

Course Syllabus

[Jump to Today](#)

 Edit

Course Number and Name: PSY 210 005 - Introduction to Psychology

Term Dates: 09/02/2025-12/20/2025

Meeting Location: Central King Building 106

Meeting Days & Times: Mondays, Thursdays 1:00 pm -2:20 pm

Lecture/Lab Hours: 3.00 Lecture Hours

Credits: 3.00

Course Description:

This course provides an overview of the scientific study of behavior and mental processes. Students will explore major areas of psychology, including biological foundations, sensation and perception, learning, memory, development, personality, social behavior, psychological disorders, and treatment. Emphasis is placed on applying psychological concepts to everyday life and developing critical thinking skills to evaluate psychological research.

Instructor

Delina Lyons

Email: dl634@njit.edu

I do my best to respond to emails and Canvas messages within 24-48 hours during business days, excluding weekends and holidays. If you would like to meet with me for office hours, please schedule with me via email, or before/after class. I am available before and after class in person, and also via zoom for your convenience at a mutually agreed upon time.

Course Learning Outcomes

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

1. Describe the major theoretical perspectives and foundational concepts in psychology.
2. Apply psychological principles to everyday behavior, relationships, and decision-making.
3. Identify and evaluate methods psychologists use to study behavior and mental processes.
4. Demonstrate understanding of biological, cognitive, developmental, and social influences on behavior.
5. Critically analyze claims about human thought and behavior using scientific reasoning.

6. Reflect on how psychological knowledge can promote personal growth and well-being.

Course Materials

This course uses the free, open-access NOBA Project textbook. NOBA provides high-quality, peer-reviewed modules written by experts in psychology. The text is fully online and free of charge, with options to download individual chapters as PDFs or access the material directly through the NOBA website.

You can access the textbook, which is course-specific, here:

<http://noba.to/prkq72my>  (<http://noba.to/prkq72my>)

Course Requirements

To boil it down: Do the required reading, come to class, complete the weekly journals, and study for the exams!

Attendance is very important to our course. **There is a reading quiz each class** for the assigned reading at the beginning of class. These quizzes account for your attendance, and check your comprehension of the material. In class, we focus on **in-class applied activities** with some lecture. Participation is important! **Weekly journals** will be collected three times throughout the semester. These reflections help you reflect on our learning and apply the knowledge in new ways. **There are three (3) major exams** throughout the semester.

Evaluation Methods

Total Points System: This class will be graded on a total points system. There is a total 500 possible points to earn. Your final grade will be calculated using the total points. See example below.

Reading Check Quizzes: 100 points (5 points each, 21 total, lowest grade dropped)

Weekly Journals: 75 points (5 points each, 15 total)

Midterm 1: 100 points

Midterm 2: 100 points

Final Exam: 125 points

Example: Delina misses a few reading check quizzes but studies very hard for the exams. Her grades are as follows:

Reading Check Quizzes: 50/100 points

Weekly Journals: 70/75 points

Midterm 1: 90/100 points

Midterm 2: 85/100 points

Final Exam: 120/150 points

Total: 405/500 (81, B)

At the professor's discretion, there may be extra credit opportunities posted throughout the semester on CANVAS and announced in class.

Grading

Letter Grade Percentage

A	90-100
B+	87-89
B	80-86
C+	77-79
C	70-76
D	60-69
F	< 60

Class Schedule

Week	Reading Due	Learning Activities
1		No Mon class 9/1, Labor Day
	Chapter 1: Why Science?	Thurs 9/4: First class. Introduction to class

		expectations, lecture, class activity "Myth Busting."
2	Chapter 2: History of Psychology	Mon 9/8: "History of Psychology" reading quiz, lecture, class activity "Elevator Pitch."
	Chapter 3: Research Designs	Thurs 9/11: Research Designs reading quiz, lecture, class activity "Experimental Designs"
3	Chapter 4: The Nature-Nurture Question	Mon 9/15: Nature-Nurture reading quiz, lecture, class activity "Sorting Traits; Twin Case Study."
	Chapter 5: The Brain and the Nervous System	Thurs 9/18: The Brain and the Nervous System reading quiz, lecture, class activity "Neuron Building"
4	Chapter 6: Sensation and Perception	Mon 9/22: Sensation and Perception reading quiz, lecture, class activity "Optical Illusions"
	Chapter 7: States of Consciousness	Thurs 9/25: States of Consciousness reading quiz, lecture, class activity "Consciousness Scenarios"

5	Chapter 8: Conditioning and Learning & Chapter 9: Factors Influencing Learning	Mon 9/29: Conditioning and Learning & Factors Influencing Learning reading quiz, lecture, class activity "Learning Types"
	No reading assigned.	Thurs 10/2: No class. NJIT Wellness Day
6	No reading assigned. Study!	Mon 10/6: Midterm (covering chapters 1-9)
	Chapter 10: Memory (Encoding, Storage, Retrieval)	Thurs 10/9: Memory (Encoding, Storage, Retrieval) reading quiz, lecture, class activity "Memory Challenges." Journals for weeks 1-5 due.
7	Chapter 11: Intelligence	Mon 10/13: Intelligence reading quiz, lecture, class activity "IQ assessments"
	Chapter 12: Cognitive Development in Childhood	Thurs 10/16: Cognitive Development in Childhood reading quiz, lecture, class activity "Through a Child's Eyes"
8	Chapter 13: Functions of Emotions	Mon 10/20: Functions of Emotions reading quiz, lecture, class activity

		"Emotion Mapping & Decision Making"
	Chapter 14: Attachment Through the Life Course	Thurs 10/23: Attachment Through the Life Course reading quiz, lecture, class activity "Attachment Case Studies & Self-Assessment"
9	Chapter 15: Social and Personality Development in Childhood	Mon 10/27: Social and Personality Development in Childhood reading quiz, lecture, class activity "Development & Intervention Case Studies"
	Chapter 16: Personality Traits	Thurs 10/30: Personality Traits reading quiz, lecture, class activity "Big Five Trait Mapping" Review for Midterm.
10	No reading assigned. Study!	Mon 11/3: Midterm (covering chapters 10-16)
	TBD	Thurs 11/6: Journals for weeks 6-9 due.
11	Chapter 17: History of Mental Illness	Mon 11/10: History of Mental Illness reading quiz, lecture, class activity "Timeline Activity"

	Chapter 18: Personality Disorders	Thurs 11/13: Personality Disorders reading quiz, lecture, class activity "What Makes a Disorder?"
12	Chapter 19: Mood Disorders	Mon 11/17: Mood Disorders reading quiz, lecture, class activity "Mood Graphs"
	Chapter 20: Anxiety and Related Disorders	Thurs 11/20: Anxiety and Related Disorders reading quiz, lecture, class activity "Thought-Behavior Chain"
13	Chapter 21: Therapeutic Orientations	Mon 11/24: Therapeutic Orientations reading quiz, lecture, class activity "Therapeutic Orientations Role Play"
		***Tues 11/25, Thursday classes held! Flex Day.
14	Chapter 22: Introduction to the Science of Social Psychology	Mon 12/1: Introduction to the Science of Social Psychology reading quiz, lecture, class activity "Attribution Detective"
	No Reading Assigned.	Thurs 12/4: Review Day.
15	No Reading Assigned. Study!	Mon 12/8: Final Exam.

	No Reading Assigned.	Thurs 12/11: Last Class. Week 10-15 Journals due.
--	----------------------	--

Class Policies

Attendance: You must come to each class. This is important to receive the lecture, participate in our learning activities, and complete all required assessments (e.g., reading check quizzes, mid terms). Attendance means being in the room literally and figuratively. No phones during class please.


Homework: The majority of "homework" for this class will be the **readings** and the **weekly journals**. It is important to complete the weekly journals with the pace of the class in order for you to apply your learning while it is still fresh (and to prevent you from becoming overwhelmed). Journals are due 3 times throughout the semester (see class schedule). They may be turned in late for up to one week after the deadline, with a 1 point deduction per late journal.

Make ups: Students are only eligible to make up quizzes and exams with *documented* extenuating circumstances that are approved by the Dean of Students (e.g., significant illness with doctor's note, family bereavement, religious observance*). Please message me on canvas or email me if you will not attend class, **and also** reach out to the Dean of Students. They review your documentation, and will notify me if your absence should be excused and eligible for a make up. No need to send me documentation directly.

Religious Observance: *Per university policy, please provide me notification of these absences two weeks in advance so I can best accommodate you. No need for the Dean's office to approve these absences.

Because life happens, all students are able to drop their lowest reading check grade. Just get in a fight with your BFF and bomb the quiz? Accidentally forget to do the reading? One time VIP Billie Eilish tickets you were just offered and can't refuse? We all deserve some flexibility.

Respect: Psychology can bring up emotional subjects. We will all respect one another in class, use professional language, and keep sensitive information regarding our peers confidential.

Academic integrity: *Academic Integrity is the cornerstone of higher education and is central to the ideals of this course and the university. Cheating is strictly prohibited and devalues the degree that you are working on. As a member of the NJIT community, it is your responsibility to protect your educational investment by knowing and following the code of Academic Integrity policy that is found at: [NJIT Academic Integrity Code](https://t.e2ma.net/click/zzkslnb/nuwgoovf/bpod05x)  [. !\[\]\(4f9d0ae3c2647e19346cd8247c9e7e9d_img.jpg\) \[.\]\(https://t.e2ma.net/click/zzkslnb/nuwgoovf/rhpd05x\)](https://t.e2ma.net/click/zzkslnb/nuwgoovf/bpod05x)*

Please note that it is my professional obligation and responsibility to report any academic misconduct to the Office of the Dean of Students. Any student found in violation of the code by cheating, plagiarizing, or using any online software inappropriately will result in disciplinary action.

This may include a failing grade of F, and/or suspension or dismissal from the university. If you have any questions about the code of Academic Integrity, please contact the Office of the Dean of Students at dos@njit.edu. (<mailto:dos@njit.edu>)


Generative AI: This course expects students to work without artificial intelligence (AI) assistance in order to better develop their skills in this content area. As such, AI usage is not permitted throughout this course under any circumstance for assignments/grade based work (e.g., Journal Assignments, extra credit assignments if applicable). *However, students may consider the use of AI to generate study schedules or study aides prior to exams (but of course such aides may not be used during the actual exams).*

Please see the NJIT support services resources guide for academic, mental health, and financial support:









<https://www.njit.edu/care/resources> 

[. \(https://www.njit.edu/care/resources\)](https://www.njit.edu/care/resources)

Course Summary:

Date	Details	Due
Mon Sep 8, 2025	 <u>Week 1 Journal</u> . (https://njit.instructure.com/courses/57376/assignments)	due by 11:59pm

Date	Details	Due
Sat Sep 13, 2025	 <u>Academic Engagement: Fall 2025</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Sep 15, 2025	 <u>Week 2 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Sep 22, 2025	 <u>Week 3 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Sep 29, 2025	 <u>Week 4 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Oct 6, 2025	 <u>Week 5 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Oct 13, 2025	 <u>Week 6 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Oct 20, 2025	 <u>Week 7 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Oct 27, 2025	 <u>Week 8 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Nov 3, 2025	 <u>Week 9 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm

Date	Details	Due
Mon Nov 10, 2025	 <u>Week 10 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Nov 17, 2025	 <u>Week 11 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Nov 24, 2025	 <u>Week 12 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Dec 1, 2025	 <u>Week 13 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Mon Dec 8, 2025	 <u>Week 14 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
Thu Dec 11, 2025	 <u>Week 15 Journal</u> https://njit.instructure.com/courses/57376/assignments	due by 11:59pm
	 <u>Midterm #1</u> https://njit.instructure.com/courses/57376/assignments	
	 <u>Roll Call Attendance</u> https://njit.instructure.com/courses/57376/assignments	