

Syllabus = Guide
to class success

PY 101-104: Intro to General Psychology

Psychology Instructor: Sandro Sehic, PhD
(“Dr. Sehic”)

School of Public and Human Services (PAHS)

Instructor Contact
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Information:
OHM BOCES, 502 Court St., Utica, NY, 13502
Office Hours: T,Tr: 8:00 a.m. until 2:30 p.m. MWF: By appointment
Class Information:

Course Description

This course introduces the many and varied facets of psychology. Emphasis is on interactions of individuals in their cultural, social, and economic environments as determined by their cognitive, behavioral, and emotional experiences and training.

Credits: 3 Prerequisite: None

Course Objectives

The purpose of this course is to provide the student with a general introduction to the field of psychology in the areas of neuroscience, sensation and perception, states of consciousness, development, learning, memory, thinking and intelligence, emotion and motivation, stress, health and well-being, personality and abnormality and therapy.

Student Learning Outcomes:

Upon successful completion of this course a student will be able to:

- Demonstrate a command of the basic vocabulary of psychology.
- Explain the goals of psychology.
- Describe the major areas in the field (such as developmental, industrial, forensic, cognitive, abnormal, personality, assessment, perception, social, health, and neuroscience) and identify the parameters of this discipline.
- Use authoritative sources and accepted stylistic conventions to describe the contributions of major figures in the field.
- Discuss the historical development of psychology and describe how factors involving race, class, and gender may have contributed to this development.
- Discuss the major research studies in the field including their implications and limitations. • Discuss the biological bases of behavior on both the micro (such as neurocellular, neurophysiological, and neurochemical) and macro (central and peripheral nervous system) levels.
- Distinguish between the major perspectives (such as behavioral, psychoanalytic, cognitive, humanistic, learning, physiological, and sociocultural) on human thought and behavior. • Analyze the role that psychological perspectives and theories played in the creation and perpetuation of the dynamics of power, privilege, oppression, and opportunity.
- Identify scientific techniques used by psychologists to develop theories and guide practice and their limitations.
- Apply psychological theories to describe, understand, predict, and control or modify behavior. • Apply the principles of rights, access, equity, and autonomy to explore how psychological theories may interact with race, class, and gender in their relationship to behavior.
- Describe the historical and contemporary societal factors that shape the development of individual and group identity involving race, class, and gender.
- Analyze the role that complex networks of social structures and systems play in the creation and perpetuation of the dynamics of power, privilege, oppression, and opportunity. • Apply the principles of rights, access, equity, and autonomous participation to past, current, or future social justice action.

Major Topics:

1. Vocabulary of Psychology 2. Biological bases of behavior 3. Goals of Psychology 4. Major Perspectives on human thought and behavior 5. Major areas in the field of Psychology 6. Scientific Techniques used by Psychologists that guide practice and include limitations 7. Major figures and their contributions to 8. Apply theories to the goals of research Psychology 9. Historical development of Psychology 10. Psychology and diversity
11. Major research studies

Materials

No Textbook Required!!! All course material can be found in Buzz. Required

Technology:

- You will need to have access to the internet. Get in the habit of checking your student email daily. I will only use your student email, any replies to emails you send me, will always be sent to your student email... even if you contact me from a non school issued email account. So, if you are not able to access your student email account, you need to contact the IT Help-Desk to fix the problem.
- The software you will use during this course is Buzz. I will maintain a general Buzz Course Page for PY 101 where you will be able to access related course materials.

My Teaching Philosophy/What you can expect from me and what I can expect from you: I

like to create a sense of community in the classroom - sharing thoughts and welcoming new ideas. Therefore, be kind and respect other people's opinions in a discussion. We may not always agree, but working through the issue constructively, is how we all gain experiences (which equals learning and growing...all great things!). While being critical, try to be open-minded and flexible. Enjoy the learning process. The course content is delivered in diverse ways to meet everyone's needs. Be mindful of the due dates! All students are awarded the same opportunities, given the same assignments and (possible) extra credit. I am always evolving, learning from you. If you find that you have trouble keeping up with assignments or other aspects of the course, make sure you let me know as early as possible. Building rapport and effective relationships are key to becoming a successful professional. Make sure you are proactive in informing me when difficulties arise during the semester, so that I may help you find a solution.

In-Person Attendance Policy

Attendance is required at all sessions and is a prerequisite for your grade. Repeated absences may result in failing the course. Due to the size of our class, we have a special opportunity to build a community atmosphere and to concentrate, in a relatively uninterrupted way, on our topics. However, this requires everyone's commitment to attend and participate in all our class meetings.

I will take attendance daily. If you are a few minutes late for class, please come in quietly and take the seat. Please be as non-distracting as possible. If this policy is not followed, I will have a private conversation with you. I want all students to attend class...the classroom is where you will have hands-on learning experience and apply what you have read in the text. You will have the opportunity to ask me questions, interact with your fellow classmates, and demonstrate your understanding of the material.

In an event that you are unable to attend a class, you should obtain my permission for a planned absence or provide an explanation for an unplanned absence. You should do this by means of school email. You can always contact me by phone as well, but I would like an email as well for documentation.

Class Cancellation Policy: If I need to cancel class due to an illness, personal reason, or professional commitment, I will notify you in a timely fashion. However, just because a class was cancelled does not mean that no work will get done...I will post an assignment (with Instructions) to Buzz for you to complete before our next class meeting time. You will not lose any points.

Learning something new can be challenging, but we will have fun doing it; relating what it is we are doing to the real world. Obtaining new knowledge is something that is irreplaceable! Everyone brings something exciting and new to the classroom and if you are not here, you will miss out and so will others. All absences are recorded...in the case of multiple absences your completion coach will be notified (excessive absences are also reported during the census). If something is preventing you from attending class, there are resources on campus that can help:

Technology Help:

OHM BOCES has developed a special page for students to get tech help for their classes. If you follow the link and answer the questions, you will be directed to a person who can help you with your issues. I would strongly recommend that you save this URL to your favorites. <https://www.oneida-boces.org/IVChelp>

Ethical and Professional Behavior Summary:

Act/ behave like a professional you aspire to be. If you do not, you will be written up.

Respect your classmates, instructors, and everyone on campus with the same respect you would want them to treat you.

Both, MVCC and OHM BOCES are committed to civility in and out of the classroom. MVCC and OHM BOCES believe everyone has the right to an environment that creates the safe opportunity for educational, professional and social development. OHM BOCES recognizes its responsibility to model and encourage a culture of civil behavior.

Special Needs:

Let me know what you need to be successful. I do my best to accommodate. Everyone. Students with an individualized education plan (IEP) will receive accommodation as stated in the IEP. In addition, if you personally need, or feel that you need, accommodation to learn successfully, please let me know and I will be happy to help you.

*****College Community Connection-C₃*****

Helps students with non-academic problems (family, health, or financial issues).

They assist students and families in completing their educational goals.

Services provided: child and elder care services, transportation, health care services, family and/or employment assistance, legal aid, food assistance, housing assistance, other support services.

Considerations for the Online Learner:

Please go to the website and check out all the useful links and information for the online learner!

1. **Communication skills** – Communicate clearly and concisely when you write. Always review guidelines for assignments (check for spelling and grammar, READ your posting before you submit it, correct any awkward or unclear areas before you post the final version).

2. **Time management** – No matter how convenient or flexible distance education may be, taking a distance course requires time. You might save commuting time in a distance course, but you might also spend more time with technology concerns. Whether the time you spend on course-related work is more or less than you might experience in a traditional, classroom-based course, it is still time you need to reserve and manage carefully. When evaluating your online course options, consider how much time you have to dedicate to coursework every week during the semester, and estimate the time commitment the course will require. (Balancing responsibilities and setting priorities.). (You will need to have access to reliable internet and a working computer).

Writing Clearly:

Writing Expectations: Learning outcomes for candidates' writing competencies include clarity of thought, discernment in planning and organization, and integration of evidence and criteria. The instructor expects that students will have knowledge of appropriate forms of documentation and use it where appropriate. Use the APA format and style of notation to credit all sources that are not your own.

There is a craft to writing. **Spelling, grammar, punctuation and diction (word usage) are all tools of that craft.** Writing at the collegiate level will show careful attention to these elements of craft. Work that does not exhibit care with regard to these elements will be considered as inadequate for college writing and graded accordingly.

Course Expectations

Student responsibilities:

I strongly encourage you to create your own notes as you complete your weekly readings for each topic. Taking notes as you read will allow you to review each topic in the future without having to re-read it in its entirety.

Good, thorough notes, depending on the length of the reading, may be several pages typed and should include:

- ♣ Key Terms (vocabulary... learn key terms)
- ♣ Key People
- ♣ Key Themes

Workload:

You should anticipate spending a **minimum of 3-5 hours of work on this course each week**. Such a time requirement is consistent with the expectations for all college-level courses. Please allow time for your readings, reflection, the construction of chapter notes, and the completion of all assignments.

Generative Artificial Intelligence (AI) Syllabus Statement:

Writing, analytical, and critical thinking skills are part of the learning outcomes for this course; therefore, I expect all work students submit for this course will be their own. Students are not allowed to use any generative artificial intelligence tools (for example, ChatGPT) at any stage of the work process. AI-generated submissions are not permitted and will be considered as plagiarism. Please note that different classes could implement different AI policies, and it is the student's responsibility to conform to expectations for each class.

Major Assignments & Tests

1. Bell ringers, Exit tickets: 25 percent (25%)
2. Exams: 25 percent (25%)
3. Final test: 25 percent (25%)
4. Weekly In-Class Participation/Assignments: 25 percent (25%).

Grading/Grade Scale

Bell ringers and Exit tickets:	25%
Exams:	25%
Final test:	25%
Weekly assignments:	25%

A	90-100%	Excellent
B+	85-89%	
B	80-84%	Good
C+	75-79%	
C	70-74%	Average
D+	65-69%	
D	60-64%	Min. pass
F	Below 60%	Fail

*The above grading scale is based on MVCC's grading policy. Your school's grading policy may be different (and usually is). Therefore, you may see two different final grades. One on your school's transcript and another on MVCC's transcript.

Extra Credit: Students will have an option to write a research paper about a topic that relates to psychology. This assignment is NOT required but is optional and will count as an extra credit. Students who are interested in writing a research paper will have to submit a request to the instructor right after the Winter break via email. Remember, the topic must relate to psychology. Late requests for extra credit assignments will not be approved. The research papers will have to be written in the following format:

- Research paper must cover a topic that relates to psychology.
- Research paper must be a minimum of five pages long.
- Double-spaced, font size 12.
- All sources must be properly referenced in accordance with APA style.
- The research papers must be turned in on June 6, 2026 by the end of the day. Not early, not later. -The research papers must be turned in Word form or Google Docs.

Topic suggestions:

- Find any topic of your interest that relates to psychology and write a research paper.
- Read a book that relates to psychology and write a book review.
- Conduct a short research study.
- A research paper on the works of famous psychologists.

Late Work Policy:

Be sure to pay attention to deadlines. Late work will not be accepted without a serious and compelling reason and instructor approval. Examples of serious and compelling reasons are: a death in the family; an accident or injury resulting in the student or an individual in the student's immediate family (e.g., mom, dad, brother, sister, child, sibling) being hospitalized; a chemotherapy appointment.

Extenuating Circumstances:

These are serious factors outside a student's control, which may hinder a student's ability to perform to the best of his/her ability. They should be brought to my attention as soon as possible and will be handled on an individual basis.

Tentative Weekly Calendar

Week	Days	Weekly Topic
1	9/1-9/6	-Rationale -Syllabus -Introductions -Please read your syllabus thoroughly before the next class. -Pretest
2	9/7-9/13	Chapter 1: Psychological Foundations
3	9/14-9/20	Chapter 2: Psychological Research
4	9/21-9/27	Chapter 3: Biopsychology
5	9/28-10/4	Chapter 4: States of Consciousness
6	10/5-10/11	Chapter 5: Sensation and Perception Exam #1
7	10/12-10/18	Chapter 6: Learning
8	10/19-10/25	Chapter 7: Thinking and Intelligence
9	10/26-11/1	Chapter 8: Memory
10	11/1-11/8	Chapter 9: Lifespan Development Exam #2
11	11/9-11/15	Chapter 10: Motivation and Emotion
12	11/16-11/24	Chapter 11: Personality
13	11/25-11/29	Thanksgiving Recess: NO SCHOOL
14	11/30-12/6	Chapter 12: Social Psychology
15	12/7-12/13	Chapter 13: Industrial-Organizational Psychology Exam #3
16	12/14-12/22	Chapter 14: Health, Stress, Lifestyle
17	12/23-1/3/2027	Winter Recess: NO SCHOOL
18	1/4-1/10	Chapter 15: Psychological Disorders
19	1/11-1/17	Chapter 16: Therapy and Treatments
20	1/18-1/24	Final Test: The date will be determined

Important Dates:

September 7th - Labor Day

September 28th - Columbus Day

October 9th – Superintendent's Conference Day - No classes

October 12th - Columbus Day/Indigenous Peoples Day

November 11th – Veterans Day

November 25th to 27th - Thanksgiving Recess

December 13th to January 3rd - Winter Recess - No classes

Useful College Resources:

1.) College Community Connection

Address: Francis A. Wilcox Hall (formally called IT building) 129C (Utica)

Phone: 315-792-5342

Website: <https://www.mvcc.edu/c3>

What is C3?

C3 is a centralized network or connecting hub of services and resources that can aid you in your time of need.

What "things" can C3 help me with?

If you are without housing, frequently skipping meals, in need of social services, having transportation issues or any other issues outside of the classroom, C3 can help.

What resources and services can C3 connect me to?

Basic Needs:	Transportation:	Child Care:	Healthcare:
Food, clothing, shelter	Free access to public transportation	Identifying and utilizing available services and providers	Insurance, vaccines, prevention, screening, treatment
Counseling:	Housing Assistance:	Income Support:	Emergency Assistance:
On-campus and community-based services Temporary housing,	utilities, weatherization, relocation Temporary	employment, tax services, financial literacy, Public	Assistance Relief and recovery, legal aid, start-up help.

2.) Is there a food pantry on campus?

Yes! The food pantry is located in the Learning Commons of the Francis A. Wilcox Hall (Room 144). It is open during College hours (8:30 AM-4:30 PM). All are welcome!

3.) Learning Commons:

Utica Address: Francis A. Wilcox Hall, 129

Phone: 315-792-5517

Rome: Plumley Complex Room 102

Phone: 315-334-7733

Description of Services: Learning Commons is the integrated hub that combines a welcoming learning space, technology, and services to **help students achieve their academic goals.** In the Learning Commons, students could receive **individualized and student-centered tutoring in** a wide range of subjects. Mentored study groups and Supplemental Instruction provide additional support to help motivated students succeed. Further, librarian support enhances learning in a relaxed and attentive environment. Completion coaches are also available to provide a holistic approach to eliminate any barriers to academic success. **Computer workstations, scanners, and printers add to the wealth of resources in the Learning Commons.**

Holistic Student Support Office:

Our Student Support Advisors at Mohawk Valley Community College are here to provide expert planning, accurate guidance, and stable support for you as you create, work toward, modify, and attain your educational goals. You and your Student Support Advisor work together as a team to best understand the direction and purpose of a college education for you. Student Support Advisors are assigned to help students based upon their program of study.

Student Support Advisors:

If you would like to meet with your Student Support Advisor, please contact our Holistic Student Support Office.

Utica Campus: (315) 731-5710 or (315) 731-5719

Rome Campus: (315) 334-7709

Website: <https://www.mvcc.edu/advisement/>

Important MVCC Statements

1. Academic Integrity:

Academic Integrity demonstrates respect for intellectual work. It is the foundation of intellectual inquiry and facilitates honesty and the free exchange of ideas for the purpose of growth, which are essential for learning. Therefore, academic honesty and integrity is expected in all work done for this class. Refer to the [student handbook](#) for full information about academic integrity, including plagiarism, cheating, duplicate submission of work, collusion, and lying. Academic dishonesty may result in penalties including, but not limited to, lower grades, expulsion from the class, or expulsion from the college.

2. Classroom & Campus Civility:

Mohawk Valley Community College is committed to civility in and out of the classroom. MVCC believes everyone has the right to an environment that creates the safe opportunity for educational, professional and social development. MVCC recognizes its responsibility to model and encourage a culture of civil behavior.

3. Updated (7/10/2020): Disability Self-Identification Statement: Office of Accessibility Resources (OAR):

I would appreciate hearing from anyone in the class who has any type of disability (e.g., physical, learning, mental health, vision, hearing, or any temporary situation such as a broken wrist, etc.) which may require some special accommodation. Please email me or contact me during my office hours so that we can discuss your needs. Before services can begin, you must also contact the Office of Accessibility Resources, through this [link](#) on the MVCC website; email them at oar@mvcc.edu or call them at 315-792- 5644 and leave a message. Office of Accessibility Resources (OAR) Staff members will review your documentation, determine your eligibility for accommodations, and decide what those accommodations will be. In this COVID situation, if you are diagnosed with COVID and need accommodations during the course, this office can support you as well.

4. Title IX Statement:

Title IX states that no person in the United States shall be subject to sex discrimination, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance. Sex discrimination includes sex-based harassment in the form of quid pro quo harassment, hostile environment harassment, sexual assault, dating violence, domestic violence, stalking, and discrimination on the basis of sex stereotypes, sex characteristics, pregnancy or related conditions, sexual orientation, and gender identity.

5. Sustainability Statement

Mohawk Valley Community College is committed to development and implementation of a comprehensive sustainability plan. To that end, we are beginning by asking students, faculty, and staff to actively participate in energy conservation measures and proper recycling on campus. The Green Bins in every classroom are intended for all recyclables. They can take Paper, Plastic, Metal and Glass. Containers should be clean* and empty. Any materials that cannot be recycled should be placed in garbage cans. It is also important to turn off lights and computers when leaving a room. Together we can make an impact on conserving our resources. Remember to reduce, reuse and recycle!

*Clean means free of food residue, so pudding and yogurt containers should be rinsed. Drink bottles need to be empty but do not need to be rinsed.

The instructor reserves the right to alter any element of this syllabus including course content and policies that govern how the classroom operates.