

## GENERAL PSYCHOLOGY (PSY 201 Sec. 001)

**Your Prof:** Dr. Regan A. R. Gurung (He/His). OFF: LINC 466 [Regan.Gurung@oregonstate.edu](mailto:Regan.Gurung@oregonstate.edu)

**Office Hours:** Hour after each class and by appointment.

**Your Support G-Team (Graduate Teaching Assistants+ LAs):** See Canvas.

### What Is This Course About?

Psychology is the scientific study of behavior and experience. This course introduces you to the many ways Psych can help us understand and improve our everyday lives. Whether you want to go into business, law, medicine, public service, agriculture, construction, or psychology's many related fields (e.g., clinical, industrial/organizational, nutritional, exercise/sports), this course can help. Psych prepares you to participate in LIFE more successfully. No prerequisites. We cover neuroscience; sensation and perception; conditioning, learning and memory; thinking, problem solving, language, intelligence, and consciousness. (SS) (Bacc Core Course)

### My Approach to You and This Class: We are Inclusive

Although 99% of our genes are similar, we have different backgrounds, values, attitudes, and histories.

You are all welcome in this class regardless of race/ethnicity, gender identities, gender expressions, sexual orientation, socio-economic status, age, disabilities, religion, regional background, veteran status, citizenship status, nationality, and other diverse identities that we each bring.

I acknowledge another source for difference: Not all people have had the same resources or opportunities as others, resulting in inequalities. My goal is to create a comfortable, fertile learning environment, with equitable treatment for all. We are partners in learning, and I will expend every effort to help you succeed. If circumstance has disadvantaged you, I am dedicated to rectifying this wrong.

I will treat each of you with respect and dignity. Please return the effort with me and your classmates.

If you do not agree with material or something I say or it raises a question for you, or if you think of something that contributes, I invite you to get in touch. Put up a hand, use the class chat, or find a way you are comfortable to share, and let me hear you. I appreciate, and your classmates' benefit, from your contributions. We all have different knowledge and experiences, and I am eager to keep learning too.

### Let's Talk! (OFFICE HOURS Plus)

I know this is a large class and so I have created many ways for you to connect with me. If you have questions about the material (or life, the universe, and everything) I invite you to get in touch. My office is on the 4<sup>th</sup> floor of LINC (466) and I have open hours from 12-1pm after every class, and times that can fit YOUR schedule too ([book me here](#)).

**Why?** Introduce yourself, get to know me better, help me get to know you, develop, or sharpen your study skills, go deeper with the material, get help with content or assignments, or talk about ways to cope with college and life. Especially useful if you are curious about psych topics not covered in class or want more.

**Channels:** Instagram ([rargurung](#)); Email ([Regan.Gurung@oregonstate.edu](mailto:Regan.Gurung@oregonstate.edu)); Twitter ([@ReganARGurung](#)).

### What are the Goals of this Course?

*YOUR MISSION: By the end of the course, you should be able to*

**SPS/APA \* SLO 1: Identify basic concepts and research findings:**

- 1.1. Define and explain basic psychological concepts.
- 1.2. Interpret research findings related to psychological concepts.
- 1.3. Apply psychological principles to personal growth and other aspects of everyday life.

**SPS/APA SLO 2: Solve problems using psychology methods:**

- 2.1. Draw logical and objective conclusions about behavior and mental processes from empirical evidence.
- 2.2. Describe the advantages and limitations of various research strategies.
- 2.3. Design, conduct, or evaluate psychological research.
- 2.4. Evaluate how psych science can be used to counter unsubstantiated statements, opinions, or beliefs.

**SPS/APA SLO 3. Provide examples of psychology's integrative themes:**

- A. Psychological science relies on empirical evidence and adapts as new data develop.
- B. Psychology explains general principles that govern behavior while recognizing individual differences.
- C. Psychological, biological, social, and cultural factors influence behavior and mental processes.
- D. Psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society.
- E. Our perceptions and biases filter our experiences of the world through an imperfect personal lens.
- F. Applying psychological principles can change our lives, & communities in positive ways.
- G. Ethical principles guide psychology research and practice.

**OSU BACC CORE: You should also be able to**

1. Use theoretical frameworks to interpret the role of the individual within social processes and institutions.
2. Analyze current social issues and place them in historical context(s).
3. Critique the nature, value, and limitations of the basic methods of the social sciences.

*\* Every course has Student Learning Outcome (SLOs). Class satisfies BACC CORE, Social Process & Institutions, School for Psychological Science (SPS), and American Psychological Assoc. (APA) SLOs.*

### What Are Required Course Materials?

The textbook for this class is *all online and already* built into the Course Canvas page. This is a digital book. No hard copy needed or available. **All** required material (textbook, assignments, tests) are in Canvas with the purchase link.

The book is labelled STUDY PLAN in each week's module. To unlock all the features buy the *ACTIVATION CODE*, by Lumen (digital) **through the Beaver Store (see the "Start Here" Module)**. It costs only \$23. Enter the code right after you take the first quiz. You cannot take >2 quizzes unless you purchase the activation code.

### How Can You Maximize Your Learning?

1. **Plan & Pretest:** Know what is due when. Use a good planner and take all Pretests early.
2. **Read the Text:** Class time will be devoted to introducing, clarifying, and summarizing topics fully dealt with in the text rather than repeating the text. I will bring in current topics from the field.
3. **Attend Class:** Students who attend class do significantly better on exams and learn more.
4. **Take Good Notes:** Note taking helps you focus and keep on track. Look over notes after class and before the next class.
5. **Space your studying:** Set multiple times a week to work on Psych to avoid cramming and allow for revision and refinement.

### This Class is Designed For Your Success! Get COMFE

I aim to be Compassionate, Organized, Multifaceted, Flexible, and Engaging (COMFE). This involves being open to your realities, fair, ready to listen, and giving you control and choice (e.g., topics, etc.). You will also be assigned your own Teaching Assistant so you always know who else to talk to (see Canvas).

**This is a synchronous, in person class for a reason.** While you can read content and practice applying the material when it works best for you, class time is the time to engage with me, the material, and your classmates. Your experience will be best if you *come to class* prepared (i.e., read the assignments). The course has some unique elements for you to capitalize on. We will use:

- *Canvas Chat* during class so you can easily ask questions and comment on the material. In person, a chat board is particularly handy if you do not want to raise your hand, if talking in a big class makes you uncomfortable, or if you want more time to collect and form your thoughts.
- *Canvas Discussion* boards for in class polling. I suggest downloading the CANVAS app to your phone for easy chat and discussion access.
- *Google forms* for most In Class Activities (ICAs, see below). Synchronous learning also allows collaboration and the ability to talk to others while you learn material has been shown to aid deeper processing of material, understanding, and retention. You will get application problems in class that you will respond to via a forms link provided. In most cases I will first have you chew on the problem yourself, then confer with at least one or more others to come to a solution.

### Is There Any Flexibility For Assignments?

Yes. I know **Stuff Happens** and have built in buffers to reduce stress. Please **START EARLY**. Deadlines and structure are important when managing multiple courses/responsibilities. If something unforeseen comes up near the deadline, you have an automatic 48-hour grace period- **YOU DO NOT HAVE TO EMAIL/ASK** for it. Need even more time? Use the confidential online form to request more time (See form in Study Guides Module). Extensions are due no later than the next exam (except for extremely severe issues). Assignments turned in late get a point off for every day late. Exam periods are specified well in advance so you should be able to take all of them. Anticipate an issue? Get in touch. **NO make-up exams** will be given.

**Attendance is expected and important.** If you are sick or have an emergency preventing attendance, please ask a classmate for notes. If sickness results in missing an ICA, you will need to write a short makeup essay (email your TA for essay topic) and submit it within two days of the missed class. Class recordings and slides can be requested from a G-team member for study purposes but are not a substitute for attendance, the active synchronous experience, and good note-taking.

### How Do You Know How Much You Have Learned?

**Three Exams:** Exam 1 will cover three chapters: a) psychological foundations, b) Psychological research, c) Biopsychology. Exam 2 also covers Consciousness, Memory, and Sensation/Perception (6 chapters). 80% of questions on Exam 2 will be from chapters NOT covered in exam 1. The final is cumulative.

**\*\* Exams will be in Canvas and timed but open-book. To do well, study AS IF IT WERE closed-book. THERE IS NO CURVE!** Individual effort rather than competition results in a more productive and successful learning environment.

**Pretests:** For each module, you take a pretest BEFORE doing the reading. This is a **STUDY AID** as it prepares you to learn the content in the chapter (Study Plan) better. Each pretest has 8 questions. Make taking the pretest a priority as it must be taken the week we discuss the material. Because the timing of

when you take this is a critical part of your learning (and because it takes only 1-2 minutes to take), no extensions are given. Plus, **you get full points for completion, regardless of how well you do on it.**

**Quizzes:** There is a quiz on each module (8 in total). You have two attempts. **These are graded quizzes, and you will get the highest points you score.** Aim to take the first attempt after studying and by the DUE date listed on Canvas (often the week the material is discussed). Then study and take it again before the next exam. You have a window to take the quiz to practice retrieval and **space** your practice. Take your second attempt even if you score a 100% first time as repeated practice helps you learn.

**Applied Learning Activities (ALAs).** ALA's are designed to help you APPLY the science/knowledge you learn and accomplish your class mission (the SLOs – student learning outcomes). You will write 7 ALA's and one final **Visionary Science Application** paper. Note, some ALAs need you to track behavior SO **START EARLY**. *Only PDF/Word files work for uploading to Canvas (ensure you upload correctly).*

**In-class activities (ICAs):** To help you apply the week's material, we will take part in weekly ICAs during the term. Each ICA earns you 10 points. Having read the assigned reading, paying close attention to lecture, and taking good notes, will help you excel at the application activities. You must be in class for the ICA and work with 1-3 classmates (we form groups in class).

**Research Engagement:** Doing research and allowing students to participate in research is standard within the discipline of Psychology. In keeping with these standards, you must engage in at least 3 hours of research. This requirement can be satisfied by either: a) participating in an OSU IRB approved *Psychology* study or studies for three hours (Option 1) via SONA, or b) spending an equivalent of three hours of time reading and writing on published research (Option 2), or a combination of both. See details on CANVAS.

**NOTE:** When you submit any work for this class, you assert that you have written the text unless you indicate otherwise by quotation marks and proper attribution for the source. Submitting content generated by someone other than you or created by a computer application or tool (e.g., ChatGPT) and **NOT CITED AS SUCH**, constitutes academic dishonesty and is a violation of the Student Conduct Code.

#### How Does It All Add Up?

Activity/Exam	Points	Details	Assesses
Exam 1	100	50 questions (55 minutes)	SLO 1,2
Exam 2	150	75 questions (80 minutes)	SLO 1,2
Final Exam	200	100 questions (110 minutes)	SLO 1,2
Quizzes	96	8 total, 12 pts each	SLO 1,2
ALA (Applied Learning Activities)	250	7 total	SLO 2,3 BACC C.
Research Engagement	30	3 hours total	SLO 2 BACC C.
Pretests	24	8 total.	SLO 1
Visionary Science Application Paper	70	One final paper	SLO 3 BACC C.
In Class Activity	80	Approximately once a week.	SLO 1-3
<b>Total</b>	<b>1,000</b>		

A	930 - 1000	B	830 - 869	C	730 - 769	D	630 - 669
A-	900 - 929	B-	800 - 829	C-	700 - 729	D-	600 - 629
B+	870 - 899	C+	770 - 799	D+	670 - 699	F	Below 600

The Schedule					
Week	Day	Date	Main Topics	DO THIS	Study Plan
1	M	Jan. 08	Intro to Psych	Initial Assessment/Pretest	
	W	Jan. 10	Research Methods	ALA1 & Quiz*	Foundations
2	M	Jan. 15	MLK HOLIDAY	Pretest	NO CLASS
	W	Jan. 17	ICE DAY	ALA2 & Quiz	No Class- ICE
3	M	Jan. 22	Research Methods	Pretest	
	W	Jan. 24	Research Methods		Methods
4	M	Jan. 29	Biopsychology		Biopsych.
	W	Jan. 31	Biopsychology	ALA3 & Quiz	Biopsych.
5	M	Feb. 05	Midterm 1	Opens 7am, closes 11:59pm	No Class
	W	Feb. 07	Sensation Perception	Quiz	Perception
6	M	Feb. 12	Consciousness	Pretest	Consciousness
	W	Feb. 14	Mindfulness	ALA4 & Quiz	
7	M	Feb. 19	Memory	Pretest	Memory
	W	Feb. 21	Memory	ALA5 & Quiz	
8	M	Feb. 26	Midterm	Opens 7am, closes 11:59pm	No Class
	W	Feb. 28			Learning
9	M	Mar. 04	Learning	Pretest	
	W	Mar. 06	Learning	Research Engagement ALA 6	Learning
10	M	Mar. 11	Industrial/Org.	Pretest	I/O
	W	Mar. 13	Course Finale	Quiz & ALA7	
11 (Finals)		Final exam: Mon. of Finals week (7am) to Wed. (11:59pm).			
		*All ALAs & quizzes due on Friday of Week indicated			

## IMPORTANT GENERAL INFORMATION

***Reaching Out for Help with Mental Health/Well-Being:*** University students encounter setbacks from time to time. If you encounter difficulties and need assistance, it's important to reach out. Consider discussing the situation with an instructor or academic advisor. Learn about resources that assist with wellness and academic success at <https://counseling.oregonstate.edu/reach-out-success>. If you are in immediate crisis, please contact the Crisis Text Line by texting OREGON to 741-741 or call the National Suicide Prevention Lifeline at 988.

***Accommodations for students with disabilities*** are determined and approved by Disability Access Services (DAS). If you, as a student, believe you are eligible for accommodations but have not obtained approval please contact DAS immediately at 541-737-4098 or at <http://ds.oregonstate.edu>. DAS notifies students and faculty members of approved academic accommodations and coordinates implementation of those accommodations. While not required, students and faculty members are encouraged to discuss details of the implementation of individual accommodations."

***Student Bill of Rights:*** OSU has twelve established student rights. They include due process in all university disciplinary processes, an equal opportunity to learn, and grading in accordance with the course syllabus: <https://asosu.oregonstate.edu/advocacy/rights>

***Student Learning Experience Survey:*** Every term you have a chance to evaluate your experiences in class using the online Student Learning Experience surveys. Open to students the Wednesday of week 9 and closing the Sunday before Finals Week, you will receive notification, instructions, and the link through your ONID email and log into the survey via MyOregonState or directly at <https://beav.es/Student-Learning-Survey>. Survey results are important and are used to improve courses and the learning experience of future students. Responses are anonymous (unless you choose to "sign" your comments, agreeing to relinquish anonymity of written comments) and are not available to me until after grades have been posted. The results of scaled questions and signed comments go to me and my unit head/supervisor. Anonymous (unsigned) comments go to me only.

***Tech Assistance:*** Contact 24-7 Canvas Support through the Help link within Canvas. For computer difficulties (downloading a browser or plug-in, logging in), contact the IS Service Desk (541)-737-8787 or visit the [IS Service Desk](#) online. FOR HELP WITH QUIZZES or the BOOK email [Support@Lumenlearning.com](mailto:Support@Lumenlearning.com)

***Key deadlines:*** All students are subject to the registration and refund deadlines as stated in the Academic Calendar: <https://registrar.oregonstate.edu/osu-academic-calendar>

***Important General tip:*** If you ever wonder when something is due, check CANVAS where every deadline is listed for every assignment as are [Important Policies](#) regarding Academic honesty; Religious holidays; Title IX

***Student Conduct Expectations:*** <https://beav.es/codeofconduct>

***Support for Multilingual and Neurodivergent students:*** If you would benefit from having a recording of each class session or slides to be able to replay sections for better note-taking or understanding, contact your TA. Please note the recordings are not a good substitute for attending class.