

American University of Central Asia
Department of Psychology

Introduction to Psychology
PSY 105.1
ID 2999
Fall 2022

Instructor: Cholpon Esenbekova, MA

Class meetings: Monday, Wednesday, Thursday

Office hours: By previous notification via email, room 215

E-mail: cholpon.esenbekova@gmail.com

Prerequisites: No prerequisites

Credit hours: 6

Course status: Elective/Required for freshman psychology students

Required textbooks:

- 1) Spielman, R. M., Dumper, K., Jenkins, W., Lacombe, A., Lovett, M., & Perlmutter, M. (2017). *Psychology*. Houston, TX: OpenStax, Rice University.

Supplemental textbooks:

- 1) HOCK, R. O. G. E. R. (2009). *Forty Studies That Changed Psychology*. S.I.: PEARSON;
- 2) Santrock, J. W. (2005). *Psychology*. Boston: McGraw-Hill;
- 3) Coon, D., & Mitterer, J. O. (2016). *Introduction to psychology: gateways to mind and behavior*. Boston, MA: Cengage Learning.
- 4) Sapolsky, R. M. (2004). *Why zebras don't get ulcers: The acclaimed guide to stress, stress-related diseases, and coping* (third ed.). New York: Henry Holt and Co.

All additional resources are available at www.e-course.auca.kg.

*Key word: **elective or freshmen***

Course description

Welcome to Introduction to Psychology! The course is designed to provide a core understanding of psychology as the science of human behavior and of its underlying mental processes. This class covers diverse scientific research related to internal and external human relationships, brainwork, and psychological experiments. Topics include history, research methods, sensation, perception, consciousness, stress and coping, learning, memory, motivation and emotions. The subsequent units are arranged around broad areas of social cognition and behavior as well as psychopathology and treatment.

Course objectives/Learning outcomes

Upon successful completion of this course student will be able to:

- Demonstrate knowledge and understanding of theory and research in major areas of psychology;

- Understand psychology as a scientific discipline and its applications in everyday life;
- Understand basic principles of organization of human behavior and mental processes;
- Weigh evidence, act ethically, and reflect other values that are the underpinnings of psychology as a discipline through understanding and appreciating similarities and differences among and between individuals, cultures, or societies across the world;
- Demonstrate an understanding of scientific qualitative and quantitative research methods;
- Demonstrate critical thinking skills as creative thinking, innovation, inquiry and analysis of information through scientific articles and books;
- Demonstrate information competence and the ability to use computers, online platforms and other technology for many purposes;
- Students will be able to communicate effectively in a variety of formats.

Course structure

Both lectures and seminars are structured to involve students in active participation through discussions, small group work via games, debates, student-led components, workshops, and guest lectures **online/offline** (both synchronously and asynchronously). Students are **required** to read materials **before** the lecture class (before each Monday) and prepare written and oral assignments on time. Also, students are required to learn (independently) platforms for distance learning such as **e-course, ZOOM, Padlet, Google Docs/Sheets/Slides/Calendar, Kahoot, and etc.** If new applications or platforms would be used, students will get notification in advance.

TECHNICAL ORGANIZATION OF THE COURSE

1. Zoom link to all our classes is the following (semester is going to be in hybrid format):
 - For Psychology Freshman Students -<https://zoom.us/j/98609358010>
 - For Students taking the course as an Elective: <https://zoom.us/j/96563195794>
2. Zoom Etiquette. When in zoom with me, it is mandatory that you log in a few minutes before the assigned class with your **video on** and your voice muted unless you are speaking. Your **video should remain on** during the entirety of the class. Otherwise, I might rate you as absent and delete from the class without notification. Your zoom name should repeat your first name. Your telephones and other devices should be put on silent. While in zoom, the following rules will be applied to all zoom meeting participants, unless otherwise instructed.

Do's	Don'ts
<ul style="list-style-type: none"> ● Find a clean, quiet space and dress appropriately. 	<ul style="list-style-type: none"> ● Enter a zoom that you weren't invited to, share the zoom access information for

<ul style="list-style-type: none">• Let all household members know when and where you will be in class, and ask them not to disturb you.• Make sure your full name shows up appropriately.• Be aware of your background, lighting, and noise.• Mute until you are required to talk. Use the Zoom functions to communicate if needed (chat, raise your hand, answer yes/no, etc.).• Use an appropriate zoom background if you wish.• Turn off/silence your cell phone and close other windows on your computer.• Be on time to class. Communicate with your instructor (via their preferred communication method listed on the syllabus) if you will be late or if you lose your connection during class.• Pay attention! Maintain eye contact with the speaker on the screen.• Be prepared to take notes (on your computer or in a designated notebook) or to access course material (have textbook readings available).	<p>your class with others, or enter under a different name.</p> <ul style="list-style-type: none">• Take screenshots, cell phone pictures, or otherwise record the meeting, your classmates, or your instructor without express permission to do so.• Change your name or change your zoom background during the meeting.• Walk around during the class meeting, sleep, be on the way somewhere or smoke.• Use the chat for side conversations with classmates.• Sit in front of a window or bright light, this will make your face too dark to see.• Have conversations with household members off camera.• Allow household members to walk around behind you during the meeting.• Engage in texting, social media, work from other classes, or other distractions while in class.• Dress Code: NO pajama, bikini, sunglasses and underwear (I do not require strict business casual dressing. Nonetheless, I hope for a regular dress code in order to motivate students to be prepared for classes; filters in ZOOM are acceptable).
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Source: <https://www.scranton.edu/academics/ctle/Fac-dev/zoom-etiquette.shtml>.

Course requirements

1. Attendance and participation (30 points):

Points for the attendance at class will NOT be given. Nonetheless, all students are expected to attend both lectures and seminars. Students gain points for their active participation in the class, by missing the session (even if the student is excused), students lose the chance to gain points.

There will be diverse in-class and take-home tasks throughout the semester; they cover some material that is not included in the readings. Classes will break down frequently for discussions, group exercises, and other activities.

FOUR points from the FINAL grade of the student who miss more than **FOUR** classes without appropriate excuse (medical certificate, meeting at the embassy family emergency with **prior** notification and approval documents) will be deducted. Being **LATE** for the class is not welcomed, students who are late more than **THREE** times for more than **SEVEN** minutes are considered to be absent (medical certificate, meeting at the embassy family emergency with **prior** notification and approval documents). *Note,

If a student missed 3 classes and was late 3 times, he/she loses 4 points out of the total grade.

All students are required to be prepared for online/offline classes (check the sound, video, internet connection) in advance. In any case, the student has to inform me in advance if she/he/we has problems. Excuses such as participation in the conference, having appointments, having work, participation in AUCA extracurricular activities are **not** considered as an appropriate reason for missing class. Students who miss class are **responsible** for getting the information about the home assignment in time to turn it in when it is due.

Grading criteria for the class participation:

Individual in-class work during seminars (4 points):

- o Ability to critically reply to other student's comments and questions providing compelling arguments based on evidence;
- o Ability to raise questions going beyond the chapter(s)
- o Actively participating in all in-class activities: debates, games, group work

Individual in-class work (4):

- o Pop-up quiz – 4 (2 small quizzes)

Individual homework (17):

- o Short chapter/reading reflection essays - 14 (questions will be posted in the e-course on a weekly basis)
- o Independent homework - 3 (creation of small experiment: 1 point for the video, 1 – for the theoretical background, 1 – for the description of the experiment)

In-Group work (6):

- o Students in a group of 3-4 will create a 2-5 minutes video clip posted on youtube (link must be posted in the e-course) describing their favorite theory/psychologist/ term/ experiment/ phenomenon in the most simple and understandable way. Topics used for experiment (behavioral psychology) and for video projects **MUST** be DIFFERENT. ALL members must demonstrate an active role in the process (or all the group will get **ZERO** points for the assignment)
 - o Content – 4 (key concepts of the topic are well-described, understandable, references at the end of the video, how many additional materials except course textbook were reviewed: articles, books, journals)
 - o Comprehensive presentation – 1 (comprehensiveness of the video scenario, well-organized, keep people's attention on the topic at hand, short and clear statements, NOT reading, not monotonic speech, not selfie videos)
 - o Capable usage of visual support – 1 (any type of creativity is welcomed: animation, comedy style)

2. Presentation (10):

During the semester, each student or in a group of two people will do one 20-25 minutes presentation followed by a facilitated discussion (5-10 minutes). The goal of the oral performance is to provide a clear understanding of the chapters' main topics and readings (chapters should be taken from the required Main Course Textbook – check the e-course).

General criteria of evaluation of the presentation are:

- Content and comprehensive presentation – 5 (keep people's attention on the topic at hand, short and clear statements, **NOT** reading from the slides, references)
- Discussion facilitation – 2 (engaging students in discussion, ability to ask/answer thoughtful questions)
- Capable usage of visual support – 2 (videos, podcasts, pictures, **BULLET** points)
- Sent in advance - 1 (7 days in advance before the presentation to do discuss and edit the work)

NOTE: If a student is reading from the slides, one point will be deducted.

Send in-advance to the: cholpon.esenbekova@gmail.com ONLY

3. **Midterm exam (30):**

The exam will cover the assigned readings and lectures for preceding material. Each exam will consist of multiple-choice questions. In addition, the exam will consist of several open-ended, fill-in-the-blank questions and will cover the material **before** the Midterm. No extra time will be provided if you arrive late to an exam (more than 10 minutes late will lead to "F" grade for the exam). Exam will be based on lecture and reading assignment material. You will be responsible for all material in **both** the lectures and the assigned sections of the textbook. There will be no make-up exams without written justification from a physician. These **make-up exams will be all-essay or oral in nature**. Exam will evaluate your understanding, analyzing, application of information presented in class including readings from the textbook.

4. **Student-led activity (10):**

During the semester one student or in a group of two will be given a topic (connected) to facilitate interactive **DISCUSSION** (20-30 min). Beforehand, students should provide the in-class activity plan a week in advance to support the learner in selecting a topic that they're interested in, and give advice for effective performance. The goal of the student-led is to give opportunities to discuss topics with classmates in order to deepen understanding from their own perspective, increase verbal communication skills, create a safe environment open to innovative offline/online learning (games, debates, group discussions, presentations using Padlet, Journal, Flipgrid, Google Classroom, Mentimeter and etc. Grading will be based on the active participation of all students, clear and comprehensive goal setting, and topic disclosure.

General criteria of evaluation of the student-led activity are:

- Content and comprehensive presentation – 3 (keep people's attention on the topic at hand, short and clear statements, **NOT** reading the material, references)

- Discussion facilitation – 3 (engaging students in discussion, ability to ask/answer questions)
- Capable usage of visual support – 3 (videos, podcasts, pictures, use of interactive tools for distance learning)
- Sent in advance - 1 (7 days in advance before the day of the led-activity to do discuss and edit the work)

NOTE: If a student is reading from the slides, one point will be deducted.

Send in-advance to the: cholpon.esenbekova@gmail.com ONLY

5. Final exam (20):

The final exam will cover the assigned readings and lectures for preceding material. Each exam will consist of multiple-choice questions. In addition, the exam will consist of open-ended questions and will cover the material **after** the Midterm. No extra time will be provided if you arrive late to an exam (more than 10 minutes late will lead to “F” grade for the exam). Exam will be based on lecture and reading assignment material. You will be responsible for all material in both the lectures and the assigned sections of the textbook. There will be no make-up exams without written justification from a physician. These make-up exams will be all-essay or oral in nature. Exam will evaluate your understanding, analyzing, application of information presented in class including readings from the textbook.

Submissions due dates will be announced during the course in advance.

Grading system

- Attendance and Participation	30%
- Presentation	10%
- Midterm Exam	30%
- Student-Led Activity	10%
- Final Exam	20%
TOTAL	100%

Grading scale

Grade	Percentage Score Range
A	95-100
A-	90-94
B+	85-89
B	80-84

B-	75-79
C+	70-74
C	65-69
C-	60-64
D	55-59
D-	50-54
F	0-49

Issues of grading

If a student feels that the evaluation of the work was not fair or noticed some scoring mistakes in the grade, she/he/we should bring these issues to the instructor immediately (**NOT at the end** of semester). If a student's demands are reasonable, the grade will be reconsidered.

All assignments should be done **in a timely manner**, if not - 50% (half of the grade) will be taken away for late submission (including conducting presentations late).

There will always be someone who thinks that he/she/we was “tricked” by an exam question. If a student feels that way, she/he/we should write a statement arguing the position. Student’s argument should include citations from the book (page numbers, dates) or other reasonable sources. Oral exam might be considered during the appeal of the student's grade. Submit the comments **NO** later than **1 week** after the exam results. Late submissions will **NOT** be considered.

A grade of **Incomplete** is reserved for only those special cases where a student has completed a significant portion of the semester's work and an unavoidable circumstance prevents him/her/their from completing the course. If there are any questions, please contact the instructor.

Exemption

Exemption from FINAL exam is granted **ONLY** to students who have previously completed the course requirements with a score higher than 90%.

Policies

Cheating policy. If a student is noticed at submitting someone else’s work and presenting it as his/her own, copied answers from other exam papers or plagiarized from a published article or book, it would automatically imply “F” and notification of University Administration regardless of previous accomplishments and general standing in the class.

Plagiarism is highly prohibited in AUCA, so no buying/selling or copy-and-pasting of academic work is allowed. Please respect and keep the academic integrity of our community. For more information, students may refer to the AUCA Student Code of Conduct (https://auca.kg/uploads/Students_life/Docs/Code%20of%20Students%202019.pdf)

Communication with me is best via email at cholpon.esenbekova@gmail.com. Please, allow at least three days for me to respond. Please, start your email with: *Dear Cholpon, my name is ... and I am writing to you.... with regards...*

It is important for me to create a learning environment that supports diversity of experiences, identities, perspectives and opinions. I encourage and seek to support each of you to confidently and meaningfully take part in the course and contribute to the course discussions. If you feel excluded or not able to fully take part in class activities for any reason, please, let me know immediately via email, a written note or by telephone. You are also welcome to see me individually. Please, make sure to make an appointment with me, if you plan to come outside of my office hours.

Electronic course system (e-course.auca.kg) is to be used as the primary platform for communicating with the instructor and other students. Additional reading materials, due dates and study guides will be posted via electronic course system on a regular basis.

Late arrival/early leaving to and from class without a proper excuse will be regarded as missing the entire session.

Make-up classes are possible in reasonable circumstances, and only conducted if the consent between students and instructor has been reached.

Students should turn off electronic devices (or turn on airplane mode) and so on before the class IF it is not used for the course purpose. Texting or answering calls during the sessions is not acceptable. A ringing cell phone is distracting which can change task performance of the students or others.

Speaking to group-mates and commenting while the instructor or your colleagues are speaking is disrespectful. If you missed something, let us know and the speaker will repeat.

All assigned work must be submitted according to the due date in the online assigned platform (Google Docs/E-course/Padlet/Email) or at the beginning of class **on the day it is due**. No late assignments will be accepted.

Resources to Support Student Learning

Library Help, eReserves and research tools: <https://library.auca.kg>

Writing Center: <https://warc.auca.kg>

Academic Advising Office: https://auca.kg/en/academic_advising/

Psychological Counseling Services: <https://auca.kg/en/psycons/>

Dear students, information in this syllabus is **subject to changes** and additions announced in class. Review the course requirements carefully. Read it carefully and ask questions if you are confused by any part of it.

Course Schedule:

Date	Topic	Readings	Assignments
Week 1 Sep. 5-11	Introduction to the Course. Introduction to Psychology, Psychological Research. Review of the course syllabus and the course requirements		
Week 2 Sep. 12-18	Introduction to Psychology and Biological bases of behavior. CNS, PNS, Brain, Neuron	Chapter 1, 2, 3	
Week 3 Sep. 19-25	Sensation and Perception. Presentation: Sensation and Perception; Student-led Activity: Déjà vu, Albarsty/Sleep paralysis, extra sensory abilities from scientific perspective (Jacque Fresco)	P: Chapter 5 A: Open <i>scientific</i> resources	
Week 4 Sep. Oct. 26-2	States of Consciousness. Presentation: States of Consciousness; Student-led Activity: any topic related to the States of Consciousness	P: Chapter 4 A: Open <i>scientific</i> resources	
Week 5 Oct. 3-9	Learning. Presentation: Classical Conditioning and Operant Conditioning; Student-led Activity: any topic related to the Learning	P: Chapter 6 A: Open <i>scientific</i> resources	
Week 6 Oct. 10-16	Personality Presentation: Neo-Freudians, Humanistic, Assessment, Trait theorists; Student-led Activity: any topic related to the Personality	P: Chapter 11 A: Open <i>scientific</i> resources	

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Week 7 Oct. 17-23	Memory. Presentation: Memory: Functions, Part of the Brain involved, Problems with Memory and Ways to Enhance; Student-led Activity: any topic related to the Memory	P: Chapter 8 A: Open <i>scientific</i> resources	
Week 8 Oct. 24-30	Stress, Lifestyle and Health. Presentation: Definition, Stressors, Disorders, Coping Strategies; Student-led Activity: any topic related to the Stress, Lifestyle and Health	P: Chapter 14 A: Open <i>scientific</i> resources	
Week 9 Oct. Nov. 31-6	Emotion and Motivation. Presentation: Motivation and Emotion: Definition, Hunger and Eating, Sexual Behavior; Student-led Activity: Sex and Reproduction	P: Chapter 10 A: Open <i>scientific</i> resources	
Week 10 Nov. 7-13	Thinking and Intelligence. via ZOOM Presentation: Thinking and Intelligence: Definition, Problem Solving, Measurement, IQ, Creativity; Student-led Activity: any topic related to the Thinking and Intelligence	P: Chapter 7 A: Open <i>scientific</i> resources	<i>all required h/w is uploaded in the e-course</i>
Week 11 Nov. 14-20	Independent study week	in accordance with the H/W	<i>all required h/w is uploaded in the e-course</i>
Week 12 Nov. 21-27	Independent study week	in accordance with the H/W	<i>all required h/w is uploaded in the e-course</i>
Week 13	Independent study week	in accordance with the H/W	<i>all required h/w is</i>

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Nov. Dec. 28-4			<i>uploaded in the e-course</i>
Week 14 Dec. 5-11	<p>Psychological Disorders. Therapy and Treatment.</p> <p>Presentation: Definition of Psychological Disorder, DSM-5, Anxiety, OCD, Schizophrenia, DID</p> <p>Student-led Activity: comparison of pop movies (Split, Glass, Fight Club) and real life people with disorder</p>	<p>P: Chapter 15</p> <p>A: Open resources (youtube: special books by special kids; Anthony Padilla)</p>	
Week 15 Dec. 12-18	<p>Social Psychology.</p> <p>Presentation: Definition, Cultural Influence, Conformity, Authority, Attitude, Aggression, Prosocial Behavior;</p> <p>Student-led Activity: any topic related to the Social Psychology</p>	<p>P: Chapter 12</p> <p>A: Open <i>scientific</i> resources</p>	
Week 16 Dec. 19-23	Final Exams Week		<i>December 24, Saturday Holiday recess begins</i>