



**COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES**  
Division of Social and Behavioral Sciences

**PY 101-01 General Psychology**  
**Fanuchånan "Rainy" (Fall) Semester 2024**

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Instructor: **Dr. Rita Sharma** .  
Office: HSS 220C  
Phone: (671) 735-2880

Class Time: Asynchronous (self-pace)  
Class Location: Online/Moodle  
Office Hours: MW 2:00 to 3:00 pm; TTh 12:00 to 2:00 pm

E-mail: [sharmar@triton.uog.edu](mailto:sharmar@triton.uog.edu)  
(Please write PY101 in Subject of Email)

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Catalog Description

This course provides an introduction to the basic principles of psychology, to methods for research in psychology, and to key findings from its subfields. Topics include the biological bases of behavior, sensation and perception, consciousness and altered states, learning, human memory, problem-solving, motivation and emotion, development across the life span, personality, stress and coping, psychological disorders, psychotherapy, and social behavior.

Successful completion of PY101 is required before enrolling in any psychology courses at the 200, 300 or 400 levels. Each of these upper-level psychology courses addresses in more detail one of the subjects listed above.

Course Content

This course is an introduction to the scientific study of behavior. In this course, students will learn how psychologists study human and animal behaviors. We will learn how information to our senses is transmitted and processed, the different ways we learn, remember and why we sometimes forget information. We will discuss what motivates different behaviors, and the role emotions play on our behaviors. We will explore what is intelligence, how it is measured, and the biases that can occur in interpretations. We will also examine how and why personalities differ, what psychological changes occur from infancy to adulthood, and the impact of stress on our physical and psychological health.

Additionally, we will cover how people behave in social situations and make group decisions. We will also explore the psychology of evil and altruism, and why certain leaders have influence over others to commit atrocities. Lastly, we will dive into the dynamics of love and why despite all our scientific methods, such human behaviors continue to elude and intrigue us.

Lastly, we will delve into the different psychological disorders, and their treatment. We will discuss how our understanding and treatment has evolved over the years and how the impact of socio-cultural and historical climate has helped define our labels. We will also briefly begin thinking critically about psychology as a discipline in its current stage and its future evolution.

### Instruction Format

This course will be fully online this semester using UOG's Moodle. You should check your emails regularly. All content will be posted on Moodle such as recorded lectures by Dr. Sharma, other videos, and film clips. The Power Point presentations will also be available for you to easily review. Staying on track and following the weekly schedule will optimize your learning and success in the course.

You will need to read at least one chapter each week throughout the semester. Materials on Moodle and textbook readings will support each other, but some in-class material covered on the exams does not appear in the textbook, and some material from the text will be covered on exams but not in class. Therefore, it would be best if you utilize the videos and presentations on Moodle, take careful notes, and complete the weekly readings to succeed on the exams.

Do not wait until the ending of the semester if you are having any difficulties in meeting the requirements of the course. I am here to help you but please take the initiative to reach out to me. You can email me or the T.A. if you have any questions. I have office hours you can visit me in person. We can also set up a phone appointment to discuss matters if my office hours are not feasible for you.

I am excited that you are going to take your first psychology course! I hope you will find the study of animal and human behaviors, mind, psyche, motivations, emotions, perceptions, psychopathology, personality, development and growth fascinating to learn and study this semester and beyond!

### Readings

Required Textbook: **Weiten, W., Psychology: Themes and Variations (11th Edition)**. Cengage. You may use electronic version of this text. Alternatively, you may use the 10<sup>th</sup> edition as well.

### Evaluation Methods

Numerical scores will be converted to letter grades based on the following percentages:

A+	98-100%
A	93-97%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	70-76%
D	60-69%
F	<60%

UW – Unofficial Withdraw (not recommended as it affects financial aid)

W – Withdraw (this is an official withdraw but student must submit to registrar prior to deadline; this does not affect your GPA).

**Grades:** Exams will be primarily multiple choice, true and false, matching, or fill in the blank. You will take a total of 4 exams. The lowest grade will be dropped from the 4 exams at the end of the semester. Your three highest exam grades will be used.

**Incompletes:** An incomplete grade is only given for extreme illness or unusual circumstances. Students are encouraged to speak with the instructor and provide appropriate documentation (when applicable) as soon as possible if he or she would like to request an incomplete. Requests for an incomplete will be reviewed by the instructor, who may discuss the request with an appropriate department administrator before approval.

**Extra Credit :**

Opportunities for extra credit will be given during the semester. Stay tuned for announcements and details! There will be a suicide prevention forum and psychology research that you can participate in for 5 points each!

**STUDENT LEARNING OBJECTIVES (SLOS)**

**Course Learning Objectives**

Students who successfully complete this course will demonstrate the following abilities. These objectives reflect both national and UOG standards: aligning with learning outcomes endorsed by the Psychology Program and by the University of Guam.

- 1) Identify and describe the major areas of research and application in psychology.
- 2) Identify and describe a minimum of three key findings from research in each of psychology's areas of specialization.
- 3) Contrast experimental and non-experimental approaches to behavioral research, and describe advantages of using scientific research to answer questions about behavior.
- 4) Identify and describe ethical issues attending research and applied work in psychology
- 5) Identify appropriate sources for additional reading on questions concerning human behavior, and contrast appropriate sources with unreliable sources.
- 6) Identify and describe important applications of psychological principles that can help meet individual needs and the needs of society, for each of psychology's areas of specialization.
- 7) Identify career opportunities for bachelor of arts and post-baccalaureate degree holders in psychology.
- 8) Identify important ways in which behavior is shaped by one's cultural heritage.

**Psychology Program SLOs**

The student learning objectives for the Psychology Program are articulated with those of the American Psychological Association. Graduating students will demonstrate that they have:

- 1) Developed a broad and deep knowledge base in Psychology.
- 2) Acquired and can appropriately apply knowledge of psychological research skills.
- 3) Acquired and can appropriately apply critical thinking skills in Psychology.
- 4) Developed competence in making appropriate applications of Psychology.
- 5) Acquired and can appropriately apply the values of Psychology.
- 6) Developed competence in information and technology literacy.
- 7) Developed competence in communication skills.
- 8) Acquired and can appropriately apply sociocultural and international awareness.
- 9) Acquired effective personal development skills.
- 10) Acquired knowledge and competence in career planning and development.

## University of Guam SLOs

Some of the expected fundamental knowledge, skills, and values that the University of Guam student will have demonstrated upon completion of *any* degree are:

- 1) Mastery of critical thinking and problem solving.
- 2) Mastery of quantitative analysis.
- 3) Effective oral and written communication.
- 4) Understanding and appreciation of culturally diverse people, ideas and values in a democratic context.
- 5) Responsible use of knowledge, natural resources, and technology.
- 6) An appreciation of the arts and sciences.
- 7) An interest in personal development and lifelong learning.

## **Student Learning Outcomes Alignment Matrix**

<b>Course Student Learning Outcomes</b>	<b>Program Learning Outcomes</b>	<b>Institutional Learning Outcomes</b>
SLO1	PY-1, PY-2, PY-3, PY-4	
SLO2	PY-1	UOG-6
SLO3	PY-2, PY-3	UOG-1
SLO4	PY-5	UOG-5
SLO5	PY-3	UOG-1
SLO6	PY-3	UOG-1
SLO7	PY-3	UOG-1
SLO8	PY-4, PY-9	
SLO9	PY-10	UOG-7
SLO10	PY-8	UOG-4

## University of Guam Policies

### **ADA Accommodation Services**

For individuals covered under the ADA (Americans with Disabilities Act), if you are a **student** with a disability requiring academic accommodation(s), please contact the Disability Support Services Office to discuss your confidential request. A Faculty Notification letter from the Disability Support Services counselor will be provided to me. To register for academic accommodations, please contact or visit DSS counselor in the School of Education, office 110, [disabilitysupport@triton.uog.edu](mailto:disabilitysupport@triton.uog.edu) or telephone/TDD 671-735-2460.

### EEO/ADA & Title IX Office

The University is committed to providing an inclusive and welcoming environment for all members of our community. Federal and local laws protect the University community from any act of sex discrimination. Such acts violate the essential dignity of our community members. If you need assistance with EEO (Equal Employment Opportunity) and/or Title IX concerns, please contact the Director of EEO/ADA & TITLE IX Office at 671-735-2244, 671-735-2971, TDD 671-735-2243 or [eeo-ada@triton.uog.edu](mailto:eeo-ada@triton.uog.edu).

### Student Evaluation of Faculty Information

The student course and faculty evaluations for courses will be administered at the completion of the semester within CollegeNet. Student participation is essential and appreciated. Student responses are anonymous and cannot be traced back to individual students. You will need your WebAdvisor login credentials to complete the evaluation.

### COVID Statement

The University of Guam is experiencing continued disruption to delivery of instruction during the global coronavirus pandemic. The University will follow executive orders and may be forced to close again, causing more modifications as the semester progresses. All changes will be posted on the UOG website, [www.uog.edu](http://www.uog.edu). Other support resources are listed below:

- Contact Office of Information Technology at 735-2630 or [oit@triton.uog.edu](mailto:oit@triton.uog.edu)
- Contact the Triton Advising Center at 735 – 2271 or [tac@triton.uog.edu](mailto:tac@triton.uog.edu)
- Contact Uplift Counseling Services at 787-7978 or [uplift@westcare.com](mailto:uplift@westcare.com)
- Contact Project Tulaika Mental Health Services at 647-5317; 647-1901; 647-5440; 647-8833/34 or [care@gbhwc.guam.gov](mailto:care@gbhwc.guam.gov); GBHWC crisis hotline 988

### Tobacco-Free/Smoke-Free Policy

UOG is a tobacco-free/smoke-free campus. Thank you for not using tobacco products on campus, for helping to fight cancer, and for helping to make UOG a healthy learning environment.

### No Recording Policy

Recording of online class meetings is not allowed. Not only is the delivery of course content the intellectual property of the instructor, but students enrolled in the course have privacy rights. Unauthorized recording and distribution of online courses may violate federal law.

### Plagiarism Policy

The term “plagiarism” includes, but is not limited to, the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full and clear acknowledgment. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials (UOG Student Handbook, p. 49). This includes any use of Chatbot or other similar programs. Cases of plagiarism are referred to the Student Discipline and Appeals Committee. In this course the penalties for plagiarism may include: (1) no credit for the assignment, or (2) failure in the course.

## **PY101-01 Course Calendar Fanuchanan 2024 (Aug to Dec '24)**

<b>Date</b>	<b>Subject</b>	<b>Chapter</b>
<u>1 Week</u> 8/14- 8/16	<i>First Week of Class! – Log onto Moodle; Download syllabus; order or obtain a copy of the textbook; and familiarize yourself with the course schedule and note the exam dates.</i>	
<u>Week 2</u> 8/19- 8/23	Course Overview Introduction to General Psychology; 7 Key Themes in Psychology	Ch. 1
<u>Week 3</u> 8/26- 8/30	How psychologists use <b>research</b> to answer question about behavior Experimental and Correlational Methods, Challenges in conducting research on behavior	Ch. 2
<u>Week 4</u> 9/2 - 9/6	<b>Biological Bases of Behavior:</b> The central nervous system; the brain; Neurotransmitters	

<b>9/4</b>	<b>Note - Labor Day Holiday! No classes</b>	Ch. 3
<u>Week 5</u> <b>9/9 -9/13</b>	<b>Exam1 - Chapters 1, 2, and 3</b>	
<u>Week 6</u> 9/16 - 9/20	<b>Consciousness and Altered States:</b> Research on sleep Effects of sleep deprivation / Dreams Hypnosis; Alcohol and drug abuse effects on consciousness	Ch. 5
<u>Week 7</u> 9/23 - 9/27	Introduction to <b>Learning:</b> Defining Learning; Classical conditioning Operant Conditioning; Observational learning; media violence controversy	Ch. 6
<u>Week 8</u> <b>9/30 - 10/4</b>	<b>Exam 2 – Chapters 5 and 6</b>	
<u>Week 9</u> <b>10/7 - 10/11</b>	<b>Funuchanan Break! No classes!</b>	
<u>Week 10</u> 10/14 - 10/18	<b>Stress, Coping and Health.</b> What is stress, what does it do to your health and how do you cope?	Ch. 13
<u>Week 11</u> 10/21 - 10/25	<b>Psychological Disorders –</b> Depression, Bipolar Disorder and Anxiety; Schizophrenia and other disorders	Ch. 14
<u>Week 12</u> <b>10/28 – 11/1</b>	<b>Exam 3 – Chapters 13 and 14</b> <b>(11/2 is All Souls Day - Observed Holiday)</b>	
<u>Week 13</u> 11/4 - 11/8	<b>Human Personality:</b> how is it developed according to famous psychologists? How is it assessed?	Ch. 11
<b>11/11</b>	<b>Veteran’s Day - Observed Holiday</b>	
<u>Week 14</u> 11/12 - 11/15	<b>Cluster B Personality Disorders:</b> Narcissistic, Antisocial, and Borderline Personality.	Ch. 11
<u>Week 15</u> 11/18- 11/22	<b>Social behavior:</b> Attributions, Attraction, What people do when nobody is watching; the Bystander effect, Stanford Prison Studies.	Ch. 12
<u>Week 16</u> 11/25- 12/27	<b>Treatment of Psychological Disorders:</b> Treatment through history; homelessness, stigma, and institutionalization. Psychotherapy models such as psychoanalysis, cognitive behavioral therapy, group, family and behavioral approaches.	Ch. 15
<b>11/28-11/29</b>	<b>Thanksgiving Break! No classes!</b>	
<u>Week 17</u> 12/2 - 12/6	<b>Study Week; All Make up work must be completed. All Extra Credit Opportunities must be submitted by end of this week.</b>	
<u>Week 18</u> <b>12/9 - 12/11</b>	<b>FINAL EXAM (Chapters 11, 12, and 15)</b>	

*Let's all have a great semester! I am looking forward to working together to ensure your success!*