



Chaminade University of Honolulu
3140 Waialae Avenue – Honolulu, HI 96816
School of Applied Psychology
Course Syllabus for Psy 101-03-1
General Psychology

Course Number: PSY 101-03-1

Course Title: General Psychology

Term: Fall Semester 2026; 8/17/2026 – 12/11/2026

Class Meeting Days: Tuesday/Thursday; f2f

Class Meeting Hours: 1:00 – 2:20 pm; Clarence T.C. Ching Hall, 254

Course Website Address (Canvas): <https://chaminade.instructure.com/>

Instructor Name: Dr. Silvia Koch

Email: silvia.koch@chaminade.edu

Phone: (808) 386-1258 cell; 739-4644 office

Office Location: BS 108

Office Hours: Available anytime by appointment or request

Instructor Communication & Availability: Questions for this course can be emailed to the instructor at silvia.koch@chaminade.edu Online, in-person and/or phone conferences can be arranged. Every effort will be made to respond in a timely manner. Response time may take 1 day in some circumstances.

Required Text:

Myers, David G. & DeWall, Nathan C. (2022). Exploring Psychology, 12th edition, New York, NY, Worth Publishers.

Catalog Course Description

Survey of the major theories and concepts in the study of behavior. Introduction to the psychological aspects of sensory processes, normal and abnormal development, learning, drives, emotions, and social behavior.

Psychology Program Learning Outcomes (PLO)

1. Students will identify key concepts, principles, and overarching themes in psychology.
2. Students will exhibit the value of adaptation and change through the critical thinking process of interpretation, design, and evaluation of psychological research.
3. Students will exhibit effective writing and oral communication skills within the context of the field of psychology.
4. Students will exhibit the value of educating the whole person through the description and explanation of the dynamic nature between one's mind, body, and social influences.

General Education Learning Outcomes (GLO)

1. Critical Thinking

Students will systematically acknowledge and challenge diverse evidence, concepts, assumptions, and viewpoints.

2. Information Literacy

Students will define, identify, locate, evaluate, synthesize, and present or demonstrate relevant information.

Program Linking Statement

This course develops and assesses the skills and competencies for the Psychology program student learning outcome 1) Students will identify key concepts, principles, and overarching themes in psychology (PLO 1), 2) Students will exhibit the value of adaptation and change through the critical thinking process of interpretation, design, and evaluation of psychological research (PLO 2), 3) Students will exhibit effective writing and oral communication skills within the context of the field of psychology (PLO 3), and 4) Students will exhibit the value of educating the whole person through the description and explanation of the dynamic nature between one's mind, body, and social influences (PLO 4).

This course develops and assesses the skills and competencies for the General Education Core requirement of 1) critical thinking and 2) information literacy.

Course Description

This course covers a wide range of theories, research, and perspectives of the multifaceted science of psychology. The course will provide a historical perspective and foundation for viewing and studying the various fields of psychology.

Articulation of Characteristics and Values

PSY 101 General Psychology is guided by the Marianist Educational Value of Educate for Adaptation and Change. Father Chaminade said, "new times call for new methods." This could not be truer for the field of Psychology. Psychology seeks to identify and understand why we do what we do and think what we think. This value guides this course through its focus on the development of:

1. Flexible thinking
2. Being respectful of differences
3. Critical thinking
4. Open-mindedness.

This will be found in our Adaption for Change Paper and in our capstone Presentation.

Course Learning Outcomes (CLO)

Upon completion of this course, students will be able to:

1. Explain the major theories, concepts, and research findings that represent the scientific perspective in the investigation of developmental processes involved in the study of human cognition and behavior (PLO 1).
2. Apply scientific methodology, research, and critical thinking, toward the investigative inquiry of human behavior through the utilization of effective written and oral communicative skills (PLO 1, PLO 2, PLO 3, GLO 1, GLO 2).

3. Synthesize the major theories, concepts, and research toward a person's ability to adapt to change (Characteristics of a Marianist Education Core Value 5) within the context of life situations (PLO 1, PLO 2).

Course Approach:

This course is designed to be an in-person class that is interactive, full of dialog, discussion, and conversation. Every class will begin with an activity to build relationships with the students and the instructor. While the course is theoretically based upon the textbook, other materials will be provided at the instructor's discretion. The instructor believes that learning can occur most optimally when students are actively and cooperatively engaged. Students are expected to attend class fully prepared and ready to learn. Students must complete the readings prior to class sessions. Due to the nature of the material, we will be discussing, there is likely to be some lively discussions and some disagreement on issues. In addition, some people may feel uncomfortable or upset by some of the material. As such, we want to make sure to follow these ground rules:

- Acknowledge that people in our culture have different experiences based on race, ethnicity, class, sex, age, and sexuality.
- Think psychologically about the issues we tackle and be prepared to critically analyze your own opinions and beliefs.
- Agree that this course should be a place where no one is made to feel embarrassed or ashamed. Disrespectful behavior will not be tolerated. No attacks that might be deemed personal should be made. However, healthy discussion and debate is welcome and encouraged. We do not have to agree with one another, but we must be able to discuss our differences in a respectful manner.

Assessment

Assignments	Points	CLO
Final Exam	100 pts	1
Mid-Term Exam	100 pts	1
Chapter Presentation	50 pts	1, 2, 3
Life Lessons Essay	25 pts	3
Adaptation for Change Paper	45 pts	2,3
Capstone Presentation	50 pts	2
Class Attendance	150 pts (10pts for 15 wks)	n/a
Psychology in Popular Media	25 pts	n/a
Total Possible Points	545 points	

Grading Scale

A = 90 -100% (491 – 545)
 B = 80 – 89% (436 – 490)
 C = 70 – 79% (318 – 435)
 D = 60 – 69% (227 – 317)
 F = 59% and below (0 – 226)

Credit Hour Policy

The unit of semester credit is defined as university-level credit that is awarded for the completion of coursework. One credit hour reflects the amount of work represented in the intended learning outcomes

and verified by evidence of student achievement for those learning outcomes. Each credit hour earned at Chaminade University should result in 37.5 hours of engagement. For example, in a one credit hour traditional face to face course, students spend 50 minutes in class per week for 15 weeks, resulting in a minimum of 12.5 instructional hours for the semester. Students are expected to engage in reading and other assignments outside of class for at least 2 additional hours per week, which equals an additional 25 hours. These two sums result in a total student engagement time of 37.5 hours for the course, the total engagement time expected for each one credit course at Chaminade. The minimum 37.5 hours of engagement per credit hour can be satisfied in fully online, internship, or other specialized courses through several means, including (a) regular online instruction or interaction with the faculty member and fellow students and (b) academic engagement through extensive reading, research, online discussion, online quizzes or exams; instruction, collaborative group work, internships, laboratory work, practica, studio work, and preparation of papers, presentations, or other forms of assessment. This policy is in accordance with federal regulations and regional accrediting agencies.

This is a three-credit hour course requiring 135 clock hours of student engagement, per the official CUH Credit Hour Policy. Students enrolled in this course are expected to spend about 48 hours in class, 20 hours writing response papers, 5 hours studying for the midterm exam, 20 hours writing and revising the research paper, and 10 hours studying for the final exam. There will be an additional 32 hours of work required beyond what is listed here (course readings, homework assignments, etc.). This additional work will average about 2 hours a week.

Description of Course Requirements

Class Attendance (Attendance Policy): 150 points

Attendance for this course is graded due to the number of discussions and exercises that happen during each class. If you are unable to attend a class, email the course instructor before the start of the respective class. In order for an absence to be excused, the reason must be medical, a school commitment (not including any form of detention or discipline), or a family emergency/commitment. All other reasons will not be considered excused and the respective points for the day will not be earned. Any student who stops attending the course will receive a failing grade. Federal regulations require continued attendance for continuing payment of financial aid. If attendance is not continuous, financial aid may be terminated. When illness or personal reasons necessitate continued absence, the student should officially withdraw from all affected courses. Anyone who stops attending a course without official withdrawal may receive a failing grade.

Psychology in Popular Media: 25 points

This assignment allows the student to psychologically analyze a movie, book, song, or social platform. The purpose of the assignment is to apply psychological theories and concepts to media that students enjoy while developing critical thinking and analytical skills. Students are to select their popular media and analyze the selected work using concepts learned in class and the textbook. Students will provide a brief summary of the work (1–2 paragraphs). In addition, students will:

- Identify **at least three psychological concepts or theories** illustrated in the work.
- Explain how the characters, themes, lyrics, or events demonstrate these psychological concepts.
- Evaluate whether the portrayal of psychology is realistic or inaccurate.
- Explain what you learned about psychology through this analysis.
- Include personal reflection on how the assignment changed your understanding of human behavior.

The end result will be a 4-5 page paper with a minimum of 4 scholarly sources in APA format with citations. Students should be prepared to share their findings with their classmates.

Exploring Psychology Text Chapter Presentation: 50 points

Each student will present a chapter from the text “Exploring Psychology” on a chosen date (sign-up sheet will be available on the first day of class.) An activity will be presented with each chapter presentation to ensure that major points of the chapter have been adequately covered and understood. With each presentation, a typed double-spaced paper should be available to all classmates and instructor that outlines the important points of the chapter. Total value is 50 points. The breakdown of points is below:

- Organization & Clarity – 20 points
- Outline – 10 points
- Activity – 20 points
- Total – 50 points

Exams: Midterm 100 points/Final 100 points

You will be given a mid-term exam covering chapters 1-8. Your final exam will cover chapters 9-15.

Life Lessons Essay: 25 points

What would you say if you had the opportunity to deliver a final lecture to the people who meant the most to you, especially if you knew that you had only months to live? Randy Pausch, former Carnegie Mellon University professor, gave such a talk titled, “Really Achieving Your Childhood Dreams” because he wanted to leave this legacy for his young children. While you may never have to face such a situation as Randy Pausch did, the numerous themes (life lessons) throughout the lecture (and book) are overarching and universal.

For this essay, you will utilize this concept and compose your own “life lessons” that imparts at least three (3) life lessons that you have learned and the ones you could share to your elementary school self. This essay will focus on the life lessons that you have learned so far and how you have demonstrated resiliency, determination, and empathy despite the obstacles you may have encountered. If you have not encountered any obstacles and/or hardships, think about the ones you may potentially face moving forward in your educational, academic, and professional journey. Make sure you are comfortable with sharing the issues that you write about.

Your paper will follow the following format:

- Title Page (Title of the assignment, class, and your name)
- Introduction
 - A brief introduction of yourself
- Life Lessons
 - Life Lesson 1
 - Define the lesson
 - Explain why it is a life lesson that would like to share with your younger self
 - Life Lesson 2
 - Define the lesson
 - Explain why it is a life lesson that would like to share with your younger self
 - Life Lesson 3
 - Define the lesson
 - Explain why it is a life lesson that would like to share with your younger self

- Conclusion (Concluding reflection/thoughts)
- Reference page (if applicable)

This is not a formal paper, so writing in first person is fine. If you use any resources, you should cite them using APA style. Your Life Lessons Essay should be a minimum of 4 full pages (double-spaced) using 12 pt font with 1" margins. You must include a title page and a reference page, if applicable. Your title page and reference page do not count towards the minimum 4 full pages requirement.

Adaptation for Change Paper: 45 points

Throughout this course you have read about and explored the various ways humans learn and adapt to their environment in order to survive and thrive. But adapting to change is not an innate ability and not everyone can easily do this. This paper will investigate why that is.

For this paper, you're going to answer the following question: What traits and skills (abilities) do you need to possess to successfully adapt to an ever-changing, random, and chaotic world that you live in?

For this paper you will address the following prompts in paragraph (essay) form using APA style.

- Accurately define and thoroughly explain successful adapting.
- Describe the relationship between emotional regulation and one's ability to adapt to change.
- Provide a minimum of 3 traits and/or skills (abilities) that promote and support one's ability to adapt to change.
- Based on your research, summarize your findings, and then discuss what changes will you make in your life to improve your ability to adapt to your changing world around you?

Your paper will follow the following format:

- Title Page (Title of the assignment, class, and your name)
- Introduction
 - Define and explain what adapting is.
- Emotional Regulation
 - What is emotional regulation?
 - What is the relationship between emotional regulation and one's ability to adapt to change?
- Traits/Skills
 - Trait/Skill 1
 - What is the Trait/Skill?
 - Explain why that trait/skill is important to helping you adapt to change in your life.
 - Trait/Skill 2
 - What is the Trait/Skill?
 - Explain why that trait/skill is important to helping you adapt to change in your life.
 - Trait/Skill 3
 - What is the Trait/Skill?
 - Explain why that trait/skill is important to helping you adapt to change in your life.
- Conclusion (Concluding reflection/thoughts)
- Reference page

This 4-page (minimum) paper is double spaced, with one-inch margins on all sides, no spaces between paragraphs, and a size 12 font.

The paper must have a title page (name, course, and title of paper), in-text citations, a reference page and headings (your headings will be Introduction, Emotional Regulation, Traits and Skills, and Conclusion.). These headings align with the 4 prompts for this paper. The cover page and reference page do not count towards your minimum page number requirement. You must use a minimum of 5 credible resources (peer-reviewed journal articles, textbooks, and credible websites). In-text citations and your reference page must follow APA style 7th edition (preferred) or MLA.

Capstone Project Presentation: 50 points

Each student group (no more than 3 in a group) will develop a research question or hypothesis based on a topic that was covered in this PSY 101 General Psychology course (pick a topic that intrigues you and/or one that you've identified as an area of need). After your research question or hypothesis has been approved by the course instructor you will:

1. **Introduction** - What is your topic and why did you choose this topic? Clearly define your research question or hypothesis. (The difference between research questions & hypothesis <https://sciencing.com/the-difference-between-research-questions-hypothesis-12749682.html>)
2. **Literature Review** – What does literature have to say about your topic? Provide a thorough discussion of the history and the current understanding of the topic. The literature review must include citations of multiple sources that provide evidence that support or does not support the hypothesis or provide evidence that may start to answer the research question.
3. **Discussion** – You will utilize your critical thinking to clearly and thoroughly discuss the results and implications discovered from the literature review as it relates to your hypothesis or research question.
4. **Reflection** – You will reflect on your findings and your decision-making process that will also include your thoughts on the implications and/or consequences of your finding (why would other people care about what you learned?).

Each student group will present their findings to the class on the date specified in the course syllabus. Your presentation should be approximately 5-10 minutes in length. For this presentation, each student group will present in-person, and all participants must have a speaking part in order to receive full credit. In addition to the presentation each group will be required to submit a Google Slide or equivalent that includes a list of resources used. Each student group will be graded as a whole so teamwork, cooperation, and compromise will be critical for this assignment.

You must have a minimum of **10 credible sources**. Interviews will count towards this requirement. A reference list is required.

APA formatting tutorial: <http://www.apastyle.org/learn/tutorials/basics-tutorial.aspx>

Citations and References

Any assignments that include cited research should include a Reference page, listing your full source/references. Examples of references in APA format:

- Please cite a source every time you copy a phrase, quote, or paraphrase someone else's words. If you use someone's words verbatim, you will have to use quotation marks and in parenthesis note the author's last name, year of publication, and the page from which you took the quote.

- Example of how to cite a direct quote: “Past research has indicated that “becoming parents heightens couples’ awareness of their identity intersections and they turn towards mutually supporting each other” (Iwamoto, 2020, p. 121).
- If you paraphrase or just report on what you’ve read of someone’s publication, use the parentheses but omit the page number.
- Always use the (Author, Year) format. Please refer to APA formatting requirements in the Publication Manual of the American Psychological Association, 6th edition. The Purdue website can also be helpful: <https://owl.english.purdue.edu/owl/resource/560/01/>

Attendance & In-Class Participation

Attendance Policy

Quick Reference — Absence Thresholds:

Excused Absence	<i>[Definition and process — e.g., illness with documentation, family emergency, University-sponsored activity]</i>
Unexcused Absence	<i>[Definition — e.g., any absence not pre-approved or documented]</i>
Warning Threshold	<i>[e.g., More than 2 unexcused absences — instructor may notify student]</i>
Grade Penalty	<i>[e.g., More than 4 unexcused absences — final grade lowered by one letter]</i>
Course Failure	<i>[e.g., More than 6 unexcused absences — student may receive a failing grade]</i>
Late Arrival / Early Departure	<i>[e.g., Arriving more than 15 minutes late counts as a tardy; 2 tardies = 1 absence]</i>

In-Class Participation Expectations

Active, respectful engagement is essential. Students are expected to come prepared and contribute meaningfully to discussions, activities, and collaborative work.

Students are expected to:

- Come prepared — complete readings and activities before each session.
- Participate actively in discussions and group work, demonstrating critical thinking.
- Engage respectfully and honor diverse perspectives.
- Use personal devices for course purposes only unless otherwise directed.
- Submit work by established deadlines to support course pacing.

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated. Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, plagiarism, **and unauthorized and/or undisclosed AI usage**, in addition

to more obvious dishonesty. See catalog section *Student Use of Artificial Intelligence in Academic Work* for further information.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Director of the Academic College. Punishment for academic dishonesty will be determined by the instructor, Director, and the Dean of Academic College and may include an “F” grade for the work in question, an “F” grade for the course, academic notice, or dismissal from the University.

AI (Artificial Intelligence) Statement

Chaminade University recognizes the increasing role of artificial intelligence (AI) technologies in academic and professional environments. AI encompasses, but is not limited to, generative AI platforms, automated writing or content generation software, coding assistants, and similar tools. Students must ensure all submitted work genuinely reflects their knowledge and effort. Using AI to produce or significantly complete graded assignments, exams or other academic tasks – defined as use that substitutes for or substantially replaces a student’s own analysis, reasoning or written expression – without explicit instructor approval is considered academic misconduct and will be dealt with according to the University’s Academic Honesty Policy.

If an instructor has reasonable grounds to question whether submitted work genuinely reflects a student’s own knowledge, authorship, or mastery of course material — or whether it meets the course’s expectations for AI use — the instructor may require the student to provide additional or alternative evidence of authorship and content mastery. Such evidence may include drafts, notes, revision history, source materials, process explanations, oral discussion in class work, or completion of an alternative assessment. A student’s refusal or inability to provide such evidence may be considered, along with other available information, in evaluating whether the work meets course requirements and stated learning outcomes. Instructors will not rely solely on AI detection software or other automated tools in making grading or academic integrity determinations. Such determinations will be based on the totality of the available information and handled in accordance with applicable University policies and procedures. See the catalog section *Student Use of Artificial Intelligence in Academic Work* for further information.

Title IX and Nondiscrimination

Chaminade University of Honolulu is committed to providing a learning, working and living environment that promotes the dignity of all people, inclusivity and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. For pregnant and parenting students, I am also obligated to provide you with similar resources for support and protections available to you. My goal is to make sure that you are aware of the range of options available to you and have access to the resources and support you need.

Contact information and reporting options: chaminade.edu/titleix/nondiscrimination/. File a report via the [Campus Incident Report Form](#).

Nondiscrimination Policy and Notice of Nondiscrimination

The university is committed to comply with all State and Federal statutes, rules, and regulations which prohibit discrimination. The university is committed to a policy of nondiscrimination on the basis of race, sex, gender identity and expression, age, religion, color, national origin (including shared ancestry and ethnic characteristics), ancestry, citizenship, disability, genetic information, marital status, breastfeeding, arrest and court record (except as permissible under State law), sexual orientation, or status as a covered veteran. Inquiries about Title IX or general Civil Rights concerns may be referred to the University's Title IX Coordinator, the U.S. Department of Education's Office for Civil Rights, or both and contact information may be found [HERE](#). *On-campus Confidential Resources may also be found here at [CAMPUS CONFIDENTIAL RESOURCES](#).*

The University's Nondiscrimination Policy and Grievance Procedures can be located on the University webpage at: <https://chaminade.edu/compliance/title-ix-nondiscrimination-policies-procedures/>.

To report information about conduct that may constitute sex discrimination or make a complaint of sex discrimination under Title IX, please refer to the [Campus Incident Report form](#). Chaminade University of Honolulu prohibits sex discrimination in any education program or activity that it operates.

The NOTICE of NONDISCRIMINATION can be found here: [Notice of Nondiscrimination](#).

Student with Disabilities Statement- Kōkua 'Ike

Accessibility Services recognizes disability as a valued aspect of diversity and ensures equal access to the educational environment in accordance with Section 504 of the Rehabilitation Act; the Americans with Disabilities Act, as amended; and the principles and professional standards of the Association on Higher Education and Disability. Access is supported through reasonable accommodations and referrals to campus and community resources. Appointments with the Accessibility Services Coordinator are available through Stellic at <https://chaminade.stellic.com> and may be held virtually or in person. Drop-in appointments are also welcome. Students seeking support must meet with the Accessibility Services Coordinator as early as possible, even if they are unsure whether they have appropriate documentation of their disability or its impacts. The Accessibility Services Coordinator prioritizes listening to students's experiences and will discuss any documentation needs during the initial intake meeting. Students may seek support at any time.

Learn more at <https://chaminade.edu/ada-accommodations>

Scientific Method Definitions

The **METHODS OF SCIENCE** are only tools, tools that we use to obtain knowledge about phenomena.

The **SCIENTIFIC METHOD** is a set of assumptions and rules about collecting and evaluating data. The explicitly stated assumptions and rules enable a standard, systematic method of investigation that is designed to reduce bias as much as possible. Central to the scientific method is the collection of

data, which allows investigators to put their ideas to an empirical test, outside of or apart from their personal biases. In essence, stripped of all its glamour, scientific inquiry is nothing more **THAN A WAY OF LIMITING FALSE CONCLUSIONS ABOUT NATURAL EVENTS.**

Knowledge of which the credibility of a profession is based must be objective and verifiable (testable) rather than subjective and untestable.

SCIENCE is a mode of controlled inquiry to develop an objective, effective, and credible way of knowing.

The assumptions one makes regarding the basic qualities of human nature (that is, cognitive, affective, behavioral, and physiological processes) affect how one conceptualizes human behavior.

The two basic functions of scientific approach are 1) advance knowledge, to make discoveries, and to learn facts in order to improve some aspect of the world, and 2) to establish relations among events, develop theories, and this helps professionals to make predictions of future events.

Research Design in Counseling
Heppner, Kivlighan, and Wampold

A **THEORY** is a large body of interconnected propositions about how some portion of the world operates; a **HYPOTHESIS** is a smaller body of propositions. **HYPOTHESES** are smaller versions of theories. Some are derived or born from theories. Others begin as researchers' hunches and develop into theories.

The **PHILOSOPHY OF SCIENCE** decrees we can only falsify, not verify (prove), theories because we can never be sure that any given theory provides the best explanation for a set of observations.

Research Method In Social Relations
Kidder

THEORIES are not themselves directly proved or disproved by research. Even **HYPOTHESES** cannot be proved or disproved directly. Rather, research may either support or fail to support a particular hypothesis derived from a theory.

Scientific research has four general goals: (1) to describe behavior, (2) to predict behavior, (3) to determine the causes of behavior, and (4) to understand or explain behavior.

Methods In Behavioral Research; Cozby

In order to verify the reliability and validity of scientific research it is important to replicate the results. It is the preponderance of evidence that establishes/supports the theory.

<http://allpsych.com/researchmethods/replication.html>

Marianist Educational Values

Chaminade University is a Catholic, Marianist University. The five characteristics of a Marianist education are:

Educate for Formation in Faith

Catholic Universities affirm an intricate relationship between reason and faith. As important as discursive and logical formulations and critical thinking are, they are not able to capture all that can be and ought to be learned. Intellectual rigor coupled with respectful humility provide a more profound preparation for both career and life. Intellectual rigor characterizes the pursuit of all that can be learned. Respectful humility reminds people of faith that they need to learn from those who are of other faiths and cultures, as well as from those who may have no religious faith at all.

Provide an Excellent Education

In the Marianist approach to education, “excellence” includes the whole person, not just the technician or rhetorician. Marianist universities educate whole persons, developing their physical, psychological, intellectual, moral, spiritual and social qualities. Faculty and students attend to fundamental moral attitudes, develop their personal talents and acquire skills that will help them learn all their lives. The Marianist approach to education links theory and practice, liberal and professional education. Our age has been deeply shaped by science and technology. Most recently, information and educational technologies have changed the way faculty and students research and teach. At Marianist Universities, two goals are pursued simultaneously: an appropriate use of information technology for learning, and the enhancement of interaction between students and teachers. As Catholic, Marianist Universities seek to embrace diverse peoples and understand diverse cultures, convinced that ultimately, when such people come together, one of the highest purposes of education is realized: a human community that respects every individual within it.

Educate in Family Spirit

Known for their strong sense of community, Marianists have traditionally spoken of this sense as “family spirit.” Marianist educational experience fosters the development of a community characterized by a sense of family spirit that accepts each person with loving respect, and draws everyone in the university into the challenge of community building. Family spirit also enables Marianist universities to challenge their students, faculty and staff to excellence and maturity, because the acceptance and love of a community gives its members the courage to risk failure and the joy of sharing success.

Educate for Service, Justice, and Peace

The Marianist approach to higher education is deeply committed to the common good. The intellectual life itself is undertaken as a form of service in the interest of justice and peace, and the university curriculum is designed to connect the classroom with the wider world. In addition, Marianist universities extend a special concern for the poor and marginalized and promote the dignity, rights and responsibilities of all people.

Educate for Adaptation to Change

In the midst of rapid social and technological change, Marianist universities readily adapt and change their methods and structures so that the wisdom of their educational philosophy and spirituality may be transmitted even more fully. “New times call for new methods,” Father Chaminade often repeated. The Marianist university faces the future confidently, on the one hand knowing that it draws on a rich

educational philosophy, and on the other fully aware for that philosophy to remain vibrant in changing times, adaptations need to be made.

Selected from *Characteristics of Marianist Universities: A Resource Paper*, Published in 1999 by Chaminade University of Honolulu, St. Mary's University and University of Dayton

Each of these characteristics is integrated, to varying degrees, in this course.

Tentative Course Schedule

Date 2024	Class Activity	Readings Due:	Assignments Due
Week 1: 8/18 8/20	Welcome & Introductions Review Course Syllabus & Assignments Sign up for chapter presentations Introduction to Psychology Student Success: How to Apply Psychology to Live Your Best Life Self-Control and Self-Improvement Time Management & Study Tips	none	Class Attendance
Week 2: 8/25 8/27	Chapter 1: Thinking Critically with Psychological Science Key Concepts: scientific attitude; critical thinking; research ethics and design	Chapter 1	Class Attendance Chapter Presentations
Week 3: 9/1 9/3	Chapter 2: The Biology of Behavior Key Concepts: neural/hormonal systems; brain regions and structures; damage response and brain hemispheres; evolutionary psychology Chapter 3: Consciousness and the Two-Track Mind Key Concepts: consciousness; sleep and dreams; substance use disorders	Chapter 2 & 3	Class Attendance Chapter Presentations
Week 4: 9/8 9/10	Chapter 4: Developing Through the Life Span Key Concepts: prenatal development and the newborn; infancy and childhood; adolescence; adulthood Sharing of Psychology in Popular Media assignment	Chapter 4	Class Attendance Chapter Presentation Psychology in Popular Media assignment due
Week 5: 9/15 9/17	Chapter 5: Sex, Gender, and Sexuality Key Concepts: gender development; nature vs. nurture; human sexuality Sharing of Psychology in Popular Media assignment	Chapter 5	Class Attendance Chapter Presentation

Week 6: 9/22 9/24	Chapter 6: Sensation & Perception Key Concepts: transduction; sensory adaptation; sensory and perceptual processing; hearing; skin, chemical and body senses	Chapter 6	Class Attendance Chapter Presentation
Week 7: 9/29 10/1	Chapter 7: Learning Key Concepts: basic learning concepts; classical conditioning; operant conditioning; biology, cognition, and learning. Chapter 8: Memory Key Concepts: encoding, storing, and retrieving memories; forgetting, improving memory	Chapter 7 & 8	Class Attendance Adaptation for Change Paper Chapter Presentations
Week 8: 10/6 10/8	Review for Midterm Exam Mid-Term Exam (Chapters 1, 2, 3, 4, 5, 6, 7, 8) including class lectures) Midterm – 10/8		Class Attendance Mid-Term Exam
Week 9: 10/13 10/15	Fall Wellness Break		
Week 10: 10/20 10/22	Chapter 9: Thinking, Language, and Intelligence Key Concepts: Problem solving; thinking creatively; language and thought; assessing intelligence; genetic and environmental influences on intelligence Chapter 10: Motivation and Emotion Key Concepts: the need to belong; psychology of hunger; expressing and experiencing emotion; culture and emotion	Chapter 9 & 10	Class Attendance Chapter Presentations
Week 11: 10/27 10/29	Chapter 11: Stress, Health, and Human Flourishing Key Concepts: stress and illness; health and happiness; coping with stress Sharing of Life Lessons Essay	Chapter 11	Class Attendance Chapter Presentation Life Lessons Essay
Week 12: 11/3 11/5	Chapter 12: Social Psychology Key Concepts: social thinking and social influence; anti-social relations; prosocial relations	Chapter 12	Class Attendance

	Start sharing Chapter Presentations not in book		Chapter Presentation
Week 13: 11/10 11/12	Chapter 13: Personality Key Concepts: psychodynamic theories; humanistic theories; contemporary perspectives on personality Chapter Presentations not in book	Chapter 13	Class Attendance Chapter Presentation
Week 14: 11/17 11/19	Chapter 14: Psychological Disorders Key Concepts: basic concepts of psychological disorders; anxiety-related disorders; depressive disorders; bipolar disorders; schizophrenia; personality and eating disorders; neurodevelopmental disorders Capstone Project Presentations in class	Chapter 14	Class Attendance Chapter Presentation Capstone Project Due
Week 15: 11/24 11/26-No class Thanksgiving Holiday	Chapter 15: Therapy Key Concepts: treating psychological disorders; evaluating psychotherapies; biomedical therapies Continue with Capstone Project Presentations Finish sharing Chapter Presentations not in book	Chapter 15	Class Attendance Chapter Presentation
Week 16: 12/1 12/3	Review for Final Exam Final Exam (Chapters 9, 10, 11, 12, 13, 14, 15) December 3		Class Attendance

Chapter Presentations

Chapter 1 -

Chapter 2 -

Chapter 3 -

Chapter 4 -

Chapter 5 -

Chapter 6 –

Chapter 7 -

Chapter 8 -

Chapter 9 -

Chapter 10 -

Chapter 11 -

Chapter 12 -

Chapter 13 -

Chapter 14 -

Chapter 15 –

Appendix A – Statistical Reasoning in Everyday Life

Appendix B – Psychology at Work

Appendix C – The Story of Psychology: A Timeline

Appendix D – Career Fields in Psychology

Summary of Chapters 1-8

Summary of Chapters 9-15

