

Introduction to Psychology

PSYC 1

Fall 2026 Section 07 In Person 3 Unit(s) 08/19/2026 to 12/07/2026 Modified 08/19/2026

Contact Information

- Instructor: Hyesang Chang, PhD
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- Office hours: Tuesday, Thursday 12:30-1:00pm in DMH 230 or by appointment

Course Information

- Class time and location:
 - Psyc 1-07 (lecture): Tuesday, Thursday 1:30-2:45pm in DMH 150
- You can find the locations of the buildings from [Campus map \(https://www.sjsu.edu/map/\)](https://www.sjsu.edu/map/).
 - DMH: Dudley Moorhead Hall

Course Description and Requisites

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.

Satisfies 4. Social and Behavioral Sciences (Formerly Area D).

Grading: Letter Graded.

Classroom Protocols

Course Format. In lectures, we will learn foundational knowledge about psychology through course materials, presentations, and question-and-answer periods.

Participation. Regular attendance and participation in course activities is critical for successful completion of this course. Many of the assignments are completed during class periods.

According to University Policy F15-12, *"Students are expected to attend all meetings for the courses in which they are enrolled as they are responsible for material discussed therein and active participation is frequently essential to ensure maximum benefit to all class members. In some cases, attendance is fundamental to course objectives; for example, students may be required to interact with others in the class. Attendance is the responsibility of the student. Participation may be used as a criterion for grading when the parameters and their evaluation are clearly defined in the course syllabus and the percentage of the overall grade is stated."*

Credit Hour Definition. To be successful in courses at SJSU, it is expected that students will spend a minimum of forty-five hours for each unit of credit (a 3 unit class would be approximately 9 hours per week), including preparing for class, participating in course activities, and completing assignments. More details about student workload can be found in [University Policy](http://www.sjsu.edu/senate/docs/S12-3.pdf) (<http://www.sjsu.edu/senate/docs/S12-3.pdf>)

Classroom Environment. This class will be conducted in an atmosphere of mutual respect. I encourage your active participation and welcome respectful discourse. Your language and conduct during the class period must demonstrate respect for everyone's race, gender identity, or expression, sexuality, culture, beliefs, and abilities.

Students are expected to maintain a level of professional and courteous behavior at all times. You are required to put your cell phone and other distractions away before the beginning of class and closed-notes assessment. Cell phones or other electronic devices may be used during submission of class activity assignments.

Program Information

Welcome to this General Education course.

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 General Education Program has three goals:

Goal 1: To develop students' core competencies for academic, personal, creative, and professional pursuits.

Goal 2: To enact the university's commitment to diversity, inclusion, and justice by ensuring that students have the knowledge and skills to serve and contribute to the well-being of local and global communities and the environment.

Goal 3: To offer students integrated, multidisciplinary, and innovative study in which they pose challenging questions, address complex issues, and develop cooperative and creative responses.

More information about the General Education Program Learning Outcomes (PLOs) can be found on the [GE website](https://sjsu.edu/general-education/ge-requirements/overview/learning-outcomes.php) (<https://sjsu.edu/general-education/ge-requirements/overview/learning-outcomes.php>).

Course Learning Outcomes (CLOs)

Area 4: Social and Behavioral Sciences

Area 4 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. Through fulfillment of the Area 4 requirement, students develop an understanding of problems and issues from different disciplinary perspectives and examine issues in their contemporary as well as historical settings and in a variety of cultural contexts. Courses that emphasize skills development and professional preparation are excluded from Area 4.

The CSU requires students to complete General Education courses in the Social and Behavioral Sciences in at least two different disciplines. Students may meet this requirement by either 1) taking two lower-division Area 4 courses in different disciplines, or 2) taking two lower-division Area 4 courses in the same discipline and an UD Area 4 upper-division GE course in a different discipline.

GE Area 4 Learning Outcomes (GELOs)

Upon successful completion of an Area 4 course, students should be able to:

1. GELO1. Demonstrate understanding of the ways in which social institutions, culture, and environment shape and are shaped by the behavior of individuals, both past and present;
2. GELO2. Compare and contrast the dynamics of two or more social groups or social systems in a variety of historical and/or cultural contexts;
3. GELO3. Place contemporary social developments in cultural, environmental, geographical, and/or historical contexts; and
4. GELO4. Draw on social/behavioral science information from various perspectives to formulate applications appropriate to historical and/or contemporary social issues.

Writing Requirement

The minimum writing requirement is 1500 words in a language and style appropriate to the discipline.

Course Learning Outcomes (CLOs)

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

1. CLO1. Compare and contrast major theoretical perspectives of psychology (e.g., behavioral, biological, cognitive, evolutionary, humanistic, psychodynamic, sociocultural) (GELO 3).
2. CLO2. Draw the distinction between scientific and non-scientific methods of understanding and analysis (GELO 3).
3. CLO3. Apply psychological principles to real life experiences and social and organizational settings (GELO 1,2,4).
4. CLO4. Employ critical thinking and communication skills as applied to psychological topics (GELO 3,4, GE Writing Requirement).

Course Materials

Psychology 2e

Author: Rose M. Spielman, William J. Jenkins, and Marilyn D. Lovett

Publisher: OpenStax

Edition: 2

Year: 2020

ISBN: 13: 978-1-975076-45-0

Availability: Online and Campus Bookstore

This book is available at no cost from online (<https://openstax.org/details/books/psychology-2e> (<https://openstax.org/details/books/psychology-2e>)).

Course Requirements and Assignments

Technology Requirements.

- You will need regular access to a computer and Internet to participate in this course. SJSU students can check out equipment on a first-come-first-served basis at no cost.
 - Option 1: Academic Technology Equipment Loaning <https://www.sjsu.edu/it/services/classroom-tech/equipment-loaning/index.php> (<https://www.sjsu.edu/it/services/classroom-tech/equipment-loaning/index.php>)
 - Option 2: Student Computing Services <https://library.sjsu.edu/student-computing-services/student-computing-services> (<https://library.sjsu.edu/student-computing-services/student-computing-services>)
 - Please note equipment availability may be limited - if you anticipate that you will need to check out an equipment, please make the arrangement as early as possible.
- Submission of class activity assignments may occur during class periods with an electronic device that can access the Canvas site.
- On scheduled days of exams (see Course Schedule), please bring a fully charged, working computer (Windows, Mac, ChromeOS, or iPadOS [15 or higher]) to the classroom. Prior to the first exam, students will be asked to install the Respondus LockDown Browser on their device and complete an ungraded practice quiz to become familiar with the assessment. Installation guide will be available on Canvas.
- You will need access to Microsoft Word or Google Docs to complete the writing assignment in the course. SJSU students can use Microsoft Word online at no cost:
<https://www.sjsu.edu/it/services/applications/office.php>
- You may need a PDF viewer (Preview or Adobe Acrobat) to view PDF files.

Assignments. The primary methods of assessment for this course will be class activities, quizzes, exams, course reflection and research participation. Each assignment is designed to enhance your knowledge about psychology and prepare successful completion of the course. Additional instructions will be available on Canvas.

Course information activity. At the beginning of the course, students will complete a course information quiz to become familiar with course requirements. Questions will cover information included the syllabus and course website. Course information activity is worth 5 points (1% of the grade).

Class activities (CLOs 1-4). Students will participate in various in-class activities to enhance their learning throughout the course. In each activity, students will provide an original response to a question and discuss it with classmates. A total of 12 class activity assignments will be graded based on completion and relevance to the topic. Each class activity is completed during a regular class period and is worth 5 points (1% of the grade; 11+ class activities: 55 points or 11% of the grade). One lowest grade will be dropped.

Quizzes (CLOs 1-2). There will be a total of 14 quizzes. Each quiz will include multiple-choice questions, covering one chapter, and is worth 5 points (1% of the grade; 12+ quizzes: 60 points or 12% of the grade). Quizzes will be open-notes and completed as a take-home assignment. There will be 30 minutes to complete each quiz on Canvas. Two lowest grades will be dropped.

Course reflection (CLOs 3-4). Students will select a topic (or integrated topics) learned over the course and reflect on how the topic(s) relate(s) to their current perspectives and experiences in daily life (1500 words; approximately 3 pages, single spaced). It may take several drafts to finalize the course reflection and many of class activities are designed to help you identify the topic(s) of interest and enhance your reflection on the topic(s). The course reflection is worth 150 points (30% of the grade).

Exams (CLOs 1-2). There will be 4 in-class exams. Each exam will include multiple-choice and short-answer questions, covering 3-4 chapters, and is worth 50 points (10% of the grade). Exams will be closed-notes and completed during regular class periods on scheduled days (see Course Schedule).

Research participation (CLOs 3-4). Students of Psyc 1 courses are expected to participate in research studies in the Department of Psychology. Completion of 4 hours of research participation is worth 30 points (6% of the grade).

You can view available studies offered by the psychology department and sign up for the research participation on the SONA online system: <https://sjsu.sona-systems.com/> (<https://sjsu.sona-systems.com/>).

- To ensure successful completion of research participation during the semester, students should complete at least **one hour** of their required research hours by **Thursday, October 1, 2026**.
- A total of **4 hours** should be completed by **Monday, December 7, 2026** to receive full credit. Anything less than 4 hours will result in less than 6% of the course grade (1.5% per hour).
- At least **2 hours** of research participation must be **standard (lab) studies**. The remaining hours may be completed by online studies.
- Additional information on research participation, setting up a SONA account, and departmental policy for partial completion of research studies is available on Canvas.
- If you choose to not participate in 4 research hours, you can consider completing an alternative assignment for full or partial credit of your research participation hours. Please see instructions for the alternative assignment on Canvas.

Attendance. Attendance is critical for success in this course. Students are strongly encouraged to attend each class to maximize the benefits of collaborative learning. If you miss a class, you are responsible for the information from that class. It is vital that you complete all scheduled readings and assignments as

listed in the Course Schedule. Please note that the Course Schedule is tentative and subject to change with fair notice, including assignment due dates.

Late work policy. Students should pay close attention to deadlines and start early on their assignments to avoid technical problems. Late take-home assignments (quiz or course reflection) will be graded down 5% for each day that they are late until the assignments are available on Canvas. Further extension or extension of scheduled in-class activities or exams will not be allowed without a documented serious reason and instructor approval.

✓ Grading Information

Breakdown

Assignment	Frequency	Points per assignment	Total points
Course information activity	1	5	5
Class activities	12	5	55
Quizzes	14	5	60
Course reflection	1	150	150
Exams	4	50	200
Research participation	4 hours total	30	30
Total			500

Grade	Percent range	Points
A	93-100	465 to 500

A minus	90-92	450 to 464
B plus	87-89	435 to 449
B	83-86	415 to 434
B minus	80-82	400 to 414
C plus	77-79	385 to 399
C	73-76	365 to 384
C minus	70-72	350 to 364
D plus	67-69	335 to 349
D	60-66	300 to 334
F	59 or below	299 or below

Academic integrity

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [Academic Integrity Policy \(https://www.sjsu.edu/senate/docs/F15-7.pdf\)](https://www.sjsu.edu/senate/docs/F15-7.pdf). (<https://www.sjsu.edu/senate/docs/F15-7.pdf>) requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of [Student Conduct and Ethical Development \(http://www.sjsu.edu/studentconduct/\)](http://www.sjsu.edu/studentconduct/). (<http://www.sjsu.edu/studentconduct/>).

Some examples of academic integrity in this course may include:

1. Students provide their original work and any inclusion of work by others is properly cited.
2. Students complete closed-notes assessment without referencing notes.

Plagiarism or cheating. San José State University defines plagiarism as the act of representing the work of another as one's own without giving appropriate credit, regardless of how that work was obtained, and submitting it to fulfill academic requirements. Cheating is defined as the act of obtaining credit, attempting to obtain credit, or assisting others to obtain credit for academic work through the use of any dishonest, deceptive, or fraudulent means. If students have any questions about an assignment they are preparing, they should ask their instructor for clarification rather than risk unintentional plagiarism.

Artificial Intelligence (AI). Completing the assignments in this course does not require the use of AI. It often leads to errors and citations of references that don't exist. Relying on AI tools can also interfere with your learning and development of critical thinking and communication skills. Developing strong competencies in these areas will better prepare you to critically evaluate and solve problems and effectively communicate in a professional workplace. The use of generative AI tools is not permitted in

this course without my approval. In rare circumstances in which I approve the use of AI tools, it is important to use them cautiously and properly cite them – otherwise this will be considered plagiarism. Any assignment that uses pre-approved AI tools must include an Appendix with (1) the entire AI interaction, highlighting key parts, (2) which AI tools you used and how, and (3) why you used the AI tools. Students should discuss any concerns about AI use with the instructor beforehand.

Consequences of Academic Dishonesty. Plagiarism or cheating is not tolerated in this course. In cases of violation of academic integrity, the instructor may issue a failing grade ("F") or "0" for the assignment in question and refer the student to the Office of Student Conduct and Ethical Development (SCED) for disciplinary action.

University Policies

Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

Course Schedule

Module	Date	Topic	Assignments and due date *due end of class on Tuesday **due Wednesday at 11:59pm ***due end of class on Thursday ****due Friday at 11:59pm
1	8/20	Course Introduction	Course information quiz****
2	8/25	Introduction to Psychology (Chapter 1)	Class activity 1* Chapter 1 quiz**
3	8/27 9/1	Psychological Research (Chapter 2)	Class activity 2* Chapter 2 quiz**
4	9/3 9/8	Biopsychology (Chapter 3)	Chapter 3 quiz**
	9/10	In-class exam	Exam 1: Chapters 1,2,3***
5	9/15 9/17	Consciousness and Sleep (Chapter 4)	Class activity 3*** Chapter 4 quiz****
6	9/22 9/24	Sensation and Perception (Chapter 5)	Class activity 4*** Chapter 5 quiz****

7	9/29 10/1	Learning (Chapter 6)	Class activity 5*** Chapter 6 quiz**** At least one hour of research participation due 10/1
	10/6	In-class exam	Exam 2: Chapters 4,5,6*
8	10/8 10/13	Cognition (Chapter 7)	Class activity 6* Chapter 7 quiz**
9	10/15 10/20	Memory (Chapter 8)	Class activity 7* Chapter 8 quiz** Course reflection assignment available from 10/20
10	10/22 10/27	Development (Chapter 9)	Class activity 8* Chapter 9 quiz**
11	10/29 11/3	Personality (Chapter 11)	Class activity 9* Chapter 11 quiz**
	11/5	In-class exam	Exam 3: Chapters 7,8,9,11***
12	11/10 11/12	Social Psychology (Chapter 12)	Class activity 10*** Chapter 12 quiz****
13	11/17 11/19	Health (Chapter 14)	Class activity 11*** Chapter 14 quiz**** Course reflection****
14	11/24 12/1 12/3	Psychological Disorders and Treatment (Chapters 15-16)	Class activity 12*** Chapter 15-16 quiz**** Research participation (4 hours) or alternative assignment due 12/7
	12/15	In-class exam	Tuesday, December 15 at 1:00-3:00pm Final exam: Chapters 12,14,15,16