptions with your assumptions/opinions

Research a personality type that fits this stranger
Be sure to have a bibliography and explanation as to how this personality type fits this person whom you have observed for a week. __________(20%)

Find a song or a painting that you think your stranger would appreciate and explain why, then include a picture, or the lyrics. Correctly cited! __________(15%)

In Conclusion explain what you have learned about how we as humans can so quickly categorize each other and why do we do that? __________(10%)

Brain Games “Trust Me” https://www.youtube.com/watch?v=uTea1fzfReA
Whom do we trust and why do we trust them?
Chapter 4: Consciousness: Sleep, Dreams, Hypnosis and Drugs
Ciccarelli & White 3rd edition, pages 128-167:

- 26 minutes VIDEO: Discovering Psychology: “The Mind Hidden and Divided”
- Brain Games: “Addiction” 2 minute clip [https://www.youtube.com/watch?v=wAZRaz_WHFI](https://www.youtube.com/watch?v=wAZRaz_WHFI)

What is Consciousness?

Altered States: Sleep
  Psychology in the News

Dreams

Altered States: The Effects of Hypnosis

Altered States: The Influence of Psychoactive Drugs

Applying Psychology to Everyday Life:
  Thinking critically about ghosts, aliens and other things, that go bump in the night.

Chapter 4 Lab – There is no lab, however the Stranger Paper is due into the D2L drop box on or before the due date.

**Psychology Labs and books for sources:** Stranger Paper (personality types)
- Go ask Alice
- The Hurried Child
- No two alike
- The glass castle
- Walking Naked
- Birth Order
- Personality Disorders
- Investigating Depression and Bipolar

A day in the computer lab
1. Begin writing FIRST 5 PAGES if you have not already done so.
2. Feel free to update your information, always save extra copies in different places!

Test: 90 questions, 10 Psychologists
(5 days) 3 days of lecture, 0 day of lab, 1 day for test/lab report, 1 day in computer lab
Final Grading Rubric: “Research APA formatted Paper or Project” 15% of Semester Grade:


Paper must be placed in the UWGB Drop Box for the Turn-it-in plagiarism check or before the given deadline—no exceptions so plan accordingly!

<table>
<thead>
<tr>
<th>Section</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVER/TITLE PAGE</td>
<td>5</td>
</tr>
<tr>
<td>THESIS/ABSTRACT PAGE</td>
<td>5</td>
</tr>
<tr>
<td>TABLE OF CONTENTS with page numbers</td>
<td>10</td>
</tr>
<tr>
<td>FIRST 5 PAGES OF THE BODY OF THE RESEARCH PAPER</td>
<td>30</td>
</tr>
<tr>
<td>Font 12, Times New Roman, double spaced (10)</td>
<td></td>
</tr>
<tr>
<td>and 1 in margins- including headers and footers</td>
<td></td>
</tr>
<tr>
<td>Page numbers on the bottom, correct in text citations,</td>
<td></td>
</tr>
<tr>
<td>running title header on the top of the paper</td>
<td></td>
</tr>
<tr>
<td>250 words per page is considered to be the standard accepted number of words per page. So if you are having trouble with your margins check your word count?</td>
<td></td>
</tr>
<tr>
<td>FINAL 5 PAGES OF THE BODY OF THE RESEARCH PAPER (Thus all 10 pages now)</td>
<td>30</td>
</tr>
<tr>
<td>Font 12, Times New Roman, double spaced (10)</td>
<td></td>
</tr>
<tr>
<td>and 1 in margins- including headers and footers</td>
<td></td>
</tr>
<tr>
<td>Page numbers on the bottom, correct in text citations</td>
<td></td>
</tr>
<tr>
<td>running title header on the top of the paper</td>
<td></td>
</tr>
<tr>
<td>APA BIBLIOGRAPHY</td>
<td>10</td>
</tr>
<tr>
<td>Minimum of 5 academic sources and</td>
<td></td>
</tr>
<tr>
<td>Two of those must be in book or e-book format</td>
<td></td>
</tr>
<tr>
<td>Or an interview with a person accredited in your selected topic correctly sourced.</td>
<td></td>
</tr>
<tr>
<td>PRESENTING AND DEFENDING YOUR THESIS/PAPER (just you and your paper)</td>
<td>10</td>
</tr>
</tbody>
</table>

TOTAL: %
# Sleep Diary

**Sufficient sleep is important for your health, well-being and happiness. When you sleep better, you feel better.** The National Sleep Foundation Sleep Diary will help you track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved.

## How to Use the National Sleep Foundation Sleep Diary

1. Our sleep diary only takes a few minutes each day to complete.
2. We’ve given you seven days, so you may want to make several copies.
3. Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep. Is your bedroom a sanctuary for sleep? Or are there too many distractions? Did your nap interfere with a good night’s sleep?
4. Make incremental changes. Changing one habit at a time can set you on the path to healthy sleep.

Visit sleepfoundation.org for more tips.

## Complete at the End of Day

<table>
<thead>
<tr>
<th>Day of week</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time in bed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I went to bed last night at</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
</tr>
<tr>
<td>I got out of bed this morning at</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
</tr>
<tr>
<td>Last night I slept:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Napped?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FSMT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last night I slept for</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
</tr>
</tbody>
</table>

## Complete in Morning

<table>
<thead>
<tr>
<th>Start date</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I went to bed last night at</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
</tr>
<tr>
<td>I got out of bed this morning at</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
<td>AM/PM</td>
</tr>
<tr>
<td>Last night I slept:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Napped?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FSMT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last night I slept for</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
<td>Hours</td>
</tr>
</tbody>
</table>

## Notes

- Keep a log of anything that may affect your sleep: smoking, caffeine, alcohol, exercise, etc.
- In the block below, record any habits or routines that may affect your sleep: bedtime rituals, sleep habits, etc.

Visit sleepfoundation.org for more tips.
Chapter 5: Learning
Ciccarelli & White 3rd edition, pages 168-211:

Brain Games: “Focus Pocus”  https://www.youtube.com/watch?v=QgZVLMjhvMQ
2 minute clip.

Definition of Learning

It Makes Your Mouth Water: Classical Conditioning

What’s In It for Me: Operant Conditioning
   Issues in Psychology
   Classical Studies in Psychology

Classical Studies in Psychology:
   Biological Constraints on Classical Conditioning
   Using Operant Conditioning: Behavior Modification

Cognitive Learning Theory

Penny Lab-(bilateral Brain Transfer)
   Observational Learning

Applying Psychology to Everyday Life: Can You Really Toilet Train Your Cat?
   Training yourself
   Toilet training your Cat?

Chapter 5 Lab –Sleep Lab/ Dream analysis/I Pod sleep cycle
Monitor your sleep cycle and or dreams for 5-7 days and then explain how sleep affects you.
All conclusions must be researched and correctly sited. This final report should be three pages when
you add the sleep form below. As always all work must be reinforced with scientific evidence which is
correctly APA cited! As always this lab needs to be submitted into D2L on or before the due date.
Psychology Labs and books for sources:  Sleep Lab (stress, sleep, circadian rhythms and homeostasis)
The Hurried Child
Drug Therapies and Sleep Disorders
Dead on their feet
Sleep Deprivation and their consequences
In your face
How does Cell phone use impact teenagers

Test: 90 questions, 10 Psychologists,

(5 days) 4 days of lecture, 1 day for Test/Lab discussion
<table>
<thead>
<tr>
<th>Other Names</th>
<th>Classical Conditioning</th>
<th>Operant Conditioning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respondent conditioning</td>
<td>Instrumental conditioning</td>
<td></td>
</tr>
<tr>
<td>Pavlovian conditioning</td>
<td>Law of Effect (Thorndike)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Skinnerian conditioning</td>
<td></td>
</tr>
<tr>
<td>Pioneers</td>
<td>Ivan Pavlov</td>
<td>Edward Thorndike</td>
</tr>
<tr>
<td></td>
<td>John B. Watson</td>
<td>B.F. Skinner</td>
</tr>
<tr>
<td>Example</td>
<td>Sound of bell (CS) begins to produce salivation</td>
<td>Baby cries and parents pick up baby</td>
</tr>
<tr>
<td>Major Terms</td>
<td>Unconditioned stimulus (UCS)</td>
<td>Reinforces (primary and secondary)</td>
</tr>
<tr>
<td></td>
<td>Conditioned stimulus (CS)</td>
<td>Reinforcement (positive and negative)</td>
</tr>
<tr>
<td></td>
<td>Unconditioned response (UCR)</td>
<td>Punishment (positive and negative)</td>
</tr>
<tr>
<td></td>
<td>Conditioned response (CR)</td>
<td>Shaping</td>
</tr>
<tr>
<td></td>
<td>Conditioned emotional response (CER)</td>
<td>Reinforcement schedules</td>
</tr>
<tr>
<td>Shared Terms</td>
<td>Extinction</td>
<td>Extinction</td>
</tr>
<tr>
<td></td>
<td>Spontaneous recovery</td>
<td>Spontaneous recovery</td>
</tr>
<tr>
<td></td>
<td>Generalization</td>
<td>Generalization</td>
</tr>
<tr>
<td></td>
<td>Discrimination</td>
<td>Discrimination</td>
</tr>
<tr>
<td>Major Differences</td>
<td>Involuntary (subject is passive)</td>
<td>Voluntary (subject is active)</td>
</tr>
<tr>
<td>Behavior Order</td>
<td>CS must come before the UCS</td>
<td>Reinforcement comes after the behavior</td>
</tr>
</tbody>
</table>
Chapter 6: Memory

Ciccarelli & White 3rd edition, pages 212-251:
(26 min) VIDEO: Discovering Psychology “Remembering and Forgetting”

Brain Games “Remember This” Former Detective Greg Walsh 2 minute clip
https://www.youtube.com/watch?v=xdK-ebSVFmY

Three Processes of Memory

Models of Memory

The Information-Processing Model:
Three Memory Systems

Getting It Out: Retrieval of Long Term Memories
Classical Studies in Psychology

Classical Studies in Psychology:
Elizabeth Loftus and Eyewitnesses
Automatic Encoding: Flashbulb Memories

The Reconstructive Nature of Long-Term Memory Retrieval:
How Reliable are Memories

What were we Talking About? Forgetting

Neuroscience of Memory

Applying Psychology to Everyday Life: Alzheimer’s Disease

Chapter 6 Lab – Brain Project. As always use peer reviewed, academic information to back up your conclusions, definitions all correctly APA sited. Be sure that your definitions and other research information are placed in D2L drop box on or before the due date (presentation date).

Psychology Labs and books for sources: 3-D Brain Model and project.
Go ask Alice
The Impossible Knife of Memory
Flowers for Algernon
No two alike
Phineas Gage
Criminal Psychology and Profiling

Test: 90 questions, 10 Psychologists
(8 days) 3 days of lecture, 1 day of lab, 1 day for Test, 2 days Brain Project presentation
Tactile "Brain Project"

Brain Project

BI-WS1-072703-100

Project Requirements:

Create a model of the brain including the parts and areas of the brain listed below.
Give a creative presentation detailing the function of the * items of the brain listed below. (5-6 minutes maximum).

The grading for the project will entail:

50% - an evaluation using the form below by the other students in the class.
50% - an evaluation using the form below by the teacher.

Parts of the Brain

*Thalamus
*Hypothalamus
*Hippocampus
*Cerebellum
*Reticular Activating System
*Pons
*Medulla
*Spinal Cord
*Corpus Callosum
*Cerebrum
*Midbrain

Areas of the Brain

Frontal Lobe
Temporal Lobe
Occipital Lobe
Parietal Lobe
*Wernicke's Area
*Broca's Area

Brain Report Evaluation Form

Name(s) of Group Members:

BI-HO1-072703

Rate the group's report on a scale of 1 to 10 with 1 being the lowest ranking and 10 being the highest ranking. Please circle the number of your ranking.

Informative

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Understandable

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Creative

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Brain Model

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Overall Ranking

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Total Points:
Chapter 7: Cognition, Thinking Intelligence and Language
Ciccarelli & White 3rd edition, pages 252-295:

(26 min) VIDEO: Discovering Psychology: Cognitive Processes
Brain Games: “Superstitions” https://www.youtube.com/watch?v=nZCQ3yDzhrQ
2 minute clip.

Intelligence Tests

How People Think

Intelligence
Psychology In The News
Classical Studies in Psychology

Classical Studies in Psychology:
Terman’s Termites
Unlike Binet and Simon, whose goal was to identify less able school children in order to aid them with the needed care required, Terman proposed using IQ tests to classify children and put them on the appropriate job-track. He believed IQ was inherited and was the strongest predictor of one's ultimate success in life.

The Nature/Nurture Controversy Regarding Intelligence: Genetic Influences

Language

Applying Psychology to Everyday Life:
Mental and Physical Exercises Combine for Better Cognitive Health.

Chapter 7 Lab – IQ Test and Results. What does an IQ number really tell us?
Why do we have IQ scores? What other similar tests do we take? Why?
This 1 page report lab needs to be correctly referenced in APA formatting and of course backed up with academic research, and placed in the D2L drop box on or before the due date.

Psychology Labs and books for sources: IQ and levels of intelligence.
Alex the Parrott
Social intelligence
Robopocalypse
The last book in the Universe,
The impossible knife of Memory
How we are Smart.

Test: 90 questions, 10 Psychologists
(6 days) 4 days of lecture, 1 day of lab, 1 day for test/lab report

(10%) Chapter 1-7 Midterm (Normal 45 minute class time)
100 questions in a normal class hour.
Chapter 8: Development across the lifespan
Ciccarelli & White 3rd edition, pages 296-342:

26 minutes VIDEO: Discovering Psychology: The Developing Child
26 minutes VIDEO: Discovering Psychology: Maturing and Aging
(20 min)VIDEO: Discovering Psychology “Learning”
(26 min)VIDEO: Discovering Psychology Language Development
YouTube “The Secret of the Wild Child” We will try to fit this into a class period (60 minutes)
Brain Games: “Battle of the Ages” https://www.youtube.com/watch?v=ToW5jxoe3fg 2 minute clip
The high frequency Hearing Test https://www.youtube.com/watch?v=sZHWY1KBHwc 3 minutes

Issues in Studying Human Development

The Basic Building Blocks of Development

Prenatal Development
  Psychology in the News

Infancy and Childhood Development
  Classical Studies in Psychology
  Issues in Psychology

Classical Studies in Psychology
  The Visual Cliff
  Cognitive Development
  Harlow Monkeys and Contact Comfort

Adolescence to Adulthood

Cross-Cultural Views on Death

Chapter 8 Lab – No lab this chapter. The first half of your paper is due:

Peer review, fix any noted mistakes and adjust your research paper.
You need a cover page, an abstract(thesis statement), a detailed outline will later turn in to a table of contents, You must have at least 5 pages correctly written (1 inch margins, double spaced, font 12) and correctly APA referenced, and you must have a bibliography with a minimum of 5 academic sources(two of which must be in book/e-book format) Plan accordingly!
This will again be uploaded into the drop box for UWGB D2L for the Turn-it-in plagiarism check on or before the due date.

Test: 90 questions, 10 Psychologists

(6 days) 4 days of lecture, 1 day for Test, 1 day Peer review and fix
Chapters 9/10: Motivation and Emotion, Sexuality and Gender
Ciccarelli & White 3rd edition, pages 342-407:

26 minutes VIDEO: Discovering Psychology : Sex and Gender
FRONLINE STREAM THE VIDEO “Inside the teenage Brain”
Brain Games: “Battle of the Sexes” and “Battle of the Sexes2” (4 minute clip)
https://www.youtube.com/watch?v=UJENVAnYjt4

Brain Games: “Anger”

Approaches to Understanding Motivation
  What, Hungry Again? Why People Eat.
  Emotion - Classical Studies in Psychology

Classical Studies in Psychology - The Angry/Happy Man
Applying Psychology to Everyday Life: When Motivation is Not Enough

The Physical Side of Human Sexuality: Gender
  Issues in Psychology
Human Sexual Behavior
  Classical Studies in Psychology
  Issues in Psychology
Classical Studies in Psychology:
  Masters and Johnson’s Observational Study of the Human Sexual Response
  Different types of Sexual Behavior and Sexual Orientation

Sexual Dysfunctions and Problems
Sexually Transmitted Infections
Applying Psychology to Everyday Life: The AIDS Epidemic in Russia

Chapter 9 & 10 Lab – Choose a Song(Lyrics), Movie or TV show which shows learning, motivation ad emotion. Explain how and why you decided on your particular choice. A one page report with your explanations and of course the research to back up your findings correctly APA cited. You may also want to add an extra page with the lyrics or a link to the song or movie or show clip. This again must be placed in the D2L drop box on or before the due date.

Psychology Labs and books for sources: Advertising, Movies and Music
(Explain the psychology behind your favorite commercial, song, television show or movie)

<table>
<thead>
<tr>
<th>Starving for Attention</th>
<th>The Glass Castle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flowers for Algernon</td>
<td>Musicophilia</td>
</tr>
<tr>
<td>Propaganda</td>
<td></td>
</tr>
</tbody>
</table>

(6 days) 4 days of lecture, 1 day for test, 1 day to discuss lab choices
Test: 90 questions, 10 Psychologists
"Who Am I Paper?"

Within the course of your paper you should discuss ten psychological concepts you have learned this semester (the glossary is a good place to start) and how they relate to you and your life.

The ten terms should be underlined, defined, and applied to who you are. The paper should be 5 pages in length. It should be type, font 12, Times New Roman, 1 Inch margins. Approximately two concepts per page will be the norm, be sure to include your Intro and your summary in the 5 pages. The reference page will be as usual, a separate page APA citations… This paper will also be placed in the D2L drop box on or before the due date.

DUE AFTER CHAPTER 12.

Psychology Labs and books for sources: Who am I paper

Why am I afraid to tell you who I am                  Starving for Attention
The Impossible knife of memory                     Walking Naked
Mirror, mirror                                         Personality Disorders
Birth Order                                           In your Face

Chapters 11/12: Stress and Health and Social Psychology

Ciccarelli & White 3rd edition, pages 408 – 445:
Ciccarelli & White 3rd edition, pages 446- 491:

26 minutes VIDEO: Discovering Psychology : Health, Mind and Behavior,
26 minute VIDEO: Discovering Psychology “Judgment and Decision Making”,
26 minutes VIDEO: Discovering Psychology : Applying Psychology in life
(20 minute clip) Proximity, similarity and pheromones
(15 minute) Video clip on “attitude formation” why are we like our parents?
Brain Games “Intuitions” https://www.youtube.com/watch?v=QelK8rDrbpM 3 minute clip

Stress and Stressors
Physiological Factors: Stress and Health
Coping with Stress
Applying Psychology to Everyday Life: Exercising for Mental Health
Social Influence: Conformity, Compliance, Obedience, and Group Behavior
Social Cognition: Attitudes, Impression Formation, and Attribution
Social Interaction: Prejudice and Aggression with Classical Studies in Psychology
Classical Studies in Psychology:
Stanford Prison Experiment and the Milgram Experiment (authority-shocking)
How people learn prejudice and how we overcoming Prejudice
Revolution/Survivor Game/Life Raft Game
Liking and Loving: Interpersonal Attraction Psychology in the News
Aggression and Pro-social Behavior


Chapter 12 Lab – No lab with this chapter as the “Who am I” paper is due to be placed in the D2L drop box on or before the due date.

(9 days) 5 days of lecture, 1 day for test, 1 day penny lab, 1 day survivor game, and 1 day computer lab. Test: 90 questions, 10 Psychologists
Chapter 13: Theories of Personality
Ciccarelli & White 3rd edition, pages 492-529:

Personality Testing: Type A VS Type B personalities
Introverts VS Extroverts

MMPI-2 (run through sample questions in class and discuss)

(20 min)VIDEO: Discovering Psychology “Testing and Intelligence”
SAT/ACT/ASVAB/Accuplacer etc. testing and practice sites…

Theories of Personality

The Men and the Couch: Sigmund Freud and the Psychodynamic Perspective

The Behaviorist and Social Cognitive View of Personality

The Third Force: Humanism and Personality

Trait Theories: Who are You?

The Biology of Personality: Behavioral Genetics
Classic Studies in Psychology

Classical Studies in Psychology:

Assessment of Personality

Applying Psychology to Everyday Life: The Biological Basis of the Big Five

Chapter 13 Lab – No lab with this chapter as the conclusion of your research paper is due and the class will present and defend their research. Full paper(15 pages/10 writing), fully edited, fully and correctly sited must be placed in the D2L drop box on or before the due date.

Test: 90 questions, 10 Psychologists

(6 days) 3 days of lecture, 1 day peer review and fix.
2 days to present research paper/projects
Final Grading Rubric: “Research APA formatted Paper or Project” 15% of Semester Grade:

PAPER must be placed in the UWGB Drop Box for the Turn-it-in plagiarism check or before the given deadline—no exceptions so plan accordingly!

COVER/TITLE PAGE 5 POINTS

THESIS/ABSTRACT PAGE 5 POINTS

TABLE OF CONTENTS with page numbers 10 POINTS

FIRST 5 PAGES OF THE BODY OF THE RESEARCH PAPER
  Font 12, Times New Roman, double spaced (10)
  and 1 in margins- including headers and footers 30 POINTS
  Page numbers on the bottom, correct in text citations,
  running title header on the top of the paper
  250 words per page is considered to be the standard accepted number of words per page.
  So if you are having trouble with your margins check your word count?

FINAL 5 PAGES OF THE BODY OF THE RESEARCH PAPER (Thus all 10 pages now)
  Font 12, Times New Roman, double spaced (10)
  and 1 in margins- including headers and footers 30 POINTS
  Page numbers on the bottom, correct in text citations
  running title header on the top of the paper

APA BIBLIOGRAPHY 10 POINTS
  Minimum of 5 academic sources and
  Two of those must be in book or e-book format
  Or an interview with a person accredited in your selected topic correctly sourced.

PRESENTING AND DEFENDING YOUR THESIS/PAPER (just you and your paper) 10 POINTS

TOTAL: %
Brain Games: “Follow the leader” Do we develop psychological disorders through genetics or through learning?  https://www.youtube.com/watch?v=QNeewhwv3bM

(26 min)VIDEO: Discovering Psychology “The Self”

What is Abnormality?
   Issues in Psychology

Models of Abnormality

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR)

Anxiety Disorders: What, Me Worry?

Mood Disorders: The Effect of Affect

Eating Disorders

Dissociative Disorders: Altered Identities

Schizophrenia: Altered Reality

Personality Disorders: I’m OK, It’s Everyone Else Who’s Weird.

Applying Psychology to Everyday Life: Taking the Worry Out of Exams

Bilateral Transfer

Chapter 14 Lab – “Break a Norm” lab. Each student is to break a societal norm and show proof of the incident. A lab write-up explaining the norm which was broken and then explain the results of the actions. All observations should be backed up with proven data and of course APA cited accordingly.

Psychology Labs and books for sources: Break a Norm Lab    Why am I afraid to tell you who I am
Starving for Attention
The man who mistook his wife for a hat
Crocodile Tears.

(6 days) 3 days of lecture, 1 day of lab, 1 day for test, 1 day to present you Break a Norm and your conclusions.

Test: 90 questions, 10 Psychologists
Chapter 15: Psychological Therapies
Ciccarelli & White 3rd edition, pages 572-607:

(26 min) VIDEO: Discovering Psychology “Psychopathology”
(26 min) VIDEO: Discovering Psychology “Psychotherapy”

Two Kinds of Therapy

The Early Days: Ice-Water Baths and Electric Shocks

Psychotherapy Begins

Humanistic Therapy: To Err is Human

Behavior Therapies: Learning One’s Way to Better Behavior

Cognitive Therapies: Thinking is Believing

Group Therapies: Not Just for the Shy

Psychology in the News

Does Psychotherapy Really Work?

Biomedical Therapies

Applying Psychology to Everyday Life: Virtual Realities

Chapter 15 Lab – Letter to the next class. Include what you liked about the class and why, what you disliked about the class and why, and how you could have improved your efforts in the class or other such positive motivational suggestions to pass along to the future students. As always, you must explain the how and why behind your opinions along with references or data correctly APA cited. This is also due into the D2L drop box on or before the assigned due date. 1 page.

Test: 90 questions, 10 Psychologists

If you are interested: “Back from Madness” a documentary on recovery or if you are interested Dissociative Identity (Multiple Personality) Disorder Movie “SYBIL” 4 classes (or abbreviated version) and then 1 more day to watch some of the first disc With her artwork etc…..and discuss the new book Sybil Exposed by author Debbie Nathan Optional movie for students “Strange Voices” with Nancy McKeon (Schizophrenia onset while at college)

(5 days) 3days of lecture, 1 day for test, 1 day to work on letter

(10%) Cumulative Test Chapters 8-15 (Full 90 minute Exam Time) 150 questions