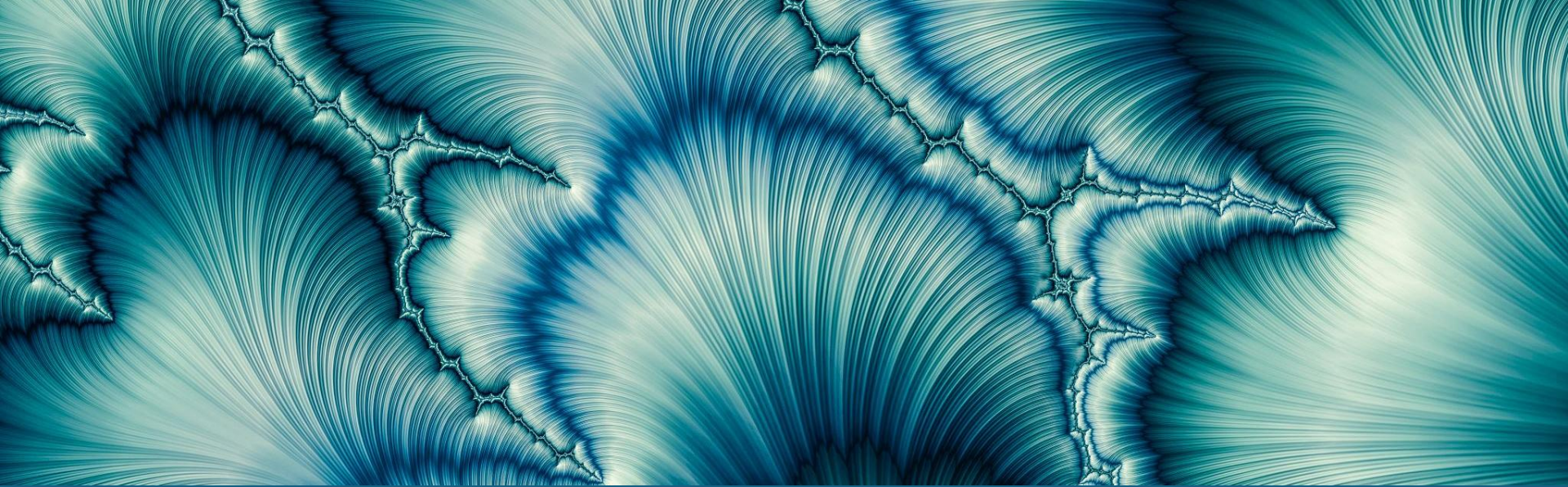




Transforming Introductory Psychology: Developments, Recommendations, & Resources

Regan A. R. Gurung and Garth Neufeld
Oregon state university & Cascadia College

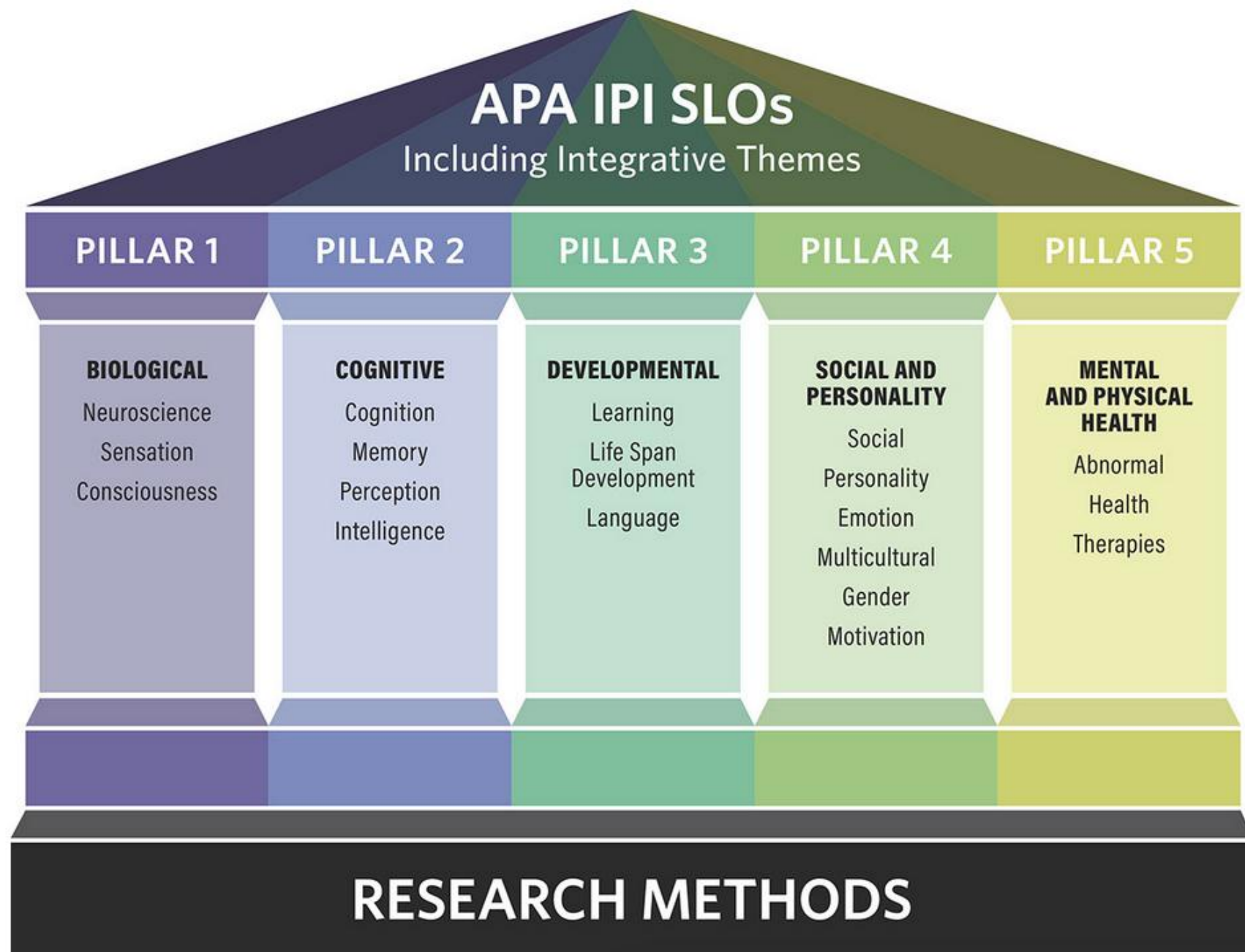
APA STRENGTHENING INTRO PSYCH WORKING GRP (APA, 2014)



STRENGTHENING THE COMMON CORE OF
THE INTRODUCTORY PSYCHOLOGY COURSE

1. Foster greater conceptual consistency in Intro Psych content
2. Provide similar content for Intro Psych for both psychology majors and nonmajors
3. Incorporate research experiences in the Intro Psych course
4. Foster special training opportunities for Intro Psych instructors
5. Offer a national assessment plan for Intro Psych

APA IPO SLOs Including Integrative Themes



ASSESSMENT WORKING GRP



ASSESSMENT OF OUTCOMES OF THE
INTRODUCTORY COURSE IN PSYCHOLOGY

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Summit on National
Assessment of Psychology



APA SNAP

APA Staff Contacts

- Robin Hailstorks, PhD
- Martha Boenau, MS

Hear from Experts

- Check out UW-Green Bay's "Psychology and Stuff" podcast from the summit.

Developing best practice strategies for assessment of undergraduate education in psychology.

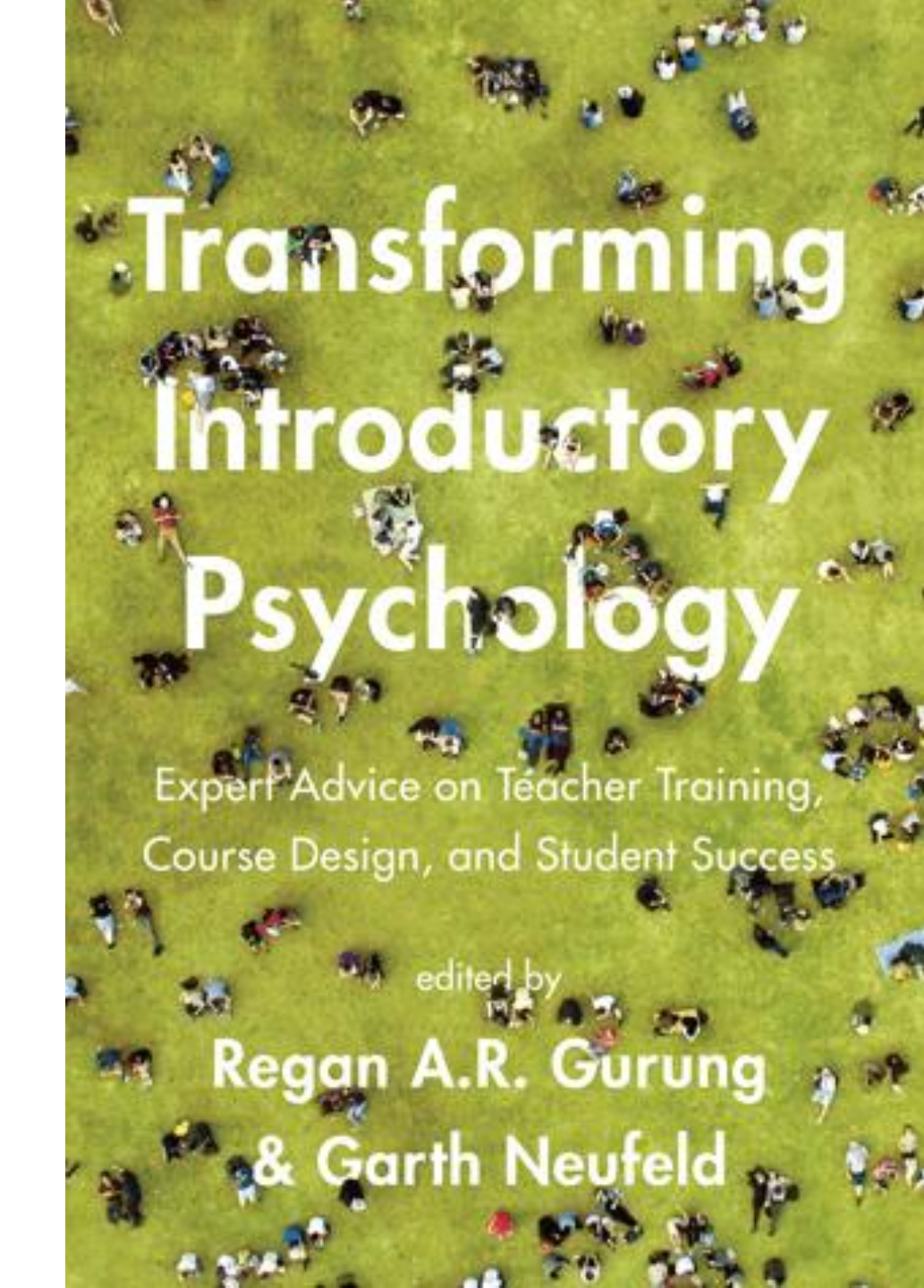


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The APA Introductory Psychology Initiative

Envisioning the Future: Charting New Directions for Introductory Psychology





Transforming Introductory Psychology

Expert Advice on Teacher Training,
Course Design, and Student Success

edited by

Regan A.R. Gurung
& Garth Neufeld

SLOs & Assessment
[Thompson & Whitlock]

Student Success &
Transformation
[Wickes & Chew]

Teacher Training &
Development
[Altman & Beers]

Course Models & Design
[Hard & Dunn]

APA IPI Student Learning Outcomes



PSYCHOLOGY CONTENT

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.



SCIENTIFIC THINKING

Solve problems using psychological methods

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



KEY THEMES

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, organizations, and communities in positive ways.
- G. Ethical principles guide psychology research and practice.

Presentations about adopting the IPI recommendations

Assessing personality: A class learning activity

Caden Rogers, Claremont McKenna College

Kian Shah, Claremont McKenna College

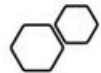
Gail M. Gottfried, PhD, Claremont McKenna College

16:14

Assessing personality: A class learning activity

Gail Gottfried, PhD, of Claremont McKenna College, discusses ways to integrate research into introductory psychology using the Big Five personality tests. Gottfried shares how this activity is aligned to the recommendations from the APA Introductory Psychology Initiative.

[Transcript \(PDF, 73KB\)](#)



Stress Management: Physiological Strategies

- Biofeedback/Neurofeedback
- Progressive Muscle Relaxation
- Meditation/Guided Imagery
- Exercise



Mini lecture on stress and health in the introductory psychology class

In this mini lecture, Danae Hudson, PhD, of Missouri State University discusses the physiological and psychological components of stress (and how COVID-19 has affected that), the effects of stress on health, and stress management techniques. In this lecture, Hudson shares ideas for weaving in some of the recommendations from the APA Introductory Psychology Initiative.

[Sample Multiple Choice Questions for Stress and Health \(PDF, 96KB\)](#)

[Video: Targeting Difficult Concepts in Stress and Health](#)



The Introductory Psychology Course in the 21st Century: The Challenge of Finding Common Ground

Jane S. Halonen¹, Kristin Whitlock², and Lanae Arena¹

¹ Psychology Department, University of West Florida

² Davis High School, Kaysville, Utah, United States

Reimagining How We Teach Introductory Psychology: Support for Instructors Adopting the Recommendations of the APA Introductory Psychology Initiative

William S. Altman¹, Melissa J. Beers², Elizabeth Yost Hammer³,
Erin E. Hardin⁴, and Jordan D. Troisi⁵

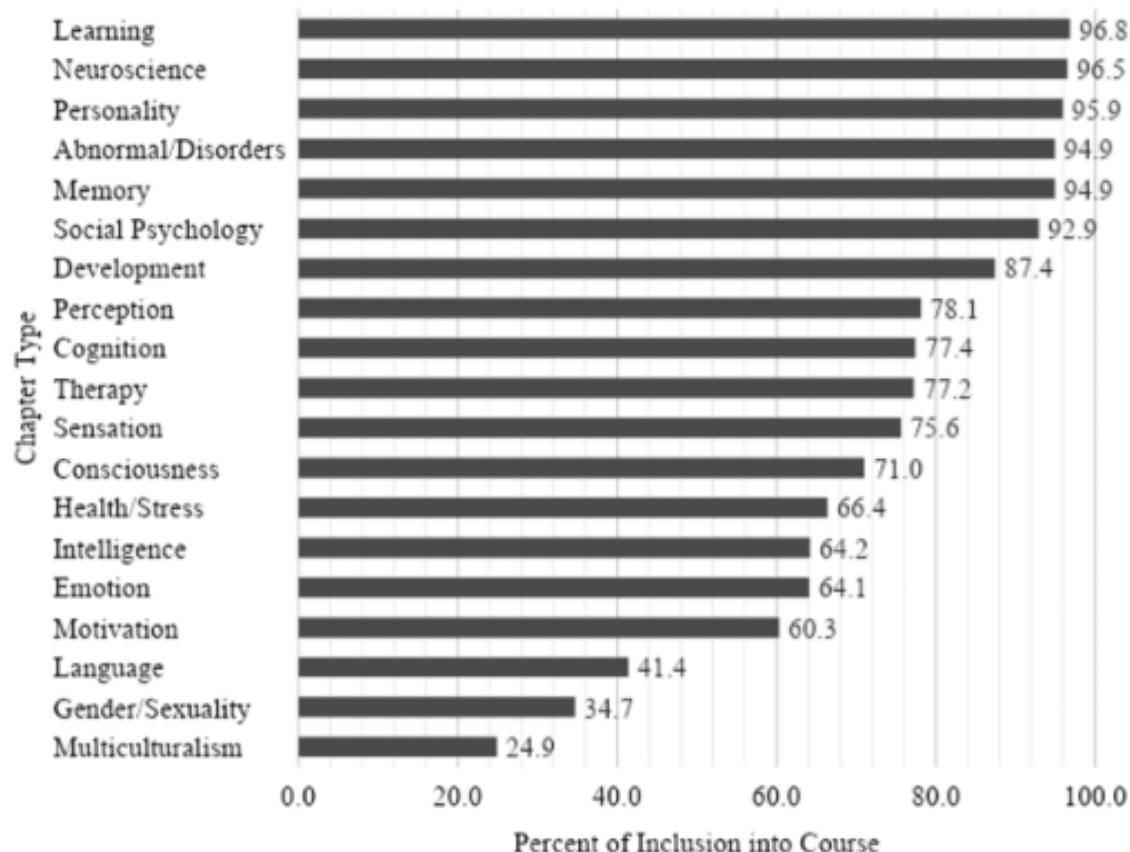
The Introductory Psychology Census: A National Study

Figure 2

Percentage Instructors Including Chapter Topic in Introductory Psychology

Aaron S. F

ung⁴,



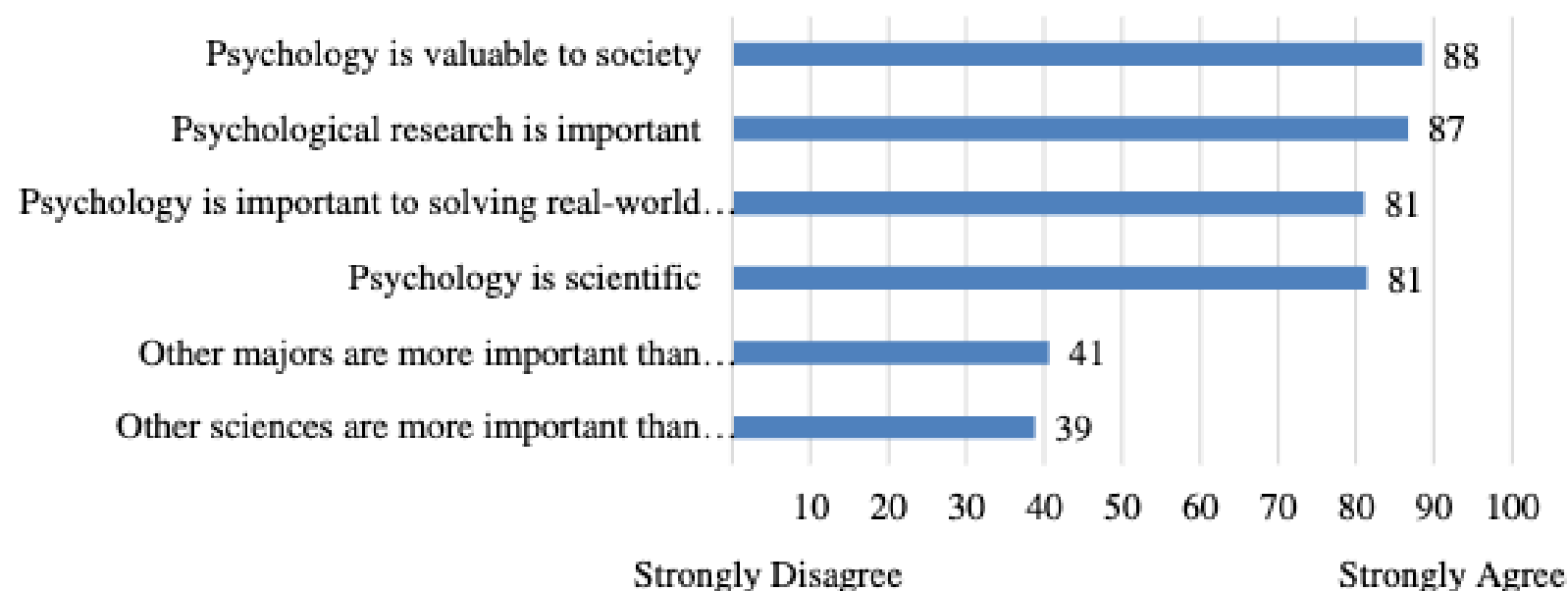


A National Study of Student and Instructor Perceptions of Introductory Psychology

Aaron S. Richmond¹, Guy A. Boysen², Regan A. R. Gurung³, and Karen Z. Naufel⁴

Figure 1

Student Ratings of Agreement With Statements About Psychology



Summer 2022 Course Design Institute

- [Embracing transforming outcomes](#)

Presenter: Jane S. Halonen, PhD, University of West Florida

- [Authentic assessments](#)

Presenters: Karen Brakke, PhD, Spelman College; Jenel T. Cavazos, PhD, University of Oklahoma; Carolyn Brown-Kramer, PhD, University of Nebraska, Lincoln

- [Instructional methods](#)

Presenters: Jennifer McCabe, PhD, Goucher College; Erin E. Hardin, PhD, University of Raechel Soicher, PhD, Oregon State University

- [Infusing diversity into Introductory Psychology](#)

Presenters: Shawn C.T. Jones, PhD, Virginia Commonwealth University

- [Psychology can change the world; Integrating diversity, equity, and inclusion in Introductory Psychology](#)

Presenter: Catherine A. Sanderson, PhD, Amherst College

- [Strategies to enhance engagement and belonging in Introductory Psychology](#)

Presenter: Bridgette M. Hard, PhD, Duke University

Summer 2023 Virtual Conference for Early Adopters of APA's Introductory Psychology Initiative (IPI) Recommendations in Higher Education

Conference Report



From Vision to Impact: Propagating the Recommendations from the American Psychological Association's Introductory Psychology Initiative (APA-IPI) (PDF, 194KB)

This work was supported by the National Science Foundation Division of Undergraduate Education through Grant # 2227675 awarded to Susan M. Orsillo, PI, American Psychological Association. Any opinions, findings, conclusions, or recommendations expressed in this report are those of the authors and do not necessarily reflect the views of the National Science Foundation.





TIP NORTHWEST

The 12th Annual Teaching Introductory Psychology, Northwest will take place, in person, in April 2026 (date and location to be confirmed)



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The Story so Far

Teach (Intro Psych) Like a Champ

Study Like A Champ

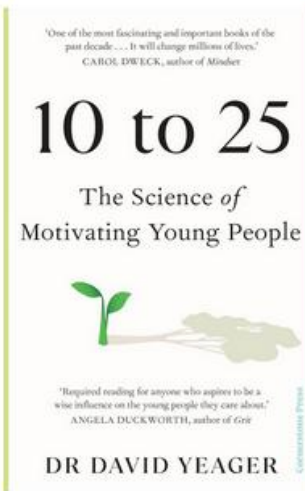
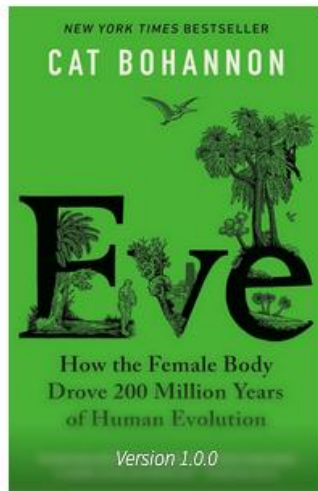
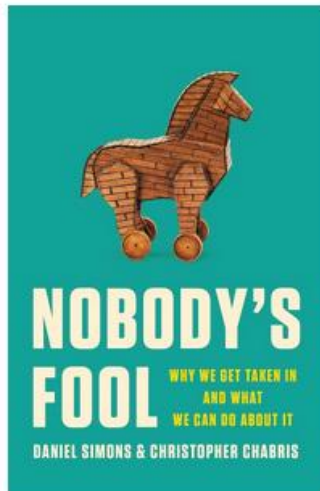
Resources

Regan A. R. Gurung



Welcome to HIPPR!!!

Great Reads For Intro Psych



Students love stories that take them behind the scenes of the research. Textbooks may have some great anecdotes but trade books (unencumbered by the more stringent guide

Resources



Connect

- Facebook Hub for Intro Psych. Over 1000 teachers sharing info. Join now.
- Instagram group: @StudyChamp22

Teaching Activities & Guides

- A Psychology Toolbox: Creative Class Activities That Support Students' Growth and Development. <https://teachpsych.org/ebooks/psytoolbox>
- Introductory Psychology Teaching Primer: A great STP resource, "a pragmatic aid that will give instructors what they need to get started right away".
- A guide to starting teaching the course with an OER (Noba Project Instructor Manual)
- The Learning Scientists
- Pooja Agarwal's Power Teaching Site.
- Pedagogical Influencer Project (PIP). Social media ready (IG and Tiktoks), short descriptions of how best to study. Share with your students and classes.

Conferences

- Teaching Introductory Psychology North West (TIP NW)
- Psych One : Introductory Psychology Conference
- Intro Psych Coast to Coast
- Oregon State University High School Teachers Workshop.
- The Introductory Psychology Academy (Next session Nov, 2025).

Introductory Psychology

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