



Mark Van Selst

San Jose State University

PSYC 1: INTRODUCTORY PSYCHOLOGY

Introduction & Syllabus

WINTER 2025

Tue, Dec 17	Registration closes at 11:59 pm with no add/drop activities. Registration will reopen on the first day of instruction on January 2, 2025, with payment due the same day.
Wed, Dec 18	Payment due date for courses added from Oct 9 - Dec 17
January 2025 Most classes meet each day, beginning January 2, 2025	
Thu, Jan 2	<ul style="list-style-type: none"> •First day of instruction - Classes meet every day •Add class with permission numbers & without late fee •New Open University (non-matriculated) students add with Registration Form •Drop without a W and with a 100% Refund •Payment is due on the same day of registration
Fri, Jan 3	<p>Last day</p> <ul style="list-style-type: none"> •to add without a Late fee •to submit the Audit, Credit/No Credit Option Form <p>Drop:</p> <ul style="list-style-type: none"> •Drop without a W, using mySJSU and 75% Refund. •After this day, no REFUND for course drop
Mon, Jan 6	<p>Add</p> <ul style="list-style-type: none"> •With a Late Enrollment Petition and a \$45 Late Fee. Require instructor, Department Chair, PaCE*'s Signature. GAPE** signature is required for OU students to take graduate level courses. <p>Drop:</p> <ul style="list-style-type: none"> •With a W grade, using Petition for Course Drop Require instructor, Department Chair, PaCE* and Undergraduate Education Associate Dean Signature •No REFUND
Fri, Jan 17	<ul style="list-style-type: none"> •Last day of Winter - Finals •Last day to drop/withdraw from Winter <p>Requires instructor, PaCE* and Undergraduate Education Associate Dean signatures</p>
Mon, Jan 20	<i>Dr. Martin Luther King Jr.'s Day - Campus Closed</i>
Tue, Jan 21	Grades due from Faculty
Wed, Jan 22	Grade posted for students to view

ADD PRIORITY:

Graduating seniors (will also be move to top of waitlist).

1. Students for whom the class is required for their degree or a prerequisite for classes required for their degree.
2. Instructor generated priorities once these mandated priorities are met.
3. Open University students cannot be added to your course if any matriculated students have been turned away, even if physical seats are available.

Instructor: Mark Van Selst
Telephone: #408 office 9245674
Email: Mark.VanSelst@SJSU.edu
Web: CANVAS
Class Days/Time: **Mon, Tue, Wed, Thu, Fri 9:00 – 12:15PM**
JANUARY 2-17 (M-F)
Classroom: ZOOM
Office Hours: Mon-Fri: 12:15 – 12:30 (or email)
Office Location: DMH 314 (zoom, phone, or email)
(also afternoon advising and/or by email or phone)

Prerequisites: none
Class ID Number: PSYC 1 Section 80 (10082)



Catalog Description (Introductory Psychology)

Course Description

PSYC 1 - Introductory Psychology; *3 units*

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.

Course Goals

Upon successful completion of this course:

- CLO1 – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations. (activity 1,2,3,4,9,19)
- CLO2 – 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. (activity 8,9,10,11,13,20)
- CLO3 – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society. (activity 15,17,18,20)

General Education (Area D: Social Science)

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 program aims to equip students with the knowledge, skills, and values they need for a lifetime of intellectual and personal growth. Review the [learning goals and outcomes](#), [policies](#), [academic advisement information](#), and [previous requirements](#).

Basic Knowledge

- [Basic Knowledge of an Educated Person \(B1-3, C1-2, D, E, F\)](#) develop students' understanding and appreciation of the fundamentals of science, arts and humanities, and the forces that shape the individual and modern society throughout the lifespan. This fundamental knowledge is crucial to understanding more advanced topics, including a major field of study.

Social Science courses increase students' understanding of human behavior and social interaction in the context of value systems, economic structures, political institutions, social groups, and natural environments.

This course contributes to each of the three
University Goals for General Education:

Goal 1 (competencies)

- PLO 1 oral comm [Oral 1,2]
- PLO 2 written communication [all activities]
- PLO 3 critical thinking [Activity 12]
- PLO 4 quantitative reasoning [Activity 2-4], and
- PLO 5 information literacy [Activity 1, 8, 9, Exp 1-4]

Goal 2 (Diversity)

- PLO 6 (Diversity)[Activity 1, 8, 12, 16, 18, 19]
- PLO 7 (Engagement) [Activity 18]

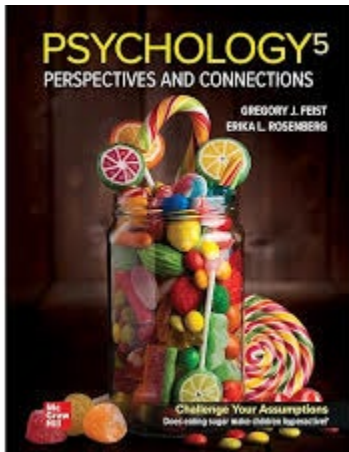
Goal 3 (Integration & Reflection)

- PLO 8 (Integration) [Activity 12, 16, Exp 1-4]
- PLO 9 (reflection) [Activity 1, Oral 1,2]

Required Textbook

PSYCHOLOGY: Perspectives and Connections, 2024

Release is written by Gregory J. Feist and published by McGraw-Hill Higher Education. The Digital and eTextbook ISBNs for Psychology: Perspectives and Connections, 2024 Release are 9781264108077, 1264108079 and the print ISBNs are 9781266197161, 1266197168



PSYCHOLOGY: Perspectives and Connections is a comprehensive introduction to psychology designed to guide students in moving beyond what may seem obvious and motivating them to reevaluate the thoughts and beliefs they bring to the course. Students will learn to challenge their assumptions, understand the elements of scientific research, and recognize that in psychology, no one perspective tells the whole story.

(note: the online support option is NOT required)

1. Introduction to Psychology
2. Conducting Research in Psychology
3. The Biology of Behavior
4. Sensing and Perceiving Our World
5. Human Development
6. Consciousness
7. Memory
8. Learning
9. Language, Thought, and Intelligence
10. Motivation and Emotion
11. Stress and Health
12. Personality: The Uniqueness of the Individual
13. Social Behavior
14. Psychological Disorders
15. Treatment of Psychological Disorders

Finding Course-Relevant Materials

- You **NEED** the textbook
 - *electronic or priority shipping if you don't own it yet*
- **CANVAS (!)**
 - SJSU online course management
 - Believe the posted dates
 - Follow them
 - Some will be due on non-class days
- You **WILL** need access to SJSU library resources
 - christa.bailey@sjsu.edu

The course will be graded out of 100 (60% for a D- pass)

The ONLY “bonus points” are “recovery points” on exams

- and this is only because the exams are hard...

- I have posted old exams on CANVAS

(The tests will be open book but must be your own work)

ACTIVITIES (0-19):	25%
QUIZ (@.5-1% each):	18%
MIDTERM	47%
EXPERIMENTAL PARTICIPATION	6% (3% per half)
ORAL PRESENTATIONS (2)	4% (2% per half)

Activities (20)

25%

- | | | | |
|-----------------|------------------|----------------------|-----------------|
| 0. Zoom | 5. Draw Brain | 10. Memory | 15. Personality |
| 1. Reflections | 6. Draw Eye/Ear | 11. Learning | 16. Social |
| 2. Science | 7. Mid1 prep | 12. Critical Think.. | 17. Disorder |
| 3. Experimental | 8. Development | 13. Mid2 prep | 18. Media |
| 4. Reliability | 9. Consciousness | 14. Stress | 19. Mindfulness |

Exams (3)

47%

“Daily” Quizzes (18)

18%

Oral (2)

04%

Experimental Participation (4)

06%



ME

UBC, Waterloo, NASA-Ames, SJSU

Dual-Task, Alcohol, Decision Making, Visual
Cognition, Consciousness

(and sailboat racing)



YOU

name, program, when do you expect to
graduate? future plans?

<Breakout Group>

+ (missed class notes?)



Social Expectations: you are adults, I am human

- Etiquette
- Disability / Modifications
- Exam Rescheduling (exam early)

Academic Expectations:

- Lateness is bad (be sure to keep current work on time)
- Plagiarism is worse
- Poor grammar, illegible text, text documents that do not open, and unintelligible writing will all hurt your grade
- **UNIVERSITY POLICIES (!)**
 - <https://www.sjsu.edu/curriculum/courses/syllabus-info.php>

Schedule of Events

Class Days/Time: **Mon, Tue, Wed, Thu, Fri 9:00 – 12:15PM**
Classroom: ZOOM

Monday	Tuesday	Wednesday	Thursday	Friday
			Jan 2: C0 (intro) C1 (Scientific Method)	Jan 3: C2 (research) C3 (Biology), ACTIVITY 0-5 EXAM 1
Jan 6: C4 (Perception) C5 (Development)	Jan 7: C5 (Development) C6 (Consciousness)	Jan 8: C7 (Memory) C8 (Learning)	Jan 9: C8 (Learning) C9 (Language)	Jan 10: C10 (Intelligence) ACTIVITY 6-13 ORAL 1 EXAM 2
Jan 13: C11 (Motivation) C12 (Stress)	Jan 14: C13 (Personality) C14 (Social)	Jan 15: C15 (Disorders) C16 (Treatment)	Jan 16: xx ORAL 2	Jan 17: ACTIVITY 14-19 EXP 1-4 EXAM 3

Note that the (often) “daily” quizzes on content coverage are not shown here

Assignment 0: Using Zoom

GOAL: To increase engagement in the course, to decrease mental workload

TASK:

- **REQUIRED:** upload an image (it _can_ but does not have to be a picture of you) that will appear in zoom if your camera is off. Some of you already have done this.
- **OPTIONAL:** change your "name" to your preferred name and/or put the alias in brackets (Bartholomew ('Bart') Simpson)
- **RESOURCES:** (none of these will be 'tested' via quiz)

- Text-based instructions of how to upload a picture to your profile:
- YouTube-based instructions of how to edit your profile:

Additional information regarding why this assignment exists

- ZOOM Fatigue:
- keeping ZOOMing students engaged:

**Due Date: observed at start of second day (ZOOM)
January 3rd**



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www.calstate.edu
www.sjsu.edu/psych