## Syllabus

Required Reading:

1. Text — P. Zimbardo, Psychology and Life, Chapters 2, 8, 11-17.

2. Packet of readings available from University Copy Center, EMU.

| Date | Topic | Readings |
|------|-------|----------|
| Jan. 7 | Concepts of Self and Identity | Reading #1 |
| Jan. 12 | Development of Self & Self-concept | Zimbardo Ch. 2 Readings #2, #3 |
| Jan. 19 | Motivation and Emotion | Zimbardo Ch. 8 Reading #4 |
| Jan. 23 — EXAM I on Friday, January 23 | | |
| Jan. 26 | Personality Theories | Zimbardo Ch. 11 Reading #5 |
| Feb. 2 | Personality Theories (cont.) | Reading #6 |
| Feb. 9 | Assessing Personality | Zimbardo Ch. 12 Reading #7 |
| Feb. 13 — EXAM II on Friday, February 13 | | |
| Feb. 16 | Social Bases of Behavior | Zimbardo Ch. 16 Readings #8, #9 |
| Feb. 23 | Social Issues | Zimbardo Ch. 17 Reading #10 |
| Feb. 27 — EXAM III on Friday, February 27 | | |
| Mar. 2 | Abnormal Psychology & Stress | Zimbardo Ch. 13, 14 Reading #11 |
| Mar. 9 | Psychotherapies | Zimbardo Ch. 15 Readings #12, 13, 14 |
| Mar. 19 — FINAL EXAM at 8:00 AM on Thursday, March 19 | | |

Exams: There will be three midterm exams and a final exam, as scheduled
above. The exams will consist of 60 multiple choice questions. The final
exam will be comprehensive.

<u>Grading</u>:  Your final grade in the class will be determined on the basis of two midterm exams and the final exam.  If you take all three midterm exams, your lowest score will be dropped in computing your final grade.  Because of this policy of dropping one midterm, NO MAKEUP EXAMS WILL BE GIVEN.  It is in your best interest to take all three midterms because there may be a shift in the distribution (one exam may be easier), and because you will be tested on the material on the final anyway.  The final exam is comprehensive and required of everyone.

<u>Discussion Sections</u>:  Discussion sections in this class are to assist you in understanding sections of the readings and text that are not covered in lecture.  The teaching assistants will be going over the readings, giving practice quizzes (with some questions from the midterms), and answering questions.  In addition, each discussion group attended will earn you one point (for a total of nine points) toward your final grade.

<u>Extra Credit</u>:  You may earn up to six extra credit points by participating as a subject in psychology experiments.  You may do two experiments which are worth three points each.  See additional handout for more information.

Research Requirement & Extra Credit

In order to meet the requirements for this class, you must fulfill the research requirement.  This involves at least one of the following:

a.  participating in 3 research experiments (see additional handout),

or b.  filling out and writing a short response to 3 of the personality inventories which will be supplied for this purpose (see below),

or c.  writing a short (5-10 page) paper on a topic approved by the instructor.

In addition to the research requirement, extra credit will be available for anything above and beyond the choices you make to meet the research requirement.  You may earn up to 3 points of extra credit for each activity you do, to a maximum of 9 points.  For example, you may decide to participate in 3 experiments to meet the research requirement and do 3 personality inventories.  [Note:  The maximum number of experiments you can participate in is 3.]  Or, you may choose 2 experiments and 4 personality inventories, etc.  You may also receive extra credit for writing a short paper.  (The topic must be approved before you start!)

The personality inventory involves the following:

1.  Choosing and filling out a Personality Inventory from this list:

| | |
|---|---|
| Locus of Control Scale | Self-Consciousness Scale |
| Self-Acceptance Scale | Beck Depression Inventory |
| Self Image Checklist | Interest Checklist |
| Stress Quiz | |

2.  Before scoring your answers and interpreting the results, predict how you think you scored.  For example, if you took the Beck Depression Inventory and are not currently depressed, you would predict that you would score at the low end of the scale.

3.  Score and interpret your answers.

4.  Write a paragraph on the validity of the scale for you.  That is, was the scale true for you?  Did the score reflect your prediction?  How close did it come to your prediction?  If it was not valid for you, why do you think that happened?

5.  Write a paragraph about the significance of the scale.  Do you think it measures something important about human behavior?  Do you think it measured something important about you?  Why or why not?

6.  Say something about what you learned from the scale, your responses to it, or both.