



# LINCOLN UNIVERSITY

## **Lincoln University – Psychology 10: Fundamentals of Psychology (3 Units)**

Instructor: Jeannine Stamatakis, M.A.

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Class Dates/Times: Spring Semester: Monday – 12:30 p.m. – 3:15 p.m.

### **Welcome & General Thoughts**

Welcome to this course! I am very excited to be teaching this class! It is important that you are present and contribute, so, please be on time, have read any material that has been assigned, and be ready for discussions!

Please be respectful in class. I want this to be a positive learning environment for all, so refrain from disruptive behavior.

When in class, please turn off your cellular telephone. If there is a special circumstance where it needs to be on, please see me. Text messaging is not allowed in class. Please no tape recorders.

### **Course Description/Expected Learning Outcomes**

This is a General Psychology class; thus, it is a survey class where basic Psychology content is covered. As many of you are business students, I am also going to make sure what we learn is relevant, practical, and applicable to this field. Topics covered in the class will include (but are not limited to) sensation, perception, learning, memory, thinking, intelligence, and emotion. There will be opportunities for group learning, discussions, presentations, and lecture.

Students will learn to think critically, be able to discuss and analyze reading material, reflect on personal experiences through journal entries, write a paper following APA format, and see how Psychology is present in their lives and the (business) world around them. I will be tailoring our classes to fit the interests of students as well.

There are no prerequisites or co-requisites for this course. This class, however, is a prerequisite for all upper division psychology courses.

### **Required Materials**

Please bring a notebook/binder paper, pencils/pens, and both the *Discovering Psychology* and *Your Brain at Work* books with you each day we have class. Supplemental material will be incorporated which I will provide during each class.

Hockenbury, D., & Hockenbury, S. (2007). *Discovering Psychology* (4<sup>th</sup> ed.). New York: Worth Publishers.  
ISBN: 978-0-7167-7654-3

Rock, David. (2009). *Your brain at work: Strategies for overcoming distraction, regaining focus, and working smarter all day long*. New York: HarperCollins. ISBN: 978-0-06-177129-3

### **Grading**

Attendance/Participation: 20 points  
 4 Journal Entries (5 points a piece): 20 points  
 1 Chapter Presentation: 20 points  
 Current Event Presentation: 20 points  
 APA Paper (Two potential topics – you choose the one you like best): 20 points

Please type journal entries and the APA paper. Anything you hand in should be double-spaced, 12-point font (Times New Roman or Courier) with 1-inch borders. Please proofread! I will let you know about the individual/group theory or chapter presentation as the course moves forward.

In regard to attendance, you are responsible for ensuring that you are enrolled in this class and for attending the first class as well as classes to follow. Students may be dropped for not attending the first class and/or for excessive absences. Students who do not attend class, do not drop the class, and have not been dropped by the instructor, are responsible for grades, fees, etc.

If you know in advance that you will be unable to make a class, let me know either by telling me or e-mailing me. Your presence is valued and important to your fellow classmates for discussions, so please do attend! If you are not available to hand something in when it is due, please speak with me beforehand!

More detail on all of these assignments will follow soon!

### **Academic Honesty**

Please note that turning in a paper that is not your own work, copied from another, from the Internet, or plagiarized, will result in zero points for the paper and/or an “F” course grade.

Please do your own work – I am interested in your thoughts and your mind! If you have any questions, please consult with me.

### **Additional Thoughts**

This is *our* class and it is important that everyone be heard, respected, and has a chance to be an integral part of the class! If there are specific books, news stories, or something which piques your interest, please share it with everyone! I want our class to be interesting, positive, and engaging as this is always the best way to learn!

## Lincoln University – Psychology 10: Fundamentals of Psychology (3 Units) Schedule

- ❖ Please complete the reading assignment prior to the Monday we start our discussion.

### Week of January 25

- ❖ Welcome to Psychology
- ❖ Introductions
- ❖ Syllabus
- ❖ “Psychology in Everyday Life” Discussion
- ❖ **Observation Exercise/Activity: Babies**

### Week of February 1

- ❖ Lecture/Discussion: General Theories/Theorists
- ❖ APA Discussion
- ❖ Group Activity
- ❖ **Observation Exercise/Activity: Toddlers**

### Week of February 8 – Chapter 1 & Chapter 2: Neuroscience & Behavior

- ❖ ***Discovering Psychology – Read Chapter 1 & Chapter 2; Your Brain at Work – Read Scene 1***
- ❖ Chapter 1, Chapter 2, & Scene 1 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Natalia Salim
- ❖ **Observation Exercise/Activity: Self-Care**

### Week of February 15 – Presidents’ Day Holiday – No Class!

### Week of February 22 – Chapter 3: Sensation & Perception

- ❖ ***Discovering Psychology – Read Chapter 3; Your Brain at Work – Read Scene 2***
- ❖ Student Presenters:
- ❖ Chapter 3 & Scene 2 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Elizabeth Gonzalez
- ❖ **First Journal Entry Due on Monday, February 22**
- ❖ **Observation Exercise/Activity: Dreams**

### Week of March 1 – Chapter 4: Consciousness & Its Variations

- ❖ ***Discovering Psychology – Read Chapter 4; Your Brain at Work – Read Scene 3***
- ❖ Student Presenters: Cheng Deng & Kent Zhu
- ❖ Chapter 4 & Scene 3 Lecture/Discussion
- ❖ Group Activity

- ❖ Current Event Presenters: Pat
- ❖ **Observation Exercise/Activity: Dreams & Meditation (p. 501)**

Week of March 8 – Chapter 5: Learning

- ❖ ***Discovering Psychology* – Read Chapter 5; *Your Brain at Work* – Read Scene 4**
- ❖ Student Presenters: Sridara Butta & Chotiphat Poochong
- ❖ Chapter 5 & Scene 4 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Jean-Marc ROUNGOV
- ❖ **Observation Exercise/Activity: (1) Observe your pets and (2) How are children reinforced to have, continue, or restrict certain behaviors?**

Week of March 15 – Chapter 6: Memory

- ❖ ***Discovering Psychology* – Read Chapter 6; *Your Brain at Work* – Read Scene 5**
- ❖ Student Presenter: Natalia Salim
- ❖ Chapter 6 & Scene 5 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Suratsawadee Wanichdee
- ❖ **Second Journal Entry Due on Monday, March 15**
- ❖ **Observation Exercise/Activity: What is your earliest memory?  
Déjà vu?**

Week of March 22 – Chapter 7: Thinking, Language, & Intelligence

- ❖ ***Discovering Psychology* – Read Chapter 7; *Your Brain at Work* – Read Scene 6**
- ❖ Student Presenter: Elizabeth Gonzalez
- ❖ Chapter 7 & Scene 6 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Ainura Muratova
- ❖ **Observation Exercise/Activity: Experience with intelligence tests**

Week of March 29 – Chapter 8: Motivation & Emotion

- ❖ ***Discovering Psychology* – Read Chapter 8; *Your Brain at Work* – Read Scene 7**
- ❖ Student Presenters: Pat Khamruang & Bee
- ❖ Chapter 8 & Scene 7 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Gina Taylor
- ❖ **Observation Exercise/Activity: What motivates you?**

Week of April 5 – Chapter 9: Lifespan Development

- ❖ ***Discovering Psychology* – Read Chapter 9; *Your Brain at Work* – Read Scene 8**
- ❖ Student Presenter: Padinai Mingsiripreeda

- ❖ Chapter 9 & Scene 8 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenters: Chotiphat Poochong & Sridara Butta
- ❖ **Third Journal Entry Due on Monday, April 5**
- ❖ **Observation Exercise/Activity: (1) What are some boy/man v. girl/woman stereotypes? Are there different rules for the different genders?**  
**(2) What are your thoughts on day care?**

Week of April 12 – Chapter 10: Personality

- ❖ **Discovering Psychology – Read Chapter 10; Your Brain at Work – Read Scene 9**
- ❖ Student Presenter: Goé Toe
- ❖ Chapter 10 & Scene 9 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Lorena Alanis
- ❖ **Observation Exercise/Activity: Would you describe yourself as an introvert or extrovert?**

Week of April 19 – Chapter 11: Social Psychology

- ❖ **Discovering Psychology – Read Chapter 11; Your Brain at Work – Read Scene 10**
- ❖ Student Presenters: Ainura Muratova & Suratsawadee Wanichdee
- ❖ Chapter 11 & Scene 10 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Bee
- ❖ **Fourth Journal Entry Due on April 19**
- ❖ **Observation Exercise/Activity: TBA**

Week of April 26 – Chapter 12: Stress, Health, & Coping

- ❖ **Discovering Psychology – Read Chapter 12; Your Brain at Work – Read Scene 11**
- ❖ Student Presenter: Lorena Alanis
- ❖ Chapter 12 & Scene 11 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenter: Padinai Mingsiripreeda
- ❖ **Observation Exercise/Activity: (1) How do you de-stress?**  
**(2) Do you find stress helpful?**

Week of May 3 – Chapter 13: Psychology Disorders

- ❖ **Discovering Psychology – Read Chapter 13; Your Brain at Work – Read Scene 12**
- ❖ Student Presenters: Jean-Marc ROUNGOV & Gina Taylor
- ❖ Chapter 13 & Scene 12 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenters: Goé Toe & Gong Cheng
- ❖ **APA Paper Due on May 3**

❖ **Observation Exercise/Activity: Diagnosing**

Week of May 10 – Chapter 14: Therapies (Final Week)

- ❖ ***Discovering Psychology* – Read Chapter 14; *Your Brain at Work* – Read Scene 13 & Scene 14**
- ❖ Student Presenters: Gong Cheng
- ❖ Chapter 14 & Scene 13 & Scene 14 Lecture/Discussion
- ❖ Group Activity
- ❖ Current Event Presenters: Cheng Dong & Kent Zhu
- ❖ **Observation Exercise/Activity: (1) Which is your favorite therapy?**
- ❖ **Closing/Concluding Remarks**

Paper – what you learned in Psychology, how can you apply it to business? Go through finance, marketing, etc. what techniques learned, any theory, concept, etc.