

## **PSY 111L: Introduction to Psychology as a Social Science**

Mary Baldwin College, Adult Degree Program  
Spring 2013 Independent Study (3 credit hours)

**Instructor:** Susan B. Wilkes, Ph.D.  
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**Text:** Psychology, 7<sup>th</sup> edition  
by John W. Santrock  
McGraw Hill Publishers. ISBN #0072937769

### **Course Description:**

This course is designed to introduce students to the study of psychology as a social science. As such, it covers the areas of major theoretical approaches, human development, intelligence, motivation, emotion, personality, psychological disorders, therapies, stress and coping, and social influences on behavior. The textbook is supplemented by "In-Psych Plus," an interactive CD-ROM designed to aid students in understanding psychological concepts by presenting them in an entertaining format. ***Note: if you purchase a used book, please be sure that you also receive the CD-ROM. You will need it to complete the course requirements.***

### **Prerequisites:**

- ❖ PSYCH 101 or PSYCH 111
- ❖ internet access in order to use the McGraw Hill Online Learning Center.
- ❖ CD player for the In-Psych Plus Student CD-ROM

### **Requirements and Grading**

The course is divided into four units, each covering two or three chapters. There will be a test on each unit and a required log of activities (see below for details). Your grade will be determined by your scores on the four tests, the final exam and the log of learning activities. The distribution of grades is as follows: A = 93-100%, A- = 90-92, B+ = 88-89, B = 82-87, B- = 80-81, and so on. Specifics are listed below:

**1) Tests.** There will be four tests for the course, each covering approximately one-fourth of the material, as well as a comprehensive exam. Each test is worth 15% of your grade, and the exam is worth 20%. (All tests together will constitute 80% of your grade.) Tests are closed book and conducted in adherence with the Mary Baldwin College Honor System. You should let me know via email when you are ready for a test and I will send it to you electronically.

The tests will contain multiple choice and true/false questions. Taking the sample quizzes at the Online Learning Center is an excellent way to prepare for the exam. In addition, I highly recommend that you review the multimedia and study materials on your "In-Psych" CD-ROM.

Test One

Chapter 1: What is Psychology?

Chapter 4: Human Development

Test Two

Chapter 10: Intelligence

Chapter 11: Motivation and Emotion

Chapter 12: Personality

Test Three

Chapter 13: Psychological Disorders

Chapter 14: Therapies

Test Four

Chapter 15: Stress, Coping and Health

Chapter 16: Social Psychology

Final Exam – Comprehensive, covering all chapters studied.

**2) Log of Learning Experiences.** In addition to the helpful quizzes and outlines, the Online Learning Center also contains links to interesting articles or websites related to each chapter. Pertinent internet exercises and interactive online activities are included as well. All are designed to extend your learning about the chapter topics in an engaging way. *You are required to complete three internet exercises, interactive activities or weblinks for each chapter.* You are free to choose the learning experiences of most interest to you, although I do expect that at least some of these will involve reading an article rather than just completing a short activity. You should keep a log of these, indicating date, type of learning experience, and a brief (3-5 sentences) reaction to the material. The log should be turned in with each test. Satisfactory completion of the log is worth 20% of your grade.

**Important Due Dates**

Extensions for these due dates can be made *with advance notice*. Please do not contact me on the due date for an extension. Without an authorized extension, there will be a 2 point penalty for each day a test or log is late. You are more than welcome to complete sections ahead of these dates without needing to contact me.

**Jan 11**

**First teaching-learning interaction completed  
Please contact me via email to begin the course.**

**Jan 31**

**Unit One Completed:**

	<ul style="list-style-type: none"> <li>❖ Test one</li> <li>❖ Log containing 6 learning experiences</li> </ul>
<b>Feb 25</b>	<b>Unit Two Completed:</b> <ul style="list-style-type: none"> <li>❖ Test two</li> <li>❖ Log containing 9 learning experiences</li> </ul> <b>Second teaching-learning interaction completed</b>
<b>March 25</b>	<b>Unit Three Completed:</b> <ul style="list-style-type: none"> <li>❖ Test three</li> <li>❖ Log containing 6 learning experiences</li> </ul>
<b>April 22</b>	<b>Unit Four Completed:</b> <ul style="list-style-type: none"> <li>❖ Test four</li> <li>❖ Log containing 6 learning experiences</li> </ul> <b>Third teaching-learning interaction completed</b>
<b>May 13</b>	<b>Final Exam Due</b> <b>(graduating seniors must submit all work by April 22)</b>

### **Learning Interactions**

Please remember that, for an independent study, we need to have at least three substantive learning conversations. Note that you should initiate these interactions. Either phone or email is fine with me and I'm also open to meeting over coffee here in Richmond. *I would like to have an initial interaction early on in the course so that I might know you better.* Another of our conversations should occur when you begin study for the final exam.

### **About the Instructor**

**Susan B. Wilkes**, Ph.D., is a Licensed Professional Counselor and organizational psychologist whose practice includes more than 25 years of experience working with adults on issues related to career development, job satisfaction, and effectiveness at work. A highly rated classroom teacher, Susan has taught a variety of college courses including group dynamics, adult development, stress management, including industrial/organizational psychology, social psychology, and consultation. She has been teaching in the Mary Baldwin ADP program since 2006 and was the Instructor of the Year for Nonprofit Learning Point at Virginia Commonwealth University in 2009. She is active in the nonprofit community, particularly through her 10 years of service on the Board of Directors of The Chrysalis Group and her role on the founding leadership team for Impact 100 Richmond. A popular seminar leader and executive coach, Susan has consulted with a wide variety of organizations on topics including leadership, communication, job stress, interpersonal style, and organizational change. She is an affiliate faculty member in the Department of Psychology at VCU and the President of Wilkes Consulting.