SJSU SAN JOSÉ STATE UNIVERSITY

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College of Social Sciences · Psychology

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Introduction to Psychology PSYC 1

Spring 2026   Section 05   In Person   3 Unit(s)   01/22/2026 to 05/11/2026   Modified 01/15/2026

👤 Contact Information

NAME: Ron Rogers, Ph.D., Professor of Psychology

CONTACT: Message me via Canvas Inbox or email at Ronald.Rogers@sjsu.edu

Office Hours: Mondays 10:30 to 11:30 AM and Wednesdays 3:00 to 4:00 PM (In-Person or via ZOOM)

Office Location: Dudley Moorhead Hall (DMH) 311

🕐 Course Information

Modality: In-person

Class time: Monday and Wednesday 12:00 PM to 1:15 PM

Location: Dudley Moorhead Hall (DMH) 356

💻 Course Description and Requisites

Psychology is the scientific study of behavior and mental processes. The content focuses on the exploration of major psychological theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches to treatment, and applied psychology.

Satisfies 4. Social and Behavioral Sciences (Formerly Area D).

Grading: Letter Graded.

✱ Classroom Protocols

Attending and Participating in Class

This is an **in-person course**, and regular attendance is expected. Class meetings are not broadcast or recorded on Zoom, in accordance with university policy, so being present is important for your learning and

participation.

Please arrive on time. Coming in late or leaving early can disrupt others and the flow of the class. If you do arrive late or need to leave early, do so quietly and choose the least noticeable exit or entry. If you miss a class for any reason, you are responsible for getting notes or information from a classmate and checking Canvas for updates.

Food and drinks are allowed during class. Please be mindful of others and make sure your area is clean before you leave.

Devices and Classroom Behavior

Your full attention is expected during class. Phones, headphones, and other devices should be put away and set to silent unless they are being used for a class activity or with instructor permission. If a device is being used for non-class purposes, you may be asked to put it away. Repeated use after a reminder may result in being asked to leave for the day.

Please avoid sleeping, side conversations, or working on materials for other classes during class time. These expectations are in place not only to support your learning but also to foster a respectful environment for your classmates and instructor.

Academic Integrity

All work you submit in this course must be **your own original work** and created specifically for this class. Academic integrity includes following exam rules, using only allowed materials, properly citing sources, and submitting original writing and ideas.

Academic misconduct includes, but is not limited to:

- Sharing or discussing exam content during or after an exam
- Accessing exams or answer keys without permission
- Submitting work copied from another student or source
- Plagiarism, including using online material without proper citation

Violations of academic integrity are taken seriously and may result in a failing grade for the assignment and/or the course. If you are ever unsure about what is allowed, please ask **before** submitting your work. I'm happy to help clarify expectations.

Use of Artificial Intelligence (AI) Tools

In this course, you **may not use generative AI tools** (such as ChatGPT, Grammarly, or similar tools that generate text, audio, video, or images) for quizzes, assignments, or extra credit **unless you receive explicit permission from the instructor**.

AI tools may sometimes be used for brainstorming or idea generation, but they can also be inaccurate and may interfere with developing your own thinking. If AI use is permitted for a specific assignment:

- You must clearly state what content was generated by AI and what was created by you

- No more than **20%** of an assignment may be AI-generated
- Any AI use without permission will be treated as plagiarism

If you have questions about whether AI is appropriate for an assignment, please ask **before** using it.

Copyright and Course Materials

Materials created by the instructor for this course (such as lecture slides, exam questions, or assignments) are the instructor's intellectual property and may not be shared publicly or uploaded online without permission.

Some course materials may be copyrighted and are provided only to students enrolled in this class for the duration of the course. These materials are for your personal educational use and may not be distributed or reused elsewhere.

Recording Class Sessions

You may not record class sessions (audio or video) without the instructor's prior permission. If permission is granted, recordings may be used only for your personal study purposes and may not be shared or distributed. All recordings remain the intellectual property of the instructor.

Student Athletes

If you are a student athlete, please let me know early in the semester about any scheduled team obligations. If conflicts arise with class participation or assignments, we can work together to plan appropriate alternatives when possible.

⋮≣ Program Information

Welcome to this General Education course.

SJSU's General Education Program establishes a strong foundation of versatile skills, fosters curiosity about the world, promotes ethical judgment, and prepares students to engage and contribute responsibly and cooperatively in a multicultural, information-rich society. General education classes integrate areas of study and encourage progressively more complex and creative analysis, expression, and problem solving.

The General Education Program has three goals:

> **Goal 1:** To develop students' core competencies for academic, personal, creative, and professional pursuits.
> **Goal 2:** To enact the university's commitment to diversity, inclusion, and justice by ensuring that students have the knowledge and skills to serve and contribute to the well-being of local and global communities and the environment.
> **Goal 3:** To offer students integrated, multidisciplinary, and innovative study in which they pose challenging questions, address complex issues, and develop cooperative and creative responses.

More information about the General Education Program Learning Outcomes (PLOs) can be found on the GE website (https://sjsu.edu/general-education/ge-requirements/overview/learning-outcomes.php).

📊 Course Learning Outcomes (CLOs)

GE Area 4 Learning Outcomes (GELO)

General Education (GE) courses are designed to help you develop skills and perspectives that are essential for success in college and beyond, regardless of your major. This course fulfills GE Area 4 (Social Sciences) by helping you understand how individuals, groups, culture, and social institutions influence human behavior. The *General Education Learning Outcomes (GELOs)* describe the key abilities you will practice in this class, such as thinking critically about evidence, understanding behavior in social and cultural contexts, and applying knowledge to real-world issues. These outcomes are shared across GE courses at SJSU and are meant to support your development as an informed, thoughtful, and engaged learner.

The CSU requires students to complete General Education courses in the Social and Behavioral Sciences in at least two different disciplines. Students may meet this requirement by either 1) taking two lower-division Area 4 courses in different disciplines, or 2) taking two lower-division Area 4 courses in the same discipline and an UD Area 4 upper-division GE course in a different discipline.

Upon successful completion of an Area 4 course, students should be able to:

1. **GELO 1 >** demonstrate understanding of the ways in which social institutions, culture, and environment shape and are shaped by the behavior of individuals, both past and present;
2. **GELO 2 >** compare and contrast the dynamics of two or more social groups or social systems in a variety of historical and/or cultural contexts;
3. **GELO 3 >** place contemporary social developments in cultural, environmental, geographical, and/or historical contexts; and
4. **GELO 4 >** draw on social/behavioral science information from various perspectives to formulate applications appropriate to historical and/or contemporary social issues.

GE Writing Requirement

The minimum writing requirement is 1500 words in a language and style appropriate to the discipline.

Course Learning Outcomes (CLO)

Course Learning Outcomes (CLOs) describe what you should be able to know and do by the end of this course. They guide how the course is designed, including the topics we cover, the activities you complete, and how your learning is assessed. The CLOs are meant to be transparent and supportive, and help you understand the purpose behind assignments and exams. By engaging in the readings, activities, and assignments in this course, you will be better prepared to:

1. **CLO 1 > See psychology as a science.** Learn how psychologists study the mind and behavior, and how research methods help us separate scientific findings from myths and "pop psychology." (GELO 3)
2. **CLO 2 > Understand how people and culture shape each other.** Explore how families, friends, communities, and cultures influence individual behavior, and how individuals, in turn, shape society over time. (GELO 1, 2)
3. **CLO 3 > Discover how your brain and body connect to behavior.** Understand how the nervous system,

brain, genetics, and hormones influence thoughts, emotions, and actions, and how discoveries in neuroscience connect to culture and history. (GELO 3)

4. **CLO 4 > Apply psychology to real life.** Apply psychological concepts to make sense of everyday issues, ranging from stress and health to work, relationships, and mental health. (GELO 4)

5. **CLO 5 > Think critically about psychological claims.** Evaluate claims you see in the media or hear in daily life by asking: *Does research support this? Are there cultural or ethical issues to consider?* (GELO 3, 4)

6. **CLO 6 > Build your academic and communication skills.** Write clearly, organize your ideas, and practice giving and receiving feedback skills that will help you in college, your career, and beyond. (GE Writing Requirement)

Program Learning Outcomes (PLO)

Program Learning Outcomes(PLOs) are skills and knowledge that students will have achieved upon completion of the Psychology BA degree. Each course in our curriculum contributes to one or more of these PLOs. The PLOs for the Psychology BA degree are:

1. **PLO 1 > Knowledge Base of Psychology**. Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

2. **PLO 2 > Research Methods in Psychology**. Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

3. **PLO 3 > Critical Thinking Skills.** Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

4. **PLO 4 > Applications of Psychology.** Students will be able to apply psychological principles to individual,interpersonal, group, and societal issues.

5. **PLO 5 > Values in Psychology**. Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

📖 Course Materials

Psychology 2e

Author: Rose M. Spielman, Quinnipiac University, William J. Jenkins, Mercer University, Marilyn D. Lovett, Spelman College
Publisher: OpenStax
Edition: 2
Year: 2020
ISBN: 13: 978-1-975076-45-0
Availability: Online and Campus Bookstore
Price: $38 (new color version)

IMPORTANT NOTE: This book can be downloaded for free as a PDF directly from OpenStax (https://openstax.org/details/books/psychology-2e?Book%20details).

- **Technology:** You will need access to a laptop/desktop/tablet computer, and Internet access to complete the requirements of this course. SJSU has a free equipment loan program for students: https://www.sjsu.edu/learnanywhere/equipment/index.php (https://www.sjsu.edu/learnanywhere/equipment/index.php)
- **Software:** You will need access to Google documents, sheets, & slides or to Microsoft Word, Excel, & PowerPoint or to Apple Pages, Numbers, & Keynote. NOTE: SJSU students can utilize Microsoft Word, Excel, and PowerPoint online for free (see https://www.sjsu.edu/it/services/applications/office.php (https://www.sjsu.edu/it/services/applications/office.php)).

≔ Course Requirements and Assignments

Exams (50% of grade)

This course includes **four in-person, multiple-choice exams**, each covering approximately 3–4 chapters. Exams will be administered on the designated dates listed in the course schedule and are **not cumulative**. The purpose of the exams is to assess your understanding of key psychological concepts, theories, and research discussed in the **assigned readings and lectures**. Exam questions will focus on your ability to recognize, understand, and apply course material rather than on memorization alone. Attending class and keeping up with the readings will prepare you well for each exam.

Psychology in Action Project (16% of grade)

This course includes a Psychology in Action project designed to help you practice *thinking like a psychologist*: evaluating claims using scientific evidence and applying psychological concepts to real-world issues and experiences. In this project, you will use ideas from the course to analyze, explain, or reflect on a topic of your choice in a format that best supports your learning (e.g., an application essay, a multimedia project with a written component, or a community-based reflection). The project emphasizes critical thinking, application, and reflection rather than memorization. To support your success, the project will be introduced gradually over the semester, with specific milestones and checkpoints built in to help you plan, develop, and refine your work. This assignment helps fulfill the General Education writing requirement and provide opportunities for feedback and reflection. **Detailed prompts, deadlines, evaluation criteria, and submission instructions will be provided in Canvas**.

Participation & Engagement (14% of grade)

Your Participation & Engagement grade is earned through **short, written Canvas reflections** associated with each course module (your *Psychology Journal*). These reflections are designed to help you actively process the material, connect psychological concepts to your own experiences and the world around you, and check your understanding as we move through the course. Research on learning shows that regular reflection improves comprehension, retention, and the ability to apply knowledge in new contexts. Full participation in these reflection activities will help you get more out of the readings and lectures while preparing you for exams and writing assignments. This assignment also helps fulfill the General Education writing requirement. **Detailed prompts and submission guidelines will be provided in Canvas.**

Quizzes (14% of grade)

The course includes **14 multiple-choice quizzes** designed to support regular engagement with the readings and reinforce key concepts from both the textbook and lecture. These quizzes serve as **low-stakes, formative assessments**, giving you frequent opportunities to check your understanding, identify areas that need further review, and stay on pace with the course material. Research on learning shows that retrieving information regularly improves long-term retention and exam performance. Approaching these quizzes as learning tools, rather than simply as graded tasks, will help you prepare more effectively for exams and apply psychological concepts with greater confidence. **Specific instructions, deadlines, and quiz details will be provided in Canvas.**

Department of Psychology Research Completion (6% of grade)

An important part of the educational experience of PSYC 1 is not only learning about important facts and findings from scientific research in psychology, but also **serving as a participant in research in psychology**. Broad exposure to a variety of research methodologies (experiments, correlational studies, lab studies, online studies, etc.) will provide experiential knowledge for students. This experience contributes to Course Learning Objective 4, as well as aligning with Program Learning Outcome 2 (Research Methods in Psychology).

Thus, it is mandated for PSYC 1 courses that each student obtain a certain number of hours as a participant in research studies in the department. **Research participation will count towards your course grade**.

You can view available studies offered by the psychology department and sign up for the research participation on the SONA online system: [https://sjsu.sona-systems.com/ (https://sjsu.sona-systems.com/)](https://sjsu.sona-systems.com/)

Details on how to set up an account in SONA in order to participate in research are included in the handout in Canvas and on the psychology department's website.

There are several requirements by the department in order to receive full credit for research participation:

1. All students should **complete at least one hour of their required research hours by the 7th week of the semester**.
2. Half of your research credit participation or **2 credit hours of your 4 hours must be in-person lab studies**. Lab studies are studies that require your physical attendance at an experiment held on campus, as opposed to online studies that include virtual participation in research.

Research participation will be treated as a course assignment worth 6% of the final course grade. But to obtain the full 6%, you will need to complete 4 hours of research participation. Anything less than 4hours will result in less than 6%. (1.5% per hour)

- ○ **If you elect not to participate in research, you can consider the alternative assignment option** for full or partial credit for your research hours. Please see the distributed handouts on the alternative assignment for details on the requirements.
- ○ All research hours and alternative assignments must be **completed by the last day of instruction**.

Department of Psychology Policy for Awarding Research Hours for Partial Completion

For psychology students at SJSU, **research participation is a requirement for completion of the PSYC 1 General Psychology course**. However, it is the view of the department that proportional credit can be given in that points awarded should be commensurate with the effort expended by participants in studies. Consistent with IRB ethical guidelines, participants can always elect to withdraw from a study for any reason. In these cases, credit will be granted in proportion to the amount of the study completed, with a minimum credit of 0.25 hours.

In cases where participants complete a study unreasonably quickly, credit will be granted in proportion to the amount of the study completed, with a minimum credit of 0.25 hours.

Please Note: Course schedule and other syllabus content (e.g., exam question format, dates, etc.) may shift as we progress through the semester. You will be notified prior to any necessary modifications.

✔ Grading Information

Grade	Percentage	Points
A	93% to 100%	372 to 400
A minus	90% to 92%	360 to 371
B plus	87% to 89%	348 to 359
B	83% to 86%	332 to 347
B minus	80% to 82%	320 to 331
C plus	77% to 79%	308 to 319
C	73% to 76%	292 to 307
C minus	70% to 72%	280 to 291
D plus	67% to 69%	268 to 279
D	60% to 66%	240 to 267
F	<60%	<240

Assignment Submission & Late Work Policy

All written assignments must be submitted through **Canvas by 11:59 p.m.** on the scheduled due date. Assignments submitted after the deadline will receive a **10% deduction per class** meeting they are late. Late work will not be accepted more than **7 calendar days** after the original due date unless prior arrangements have been made with the instructor.

If you have a **legitimate reason** for missing a due date, you may be eligible to submit the assignment without a late penalty. Please contact me **as early as possible**, especially if you anticipate needing an extension in advance, so we can discuss your situation and determine an appropriate timeline. If an unexpected situation causes you to miss a deadline, contact me within 24 hours after the assignment was due.

Make-up Exams

There will be no scheduled makeup exams. Make-up exams will only be provided under special circumstances (such as a written medical excuse, prior approval from the instructor, etc.). If necessary, a single make-up exam may be administered at the instructor's discretion and convenience.

Definition of a Credit Hour

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

As an example, the expectation of work for a 3-credit course is 3 hours of direct faculty instruction and **6 hours of out-of-class student work each week**!

🏛 University Policies

Per [University Policy S16-9 (PDF) (http://www.sjsu.edu/senate/docs/S16-9.pdf)](http://www.sjsu.edu/senate/docs/S16-9.pdf), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information (https://www.sjsu.edu/curriculum/courses/syllabus-info.php)](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) web page. Make sure to visit this page to review and be aware of these university policies and resources.

📅 Course Schedule

The course is organized into modules rather than weeks. Please note the specific dates for each module. A module contains Lectures, Readings, Videos, and Assignments, including a written reflection each module. Please complete all the materials in each Module.

Please Note: Course schedule and other syllabus content (e.g., exam question format, dates, etc.) may shift as we progress through the semester. You will be notified prior to any necessary modifications.

Module	Date	Topic/Theme	OpenStax Chapter	Activity/Assignments
1	Mon, 1/26	Welcome + How to Learn Psychology		Quiz 1

Module Reflection |

2	Wed, 1/28	History & Perspectives in Psychology	Ch. 1	Quiz 2 Module Reflection
3	2/2 2/4	Psychological Research Methods	Ch. 2	Quiz 3 Module Reflection
4	2/9 2/11	Biopsychology	Ch. 3	Quiz 4 Module Reflection
	Mon, 2/16	**Exam 1**	**Ch. 1, 2, 3**	**In-class exam**
5	2/18 2/23	Sleep	Ch. 4 (trimmed)	Quiz 5 Module Reflection
6	2/25 3/2	Sensation & Perception (applied focus)	Ch. 5 (trimmed)	Quiz 6 Module Reflection
7	3/4 3/9	Learning	Ch. 6	Project Information Available Quiz 7 Module Reflection At least 1 hour of research participation
8	3/11 3/16	Cognition, Problem Solving & Intelligence	Ch. 7	Quiz 8 Module Reflection
	Wed., 3/18	**Exam 2**	**Ch. 4, 5, 6, 7**	**In-class exam**
9	3/23 3/25	Memory	Ch. 8	Quiz 9 Module Reflection Project Topic Choice Due

	3/30 - 4/3	Spring Recess		
10	4/6 4/8	Lifespan Development	Ch. 9	Quiz 10 Module Reflection
11	4/13 4/15	Personality	Ch. 11	Quiz 11 Module Reflection
	Mon., 4/20	**Exam 3**	**Ch. 8, 9, 11**	**In-class exam**
12	4/22 4/27	Social Psychology	Ch. 12	Quiz 12 Module Reflection Project Due
13	4/29 5/4	Stress, Lifestyle, and Health	Ch. 14	Quiz 13 Module Reflection
14	5/6 5/11	Disorders & Therapy	Ch. 15 & 16	Quiz 14 Module Reflection Project Revision/ Reflection Due All research hours and alternative assignments completed
	Friday, May 15	**Exam 4** Exam Time: 1:00 PM to 2:15 PM	**Ch. 12, 14, 15, 16**	**In-class exam**