

Introduction to Psychology: 60008-01; 60009-01

Year of Studies: 2023-2024 (תשפ"ד)

Semester: Fall/Spring

Type of course: Lecture

Hours/credits: 2 per semester

Meeting Time: Tuesday 2 – 3:30 pm

Location: TBD

Office Hours: by appointment only

Email: neal.bauer@biu.ac.il

Zoom Link: <https://biu-ac-il.zoom.us/j/4329402908>

The courses objectives:

This is a two-semester survey course that will attempt to introduce you to the great variety of topics, theories, and approaches that make up the field of psychology. By the end of the course, it is my hope that you will be able to:

- a) Be familiar with the wide variety of different schools of psychology
- b) Be familiar with the application of knowledge of psychology to everyday life
- c) Possess a basic knowledge and understanding of psychological mechanisms underlying behaviour, mental processes and pathologies, and be able to converse about psychological phenomena using this knowledge.

Course Description:

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? And how can I use it to make the world a better place? If these questions (especially the last two) keep you up at night, this is the class for you. Over the course of the year, 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.


























This course will provide you with an introduction to the chief facts, principles, methods, and theories of psychology. Topics discussed include the science and history of psychology, sensory and perceptual processes, motivation and emotion, behaviour development, learning and cognition, personality, psychopathology, and social behavior.

The Process of the Course:









The course will be taught using up-to-date multimedia including power point presentations, video clips, articles, and real-world examples. The lessons will be interactive but will be mainly frontal learning. We will occasionally split into groups to discuss the topics more in depth. Students will be expected to ask the lecturer relevant questions and contribute to the discussion throughout the semester.

Detailed lesson plan:**THIS IS A TENTATIVE SCHEDULE:** changes and additions are possible

Fall Semester

Class #	Date	Topic of the Lesson	Required Reading
1	Oct. 18 (zoom)	Overview & History of Psychology    	Chapter 1
2	Oct. 24	Experimental Psychology  	Chapter 2
3	Oct. 31	Experimental Psychology  	Chapter 2
4	Nov. 7	Biological Basis of Behavior 	Chapter 3
5	Nov. 14	Biological Basis of Behavior 	Chapter 3
6	Nov. 21	Biological Basis of Behavior 	Chapter 3
7	Nov. 28	Exam 1 (Chapters 1, 2, 3)	
	Dec. 5	Trip to the Negev  	
8	Dec. 12	Developmental Psychology  	Chapter 9
9	Dec. 19	Developmental Psychology  	Chapter 9
10	Dec. 26	Sleep and Consciousness  	Chapter 4
11	Jan. 2	Sensation and Perception   	Chapter 5
12	Jan. 9	Sensation and Perception   	Chapter 5
13	Jan. 16	Review/ Makeup Day	
14	Jan. 23	Exam 2 (Chapters 4, 5 & 9)	

Spring Semester:

Class #	Date	Topic of the Lesson	Required Reading
1	Feb. 13	Learning   	Chapter 6
2	Feb. 20	Learning   	Chapter 6
3	Feb. 27	Memory 	Chapter 8
4	Mar. 5	Intelligence 	Chapter 7

5	Mar. 12	Emotion and Motivation 😊 😐 😊	Chapter 10
6	Mar. 19	Personality 😊 😐	Chapter 11
7	Mar. 26	Exam 3 (Chapters 6, 7, 8, 10, 11)	
8	Apr. 2	Social Psychology 😊 👍	Chapter 12
9	Apr. 9	I/O Psychology 📁 🏢	Chapter 13
	Apr. 15 – May. 5	🍷 Pesach Break 🍪 🌿	
10	May 7	Stress & Health 😐 🧑	Chapter 14
	May 14	Yom Ha'atzmaut ☆	
11	May 21	Psychological Disorders 😐 😐 😊	Chapter 15
	May 28	Rosh Hanikra Trip 🎉 🌊	
12	June 4	Review/ Makeup Day	
13	Week of June 9-19	Exam 4 (Chapters 12, 13, 14, 15)	

Course requirements:

- A. Class attendance/participation: Regular attendance and participation is very important since much of what is covered on exams comes from the lectures and may not be discussed in the textbook. I don't take attendance just to record that there is a body in the seat. Rather, regular attendance *is* critical if you intend to take this course seriously. Students who think they can just read the book wind up overestimating their understanding of course material, and this hurts them on exams and other assignments. When you come to class, I'm not just repeating what's in the book. I'm explaining information in a new way, clarifying frequently confused points, adding new information to help you integrate and apply course material, and offering specific hints on how to do well in this class. Additionally, pop quizzes are given at the beginning of class, so lateness and absences can be harmful to your grade. At the end of the day, attendance will be taken and recorded each time the class meets.
- B. Quizzes/ Assignments: This part of your grade can take on various forms and will be administered at various points during each of the semesters. For example:
- Quizzes will be given at the very beginning or end of class either through traditional pen and paper or on online (e.g., Kahoot, Moodle)
 - Assignments can take on various forms throughout the year. Some may be simply answering some questions based on material learned in class.

Other types of assignments may be given in response interactive experiments performed in class.

The quizzes maybe open book and open notes and will include approximately five (5) multiple choice or short answer questions. Assignments might include doing an activity and completing a few short answers and will be discussed in class. These quizzes/ assignments will contribute to 15% of your final grade.

- C. Assigned Weekly Readings: Textbook readings are assigned per the schedule above. There may be additional reading assignments given throughout the semesters.

Pre-requisites:

None

Requirements/ Assignment/Tasks:

There will be two exams throughout each semester. Each exam will contain 50 multiple choice questions. Exams will cover specific material covered in class as well as some of the material covered in the required textbook. Exams will count for 75% of your final grade. Each exam will be worth 32.5% of your grade.

For exams, no cell phones or other electronic devices are allowed to be on the person during exams; failure to comply will result in the exam being removed and the person be given a failing grade.

Extra credit questions may be provided on each exam. Extra credit assignments will be given at the discretion of the instructor and are not guaranteed.

**If you miss an exam, you will receive a grade of zero for it and you will not be permitted to take it at another time. No make-up exams will be given unless accompanied by a valid excuse which will need to be discussed directly and approved by the course instructor. **

Grade Components (Number grade)

Grading Policy: Your final grade for each semester will be based on the following components:

1. Two multiple-choice exams = 75% of final grade
2. Quizzes/Assignments = 15% of final grade
3. Participation = 10% of your final grade

Bibliography:

Required textbook:

Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). *Psychology* (2nd ed.).

OpenStax, Rice University. <https://openstax.org/details/books/psychology-2e>

Hardcover: ISBN-13: 978-1-975076-45-0

Paperback: ISBN-13: 978-1-975076-44-3

Digital: ISBN-13: 978-1-951693-23-7

This is a free online textbook. There shouldn't be any problem accessing and doing the required readings, and you can open the link and start the reading right away.

WhatsApp:

There is a WhatsApp group that was created for our class (<https://chat.whatsapp.com/CSY6dACpbj33AnHrVOFSU8>). It will be used for announcements, reminders, and updates as needed throughout both semesters. Please use responsibly and only post questions or comments that will be of interest for the whole group. If it is a personal question, feel free to email or PM. However, if you are asking about ‘when is a test?’ or ‘when is that assignment is due?’ you will lose a quarter of a point on your final grade. It’s in the syllabus or the reminder was already sent.

Student conduct:

The classroom is an academic setting, and you need to respect it as such. If you hold **side conversations, text message, or engage in other such behavior**, you are being disrespectful both to me and to your classmates who are trying to learn. I do not want to kick students out of class—and I don’t do it often—but I will do so if the situation warrants it. I will work my hardest to help you succeed, but I cannot do that without your cooperation.

Technology and the problem of divided attention:

In this course we will learn about attention, and how our brain works when trying to multitask. Research has shown that when people attempt to perform two tasks at once (e.g., following what’s happening in class while checking texts), the brain literally cannot do it. The brain has got to give up on one of the tasks in order to effectively accomplish the other. In addition, it takes extra time after sending the text for your brain to re-focus on whatever you were doing before. **Hidden behind all the hype about multi-tasking, then, is this sad truth: It makes you slower and dumber.** For this reason alone, you should seek to avoid the problem of divided attention when you are in class. But there’s another reason, too: technology often causes us to lose our senses of what is polite behavior and, as a result, perfectly lovely and normal people become unbelievably rude. For both these reasons, then, please turn off your cell phones (or at least put in airplane mode) and put them away when you come to class, and they are not being used for a Kahoot quiz. **Put simply, text messaging and other similar behaviors will not be tolerated in class.**

*Hope to have an enjoyable
and productive year! 👍 😊*