San José State University
Psychology Department
45023, General Psychology, Section 03, Fall 2019

Instructor: Steven Macramalla
Office Location: DMH 230
Telephone: (831) 234-8451
Email: steven.macramalla@sjsu.edu
Office Hours: MW 1:45PM-2:45PM

Class Days/Time: MoWe 3:00PM - 4:15PM
Classroom: Morris Dailey Auditorium

Faculty Web Page and MYSJSU Messaging
Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on my faculty web page at http://www.sjsu.edu/people/steven.macramalla or accessible through the Quick Links>Faculty Web Page links on the SJSU home page. You are responsible for regularly checking with the messaging system through MySJSU (or other communication system as indicated by the instructor).

Course Description
We are examining the research methods, history and area topics of psychology including cognitive, social, developmental, and clinical psychology. We will be answering such questions as what makes good people evil, how much do we really remember, the stages of language learning, how you can be happier, and the effects of drug and addiction.

Course Goals and Student Learning Objectives
Goal 1. Knowledge Base of Psychology: Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in cognitive psychology.
Goal 2. Research Methods in Psychology: Students will understand basic methodological approaches used in cognitive psychology, including research design, analysis, and interpretation.
Goal 3. Critical Thinking Skills in Psychology: Students will understand and be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.
Goal 4. Application of Psychology: Students will understand and be able to apply psychological principles to individual, interpersonal, group, and societal issues.
Goal 5. Values in Psychology: Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

- Students completing this course will recognize and respect the role of human diversity as it impacts research into, and application of, cognitive psychology.
- Students completing this course will value intellectual curiosity and skepticism.
- Students completing this course will recognize how their knowledge of psychology can inform their roles and responsibilities as members of society.

Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirements...

PLO1 – Knowledge Base of Psychology – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

PLO2 – Research Methods in Psychology – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

PLO3 – Critical Thinking Skills in Psychology – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

PLO4 – Application of Psychology – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

PLO5 – Values in Psychology – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

Definition of a Credit Hour

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

As an example, the expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and six hours of out-of-class student work each week.
Library Liaison

Bernd Becker, email:Bernd.Becker@sjsu.edu, telephone:408.808.2348.

Required Texts/Readings

Psychology by Schacter, Gilbert & Wegner 2nd- 4th Edition
ISBN-10: 1464155461

Class Website:
http://www.sjsu.edu/people/steven.macramalla/courses/c2/

Classroom Protocol

All students are expected to display professionalism and respect for others. This explicitly includes arriving on time, participating in class, engaging in civil dialog, and paying attention to classroom activities. If you have to arrive late, seat yourself quietly and near the door. If you have to leave early, be sure to let me know in advance and sit by the door.

This class will be using Canvas. Syllabus and Lecture Slides can be found there, Exam will be administered on Canvas on the dates of the exam and Assignments will be submitted on Canvas. You will have a fixed 1.5 hours to complete an exam on the designated day of the exam. It is YOUR RESPONSIBILITY to make sure you set aside time in a quiet undisturbed location on that day with ample time to complete the exam.

There will be use of Top Hat, an electronic survey service. You are required to download the software onto a portable electronic device. It compatible across all phones, tablets and laptops. It will allow the class to gauge responses to informal polls and answers to questions relevant to lecture material. The cost for the software is $24 for the semester.

This class I will has a NO TECHNOLOGY policy. No cels, nor laptops except for cases of DRC. There are no slides posted on the website.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.
Course Requirements and Grading Policy

3 exam x 50 pts each……….150…weighted …………50%
First Impression Paper…………10… weighted …………5%
Second Impression ……………10… weighted …………5%
Science Daily 12 x 10………..120…. weighted …………34%
Research Requirement …………… weighted …..Max 6%

EXAMS
There will be Canvas exams and the final exam composed entirely of multiple-choice questions. The exams will be non-cumulative (later exams do not include material from earlier exams).

All exams will be closed book and closed notes. Notes or assistance will be of no use during the exam, you need to study and understand the concepts.

You will have the 24 hour period of the day of the exam within which to start and 1:15 hrs to finish from the moment you start, and you cannot leave and return.

Final exam is Monday, December 18 0945-1200. The exam that day will be on Canvas as well. Requests for exam date changes will only be considered with a doctor’s note or if you have more than two exams on the same day.

First and Second Impression Paper
2 short essays @ 5% each
You will write a short paper, approximately 2 pages, no more than 3, due second day of class. You will not do research for it. You will give an account of what jobs a psychologist performs and what challenges does a psychologist encounter during the course of a day. The paper should illustrate your assumptions and impressions about what a psychologist does. This is pass/no pass, counts for 5 points. Please submit a PAPER COPY AND UPLOAD IT TO CANVAS.

SECOND IMPRESSION PAPER: On the final exam you explain how your perspective has changed, by discussing a real world problem you experience, and how you would address it using principles from the chapters we have covered., for another 5 points. You will write it during the final exam and submit it on CANVAS

SCIENCE DAILY REACTION PAPERS
DO NOT DISMISS THESE.THEY ARE WORTH +30% OF YOUR FINAL GRADE!

Each class you will come prepared with a printed article from Science Daily based on a search for a key term from the chapter we are covering in class. These Science Daily assignments will be used for in-class discussion. How interesting you find the class
depends on your level of participation. There is one Science Daily assignment per chapter.

For each assignment you will print-out the Science Daily article you found. At the bottom of the Science Daily article will be a reference to the ORIGINAL RESEARCH ARTICLE.

Use Psych Info or Google Scholar, and print out the citation and the Abstract (citation includes the Author names, Title, Journal, Volume, Issue, pages). Then read the article and identify and summarize the theory, hypothesis, independent and dependent variables, with a little summary of the conclusion. Do NOT summarize the statistics (Results). Underline the key terms from the chapter you used in your search.

- Go to Science Daily.com
- Be sure to be in the section for Psychology
- Pick a news article you find interesting.
- Go to the King Library ➔ Databases ➔ Psychology ➔ PsychInfo ➔ do a search and find the original article. If they do not have it, choose a different article.
- Submit on Canvas AND bring paper copy to class to hand in
  - CANVAS: Upload the document in PDF or word document (do not cut and paste into the box). File name Format is of the files names you upload must be as follows, and it will include your last name, the lecture number for which this Science daily is for with the topic subject, separated with underscores. Here is the format followed by an example. Please follow this format as it will make verifying their completion easier.
    - LASTNAME_SDLectureNumber_LECTURETOPIC
    - e.g., Hernandez_SD6_DEVELOPMENTAL

RESEARCH REQUIREMENT
In addition to the above grading criteria, you will receive 6% of your grade (it can push your from B+ to A-) by participating in psychology experiments, which will also give you valuable experience in the scientific process.

All information is on Canvas on the file called Research Requirements

DO NOT LEAVE THIS TO THE LAST MINUTE.

Extra Credit Assignments: No extra credits.

Course Grading Scale (% of Total Points):
A+  96-100%   B+  86-89%   C+  76-79%    D+  66-69%    F<60%
A   93-95%    B   83-85%    C   73-75%    D   63-65%
A-  90-92%    B-  80-82%    C-  70-72%    D-  60-62%
University Policies

Academic integrity

Students should know that the University’s Academic Integrity Policy is available at http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html. Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University’s integrity policy, require you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy F06-1 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

Learning Assistance Resource Center (Optional)

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising, learning assistance, summer academic preparation and basic skills development. The LARC website is located at http://www.sjsu.edu/larc/.
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
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<tbody>
<tr>
<td>1</td>
<td>Aug 21</td>
<td>Welcome &amp; Intro</td>
</tr>
<tr>
<td>2</td>
<td>Aug 26-28</td>
<td>History &amp; Themes Schacter-Gilbert-Wegner: Chapter 1</td>
</tr>
<tr>
<td>3</td>
<td>Sept 2-4</td>
<td>LABOR DAY SEPT 2 NO CLASS Methods Schacter-Gilbert-Wegner: Chapter 2 FIRST IMP DUE</td>
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<td>5</td>
<td>Sept 16-18</td>
<td>Psychology and the BrainCont’d Schacter-Gilbert-Wegner: Chapter 3 Cognition &amp; Perception Schacter-Gilbert-Wegner: Chapter 4</td>
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<td>6</td>
<td>Sept 23-25</td>
<td>Cognition &amp; Perception Schacter-Gilbert-Wegner: Chapter 4 Sept 28 EXAM 1 CANVAS 24 hr period. 75 minutes</td>
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<td>7</td>
<td>Sept 30 – Oct 2</td>
<td>Consciousness Schacter-Gilbert-Wegner: Chapter 5</td>
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<td>9</td>
<td>Oct 14-16</td>
<td>Learning Schacter-Gilbert-Wegner: Chapter 7</td>
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<tr>
<td>10</td>
<td>Oct 21-23</td>
<td>Memory Schacter-Gilbert-Wegner: Chapter 6</td>
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<tr>
<td>11</td>
<td>Oct 28- 30</td>
<td>Development Schacter-Gilbert-Wegner: Chapter 11</td>
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<tr>
<td>12</td>
<td>Nov 4-6</td>
<td>Development Schacter-Gilbert-Wegner: Chapter 11 Nov 2 EXAM 2 CANVAS 24 hr period. 75 minutes</td>
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<td>Week</td>
<td>Date</td>
<td>Topics, Readings, Assignments, Deadlines</td>
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<td>13</td>
<td>Nov 11-13</td>
<td>Personality&lt;br&gt;Schacter-Gilbert-Wegner: Chapter 12</td>
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<tr>
<td>14</td>
<td>Nov 18-20</td>
<td>Psychological Disorders&lt;br&gt;Schacter-Gilbert-Wegner: Chapter 14</td>
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<td>15</td>
<td>Nov 25-27</td>
<td>Treatment of Psychological Disorders&lt;br&gt;Schacter-Gilbert-Wegner: Chapter 15 NOV 27 NO CLASS DUE TO THANKSGIVING</td>
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<tr>
<td>16</td>
<td>Dec 2-4</td>
<td>Social Psychology&lt;br&gt;Schacter-Gilbert-Wegner</td>
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<tr>
<td>17</td>
<td>Dec 9</td>
<td>Social Psychology&lt;br&gt;Schacter-Gilbert-Wegner</td>
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<td></td>
<td>FINAL EXAM&lt;br&gt;Tuesday, December 17&lt;br&gt;CANVAS 24 hr period. 75 minutes</td>
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STUDY GUIDE

Study Guide I (INTRODUCTION)
a) Type out (in sentence form) a sentence indicating the correct answer to each of the 18 “quick quiz” answers from Chapter 1 (e.g., “Psychology is best defined as the study of human thought and behavior” or “Psychology is the study of human thought and behavior”... it is NOT ok to write “1d” as the entirety of your answer).
b) Define (in sentence form) each of the 31 “key terms” from Chapter 1 (they are listed on page 34).

Study Guide II (RESEARCH METHODS CHAPTER)
a) Write out a made-up dialog between any two historic or current figures in entertainment, politics, psychology, or sport of at least one page. This “conversation” should illustrate a flaw in reasoning that is addressed by appropriate scientific reasoning and/or investigation (e.g., you might write about the “hot-hand”, pseudoscience, superstitions, alleged demonstrations of ESP, etc.). It is typically easiest to achieve the goals of this assignment with one “uninformed” actor and one “trained” expert who can show the uninformed actor the error of not evaluating alternative accounts for the phenomena under consideration. (for inspiration see: http://wac.colostate.edu/journal/vol8/zehr_henderson.pdf )

Study Guide III (BIOLOGY OF BEHAVIOR)
a) Type out (in sentence form) the correct answer to each of the “quick quiz” answers from Chapter 3.
b) Define (in sentence form) the thirteen definitions drawn from the following “key terms” that are neuroanatomical structures or systems (you only need to define these 13 of the entire set):
   a. Acetylcholine
   b. Adoption studies
   c. Aphasia
   d. Axon
   e. Broca’s area
   f. Cerebellum
   g. Cerebral cortex
   h. Contralaterality
   i. Endocrine system
   j. Event-related potential (ERP)
   k. Functional Magnetic Resonance Imaging (fMRI)
   l. Gene-by-environment interaction research
   m. Hippocampus
   n. Myelin sheath
   o. Neuron
   p. Neuroplasticity
   q. Peripheral nervous system
   r. Phineas Gage
   s. Refractory period
t. Serotonin
u. Somatic nervous system
v. Split-Brain Patient
w. Sympathetic nervous system
x. Thalamus
y. Wernicke’s area
c) Draw (by hand) a picture of the brain
a. Identify the four lobes of brain
b. indicate the most important function(s) of each lobe (hand-written or typed)
c. describe the role of the somatosensory cortex (hand-written or typed)

Study Guide IV (SENATION and PERCEPTION)
a) Answer each of the following:
a. What is the difference between an absolute threshold and a just noticeable difference?
b. Draw a picture of the eye; label at least six important features.
c. Draw a picture of the auditory system; label at least six important features.
d. Define contralaterality. Draw a picture of what we mean by contralaterality in vision.
e. Identify the five basic taste qualities.
f. Define four monocular depth cues and two binocular depth cues.
g. Using a source OTHER THAN THE TEXTBOOK, identify and define at least FIVE Gestalt laws of perceptual organization. Hand-draw an example of each (cite your reference).
h. Type out the answers for each of the summary quiz questions.

Study Guide V (DEVELOPMENT)

1. Type out in sentence form the definition for the key terms

2. Describe the major developments of the germinal, embryonic, and fetal stages of development.

3. Describe and discuss the visual abilities, reflexes, and motor capabilities of the newborn child.

4. Define object permanence, and describe an experiment illustrating how the principle of habituation can be used to determine if babies exhibit object permanence.

5. Compare and contrast the secure, avoidant, ambivalent, and disorganized attachment styles. Describe how each of these styles is manifested in the strange situation test.

6. An elderly grandfather does not get out as much as he formerly did. Although he is healthy and still drives, he tends to associate with family and a few close friends, whereas in the past, he was busy with social activities. He seems satisfied with his life, but his family is worried that his social circle is too limited and that he may be unhappy yet unwilling to talk about his unhappiness. Discuss briefly the cognitive, social, and emotional changes that occur in later adulthood.
Study Guide VI (CONSCIOUSNESS)

a) Illustrate the problem of other minds by discussing the difficulties associated with distinguishing a fully conscious person from a philosophical zombie.

b) Describe how Libet's experiments on conscious will shed light on the mind/body problem.

c) Discuss the four basic properties of consciousness (intentionality, unity, selectivity, and transience), relating them to one or more situations. Examples of potential situations include a sports game, child rearing, romantic relationships, study habits, mechanical repair, artistic activity or traffic accident. Be brief and concise in describing the situation (e.g., in studying for an exam or when baby-sitting and the child slips off the swing…etc.).

d) Distinguish between the stages of sleep with special attention to changes in brain waves during a night's sleep.

e) You have been told that as a child you would awaken suddenly not long after going to sleep, quite frightened and emotionally aroused. In the morning, you would have no memory of the episode. What was likely happening?

f) Compare and contrast how the five different drug categories alter consciousness. What are the similarities? What are the differences?

g) Describe how hypnosis affects human consciousness, discuss individual differences in the susceptibility to hypnosis, and contrast several unproven or disproven effects of hypnosis with proven effects.

h) Fill in the chart below. Discuss the difference between physical dependence and psychological dependence, and give examples of both specific to the drug classes that produce them.

<table>
<thead>
<tr>
<th></th>
<th>Will an overdose cause death or injury?</th>
<th>Will physical dependence develop?</th>
<th>Will psychological dependence develop?</th>
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<tbody>
<tr>
<td><strong>Depressants</strong></td>
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<tr>
<td>Alcohol</td>
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<tr>
<td>Barbiturates/benzodiazepines</td>
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<td>Synthetic opioids</td>
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<td><strong>Stimulants</strong></td>
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<tr>
<td>Amphetamines</td>
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<tr>
<td>MDMA (ecstasy)</td>
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<tr>
<td>Cocaine</td>
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<tr>
<td><strong>Narcotics</strong></td>
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<tr>
<td>Opium, heroin, morphine, methadone, codeine</td>
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<tr>
<td><strong>Hallucinogens</strong></td>
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<tr>
<td>LSD, mescaline, psilocybin, PCP, ketamine</td>
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<tr>
<td><strong>Marijuana</strong></td>
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Study Guide VII (LEARNING)

a) Type out (in sentence form) the correct answer to each of the Key Concept answers.

Study Guide VIII (MEMORY)

a) Type out (in sentence form) the correct answer to each of the Key Concept answers.
b) List Schacter’s Seven Sins of Memory. For each, provide a three or four sentence example of how each “sin” may have played a role in your life (e.g., False Memory – How sure are you that the event really happened – what was the event and why was is your memory of it (now) is or became suspect?).
c) List each of the forms of long term memory. For each provide an example from your own life.

Study Guide IX (Personality)

a) Write out the answers to the Key Concepts of the chapter.
b) Provide an example of a self-report inventory of personality and a projective personality test. Discuss why self-report inventories are more commonly used and less controversial than projective measures.
c) Describe how people might unconsciously employ the defense mechanisms of reaction formation and sublimation to shield themselves from their anxiety-provoking homosexual tendencies.

Study Guide X (Psychological Disorders)

a) Write out the answers to the Key Concepts of the chapter.
b) Using several examples of psychological disorders, explain why differences in brain structure and function in persons with a psychological disorder are not necessarily the underlying cause of the disorder.
c) Summarize the key distinguishing features of the anxiety disorders (generalized anxiety disorder, phobic disorder, panic disorder, obsessive-compulsive disorder)
d) Your roommate has always insisted on keeping the room in order, and you know better than to move anything on her desk because she gets very upset if everything isn't in a specific place. Lately, she has insisted on cleaning the room every night before bed, even the windows and floors, all in a fixed order. You've asked her to stop, but she can't seem to make herself go to bed without this nightly cleaning ritual. Does her behavior fit the pattern of a recognized disorder, and if so, which? What may be causing her anxiety? What purpose does the escalating cleaning ritual serve? What may be going on in your roommate's brain?
e) Illustrate the helplessness theory of depression with a real-world example.
Study Guide XI (Psychological Treatment)

a) Write out the answers to the Key Concepts of the chapter.
b) Summarize the theoretical framework, goals, and therapeutic interventions of psychoanalytic therapy.
c) Dylan sought psychodynamic therapy after he lost his job and hit rock bottom. Three years into therapy, Dylan feels better and attributes his improvement to the insight he received during therapy. Discuss three treatment illusions that make it all but impossible to assess if Dylan's improvement was truly due to therapeutic insight into his unconscious.
d) Miguel is a first-grader having academic and conduct problems at school. Specifically, he cannot seem to stay in his seat and complete assignments. He would much rather run around the classroom and distract other students. Describe a behavior therapy based on operant conditioning that could help treat Miguel's problem behaviors.
e) Summarize the goals of cognitive behavioral therapy (CBT), and contrast it with the psychodynamic approach.

Study Guide XII (Social)

a) Write out the answers to the Key Concepts of the chapter.
b) Define and illustrate with examples each of the following concepts as they might be observed in the stands at a college football game: prejudice, discrimination, deindividuation, and diffusion of responsibility.
c) What are four characteristics of stereotypes that can lead to harmful results? Describe and give an example of each characteristic.
d) Describe the factors that cause us to be attracted to another person. How do these factors differ for women and men?
e) Define and illustrate with examples each of the following concepts as they might be observed in the stands at a college football game: prejudice, discrimination, deindividuation, and diffusion of responsibility.