PSYC 151 ∙ INTRODUCTION TO BIOPSYCHOLOGY

***Class Meeting Times:* 11-11:50am MWF**

***Class Location:* Ruffner 312/314**

***Instructor:* Dr. Catherine Franssen**

***Office:*  Ruffner 309 *Office phone:* 434-395-4834**

***Email:*** franssencl@longwood.edu

***Office Hours:* Mon 1:30-3:30pm & Thurs 10am-12pm; and by appointment**

**Texts:**

* Kalat. (2013/14) *Biological Psychology*. 11th Ed. or 12th Ed. Wadsworth. (Required)

**Other Materials Required:**

* 3x5 Index cards- bring at least 2 to each class
* Students will be required to use Canvas regularly to access and complete assignments, access supplementary materials, etc.

**Students with Disabilities:** If you are a student with a documented disability and believe you will need accommodations for this class, please contact the Office of Disability Resources (in Graham Hall, by email at disabilityresources@longwood.edu, by phone at 434-395-2391 trs: 711, or at [http://www.longwood.edu/disability/index.html)](http://www.jmu.edu/disabilityser/index.shtml%29) and meet with me as soon as possible with your Access Plan. I am happy to provide accommodations, but can do so **only** through coordination with the Office of Disability Resources.

**Weather:** If the University closes, class will not meet. If class is cancelled due to weather, expect that activities (tests, etc) will move to the next day class meets. If weather prevents you from attending class even if the university is open, contact me by email to make alternate arrangements. If weather prevents ME from attending class even if the university is open, I will post an announcement on Canvas to cancel class, and will likely create an online assignment in lieu of class.

**Online Classes:** We do not currently have any online classes scheduled.It is possible that I may need to be away during the semester due to illness, weather, family emergencies, speaking engagements, or other unforeseen events. If anything prevents me from attending class, I will post an announcement on Canvas, and will create an online assignment in lieu of a class meeting.

**Course Description:**

A general introduction to, and overview of, the structure and function of the nervous system and its role in determining behavior. Emphasis will be on the impact of biopsychology of the traditional areas of psychology, as well as its relationship to everyday behavior. *Prerequisites: PSYC 101(with grade of “C-“ or better) or permission of instructor. 3 credits.*

**Course-Specific Objectives:**

By the end of this course the student will be able to:

1. Diagram the general organization of the nervous system
2. Name some of the brain’s major structures and list their functions.
3. Explain how neurons operate—how they carry information, are influenced by drugs, and change with experience.
4. Describe physiological mechanisms for some behaviors such as: sleep, sex, and stress.
5. List some physiological treatments for some mental disorders, and explain how these treatments work.
6. Justify the statement “all of Psychology can be reduced to biological processes.”

**Expectations:**

* Be on time and be prepared to start class at the appointed time. o This means you should have: index cards, note-taking materials, already read the material assigned, reviewed announcements and upcoming assignments on Canvas, any extra assignments in hand, and enough sleep to stay alert for the duration of class.
* Refrain from talking to classmates during lecture; it is distracting and you may be asked to leave… or at least share with the class. Please direct comments to the professor or class in general. We will have discussion breaks regularly and outlets to share comments.
* Turn off your cell phone or pager before class starts. All cell phones will be placed on silent mode, put away and kept out of sight for the duration of the class unless I direct you to use it for a class assignment. This includes checking for text messages. If you have an extenuating circumstance and need to be accessible to the outside world, please let me know at the beginning of class.
* You may request permission from the professor to use a computer or tablet in class for note-taking purposes. If you are found to be using your computer for other purposes during class and/or are disruptive to other students, permission will be permanently revoked. Students with permission to use electronic devices may be asked to sit in alternate locations within the classroom.
* After the “free” drop/add period (first 5 class days), students may withdraw from the class with a grade of "W" until 5 p.m. on the 35th day of regularly scheduled classes. After the withdrawal period, a student may withdraw for medical or other non-academic emergencies only through the dean’s office. No exceptions will be made to these deadlines.
* The federal Family Educational Rights and Privacy Act of 1974 (FERPA) prohibits me from discussing your academic performance with anyone other than yourself without written permission from you to do so. This includes your parents or legal guardians. If you have folks who like to call or visit professors to discuss your progress, please make them aware of FERPA and be sure to give me a signed, written permission form before they contact me. In accordance with FERPA, I do **NOT** post grades, give grades over the phone, or email grades to students. This is for your own protection. You will be able to use Canvas to find out your points for the class.
* All students are expected to have read and to abide by the Longwood University Honor Code.

**Honor Code:**

You are permitted and encouraged to study with other students, sharing notes and ideas. You are expected to individually complete all evaluations including examinations and online activities. Any unauthorized materials used during exams will be confiscated, you will fail the exam, and you will be reported to Longwood’s Honor Council. Please don’t cheat- it is terribly unpleasant for all involved.

Tests administered to this class during previous semesters have not been made available by your instructor. Review of tests administered to this class during previous semesters will be considered a violation of the Longwood Honor Code. Removal of exams from the lecture room is considered an Honor Code violation.



ANY use of a cell phone or other communication device during an exam or quiz is considered an Honor Code violation and will result in a 0.

Honor Code violations will not be tolerated. **All Honor Code violations** will be reported and are subject to university disciplinary procedures. Review the Honor

Code at [http://www.longwood.edu/studentconduct/12011.htm.](http://www.longwood.edu/studentconduct/12011.htm)

**Grading Scale:**

 Grades will be awarded on the following scale (out of 1000 total points):

 925 - 1000 (93% - 100%) = A

 895 - 924 (90% - 92%) = A- 875 - 894 (88% - 89%) = B+

 825 - 874 (82% - 87%) = B

 795 - 824 (80% - 81%) = B- 775 - 794 (78% - 79%) = C+

 725 - 774 (72% - 77%) = C

 695 - 724 (70% - 71%) = C- 675 - 694 (68% - 69%) = D+

 625 - 674 (62% - 67%) = D

 595 - 624 (60% - 61%) = D- Below 595 (Below 60%) = F

**Graded Assignments:**



4 Tests (150pts each) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 600pts

25 Pre-Class Quizzes (10pts each) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 250pts

Participation/Attendance/Extra assignments \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 150pts

\_\_\_\_\_\_

1000pts

**Tests & Final Exam (600/1000pts)**

* Four (4) Tests will be given over the course of the semester.
* The fourth test will be given during the final exam period. The fourth exam will cover material from the last section of course material and will be cumulative if not comprehensive. The material from early in the semester will be needed to answer the more complex questions later in the semester.
* Make-up tests may be offered in the case of documented emergencies and the professor must be notified within 24 hours of the missed test to avoid a 0. Make-up tests will be offered on a case-by-case basis, and may consist of a test of different format.
* Tests will be cumulative and may consist of several different types of questions: multiple-choice, fill-inthe-blank, true-false, drawing, labeling, definitions, matching, short-answer, and essay-type questions. Questions may draw from the text, lecture notes, supplementary readings, seminars, and videos.
* Students arriving late to class on the day of a test will not be given additional time and must turn in the test at the appointed time.
* Tests will be given on the dates shown on the lecture schedule. In the event of a weather emergency that causes classes to be cancelled, the exam will be given the next class period.
* Questions about grading, etc. may be addressed during office hours or by appointment. The student’s exams will be kept on file in my office for one year.

**Pre-Class Quizzes (250/1000pts)**

* At least twenty-seven (27) online quizzes will be given during the semester and the top twenty-five (25) scores will be kept.
* Due dates will be fixed and late work will not be accepted, even in the case of excused absences.
* Details pertinent to each quiz will be posted on Canvas and quizzes will be taken through that platform.
* Quizzes may consist of several different types of questions: multiple-choice, fill-in-the-blank, truefalse, drawing, labeling, definitions, matching, short-answer, and essay-type questions. Questions may draw from the text, lecture notes, supplementary readings, seminars, and videos.
* Quizzes are intended to prepare students for in-class discussions, thus students will be expected to have read assigned chapter portions and take the quiz *before* the material is covered in class.
* Quizzes are further intended to give practice for upcoming tests. Questions may be repeated or reformatted from quiz to test, or material may not be covered at all on one or the other.

**Participation/Attendance/In-class/Extra assignments (150/1000pts)**

* Attendance (30pts) o Attendance will be checked regularly. Students may miss 4 classes for any reason, excused or unexcused, without impact on their grades.
	+ - After 4 missed classes (excused or not), each unexcused absence will result in a 15 point deduction (1.5% of total grade). After 7 missed classes (excused or not), each unexcused absence will result in a 100 point deduction (10% of total grade). Any student who has missed 10 or more classes, excused or unexcused, will receive an F for the course.
		- If a student has more than 4 excused absences, that student must meet with the professor for each excused absence and alternate arrangements and grading will be agreed upon.
		- Students with excused absences must make up the course work within 1 week of the absence, or risk losing attendance points in addition to loss of points on work.
		- Excused absences are those resulting from the student's participation in a university sponsored activity, from recognizable emergencies, or from serious illness. I require documentation for excused absences. (Student Health Services can provide documentation for students hospitalized locally or absent at the direction of the Student Health Services personnel.)
		- At the end of the course, students will receive an attendance grade out of 30 points. Note that in the case of absences of 7 or more, this grade will be in negative numbers and will significantly pull down the overall grade in the course.
		- Example attendance grades:
			* 0-4 absences = 30 points
			* 5 absences = 15 points (combination of excused and not, will receive 16-29 points)
			* 6 absences = 0 points (combination of excused and not, will receive 1-14 points)
			* 7 absences = -100 points (combination of excused and not- see professor)
			* 8 absences = -200 points (combination of excused and not- see professor)
			* 9 absences = -300 points (combination of excused and not- see professor)  10 absences = Failure from course

* In-class assignments (40pts) o Short in-class assignments will be given regularly, often in the form of “minute papers” or other short responses to be completed on index cards and turned in during class time. More than one may be given in a single class. These may vary in point value from 1-5 points each.
	+ If a student misses the in-class assignment due to tardiness or leaving early, s/he is likely to not only receive a 0 on that assignment, but also be counted absent for the day. If you need to arrive late or leave early, notify the professor or TA early and accommodations can be made.
* Participation (40pts) o In-class participation will be monitored by the professor. Students will be evaluated on how frequently they contribute to class discussions. Meaningful contributions are expected in at least 30% of class meetings (~12 class sessions).
	+ If a student maintains productive contact with the professor during the semester (before/after class, emailing, visiting office hours, etc.), this may replace and/or supplement in-class participation.
	+ A good rule of thumb: if the professor knows your name by the first test, your participation is on track. (However, consistency across the semester is expected… don’t let up at the end!)
	+ Disruptive and/or disrespectful behavior may result in significant point deductions from participation.
	+ Bonus points (up to 5 points for the semester) may be awarded for more frequent and high quality in-class participation.
* Online assignments (40pts) o Throughout the semester, several online assignments will be offered- often in the form of discussion boards.
	+ Bonus points (up to 5 points) may be awarded for completing additional online assignments.

These must be completed by the original due dates.

# PSYC 151: Course Schedule

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| --- | --- | --- | --- | --- |
| **Week**  | **Date**  | **Class Discussion Topics**  | **Readings to be completed** ***BEFORE* class 12th Edition**  | **Readings to be completed** ***BEFORE* class 11th Edition**  |
| 1  | Jan 12  | NO CLASS – SEMESTER START  |   |   |
| Jan 14  | Introduction to Biopsychology  | *Introduction*  | *Chapter 1 (Module 1.1)*  |
| Jan 16  | The Biological Approach to Behavior  | *Introduction*  | *Chapter 1 (Module 1.1)*  |
| 2  | Jan 19  | *NO CLASS – MLK DAY*  |  |  |
| Jan 21  | Animals in Research | *Introduction*  | *Chapter 1 (Module 1.3)*  |
| Jan 23  | Nerve Cells | *Chapter 1 (Module 1.1)*  | *Chapter 2 (Module 2.1)*  |
| 3  | Jan 26  | (ONLINE) Nerve Cells | *Chapter 1 (Module 1.1)*  | *Chapter 2 (Module 2.1)*  |
| Jan 28  | Nerve Impulses  | *Chapter 1 (Module 1.2)*  | *Chapter 2 (Module 2.2)*  |
| Jan 30  | Nerve Impulses  | *Chapter 1 (Module 1.2)*  | *Chapter 2 (Module 2.2)*  |
| 4  | Feb 2  | Synapses: Concepts | *Chapter 2 (Module 2.1)*  | *Chapter 3 (Module 3.1)* |
| Feb 4  | Synapses: Concepts | *Chapter 2 (Module 2.1)*  | *Chapter 3 (Module 3.1)* |
| Feb 6  | **TEST 1**  |  |  |
| 5  | Feb 9  | Synapses: Chemical Events  | *Chapter 2 (Module 2.2)*  | *Chapter 3 (Module 3.2)*  |
| Feb 11  | Synapses: Chemical Events  | *Chapter 2 (Module 2.2)*  | *Chapter 3 (Module 3.2)*  |
| Feb 13  | Structure: Vertebrate Nervous System | *Chapter 3 (Module 3.1)*  | *Chapter 4 (Module 4.1)* |
| 6  | Feb 16  | (ONLINE) Structure: Vertebrate Nervous System | *Chapter 3 (Module 3.1)*  | *Chapter 4 (Module 4.1)* |
| Feb 18  | *SNOW DAY*  |  |  |
| Feb 20  | Structure: Vertebrate Nervous System | *Chapter 3 (Module 3.1)*  | *Chapter 4 (Module 4.1)* |
| 7  | Feb 23  | The Cerebral Cortex  | *Chapter 3 (Module 3.2)*  | *Chapter 4 (Module 4.2)* |
| Feb 25  | The Cerebral Cortex  | *Chapter 3 (Module 3.2)*  | *Chapter 4 (Module 4.2)* |
| Feb 27  | Research Methods  | *Chapter 3 (Module 3.3)*  | *Chapter 4 (Module 4.3)* |
| 8  | Mar 2  | **SPRING BREAK**  |  |  |
| Mar 4  |
| Mar 6  |
| 9  | Mar 9  | **TEST 2**  |  |  |
| Mar 11  | Rhythms of Waking & Sleeping  | *Chapter 8 (Module 8.1)* | *Chapter 9 (Module 9.1)* |
| Mar 13  | Stages of Sleep & Brain Mechanisms  | *Chapter 8 (Module 8.2)* | *Chapter 9 (Module 9.2)* |
| 10  | Mar 16  | Sleep; REM; Dreams  | *Chapter 8 (Module 8.3)*  | *Chapter 9 (Module 9.3)*  |
| Mar 18  | Sleep; REM; Dreams  | *Chapter 8 (Module 8.3)*  | *Chapter 9 (Module 9.3)*  |
| Mar 20  | Sex & Hormones  | *Chapter 10 (Module 10.1)*  | *Chapter 11 (Module 11.1)*  |
| 11  | Mar 23  | Sex & Hormones  | *Chapter 10 (Module 10.1)*  | *Chapter 11 (Module 11.1)*  |
| Mar 25  | Sexual Behavior  | *Chapter 10 (Module 10.2)*  | *Chapter 11 (Module 11.2)*  |
| Mar 27  | Sexual Behavior  | *Chapter 10 (Module 10.2)*  | *Chapter 11 (Module 11.2)*  |
| 12  | Mar 30  | **TEST 3**  |  |  |
| Apr 1  | What is Emotion?  | *Chapter 11 (Module 11.1)*  | *Chapter 12 (Module 12.1)*  |
| Apr 3  | Attack & Escape Behaviors  | *Chapter 11 (Module 11.2)*  | *Chapter 12 (Module 12.2)*  |
| 13  | Apr 6  | Attack & Escape Behaviors  | *Chapter 11 (Module 11.2)*  | *Chapter 12 (Module 12.2)*  |
| Apr 8  | Stress & Health  | *Chapter 11 (Module 11.3)*  | *Chapter 12 (Module 12.3)*  |
| Apr 10  | Stress & Health  | *Chapter 11 (Module 11.3)*  | *Chapter 12 (Module 12.3)*  |
| 14  | Apr 13  | Substance Abuse & Addiction  | *Chapter 14 (Module 14.1)*  | *Chapter 3 (Module 3.3)*  |
| Apr 15  | Substance Abuse & Addiction  | *Chapter 14 (Module 14.1)*  | *Chapter 3 (Module 3.3)*  |
| Apr 17  | Mood Disorders | *Chapter 14 (Module 14.2)*  | *Chapter 15 (Module 15.1)*  |
| 15  | Apr 20  | Mood Disorders | *Chapter 14 (Module 14.2)*  | *Chapter 15 (Module 15.1)*  |
| Apr 22  | Schizophrenia  | *Chapter 14 (Module 14.3)*  | *Chapter 15 (Module 15.2)*  |
| Apr 24  | Schizophrenia  | *Chapter 14 (Module 14.3)*  | *Chapter 15 (Module 15.2)*  |
| 16  | Apr 28  | **TEST 4/ FINAL EXAM810:30am**  |  |  |