



## Psychology 1F03 Course Outline – Winter 2016

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Course Staff	Location	Office Hours
<b>Dr. Joe Kim</b> Instructor	PC/106	Posted weekly on Avenue
<b>Dr. Michelle Cadieux</b> Course Coordinator	IntroPsych Office PC/110	Posted weekly on Avenue
<b>Joe Burns</b> Teaching Assisstant	PC Lobby	

All correspondence regarding this course should be sent to: [intropsych@mcmaster.ca](mailto:intropsych@mcmaster.ca) using your McMaster email and **NOT** your Avenue account. If you have additional questions regarding course material you have several options:

- Join the active discussions on Avenue. If you have questions about course content, the discussion boards are the best place to post it!
- Ask Course Staff or TAs during Office and Lobby hours, posted weekly on Avenue

You may also call the IntroPsych office at X24428 during office hours. Please note that **phone messages will not be returned**. If you have a request, please come in person during office hours or send an email to [intropsych@mcmaster.ca](mailto:intropsych@mcmaster.ca). Note that during busy periods, it may take up to 48 hours to return your email. Please be patient!

### ***Course Description***

This course introduces a scientific framework to explore important questions in psychology, neuroscience and behaviour. Using psychological research methods to understand learning, cognition, and social psychology, this course helps learners to develop skills to integrate, evaluate and examine information that is useful in applied settings. The intended learning outcomes are to:

- Integrate knowledge from research design, learning, cognition, and social psychology
- Apply the language of psychology in real-world settings and connect with current events
- Critically evaluate scientific information, data and research methodologies
- Discover how psychological theories help assess, predict or change human behaviour

## ***Evaluation***

Your final grade in Psychology 1F03 will be determined by the following measures:

<b>Avenue Quizzes</b>	40%
<b>Avenue QuizTerm</b>	5%
<b>Final Examination</b>	55%
<b>Research participation</b> (optional)	5% reweight of final exam

### **Avenue Quizzes (40%)**

There are 10 weekly online Avenue Quizzes during the semester which will cover material from the assigned Web Modules AND assigned readings from the Textbook or Journal articles. For example, Quiz 1 will contain material covered from the Introduction Web Module and the Textbook Chapter 2 Reading. Each Quiz is “open book” and you may collaborate with your peers but you may NOT post questions. Avenue Quizzes are an opportunity to assess and consolidate your knowledge of the week’s content in preparation for the Final Exam where you will be working independently and without access to supporting resources.

Each Quiz will cover the web module and readings as outline on the last page of the syllabus. Each Avenue Quiz will consist of 10 multiple-choice questions. Avenue Quizzes will be made available online every Thursday at 6AM and will promptly close on Saturday at 6AM. You will have 20 minutes to complete each quiz once you open it. After closing on Saturday, the Quiz will be reviewed and grades will be released on the following Tuesday.

Quiz questions are designed to go beyond mere recall and challenge you to apply and demonstrate your comprehension. In other words, simply memorizing terms will not lead to a favourable grade. To help you prepare and assess your study, you will have a **Pre-Quiz** each week (released on Monday) that will be graded immediately and will provide you with feedback on why your chosen option was correct/incorrect. You can review the completed Pre-Quiz under the Quizzes tab on Avenue. The Pre-Quiz serves as an excellent learning tool as it is drawn from the same question bank as your actual Quiz, but does not officially count for grades. Note that the Pre-Quiz **must** be completed to gain access to the weekly Avenue Quiz.

### **Internet Problems**

Internet issues can happen. We always recommend that you complete your quizzes on campus where a reliable Internet connection is guaranteed. While we do not accommodate for individual Internet issues, we can grade your quiz manually if you take screen shots. Please make sure that all photos have your name in the shot.

### **Avenue QuizTerm (5%)**

The QuizTerm will take the form of a longer Avenue Quiz. It will be 20 multiple choice questions and you will be given 40 minutes to complete it. The QuizTerm will open on Thursday February 25<sup>th</sup> at 6am and will close on Saturday February 27<sup>th</sup> at 6am. This is a cumulative assessment. It will contain information from Research Methods, Classical and Instrumental Conditioning, Problem Solving and Intelligence, and Language. It will cover material presented in the web module and assigned readings.

### **Final Exam (55%)**

A cumulative Final Exam will be written in December as scheduled by the Registrar's Office. If you choose to complete the optional research participation option (see below), the weight of your final examination will be reduced from 55% to 50%. The Final Exam covers material presented in the web modules and assigned readings from the entire term.

## Research Participation Option

You have the option to reduce the weight of your Final Exam from 55% to 50% by completing and attaining **two credits** of research participation with the Department of Psychology, Neuroscience, and Behaviour. In addition to providing you with extra credit, the research participation option allows you to take part in some exciting research taking place right here at McMaster and observe how psychologists conduct their studies.

The system that the department uses to track research participation is called Sona, which can be accessed at **mcmaster.sona-systems.com**. To access Sona for the first time, select the “Request Account” option on the right of your screen and enter your name, student number, and McMaster email address. You will also be asked to pick your courses. Please select Psych 1F03 from the list. After a short delay, you will receive an email from Sona with a username and temporary password that you can use to access the website. You should change your temporary password to something more memorable by selecting “My Profile”. Make sure your student number is entered correctly! **Note: You must activate you McMaster ID before you can create a Sona account. To activate your ID, please go to [www.mcmaster.ca/uts/macid](http://www.mcmaster.ca/uts/macid)**

## Completing Your Research Participation Credit

When you log into Sona for the first time, you will be asked to fill out a short survey. This information is used filter out any experiments for which you are not eligible.

To register for an experiment, select “Study Sign-Up” from the main Sona page. You will be presented with a list of currently available experiments, with a short description given about each. Before selecting an experiment, be sure to read the description carefully, making special note of any specific criteria for participation (for example, some experiments only allow females to participate, while others may require subjects who speak a second language). When you have found an experiment that you would like to participate in, select “View Time Slots for this Study” to view available timeslots, then select “Sign-Up” to register for a time that fits your schedule. You will receive a confirmation email with the details of your selection. Be sure to write down the experiment number, experimenter name, location, and telephone extension from this email.

After you have completed an experiment, you will be given a purple slip verifying your participation. This slip is for your records only—in the event that an experiment is not credited to your Sona account, this slip is your proof of participation. Shortly after completing an experiment, you should notice that your Sona account has been credited by the experimenter.

### Additional Notes

- You must complete two full hours of experiments, and no less, if you wish to earn the 5% credit.
- If you do not wish to participate as a research subject for any reason, you may still earn your research participation credit by *observing* two hours of experiments. If you would like to choose this option, please see the course coordinator, Dr. Michelle Cadieux, in PC 110.
- If you fail to show up for two experiments, you will lose your option to complete the research participation credit. If you know in advance that you will be unable to attend a scheduled experiment, please contact the experimenter as soon as possible.

# Welcome to Psychology 1F03

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Welcome to PSYCH 1F03: Survey of Psychology, one of two IntroPsych courses offered at McMaster University (PSYCH 1XX3 is offered in Term 2). Your IntroPsych course follows in the tradition of McMaster University's long-standing reputation of excellence in innovative teaching and learning. In this course, you will experience a unique blended learning model that combines online learning technology with traditional face-to-face instruction. On your way to the weekly Quizzes and Final Exam, there are several resources available to help you master the curriculum:

**Course Handbook:** Your course handbook contains valuable information regarding course structure, outlines, and guides for web modules.

**Course Textbook:** Your course textbook can be purchased at the McMaster Bookstore and it contains required readings with testable material for the course.

**MacIntroPsych.com:** There are many supplementary resources that have been specially developed to compliment the handbook at MacIntroPsych.ca including practice tests, study aids, important links, information about course events, university's services, and tips for academic success. A portion of the proceeds from this courseware go toward the development and maintenance of MacIntroPsych.ca

**Avenue to Learn:** Your primary course content will be delivered through the Avenue learning management system located at <http://Avenue.mcmaster.ca>. Avenue allows you access to weekly web modules, course announcements, discussion forums, and grade records. To access Avenue, use your MacID and password. Below are some of the features of Avenue.

**Web Modules:** The most unique feature of MacIntroPsych is the way you receive your primary course content—it's all online! You can access the web modules from the library, your room, or anywhere you have an internet connection. The interactive web modules feature audio, video animations, and vivid graphics. Check out the many advanced features that allow you to interact with the content according to your personal learning style. Use the navigation tools and integrated search function to move about the module. You can test your knowledge with checkpoints, participant in class polls, learn more about faculty related research, and check out interesting links in our media+ section.

**Discussion Boards:** More extended topic discussions are available on the Avenue Discussion Board. Join an existing discussion or start a new thread. Our discussion boards are consistently the most active in comparison to any other course on campus, so jump right in with your opinion!

**Discover Psychology - Science You Can Use:** If you are interested in pursuing a program in psychology or are just interested in learning more about psychology, neuroscience, and behaviour, plan to attend this special live lecture series. Although many colloquiums can seem intimidating and out of reach, these talks are made especially for you, the MacIntroPsych student. Each month a different faculty member will present a fascinating talk focusing on the most interesting and accessible research. If you can't make it in person, you can always watch the lecture later as it is posted on iTunes University. Please visit [www.discoverpsychology.ca](http://www.discoverpsychology.ca) for details.

## McMaster Student Absence Form (MSAF)

### What is it?

This is a self-reporting tool that allows you to report absences for up to 5 days due to illness. You are limited to 1 per semester so use it wisely. The MSAF form should be filled out *immediately* upon your return to class and it is *your* responsibility to follow up with your instructor to discuss the nature of the accommodations. If you miss more than 5 days or exceed 1 request per semester, you must contact your Associate Dean's Office (Faculty Office). At this point, you may be required to provide additional supporting documentation.

**Please use [intropsych@mcmaster.ca](mailto:intropsych@mcmaster.ca) as the contact email on your MSAF**

**NOTE:** it is *your* responsibility to catch up on missed work! It is a good idea to get peer contacts during the first week of classes so you can share notes and catch each other up.

### Where do I go to fill this out?

Go to the McMaster website and either search MSAF or type in <http://www.mcmaster.ca/msaf/> in the search bar. At this point, read the page and click agree. From there you will be guided through the process in filling out the form.

### Absences: Missed Quiz

If you must miss a quiz due to illness or other situations and you have already used your MSAF, the Course Coordinator requires the permission of your Associate Dean's office to excuse your absence. You may require documentation (e.g. doctor's note, wedding invitation). The Associate Dean's office will make a decision and forward the dates of any excused absence to the Course Coordinator without details of your illness/situation.

## How to Use Google Scholar

Google scholar is a great tool to find peer reviewed journal articles. It is quick and simple. Below, we have outlined a few tips to make it even simpler.

### How do I get there?

Easy! Type in <http://scholar.google.ca>, or just type "scholar" into Google.

### I can't seem to access any articles, what do I do?

Most journals require you to purchase an article before you can access it. Luckily, McMaster has purchased these articles for us! All you have to do is click on "scholar preferences" at the top right of the window. Where it says "Library Links" enter "McMaster" then scroll to the bottom and save preferences. Simple!

### I am trying to find articles about a general topic, what do I do?

Use the search box to search articles by their journal, author(s), title, or topic. Another search option is to click on "advanced scholar search" beside the search box. This will allow you to search for specific journals, authors, and titles. You can even search for articles about a particular topic published within a particular time frame and published in a particular journal. Play around with it and get used to this tool. It will come in handy not just this semester, but for much of your university career.

## **Privacy and Conduct**

In this course we will be using AVENUE for the online portions of your course. Students should be aware that when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed as consent to this disclosure. If you have any questions or concerns about such disclosure, please discuss this with the Course Coordinator.

All posts on discussion forums should be polite and refrain from derogatory and unacceptable language.

## **A Note about Academic Honesty**

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: Grade of F assigned for academic dishonesty), and/or suspension or expulsion from the university. It is the student's responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3 at: <http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf>

The following illustrates only three forms of academic dishonesty:

- Plagiarism, e.g. the submission of work that is not one's own or for which other credit has been sought or obtained;
- Improper collaboration; or,
- Copying or using unauthorized aids in tests or examinations.

## **Changes during the term**

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.

## **A Note About Note Taking**

Students often wonder (and worry) about how extensive their notes should be. This handbook provides outlines with key points and slides reproduced from the web modules to guide your own note taking. There really is no substitute for doing this yourself to learn the material. If, however, you can refer to your notes and answer the practice questions that follow the handbook outlines, you should find yourself in good shape for the weekly quizzes and the exam to come.

## A Note About Tests

With practice questions in this handbook, Pre-Quiz and Quizzes, you might be wondering “why are there so many tests?!”. The simple answer is that testing has been shown to be the most effective way to learn information in the long term.

### *Retrieval-Enhanced Learning*

Many students view testing as a negative necessity of their courses and would prefer to have as few tests as possible. Thinking about testing this way is due to years of experiencing tests as a high-stakes assessment of learning. This is unfortunate given that testing improves learning. Over the past hundred years research on the characteristics of human learning and memory has demonstrated that practice testing enhances learning and retention of information (e.g., Dunlosky et al., 2013; Roediger & Karpicke, 2006a). Practice testing can take many forms. It can refer to practicing your recall of information by using of flashcards, completing practice problems or questions in a textbook, or completing low-stakes tests as part of a course requirement. This principle was the primary motivation for redesigning the MacIntroPsych course to have weekly, low stakes quizzes.

An excellent example of the power of testing memory comes from a study by Roediger and Karpicke (2006b), wherein undergraduate students were presented with short, educationally relevant texts for initial study. Following initial study students either studied the material again, or took a practice test. A final test was taken after a short retention interval (5 minutes) or long retention interval (2 days). After a short retention interval restudying produced better recall than testing (81% vs. 75%). However, with the long retention interval testing produced significantly better recall than restudying (68% vs. 54%). Thus, after two days performance declined 27% for students who restudied the material, but only 7% for students that practiced recall.

Interestingly, providing students with the correct answer feedback after a test enhances the positive effect of testing. With feedback, learners are able to correct errors, and maintain their correct responses. Moreover, taking a test and reviewing feedback can enhance future study sessions. Research shows that when a student takes a test before restudying material, they learn **more** from the restudying session than if they restudy without taking a test beforehand (e.g., Karpicke, 2009). This is called test-potentiated learning.

### *Why does testing improve retention of information and how can I use it?*

Explanations for the positive effects of testing focus on how the act of retrieval affects memory. Specifically, it is suggested that retrieving information leads to an elaboration of memory traces and the creation of additional retrieval paths. Together these changes to memory systems make it more likely that the information will be successfully retrieved again in the future. This suggests that testing is not just an assessment tool, but also an effective learning tool.

As a student in this course you can take advantage of retrieval enhanced learning each week in preparation for your weekly Quiz. This begins with studying web module content early in the week (e.g., Sunday or Monday). You can then engage in retrieval practice as a form of review after your initial study session. At this point you should be ready to complete the Pre-quiz and review the feedback (by Wednesday or Thursday). This gives you the opportunity to take advantage of test-potentiated learning when you review content again before completing your Quiz on Friday. This suggested schedule of studying, and incorporation of retrieval practice will help you learn and retain the course content. Engaging in this process each week enhances your long-term memory for course content and therefore advances your preparations for the final exam!

### Suggested further reading:

1. Dunlosky, et al., (2009). *Psychological Science in the Public Interest*, 14(1), 4-58.
2. Karpicke, J. D. (2009). *Journal of Experimental Psychology: General*, 138, 469–486.
3. Roediger, H. L., & Karpicke, J. D. (2006a). *Psychological Science*, 17, 249–255.
4. Roediger, H. L., & Karpicke, J. D. (2006b). *Perspectives on Psychological Science*, 1, 181–210.

## Campus Resources

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The following are some of the resources available to McMaster University students. Read over each description and familiarize yourself with what is available!

### Student Accessibility Services

Student Accessibility Services offers various supports for students with disabilities. They work with full-time, part-time, and prospective students. SAS assists with academic and disability-related needs, including learning strategies, note-taking, assistive technologies, test & exam administration, accommodations for courses, groups, and events.

**Website:** <http://sas.mcmaster.ca/>

**Phone:** 905-525-9140 ext. 28652

**Teletypewriter (TTY):** 905-528-4307

**Email:** [sas@mcmaster.ca](mailto:sas@mcmaster.ca)

**Office:** McMaster University Student Centre (MUSC) - Basement, Room B107

### Student Wellness Centre

The Student Wellness Centre offers medical & health services, personal counselling, and mental health services.

**Medical & Health:** The Student Wellness Centre provides a wide range of health services for students and will act as their personal health care provider throughout their studies at McMaster. Appointment bookings should be made ahead of time.

**Personal Counselling & Mental Health:** At some point, almost everyone experiences major concerns that may interfere with their success, happiness, and satisfaction at university. Common concerns are relationships, mood disorders, learning disabilities, body image, anxiety, and depression. The Student Wellness Centre provides experienced counsellors for bookings and emergency appointments.

**Website:** <http://wellness.mcmaster.ca/>

**Phone:** 905-525-9140 ext. 27700

**Email:** [wellness@mcmaster.ca](mailto:wellness@mcmaster.ca)

**Office:** MUSC B101

### McMaster Institute for Innovation and Excellence in Teaching and Learning (MIETL)

This institute is designed to enable success in teaching and learning. Their activities include both general and discipline-specific approaches to the promotion of successful learning in all its forms and contexts.

**Website:** [miietl.mcmaster.ca](http://miietl.mcmaster.ca)

**Phone:** 905-525-9140 ext. 24540

**Office:** Mills Library L504

### Academic Advising in PNB

Ann Hollingshead is the academic advisor for anyone in the PNB department at McMaster. She has a lot of knowledge about upper-year courses and can help you make the best decisions about what courses to take. Ann is available Monday – Friday 9:00am-5:00pm for drop-in help or by appointment.

**Email:** [hollings@mcmaster.ca](mailto:hollings@mcmaster.ca)

**Phone:** 905-525-9140 ext. 23005

**Office:** PC 109

Note: For academic advising for other department, visit your faculty's website (Social Science, Science, Engineering, etc.) for more information.

We have many talented and passionate members of the Instructional Staff and Development Team that work hard to bring you an outstanding course experience. MacIntroPsych was honoured with the 2010 President's Award for Excellence in Course and Resource Design. Our unique IntroPsych Program has been the topic of academic study and received widespread media attention in the Toronto Star, Globe and Mail, CHCH News, and Maclean's (not to mention Mac's own Daily News). Importantly, the continual development of the IntroPsych Blended Learning Environment model is supported by ongoing research. As the Director of the Applied Cognition in Education Lab, I am actively interested in teaching, learning and technology from both an academic and a practical perspective. For more information, visit <http://www.science.mcmaster.ca/acelab/> or follow my twitter feed: @tlcjoekim

University can sometimes seem like an impersonal and strange place, especially for Level 1 students who are dealing with many adjustments. I hope that in exploring the course resources, you will not forget that there is a real live faculty member responsible for the MacIntroPsych Program—me! I have regular office hours (posted weekly on Avenue) set aside solely to give me a chance to meet and talk with you. If you have a question, comment, complaint, concern, or just want to see and chat with a live faculty member, do come. Many students are reluctant to talk to a faculty member outside of class. Don't give in to the feeling! I have had many great conversations with students that have started off with a supposedly “silly” question.

As a Teaching Professor, my primary responsibilities are teaching and interacting with students; even my area of research interest concerns pedagogy - the formal study of teaching and learning. My goal is to help you understand and appreciate some of the really interesting and important things that we know (or think we know) about human thought and behaviour. In most fields - and as you will see, certainly in psychology - the simplest questions are often the most important and difficult to answer.

One last piece of advice—get involved in the course! MacIntroPsych is a fascinating world waiting to be explored by you! Keep up with the web modules, join the discussion forums, and attend the monthly Discover Psychology talks on Fridays. It really will make all the difference. Following each web module, I would also encourage you to participate in the feedback surveys. Many of the most popular interactive features were suggested by students just like you. I really do read every single comment and they have contributed enormously to minor and major changes made to all aspects of the course, and this includes the very course handbook you hold in your hands.

On behalf of all the wonderful people that work hard on the frontlines and behind the scenes, best of luck and have a great year!

Dr. Joe Kim

# Web Modules: Interactive and easy to navigate

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**Navigation:** You can pause, skip, and review each web module whenever you want. Tip: You can use the spacebar to quickly toggle between pause/play.

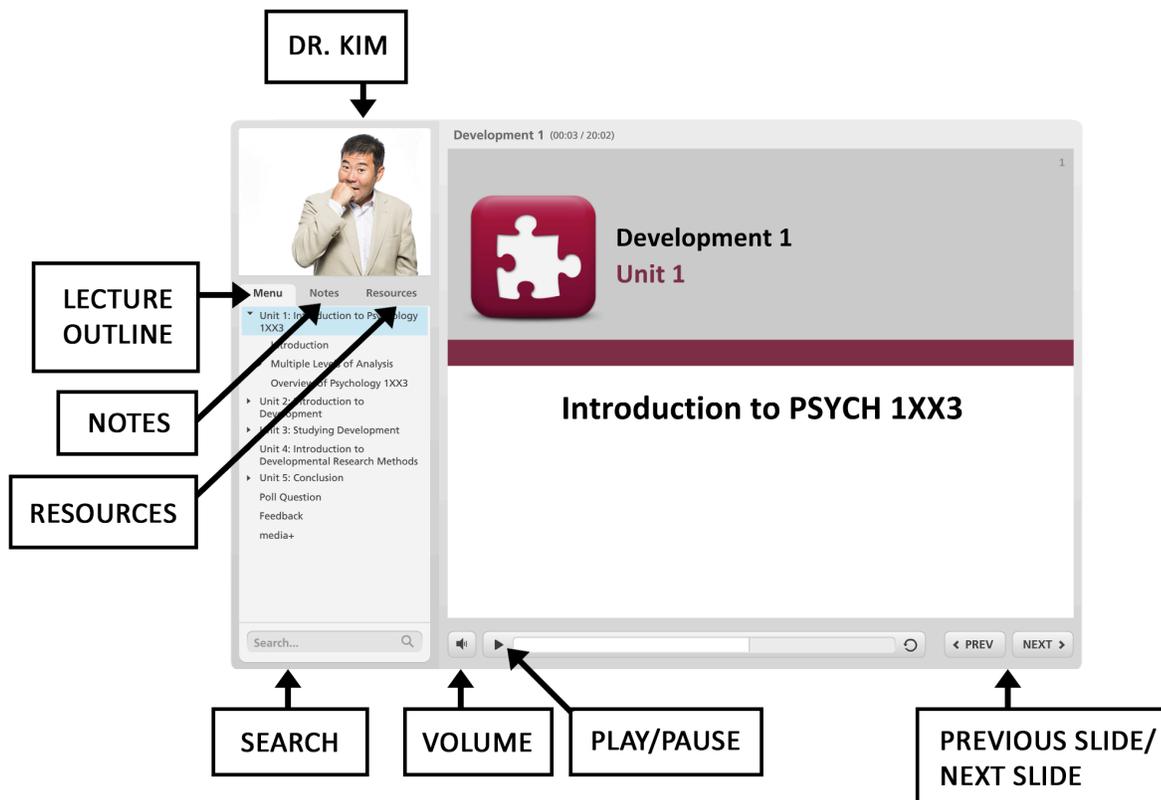
**Viewing Options:** You can view your web Modules with on an **outline** of the subtopics or view **notes** for a full transcript of Dr. Kim's narration.

**Search:** The Modules are fully indexed and can be searched by key words.

**Checkpoints:** Throughout the Modules you will find checkpoint questions designed to assess your understanding.

**Polls:** Share your opinion on topical questions related to the Module.

**Resources & Media+:** Watch videos and find documents related to the web module. This is the place to learn more about topics you enjoyed.



## Course Content Schedule for Psychology 1F03 – Winter 2016

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The general schedule for this course content is given below. Any changes to this structure will be announced on Avenue. It is your responsibility to keep up-to-date with any schedule changes.

Week of	Web Module	Chapter Reading	Notes
Jan 4			
Jan 11	Research Methods 1 and 2	2	Quiz 1
Jan 18	Classical Conditioning	3 (sections Intro-5)	Quiz 2
Jan 25	Instrumental Conditioning	3 (sections 6-8)	Quiz 3
Feb 1	Problem Solving and Intelligence	Journal Article	Quiz 4
Feb 8	Language	4	Quiz 5
Feb 15	<b>READING WEEK</b>		
Feb. 22	No new module content	Journal Article	QuizTerm
Feb 29	Categories & Concepts	Journal article	Quiz 6
Mar 7	Attention	5 (sections Intro-4)	Quiz 7
Mar 14	Memory	5 (sections 5-9)	Quiz 8
Mar 21			<b>GOOD FRIDAY</b>
Mar 28	Forming Impressions	6 (sections Intro-1)	Quiz 9
April 4	Influence of Others 1 and 2	6 (sections 2-7)	Quiz 10

**Avenue Quizzes open each week on Thursday at 6am and close promptly on Saturday at 6am**