Psychology 1103
General Psychology
Spring 2009

Division of Behavioral Sciences
Instructor: Russ Reglin, M. S.
E-mail: rreglin@mnu.edu
Office Hours: By Appointment
Office Phone: 913-971-3619
Office Location: Metz 209
Course Credit: 3 hours

MWF 12:00-12:50
Metz 103
Fax: 913-791-3402
Office Location: Metz 209
Office Phone: 913-971-3619
Course Credit: 3 hours


Course Description:
This course investigates the basic concepts and theories related to the field of Psychology. This includes the history and major systems, statistics, social foundations, human development, ethical issues in experimentation, current issues in the field and application to contemporary life.

Prerequisites: none

Course Objectives:
Students who satisfactorily complete this course should know how to:
- explain human behavior from the major schools of Psychology,
- read research which reports results in basic statistical terms,
- identify social foundations of human behavior,
- describe expected differences of developmental stages of human life,
- debate ethical issues in psychological experimentation,
- apply psychological principles to contemporary life and to concepts of God and country,
- recognize signs, symptoms, and predisposing conditions associated with psychological diseases and conditions,
- accept themselves as persons of worth and will develop habits of living that are mentally and physically healthy.

Academic Honesty: See student handbook for all policies regarding academic honesty.

Assistance: Any student who is in need of special accommodations should contact the professor within the first two weeks of the semester.

Course Requirements:
Exams: 7 @ 100 pts. 700
Psych Lit paper: 25 pts. 25
REBT paper 25 pts. 25

total 750
Psychological Literature (Psych Lit) Paper. Pay careful attention to expectations. The student will select an article from a professional psychological journal. The journal topic will fall under one of the following categories: Self-Development, Healthy Behavior, Personal Growth, or Self-Esteem. The student is encouraged to check with the professor if unsure whether an article is appropriate or not. The student will turn in the entire article. The student will highlight the critical information. 1-2 page write-up: In their own words the student will describe the content of the research article. Included in the write-up will be one paragraph containing their own honest analysis of the content of the article. Do not use “magazines” such as Time, Newsweek, Psychology Today or Newspapers.

Rubric:
- entire article provided 5 pts.
- highlighted material summarized 10 pts.
- spelling, grammar, 1-2 pages 5 pts.
- student’s summary analysis 5 pts.
Total 25 pts.

Recommendation for locating Professional Journals:
MNU Homepage
Current students Library Databases
EBSCOhost
Student ID #
Click here to continue to EBSCOhost
EBSCOhost Web
Check box for Psych Info & PsychARTICLES, then click on continue at bottom of page Following Find: enter subject; Default field: title or another entry.
Search (If difficulties touch base with a librarian or a res. tech. for assistance.)

Rational Emotive Behavioral Theory (REBT)
The purpose of this assignment is to increase self-understanding especially regarding self-esteem, confidence, and personal growth.
The student will turn in a 1 page, typed, double-spaced paper that provides the following:
A. 2 separate beliefs the student has that they consider to be irrational in nature according to REBT concepts. State specifically how each negatively impacts the student’s life.
B. A statement of restructuring each belief to make them more rational.

Rubric:
2 irrational beliefs and their negative impact 10 pts.
2 examples of cognitive restructuring of beliefs 10 pts.
spelling, grammar, structure 5 pts.
Total 25 pts.
Attendance: Starting with the fourth miss the student will lose 5 pts. per miss. There will be no excused absences. Use cuts wisely.

**Point Breakdown:**

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<thead>
<tr>
<th>Score</th>
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<tbody>
<tr>
<td>578-599</td>
<td>C+</td>
<td>548-577</td>
<td>C</td>
</tr>
<tr>
<td>525-547</td>
<td>C-</td>
<td>503-524</td>
<td>D+</td>
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<tr>
<td>473-502</td>
<td>D</td>
<td>450-472</td>
<td>D-</td>
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**Extra Credit:** Each student will have the option of doing a research paper for a possible 25 points of extra credit. The paper will be 4-6 pages in length, typed, and double-spaced. A minimum of four current sources (last 5 years) is required for the option of full credit. The student will use a minimum of 3 professional journals. Due Dec. 11th, 2009. Spelling & Grammar worth 5 points; Content worth 20 points. It will not be accepted late.

**Exams** may not be taken after scheduled dates. A student could take an exam early if preapproved by professor.
## Tentative Schedule

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<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
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<tr>
<td>Sept.</td>
<td>31: Ch. 1</td>
<td>2: Ch. 1</td>
<td>4: Ch. 1</td>
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<td>7: <strong>Labor Day-no class</strong></td>
<td>9: Ch. 1</td>
<td>11: Ch. 1</td>
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<td>14: <strong>Exam #1</strong></td>
<td>16: Ch. 3</td>
<td>18: Ch. 3</td>
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<td>21: Ch. 4</td>
<td>23: Ch. 4</td>
<td>25: <em>Psych. Lit. Due</em></td>
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<td>Oct.</td>
<td>28: <strong>Exam #2</strong></td>
<td>30: Ch. 5</td>
<td>2: Ch. 5</td>
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<td>5: Ch.7</td>
<td>7: Ch. 7</td>
<td>9: <strong>fall Break-no class</strong></td>
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<td>12: Ch. 7</td>
<td>14: <strong>Exam #3</strong></td>
<td>16: <em>Communiversity</em></td>
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<td>19: Ch. 10</td>
<td>21: REBT</td>
<td>23: Ch. 10</td>
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<td>26: Ch. 11</td>
<td>28: Ch. 11/<em>REBT Due</em></td>
<td>30: <strong>Exam 4</strong></td>
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<td>Nov.</td>
<td>2: Ch. 12</td>
<td>4: Ch. 12</td>
<td>6: Ch. 13</td>
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<td>9: Ch. 13</td>
<td>11: <strong>Exam 5</strong></td>
<td>13: Ch. 14</td>
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<td>16: Ch. 14</td>
<td>18: Ch. 15</td>
<td>20: Ch. 15</td>
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<td>23: <strong>Exam 6</strong></td>
<td>25: <strong>Turkey-no class</strong></td>
<td>27: <strong>Break-no class</strong></td>
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<tr>
<td>Dec.</td>
<td>30: Ch. 16</td>
<td>2: Ch. 16</td>
<td>4: Ch. 17</td>
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|       | 7: Ch. 17           | 9: Ch. 17 | 11: *extra credit due* 
|       | 14: **Exam # 7  1:00-2:50** |       | **Wrap-up.** |

*Note: All events are subject to change.*
Alignment of Mission, Objectives, and Outcomes

MidAmerica Nazarene University

Term: Spring 2008          Class: General Psychology
Dept #: PSYC 1103         CRN: 50047 / 50046
Professor: Russ Reglin
Means of Assessment: Psychology Literature Review Paper

University Mission Statement:
The University provides a variety of intellectual, social, and religious activities that serve a developmental function in students.

Related Division Mission:
General Education at MidAmerica aims to develop certain knowledge, values, and competencies in students in the following areas:

Course Objectives:
Self Understanding: Students will accept themselves as persons of worth and will develop habits of living that are mentally and physically healthy.

Intended Educational (Student) Outcome or State Standards:
Self Understanding: Students will accept themselves as persons of worth and will develop habits of living that are mentally and physically healthy.

Means of Assessment:
Psychology Literature Review Paper
Alignment of Mission, Objectives, and Outcomes

MidAmerica Nazarene University

Term: Spring 2008 Class: General Psychology
Dept #: PSYC 1103 CRN: 50047 / 50046
Professor: Russ Reglin
Means of Assessment: Unit Exam Chapters 10-12

University Mission Statement:
The University provides a variety of intellectual, social, and religious activities that serve a developmental function in students.

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Means of Assessment:
Unit Exam Chapters 10-12
Alignment of Mission, Objectives, and Outcomes

MidAmerica Nazarene University

Term: Spring 2008  Class: General Psychology
Dept #: PSYC 1103  CRN: 50047 / 50046
Professor: Russ Reglin
Means of Assessment: Unit Exam Chapters 3 & 4

University Mission Statement:
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Means of Assessment:
Unit Exam Chapters 3 & 4