Psychology 1103
General Psychology
Spring 2009

Division of Behavioral Sciences  MWF 1:00-1:50
Instructor: Russ Reglin, M. S.  Smith 200
E-mail: rreglin@mnu.edu  Fax: 913-791-3402
Office Hours: By Appointment  Office Location: Metz 209
Office Phone: 782-3750 x-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.

Special Need Students: 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: 50 pts.  50
***REBT paper: 50 pts.  50

Total 800
**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 (summary of what took place, of what was found). Included in the write-up will be one paragraph containing the student’s own honest analysis (your opinion) of the content of the article. Do not use “magazines” such as Time, Newsweek, Psychology Today or Newspapers.

**Rubric:**

- entire article provided 10 pts.
- highlighted material summarized 20 pts.
- spelling, grammar, 1-2 pages 10 pts.
- student’s description & analysis 10 pts.
Total 50 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 20 pts.
- 2 examples of cognitive restructuring 20 pts.
- spelling, grammar, neatness 10 pts.
Total 50 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:**

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>736-800</td>
<td>A</td>
</tr>
<tr>
<td>720-735</td>
<td>A-</td>
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<tr>
<td>704-719</td>
<td>B+</td>
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<tr>
<td>656-703</td>
<td>B</td>
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<tr>
<td>640-655</td>
<td>B-</td>
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<tr>
<td>624-639</td>
<td>C+</td>
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<td>576-623</td>
<td>C</td>
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<tr>
<td>560-575</td>
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<td>544-559</td>
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<td>496-543</td>
<td>D</td>
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<tr>
<td>480-495</td>
<td>D-</td>
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**Extra Credit:** Each student will have the option of doing a research paper for a possible 40 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 April 24th, 2009. Spelling & Grammar worth 15 points; Content worth 25 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Jan.</td>
<td>12: Introduction</td>
<td>14: Ch. 1</td>
<td>16: Ch. 1</td>
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<td></td>
<td>19: <strong>MLK no class</strong></td>
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<td>23: Ch. 1</td>
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<td>26: <strong>Exam 1</strong></td>
<td>28: Ch. 3</td>
<td>30: Ch. 3</td>
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<td></td>
<td>2: Ch. 4</td>
<td>4: Ch. 4</td>
<td>6: <strong>Psych Lit Due</strong></td>
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<td>9: <strong>Exam 2</strong></td>
<td>11: Ch. 5</td>
<td>13: Ch. 5</td>
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<td>16: Ch. 7</td>
<td>18: Ch. 7</td>
<td>20: Ch. 7</td>
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<td>23: <strong>Exam 3</strong></td>
<td>25: Ch. 10</td>
<td>27: Ch. 10</td>
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<td>Feb.</td>
<td>2: Ch. 11</td>
<td>4: REBT</td>
<td>6: Ch. 11</td>
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<td>9: <strong>Exam 4</strong></td>
<td>11: Ch. 12</td>
<td>13: Ch. 12</td>
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<td>16: <strong>SPRING</strong></td>
<td>18: <strong>BREAK</strong></td>
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<td>23: Ch. 12</td>
<td>25: Ch. 13</td>
<td>27: Ch. 13</td>
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<tr>
<td>Mar.</td>
<td>30: <strong>Exam 5</strong></td>
<td>1: Ch. 14</td>
<td>3: Ch. 14</td>
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<td>6: Ch. 15</td>
<td>8: Ch. 15</td>
<td>10: <strong>Easter</strong></td>
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<td>13: Break</td>
<td>15: <strong>Exam 6</strong></td>
<td>17: Ch. 16</td>
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<td>20: Ch. 16</td>
<td>22: Ch. 17</td>
<td>24: Ch. 17 <strong>x-c due</strong></td>
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<td>27: <strong>Exam 7</strong></td>
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Alignment of Mission, Objectives, and Outcomes

MidAmerica Nazarene University

Term: Spring 2009  Class: General Psychology
Dept #: PSYC 1103  CRN: 50044
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:
Spiritual Development, Self Understanding, Critical Thinking, Effective Communication, Social
Responsibility, Scientific Literacy, and Aesthetic Literacy.

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 2009  
Class: General Psychology

Dept #: PSYC 1103  
CRN: 50044

Professor: Russ Reglin

Means of Assessment: Unit Exam Chapters 10-12

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Means of Assessment:

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

MidAmerica Nazarene University

Term: Spring 2009  Class: General Psychology
Dept #: PSYC 1103  CRN: 50044
Professor: Russ Reglin
Means of Assessment: Unit Exam Chapters 3 & 4

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Means of Assessment:
Unit Exam Chapters 3 & 4