

# INTRODUCTION TO PSYCHOLOGY

Monday/Wednesday | 1:30-2:45 PM | Pfahler AUD

## TL;DR

(More details given on the following pages)

### INSTRUCTOR

**Professor:** Mora Reinka, Ph.D. (she/her)

**E-mail:** [mreinka@ursinus.edu](mailto:mreinka@ursinus.edu)

**Student hours:** Mondays 10-11 & Tuesdays 3-4 in THO 322

**Teaching Assistant:** Olimpia Sansone (she/her)

**E-mail:** [gasansone@ursinus.edu](mailto:gasansone@ursinus.edu)

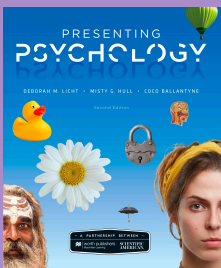
### SUBMITTING ASSIGNMENTS

- Work due by 11:59 PM on day listed on schedule unless otherwise specified
- Upload all work to Canvas

### COURSE DESIGNATION

- This is a **SS** course
- Fulfills the Social Scientific Inquiry requirement

### COURSE MATERIALS



- Licht, Hull, & Ballantyne. (2019) *Presenting psychology* (2nd ed).

### COURSE SCHEDULE

- Assignments, due dates, and topics are all listed [at the end of this syllabus](#).

### COURSE COMPONENTS

There are eight basic course components that factor into your grade:

- Attendance
- In-class participation
- Chapter quizzes
- Homework
- Research participation
- Exam 1
- Exam 2
- Exam 3

### GRADING

- Final grades are determined by how many points in each of the eight course components you earn. Points are assigned according to quality and timeliness of work:

**Exceeding Expectations: 2 pts**

**Meeting Expectations: 1 pt**

**Below Expectations: 0 pts**

<b>A</b>	10+ pts
<b>B</b>	8-9 pts
<b>C</b>	6-7 pts
<b>D</b>	4-5 pts
<b>F</b>	3 or fewer pts

# INTRODUCTION TO PSYCHOLOGY

Monday/Wednesday | 1:30-2:45 PM | Pfahler AUD

Why are people  
the way that  
they are?

Why do  
they do the things  
that they do?

What can  
psychological  
science tell me  
about the world  
around me?

How can I use that  
knowledge to  
make the world  
a better place?

If these questions (especially the last two) keep you up at night, this is the perfect section of Intro Psych for you. Over the course of the semester, you'll grapple with these questions and learn how to think like budding scientists—a skill that will benefit you through college and beyond, regardless of your major or ultimate career path.

As an introduction to the scientific study of the human mind, we'll cover everything from the organization of our brain cells to the psychology of discrimination, as well as the scientific methods that help researchers make psychological discoveries. (See the course calendar on the last page for a full listing of topics.) Throughout the semester, you will be highly encouraged to apply your knowledge of the material to your own lives, as well as the world around you.

## INSTRUCTIONAL TEAM



**Professor:** Mora Reinka, Ph.D.

**Please call me:** Dr./Prof. Reinka (pronouns: she/her)

**How do you pronounce that?** With a long "i": rine-kah

**Ask me about:** Anything related to the class, real world applications of psychology, becoming a psych major, getting involved in research, graduate school and other psych-based careers

**E-mail:** [mreinka@ursinus.edu](mailto:mreinka@ursinus.edu) (expect a response within one business day)

**Student hours:** Mondays, 10:00 AM-12:00 PM, and by appointment

**Office:** Thomas 322



**Teaching Assistant:** Olimpia Sansone (pronouns: she/her)

**Major:** Psychology

**Ask me about:** Becoming a psych major, tips for success in the classroom (studying, note taking, etc.), transfer/commuter student life

**E-mail:** [gasansone@ursinus.edu](mailto:gasansone@ursinus.edu)

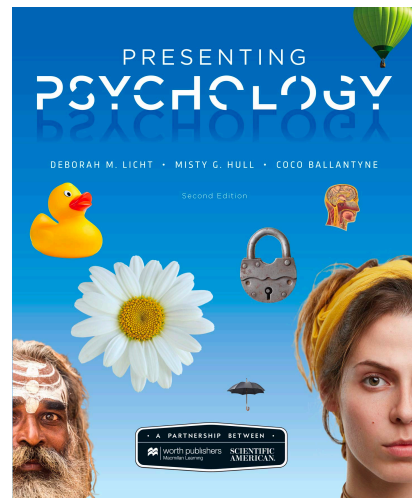


## COURSE MATERIALS

Licht, D. M., Hull, M. G., & Ballantyne, C. (2019). *Presenting psychology* (2nd ed). Worth Publishers.

Please note that the book is required for this course and is available online from the book store as well as other retailers. Lectures will consist of the portions of each unit that I think are the most fun to think about as a group or those that benefit from professional explanation, but there will be a non-negligible amount of material for which you will be independently responsible. (In other words, I will not be reciting the textbook to you during class and I promise you will need to read/internalize it in order to do as well as you hope in this course.)

**Note:** There is a 3rd edition, but it is not required this semester.



**Canvas** is where you'll be able to find all the materials for this class: lecture slides, assignment descriptions and rubrics, exams, etc.

## LEARNING OBJECTIVES AND ASSESSMENT

<p><b>WHAT WILL YOU ACCOMPLISH IN THIS CLASS?</b></p>	<p><b>1</b></p> <p>Exhibit mastery of the principles of psychological science</p>	<p><b>2</b></p> <p>Consume and communicate empirical research in psychology</p>	<p><b>3</b></p> <p>Apply course material to your life and the world around you</p>
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### How will your success be measured?

We're going to use a "Choose your own adventure" approach to work in this class. What that means is that your ultimate goal is to wrack up points in whatever way you see fit based on your strengths, time availability, personal goals, etc. See the grade "map" on the next page.

**Exceeding expectations: 2 pts**  
**Meeting expectations: 1 pt**  
**Below Expectations: 0 pts**

<b>A</b>	<b>10 pts</b>
<b>B</b>	<b>8-9 pts</b>
<b>C</b>	<b>6-7 pts</b>
<b>D</b>	<b>4-5 pts</b>
<b>F</b>	<b>3 or fewer pts</b>

## GRADE “MAP”

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Course Component	Exceeds Expectations (2 pts)	Meets Expectations (1 pt)	Below Expectations (0 pts)
<b>Attendance &amp; Punctuality</b>	Attend at least 26/28 classes on time	Attend at least 24/28 classes on time	Attend fewer than 24 classes on time
<b>In-Class Participation</b>	Verbally participate with quality comments AND/OR turn in accurate and engaged activities at least 90% of the time	Verbally participate with quality comments AND/OR turn in accurate and engaged activities at least 80% of the time	Do not verbally participate AND do not turn in accurate engaged activities; AND/OR are often distracted and not paying attention
<b>Chapter Quizzes</b>	All quizzes submitted; <u>one or fewer</u> is late	Most quizzes submitted; <u>one or fewer</u> is missing; <u>two or fewer</u> are late	Several quizzes not submitted by last accepted date OR <u>more than two</u> are missing or <u>more than three</u> are late
<b>Homework</b>	Complete at least five homework assignments that meet expectations	Complete at least four homework assignments that meet expectations OR more assignments completed with <u>one</u> late	Several assignments do not meet expectations OR <u>two or more</u> are late
<b>Research Participation</b>	Complete at least eight research credits through Sona, the psychology participant pool	Complete at least seven research credits through Sona, the psychology participant pool	Complete six or fewer research credits through Sona, the participant pool system
<b>Exam 1</b>	Submit the exam on time and earn a high score (> 90%)	Submit the exam on time and meet expectations (>80%)	Submit the exam late AND/OR it falls below expectations (< 80%)
<b>Exam 2</b>	Submit the exam on time and earn a high score (> 90%)	Submit the exam on time and meet expectations (>80%)	Submit the exam late AND/OR it falls below expectations (< 80%)
<b>Exam 3</b>	Submit the exam on time and earn a high score (> 90%)	Submit the exam on time and meet expectations (>80%)	Submit the exam late AND/OR it falls below expectations (< 80%)

### Two non-negotiable competencies:

1. You cannot miss more than 8 classes for any reason
2. You have to take each exam

If these competencies are not fulfilled, you will not receive passing credit for this course, regardless of your other performance.



Special thanks to Dr. Kate Ozment for the grading inspiration

## COURSE COMPONENTS

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### ATTENDANCE & PUNCTUALITY

Class attendance is crucial for not only preparing for the exams, but practicing scientific critical thinking and applying psychological concepts. However, attendance means arriving on time, prepared for class, with minimal distraction to others.

I do not differentiate between “excused” and “unexcused” absences. This means that you do not have to provide any justification for your absence from class including doctor’s notes, coach contacts, etc. — I trust you to manage your own time in regard to this class as well as take responsibility for your absences.

**For Student-Athletes (per the Athletic Department):** No athlete is automatically excused from class for an athletic event. There are no excused absences for games and students should not expect that professors are required to let them out of class. Please follow this [link](#) for more information on policies for athletes and their academic standards.

**Policy from the Office of the Dean:** “In keeping with a strong liberal arts tradition that encourages active learning and complete participation in the education process, the college expects students to attend class. The Office of Academic Affairs, the Office of Student Affairs, and the Wellness Center do not provide excused absences from class for any reason (illness, family, personal, etc.). Attendance policies for classes are up to the discretion of the instructor.

DO NOT attend class if you do not feel well. In the event that a student experiences a significant health problem or other issue that may prevent them from performing adequately in their academic work and/or attending class for a number of days, students should notify the Office of Student Affairs. Student Affairs can be reached by email ([ncullura@ursinus.edu](mailto:ncullura@ursinus.edu)) or phone (610-409-3590). In emergencies where faculty notification is not feasible, the Office of Student Affairs staff can assist students with faculty notifications. Upon students' return to class, it is their responsibility to talk to professors and to develop a plan for making up missed work.”

### PARTICIPATION

In-class participation will be assessed via in-class activities, as well as an attentive presence and individual contributions during discussions and group work. Because psychology is the study of people, everyone has experiences to share. Please be respectful to classmates when they share their experiences. *If you have a circumstance that makes participation difficult, please discuss this with me in the beginning of the semester so that we may find appropriate accommodations.*

## COURSE COMPONENTS

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### READING QUIZZES

Short, multiple-choice reading “quizzes” will be due on Canvas for each chapter of the textbook we cover (except for Chapter 1). These are not meant to punish you for not reading, but rather encourage you to keep up with the reading before the exams.

Each quiz will be due the day we start discussing that material in class. However, I will accept them up until the day of the exam covering that chapter, although they will be considered late at that point. Quizzes are graded for completion, not correctness.

Note that the reading quiz questions will not be the same as the exam questions, as they will tend to be simpler and more literal than the exams, which focus on application of concepts. Regardless, these quizzes should aid in your studying.

### HOMEWORK

To accommodate the diversity of student strengths, as well as to foster greater student independence and autonomy, each student gets to choose how they wish to complete the homework component of the course. There are several assignments offered throughout the semester, and each student should complete at least four of them. Your options include:

- Extra exam essay(s)
- “Mesearch” proposal(s)
- A sleep diary
- A stress diary
- Midterm study guide(s)

Similar to the research participation credits (see below), I highly recommend you start on these early in the semester. If you wait until the end, you risk not only an incomplete course category, but a very stressful wrap up to your semester! See Canvas for more information on each assignment.

### EXAMS

There will be three exams in this course, each covering roughly one-third of the semester’s material (there will not be a cumulative final exam). Tests are will be a mix of multiple choice and short answer items. All exams will be open-note and will be given via Canvas. Therefore, we will not hold class those days.

#### ~SAVE THE DATES~

Exam 1: 9/28  
Exam 2: 11/2  
Exam 3: TBD  
Finals Week:  
12/12-12/17

## COURSE COMPONENTS

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### RESEARCH PARTICIPATION

Over the course of the semester, students are required to complete a total of eight (8) units of research, with each unit equivalent to about 20-30 minutes of research activity. Participating in actual research projects is an excellent way for students to learn about the research process from an insider's point of view as well as apply principals from class. This requirement is set by the Psychology Department. **Please note:** students who sign up for a study and fail to show up to participate without properly notifying the researcher at least 24 hours in advance of the study session will be penalized by the value of the study they missed. All projects seeking participants are approved by the Ursinus College Institutional Review Board (IRB), and none are expected to place undue burden on, or cause harm to, participants. More information is provided on Canvas for you to learn more about how to register on Sona, which you should do ASAP. Please be sure to use the correct section for the course – Section A. I strongly suggest that you get this requirement out of the way as soon as possible. Some studies end early and if you wait until near the due date you are not likely to get enough credits completed. There is no extra credit for completing more than 8 credits of research. **All research participation must be completed by 12/2/20.**

## EXTRA CREDIT

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### SYLLABUS QUIZ

This syllabus is your friend! If you have a logistical question about this class, the answer is very likely somewhere in this document (I know it's a lot, but I wrote it all to help you, I promise).

So, to preemptively reward all of you for your excellent syllabus-reading habits, each of you have the opportunity to earn one percentage point of extra credit (which will be added to your overall grade in the course at the end of the semester) by taking a very quick and very easy syllabus quiz on Canvas (due September 5th). But here's the catch: Every time you email me with a question that is answered in this syllabus, you will lose a quarter of that point.

Of course, I am more than happy to answer other (non-syllabus) questions either via email, student hours, or before/after class, so you can absolutely ask me things! Just please also try to do your part to make sure the question hasn't already been answered for you before sending an email.

## GRADING POLICY

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Grades will be assigned via the scale above. I will not entertain individual appeals for “personalized rounding schemes” nor will we create “extra assignments” for anyone to attempt to raise their grade in the final weeks of the course. (Because this is in the syllabus, each such request will be subject to a deduction from the extra credit point

If you become concerned about (or would simply like to improve) your performance in the class at any point, please reach out to me as soon as you can. There is absolutely no shame in needing or seeking help, but remember that this assistance will be the most beneficial for you,



**PRO-TIP:** Ask me for help as soon as you think you need it!

## THE FOURTH HOUR

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The typical college course consists of activities performed both in class and outside of class. While the learning that takes place in the classroom is of primary importance, students tend to internalize the material when required to apply it outside of class. For this reason, many four-credit classes at Ursinus meet only three hours per week, with the intention that the fourth credit hour will be satisfied by additional activities outside of class. The general expectation is three hours of outside work for every one hour spent in class.

## TURNING IN ASSIGNMENTS

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Unless otherwise specified, assignments should be completed or submitted through Canvas **by 11:59 PM** on the day listed on the course calendar.

## TECHNOLOGY POLICY

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You are more than welcome to bring laptops, tablets, or any other assistive technology to class if it will help you take notes to the best of your ability, I only ask that non-essential technology or software be set aside to allow for full engagement. Please also note that I reserve the right to revoke your individual technology privileges at any time if you appear excessively/inappropriately distracted or if your technology use appears to be distracting those around you.



## LATE/MISSED WORK POLICY

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Because all due dates are provided at the beginning of the semester and all exams are given outside of class, extensions and makeup exams will only be granted under specific circumstances. Just come talk to me if any of these apply to you.

### MISSING WORK FOR THESE REASONS?

Medical, personal, or family emergencies, Ursinus-sponsored extracurricular activities, religious holidays or other days of conscience

**Just come talk to me!**

If you know you will be absent on the day an assignment is due, you are still responsible for completing and submitting it on time. Late assignments are considered “below expectation” as the expectation would be a timely submission.

## ACADEMIC RESOURCES

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CAMPUS OFFICE	SERVICES	LOCATION	PHONE	EMAIL
<u><a href="#">Institute for Student Success</a></u>	Good go-to for lots of different personal and academic needs: tutoring, disability accommodations, advising, etc.	Lower Wismer	(610) 409-3400	<u><a href="mailto:instituteforstudentsuccess@ursinus.edu">instituteforstudentsuccess@ursinus.edu</a></u>
<u><a href="#">Center for Writing and Speaking</a></u>	Specific help with written or oral communication, including free one-on-one consultations	Olin 302	(610) 409-3058	<u><a href="mailto:cws@ursinus.edu">cws@ursinus.edu</a></u>
<u><a href="#">Library Services</a></u>	Library staff can help with everything from technological glitches to finding resources for your final project. Free-to-use computers on the first floor	Myrin Library	Tech support: (610) 409-3789 Library support: (610) 409-3607	Tech support: <u><a href="mailto:techsupport@ursinus.edu">techsupport@ursinus.edu</a></u> Library support: <u><a href="mailto:library@ursinus.edu">library@ursinus.edu</a></u>

## INCLEMENT WEATHER

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I live on the other side of a very steep hill. In the event that I am unable to get to campus due to inclement weather, I will notify students via email. If I am unable to make it to class I will email assignments for you to complete to make up for the missed class.



## A NOTE ON COMMUNITY AND WELLNESS

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I strive to make my classroom an inclusive environment for all, and I expect all students to do the same for their classmates. A diversity of perspectives and experiences are welcome and makes the classroom discussions more interesting. However, any hateful speech—that which is meant to intimidate, derogate, or isolate another person or group—will not be tolerated, and the speaker will be asked to leave. In addition, if there is anything you wish to let me know about that can affect your sense of safety and wellbeing in this class, I hope you feel comfortable to talk with me about it. This can include, but is not limited to, a name or gender pronoun that is different than that which is listed on the roster, triggering topics, or personal circumstances that may affect your performance in this class.

### Student Counseling Services

Appointments: (610) 409-3100  
 Crisis Walk-in Hour: 2-3PM  
 Location: 789 Main St.  
*Access via path between  
 Reimert Complex & IDC*

### National Suicide Prevention Hotline

988

**THE MORE YOU KNOW:** I am required by both college policy and federal law to report all disclosures of sexual violence to the appropriate campus authorities. But please know that I am more than willing to support survivors throughout the process. If you have general questions, please ask any time.

## ACCESSIBILITY AND ACCOMMODATIONS

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**Ursinus Policy:** Ursinus College is committed to ensuring equal access and providing reasonable accommodations for students with disabilities. Students requesting academic accommodations must meet with the Director of Disability and Access at the Division for Inclusion & Equity, located on the lower level of Myrin. At the beginning of each semester, qualifying students must meet with the Director of Disability and Access to reinstate accommodations and pick up their accommodations letters. Students are also responsible for presenting their letters to the course faculty member. If you have any questions, contact Dee Singley, Director of Disability and Access, at 484-762-4329 or by email at [dsingley@ursinus.edu](mailto:dsingley@ursinus.edu).

If there is anything that I can do to make the course more accessible and inclusive, please don't hesitate to let me know at any time.



### Office of Disability & Access

M-F: 9AM - 5PM  
 Location: Lower level of Myrin  
 (with UCARE)

Requesting Accommodations:  
 Phone: (610) 409-3400  
[disabilityservices@ursinus.edu](mailto:disabilityservices@ursinus.edu)

### **THE MORE YOU KNOW**

Mental illnesses "count" for disability accommodations under the Americans with Disabilities Act.

## ACADEMIC INTEGRITY POLICIES

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You should read and understand the College [policies on academic honesty](#) and pp. 14-18 of the [Student Handbook](#). Any student who is involved in academic dishonesty will be reported to the Dean's office. Do your own work and keep your eyes on your own paper during exams. All submitted documents will be scanned for plagiarism. I suggest you do the tutorial [here](#) to refresh your memory on acts that are considered plagiarism.

**PRO-TIP:** If any part of you feels even slightly tempted to engage in academic dishonesty for the sake of a better grade, come talk to me and I will give you all sorts of tips and tricks to earn that grade you're hoping for.

If you cheat, you could be putting your entire degree in jeopardy. Please do not do it. Please.

## COURSE EVALUATIONS

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Near the end of the semester you will receive an email from the Dean's Office regarding SPTQ. This is your opportunity to give the college feedback on your experience in the course. The purposes of the SPTQ are - 1) to provide feedback to the department chair and the Dean for evaluation purposes and 2) to provide feedback to the instructor for changes and improvement in the course. Please take the time to respond to the email request and complete the SPTQ. No points are provided for completing SPTQ's for this course.

## ON EXTRACURRICULAR FAVORS AND REQUESTS

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Research shows that faculty members who are perceived as approachable and dedicated to teaching receive significantly more extra requests from students and colleagues than those who might give off "other" impressions. Although I love to help, please know that if I happen to say no to a particular request, it's likely because I've already committed myself to as many things as I can physically handle. Whether you're asking for a letter of recommendation, or my involvement in an interview or other activity, it's always best to [ask as early as humanly possible](#). In addition, it is always best to ask in person if possible (office hours are a great time for this kind of thing) as I may not be able to respond to all requests via email.

## COURSE SCHEDULE

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Please note that the information in the "Topics" column is a general guide to the organization of this course. We may spend longer than originally allotted on some topics, and we may finish earlier than expected when it comes to other topics.

Any major revisions to the schedule will be announced during class and posted to Canvas.

Day	Date	Reading	Assignment Due	Topic(s)
M	8/29	Ch. 1	Pre-Class Survey (on Canvas) Plagiarism Contract	Introduction
W	8/30	Ch. 1		Research Methods
M	9/5	Ch. 2	Syllabus Quiz	Biological Bases of Behavior
W	9/7	Ch. 3	START Sleep Diary	Sensation & Perception
M	9/12	Ch. 3	Last day to request alternative to research credits	Sensation & Perception
W	9/14	Ch. 4		Consciousness
M	9/29	Ch. 4		Altered States
W	9/21	Ch. 5	Sleep Diary Review for Exam 1	Learning & Conditioning
M	9/26	Ch. 5		Learning & Conditioning
W	9/28		Extra Essay and/or Meresearch Proposal	EXAM 1 (Ch. 1-5)
M	10/3	Ch. 6		Memory
W	10/5	Ch. 7		Cognition & Intelligence
M	10/10	Ch. 7		Cognition & Intelligence
W	10/12	Ch. 9		Motivation & Emotion
M	10/17	<b>NO-CLASS FALL BREAK</b>		
W	10/19	Ch. 9		Motivation & Emotion
M	10/24	Ch. 8		Development
W	10/26	Ch. 8	Review for Exam 2	Development
M	10/31	Ch. 10		Personality
W	11/2		Extra Essay and/or Meresearch Proposal	EXAM 2 (Ch. 6-10)
M	11/7	Ch. 11		Social Psychology

Day	Date	Reading	Assignment Due	Topic(s)
W	11/9	Ch. 11		Social Psychology
M	11/14	Ch. 11		Social Psychology
W	11/16	Ch. 12		Health
M	11/21	Ch. 12	Stress Diary	Health
W	11/23	<b>NO CLASS – THANKSGIVING BREAK</b>		
M	11/28	Ch. 13		Psychological Disorders
W	11/30	Ch. 13		Psychological Disorders
M	12/5	Ch. 14	Review for Exam 3	Treating Disorders
W	12/7		Extra Essay and/or Mesearch Proposal	TBD/Make-up day
<b>FINALS WEEK 12/12-12/17 EXAM 3 (Ch. 11-14) TBD</b>				