Psychology 100B: Introduction to Psychology  
Fall 2020 Semester

Psychology is the scientific study of mind and behavior. That sounds like it covers a lot of territory -- and it does. That’s why we love it and think you will too.

This course provides a general survey of the expansive field of psychology, and you might be surprised by all the different topics that are of interest to psychologists. During this semester, we'll be on a journey taking us from cells to society, and along the way we'll discuss everything from how neurons in the brain help consolidate memories, to how infants learn to distinguish faces, how friends shape our opinions compared to our parents, what adoption tells us about the relative influence of genes versus the environment, why crowds trigger intense anxiety for some people, and how culture and other social determinants contribute to health.

For some of you, this may be your only exposure to psychology. You'll leave with an appreciation not only for the breadth of the field, but also how to apply a critical scientific eye to understanding and evaluating your own behavior and the behavior of those around you. For others, this course will lay the groundwork for more advanced courses in our department (e.g., Developmental Psychology, Cognitive Neuroscience, The Psychology of Social Stigma, Personality & Psychopathology).

Wherever your studies take you, we hope this course will teach you about human behavior, expand your ability to think critically about psychological science, and most of all, stimulate your curiosity.

Course format and attendance

Because of COVID-19 pandemic and the limits on the number of students who can be together in a classroom, all lectures for this class will be prerecorded for viewing. These videos will consist of short lectures, demonstrations, videos, and other activities to augment your understanding of key concepts. You’re responsible for everything presented in these recordings AND for the material you’ve been assigned to read in the textbook.

One exception is that we will have a live session on the first day of classes, Monday, September 14th. (We’ll record this and post it to Canvas for anyone who can’t attend that day.) We’ll introduce the teaching team, go over the course materials and activities, and give you a chance to ask questions. We’ll send out a Zoom link via a Canvas announcement the week before.

The class will consist of three different units over the course of the semester, each hosted by a different instructor from the Department of Psychological & Brain Sciences. This gives you an opportunity to meet several different professors in our department, and it allows us to focus on the topics in our own individual areas of expertise.

In addition to the recordings you’ll view each week, you’ll have an opportunity to meet with the instructor for the unit to ask questions about material that’s been covered that week. Zoom sessions will be hosted every Friday and recorded for viewing and reviewing any time. You’ll have an opportunity to submit questions prior to and during our Friday conversations, and we strongly encourage you to attend these sessions each week, as the discussions have the potential to deepen
your learning and improve your performance on weekly quizzes. This will be the last opportunity you have to review material before each weekly quiz. Once a quiz is opened, the instructors and AI’s won’t be able to answer further questions about the material.

Here are the times for the weekly live sessions. Feel free to attend either one. A link to the Zoom sessions are available on Canvas.

**Schedule of Topics**

*This schedule and/or topics to be covered are subject to change. Any changes along with specific reading assignments will be announced in advance in class.*

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Instructor</th>
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</table>
| Monday 9/14 through Friday 10/16 | **Unit 1**  
Course Introduction (Textbook Module 1)  
Research Methodology (Textbook Modules 2-3)  
Biology & Behavior (Textbook Modules 4-6)  
Sensation & Perception (Textbook Modules 17-19)  
Consciousness (Textbook Modules 7-9) | Dr. Sommers |
| Monday 10/19 through Friday 11/13 | **Unit 2**  
Learning (Textbook Modules 20-22)  
Memory (Textbook Modules 23-25)  
Thinking (Textbook Module 26)  
Intelligence (Textbook Modules 28-31)  
Human Development (Textbook Modules 13-14,16) | Dr. Rice |
| Monday 11/16 through Friday 12/18 | **Unit 3**  
Emotion, Stress and Health (Textbook Modules 36-40)  
Social Psychology (Textbook Modules 41-44)  
Personality (Textbook Modules 45-47)  
Psychological Disorders (Textbook Modules 48-52)  
Treatment of Psychological Disorders (Textbook Modules 53-55) | Dr. Carpenter |

**Instructors’ contact information**

Contact any of the instructors if you have questions about the class or material. Sending a private message through Piazza may be the most efficient, but email is fine too. Links to join Zoom office hours are on Canvas in the Class Details module.

<table>
<thead>
<tr>
<th>In order of appearance</th>
<th>Virtual office hours</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Dr. Mitchell Sommers</td>
<td>Mondays 1:30pm-2:30pm and Thursdays 12:00pm-1:00pm, or by appointment</td>
<td><a href="mailto:msommers@wustl.edu">msommers@wustl.edu</a></td>
</tr>
<tr>
<td>Dr. Heather Rice</td>
<td>Wednesdays 10:00-11:00am</td>
<td><a href="mailto:hrice@wustl.edu">hrice@wustl.edu</a></td>
</tr>
</tbody>
</table>
Assistants to Instructors’ contact information

Contact the Assistants to Instructors (AI’s) if you have questions about course content, your grades, or any other difficulty related to the course. Links to join Zoom office hours are on Canvas in the Class Details module.

<table>
<thead>
<tr>
<th>Section 01</th>
<th>Virtual office hours</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kelly Johnson</td>
<td>Tuesdays 9:30am-11:30 am</td>
<td><a href="mailto:kellyjohnson@wustl.edu">kellyjohnson@wustl.edu</a></td>
</tr>
<tr>
<td>Justin Dodd</td>
<td>Wednesdays 10:00am–12:00pm, or by</td>
<td><a href="mailto:j.dodd@wustl.edu">j.dodd@wustl.edu</a></td>
</tr>
<tr>
<td></td>
<td>appointment</td>
<td></td>
</tr>
<tr>
<td>Jackson Colvett</td>
<td>Thursdays 10:00am-12:00pm</td>
<td><a href="mailto:jcolvett@wustl.edu">jcolvett@wustl.edu</a></td>
</tr>
<tr>
<td>Matt Picchiello</td>
<td>Mondays 2:00pm–4:00pm</td>
<td><a href="mailto:mcpicchiello@wustl.edu">mcpicchiello@wustl.edu</a></td>
</tr>
</tbody>
</table>

Course materials

**Textbook.** The course textbook, *Psychology in Modules*, by Myers & DeWall (12th edition), is available at the campus bookstore, online, and via the publisher’s website: [http://www.macmillanlearning.com/catalog/Product/psychologyinmodules-eleventhedition-myers](http://www.macmillanlearning.com/catalog/Product/psychologyinmodules-eleventhedition-myers)

Feel free to purchase a bound copy of the book, loose-leaf, or electronic version. **Just be sure you have the 12th edition.** The lectures, assignments, and quizzes will use that edition, and previous editions may not have all the material on which you’ll be tested.

You can also purchase an optional resource from the publisher called LaunchPad. That product gives you access to a suite of additional resources, such as videos, quiz questions, and study tools, to help you learn material. Again, LaunchPad is optional but may be of interest.

**Canvas.** The syllabus, lecture recordings, grades, and other helpful course information will be posted on Canvas. Consider Canvas your home base for this course, where you’ll have access to all the resources you’ll need, laid out week by week.

**Piazza.** Piazza is a discussion board that allows you to ask questions and get answers from the instructional team and from other students in the class. You can post anonymously or use your name. Piazza is designed as a tool to engage with others in the course to clarify course content, improve your learning, and develop a more complete understanding of the material. We’ll organize Piazza discussions around course material, and also around course policies and procedures. You can post questions and responses on Piazza anytime. The instructional team will be monitoring Piazza throughout the week to respond to questions, but you can also respond as we crowdsource answers. You can also post questions live during our Friday Q&A sessions.
In general, we'd like you to use Piazza for all our discussions. If you have a question, it's likely that other people in the class will have the same question, so let's share the knowledge. And if you need to contact an instructor, please use the private message feature in Piazza rather than email.

A couple additional considerations. Questions related to our weekly quizzes should not be posted until after the deadline for the quiz. Posting or viewing questions related to quizzes during the 24 hours when a quiz is open to students constitutes an academic integrity violation.

In addition, Piazza is a safe space for all students, regardless of their background/identity. Derogatory and sarcastic comments and jokes that marginalize any students, faculty, or staff are unacceptable and will be removed.

To access, click the Piazza tab on the Canvas menu. The first time you access Piazza, you will be prompted to create an account using your @wustl.edu email address. Piazza is free for all students.

Assignments and grades

Each week you'll have a section of the textbook assigned to read. You’ll get the most out of the lectures and activities on Canvas if you’ve read the section of the textbook for that topic before you turn to Canvas. Keep up with the reading each week. It will be much easier to learn the material if you pace yourself and follow along throughout the semester. You’ll be responsible for what seems like a lot of material this semester, and psychological research has demonstrated that it’s much less effective to try to cram a lot of material in all at once. If you break it into the chunks we’ve laid out, it will be less challenging, you’ll learn more, and you’ll perform better on quizzes.

As you make your way through each module on Canvas, you’ll encounter several components that count toward your grade:

**Reading check.** These appear throughout modules to prepare you for what’s ahead. They include basic definitions and concepts based on the reading. No points are awarded for these reading checks, but they’ll help you identify gaps in your initial knowledge. In addition, you’ll need to complete them in order to move on through the module.

**Learning check.** These brief quizzes will include 3-6 questions that cover a single topic you’ve learned about in readings, lectures, and activities. You can retake each learning check as many times as you like until you have mastered the material. These will be due each Friday before we start our Q & A sessions. Each learning check will be worth 1 point toward your final grade.

**Weekly quiz.** At the end of each week, following the Friday Q & A session, you’ll get access to a 15-item, multiple choice quiz on Canvas that will cover the material from that week. Some quiz questions may be cumulative, building on material from previous weeks – that’s why it’s important to keep up throughout the semester. Each quiz is worth 15 points and will become available to you on Saturday at 12:00pm central time and will be available for 24 hours. Once you start the quiz, you’ll have 45 minutes to complete it. At the end of the 45 minutes, or at the end
of 24 hours, Canvas will “autosubmit” your quiz with whatever you have completed. If you miss a quiz during the time it’s available you cannot make it up, but we will drop your lowest quiz score when calculating your final grade. Quizzes that fall during Saturday religious holidays will open on Sunday at 12:00pm and will be available until Monday at 11:59am.

A note about time to complete the weekly quizzes. Weekly quizzes are timed for 45 minutes, three times the amount of time we expect the quiz would take if offered in person. Therefore, we expect that you’ll be able to complete each quiz within approximately 15 minutes, though of course you can use the full 45 minutes. Students for whom a disability accommodation may be necessary must register with, and provide official notification of accommodations through, Wash U’s Disability Resources (https://disability.wustl.edu). Please send the notification of accommodation to Professor Carpenter (bcarpenter@wustl.edu) at least one week before you would like accommodation. Retroactive requests for accommodation cannot be honored.

Please be aware that you should complete each quiz independently, without assistance from other students or accessing any other materials. You are allowed to review your textbook and any notes you’ve taken. It is a violation of the university’s academic integrity policy to use any other assistance on a quiz. A violation of this policy will result in receiving a 0 for the assignment and referral to the Arts & Sciences Academic Integrity Officer.

If for some reason you have technical difficulty with the reading checks, learning checks, or weekly quizzes, contact one of the Assistants to Instructor for your section to explain the situation and request to have the assignment reopened.

Section 01: Justin Dodd
Section 02: Matt Picchiello

Research assignments. To broaden your exposure to psychological research, you’ll have the opportunity to participate in research assignments throughout the semester. You can earn up to 6 points for these activities, and there are two options.

Research participation. Professors and graduate students in the Department of Psychological & Brain Sciences will be hosting research studies throughout the semester, and by participating in those studies you can learn firsthand what psychology research actually looks like. Each hour of study participation is worth 1 point. We use a separate website that lets you see what studies are available, sign up for studies, and check how many points you’ve earned.

The website can be accessed here: https://wupsych.sona-systems.com
Shortcut: eyes.wustl.edu/u

You might find it convenient to use the smartphone app found here: https://www.sona-systems.com/app-download.aspx
Shortcut: eyes.wustl.edu/uu

See the document “How to participate research” under Class Details on Canvas for more information.
Research paper. You can choose to write short papers (1 to 2 pages) reflecting on psychological research articles, which will provide you with in-depth exposure to scientific writing and research. Details on the research papers, as well as a list of the approved psychology articles that you can review, are posted on Canvas. You can earn 1 point for each full page you write, provided that the paper is clear and well-written. You will NOT receive credit if you review an article that is not on the list posted on Canvas or if you plagiarize, which is an academic integrity violation and will result in 0 points and referral to the Academic Integrity Officer. Completed papers should be uploaded in a single Word document via the portal on Canvas. In other words, if you plan to earn up to 4 research points by submitting 2, two-page papers, those 2 papers should be submitted to Canvas in a single document. All papers are due by the last day of class, Friday December 18th, at 5:00pm.

Your grade will be based on a maximum of 244 total points. The maximum points you can earn from each of the following categories are:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>Total possible points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading checks</td>
<td>No points, but these must be completed before you’ll have access to the lectures in each module.</td>
<td>0</td>
</tr>
<tr>
<td>Learning checks</td>
<td>28 assessments, 3-6 questions each, 1 point for each assessment you complete, with unlimited retakes.</td>
<td>28</td>
</tr>
<tr>
<td>Weekly quizzes</td>
<td>14 quizzes, 15 questions on each quiz, 1 point per question, so 15 points per quiz. Only one attempt on each quiz.</td>
<td>210</td>
</tr>
<tr>
<td>Research assignments</td>
<td>Experiments generally range from 0.5 to 1.0 points per experiment. Research papers are worth 1 point for every full page you write, up to a maximum of two pages per paper.</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>244</td>
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Your final grade will be assigned using the scale below. Please note that we do not round grades.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A+</td>
<td>97.00-100%</td>
</tr>
<tr>
<td>A</td>
<td>93.00-96.999%</td>
</tr>
<tr>
<td>A-</td>
<td>90.00-92.999%</td>
</tr>
<tr>
<td>B+</td>
<td>87.00-89.999%</td>
</tr>
<tr>
<td>B</td>
<td>83.00-86.999%</td>
</tr>
<tr>
<td>B-</td>
<td>80.00-82.999%</td>
</tr>
<tr>
<td>C+</td>
<td>77.00-79.999%</td>
</tr>
<tr>
<td>C</td>
<td>73.00-76.999%</td>
</tr>
<tr>
<td>C-</td>
<td>70.00-72.999%</td>
</tr>
<tr>
<td>D+</td>
<td>67.00-69.999%</td>
</tr>
<tr>
<td>D</td>
<td>63.00-66.999%</td>
</tr>
<tr>
<td>D-</td>
<td>60.00-62.999%</td>
</tr>
<tr>
<td>F</td>
<td>59.999% and below</td>
</tr>
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</table>

If you are taking this class Pass-Fail you must earn a C- (70%) or better to earn a passing grade.

If you feel strongly that your grade on a quiz was unfair, you can appeal your grade. In such cases, write an email stating (a) the quiz item you are questioning, and (b) your rationale for the appeal. Send your email to the instructor who administered the quiz. Grade appeals must be emailed within two days after grades for that quiz are posted.
**Academic integrity**

Ethical behavior is an essential component of learning and scholarship. We expect you to adhere to the university’s academic integrity policy, which can be found here:

[wustl.edu/policies/undergraduate-academic-integrity.html](http://wustl.edu/policies/undergraduate-academic-integrity.html)

Students who violate this policy will be referred to an Academic Integrity Officer in your school. Penalties for violating the policy can include failure of the assignment, failure of the course, suspension, or expulsion from the university. If you have any doubts about what constitutes a violation of the Academic Integrity policy, or any other issue related to academic integrity, please ask one of the professors for the course.

**COVID-19 Health and Safety**

Exceptions to course policies, expectations, and requirements (including assignment deadlines) because of a COVID-19 diagnosis, symptoms consistent with COVID-19, or exposure to a person with a confirmed or suspected COVID-19 diagnosis that requires quarantine or isolation will be made in collaboration between students and the instructor. Please notify Professor Carpenter (bcarpenter@wustl.edu) as soon as possible to discuss appropriate accommodations.

**Reporting Sexual Harassment**

If a student discusses or discloses an instance of sexual assault, sex discrimination, sexual harassment, dating violence, domestic violence or stalking, or if a faculty member otherwise observes or becomes aware of such an allegation, the faculty member will keep the information as private as possible, but as a faculty member of Washington University, they are required to immediately report it to the Department Chair or Dean or directly to Ms. Jessica Kennedy, the University’s Title IX Director, at (314) 935-3118, jw kennedy@wustl.edu. Additionally, you can report incidents or complaints to the Office of Student Conduct and Community Standards or by contacting WUPD at (314) 935-5555 or your local law enforcement agency. See: [Title IX](#).

**Confidential Resources for Instances of Sexual Assault, Sex Discrimination, Sexual Harassment, Dating Violence, Domestic Violence, or Stalking.**

If a student needs to explore options for medical care, protections, or reporting, there are free, confidential support resources and professional counseling services available through the Relationship and Sexual Violence Prevention (RSVP) Center in Seigle Hall, Suite 435, rsvpcenter@wustl.edu, 314-935-3445. For after-hours emergency response services, call 314-935-6666 or 314-935-5555 and ask to speak with an RSVP Counselor on call.

**Academic Accommodations**

**Reasonable Accommodations for Disabled Students.** Washington University in St. Louis supports the rights of enrolled students to a full and equal educational opportunity and, in compliance with federal, state, and local requirements, is committed to reasonable...
accommodations for individuals with documented disabilities. Disabled students for whom accommodations may be necessary must be registered with, and provide their instructors official notification through, WUSTL’s Disability Resources (https://students.wustl.edu/disability-resources/). Once established, responsibility for disability-related accommodations and access is shared by Disability Resources, faculty, and the student. Please contact Disability Resources at 314.935.5970 or disabilityresources@wustl.edu. Please send any information about accommodations that have been approved to Professor Carpenter (bcarpenter@wustl.edu) at least one week prior to your request for an accommodation.

**Sexual Assault Resources.** The University is committed to offering reasonable academic accommodations (e.g., a no-contact order, course changes) to students who are victims of relationship or sexual violence, regardless of whether they seek criminal or disciplinary action. If you need to request such accommodations, please contact RSVP (information above) to schedule an appointment with an RSVP confidential and licensed counselor. Although information shared with counselors is confidential, requests for accommodations will be coordinated with the appropriate University administrators and faculty. See RSVP Center.

**Bias Reporting**

The University has a process through which students, faculty, staff, and community members who have experienced or witnessed incidents of bias, prejudice, or discrimination against a student can report their experiences to the University’s Bias Report and Support System (BRSS) team. See brss.wustl.edu

**Mental Health**

Mental Health Services’ professional staff members work with students to resolve personal and interpersonal difficulties, many of which can affect a student’s academic experience. These include conflicts with or worry about friends or family, concerns about eating or drinking patterns, and feelings of anxiety, depression, and thoughts of suicide. See https://students.wustl.edu/mental-health-services/ Additionally, see the mental health services offered through the RSVP Center listed above.

**WashU Cares**

WashU Cares, within the Health and Wellness Unit, provides resources to all students on the Danforth Campus who may be having a hard time. WashU Cares is committed to helping create a culture of caring. Through proactive, collaborative, and systemic approaches, WashU Cares works with students to identify interventions, resources, and supports that allow them to be successful. If there is a concern about the physical or mental well-being of a student, please file a report on the WashU Cares website. See https://washucares.wustl.edu/

**Center for Diversity and Inclusion (CDI)**
The Center for Diversity and Inclusion (CDI) supports and advocates for undergraduate, graduate, and professional school students from underrepresented and/or marginalized populations, collaborates with campus and community partners, and promotes dialogue and social change to cultivate and foster a supportive campus climate for students of all backgrounds, cultures, and identities. See https://diversityinclusion.wustl.edu/

**Preferred Name and Gender Inclusive Pronouns**

In order to affirm each person’s gender identity and lived experiences, it is important that we ask and check in with others about pronouns. This simple effort can make a profound difference in a person’s experience of safety, respect, and support. See https://students.wustl.edu/gender-pronouns-information/ and https://registrar.wustl.edu/student-records/ssn-name-changes/preferred-name/

**Military Service Leave**

Washington University recognizes that students serving in the U.S. Armed Forces and their family members may encounter situations where military service forces them to withdraw from a course of study, sometimes with little notice. Students may contact the Office of Military and Veteran Services at (314) 935-2609 or veterans@wustl.edu and their academic dean for guidance and assistance. See https://veterans.wustl.edu/policies/policy-for-military-students/

**Gephardt Institute**

There is a federal election happening on **November 3, 2020**! If you would like to register to vote prior to the election or request an absentee ballot, you can do so at wustl.turbovote.org. If you are ineligible to vote, you can still participate by referring your friends who are eligible to the TurboVote link to register. Additionally, everyone can contribute to the campus energy surrounding voting by starting dialogue with your peers about the importance of voting, educating yourself on American democracy and the ways public policy affect you and others, and participating in year-round forms of civic engagement beyond voting. If you have any questions about the voting process, please visit http://washuvotes.wustl.edu.