Intro to Psychology
Mrs. Henry
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**Class Description:** This course focuses on individual behavior and why an individual thinks, feels, and reacts to certain stimuli. Major emphases will be placed on research methods, stages in childhood and adolescence, how the brain works, altered states of consciousness, psychological testing, and psychological disorders.

(Subject to change due to time constraints, class size, and individual preference) ¸
**Approaches to Psychology** (including Research Methods and Statistics) ¸
**The Life Span** (Infancy, Childhood, Adolescence, Adulthood) ¸
**The Workings of the Mind and Body** (Altered States of Consciousness, Sensation, and Perception) ¸ **Learning and Cognitive Processes** ¸
**Personality and Individuality** ¸
**Psychological Disorders and Therapy**
**Social Psychology**

**Why do we study psychology**? Have you ever experienced a physical reaction to an emotional situation? Sweating, shaking or stomach discomfort before a big test, a game, a presentation or performance? Have you ever known someone was talking about you when you walked into a room even without anyone saying anything? Has a certain smell or song ever brought back a strong memory? Have you found yourself attracted to someone you have nothing in common with? Have your sleep patterns changed since you reached adolescence? All of these situations have much to do with brain chemistry and illustrate the intrinsic connection between mind and body. While we cannot always control our feelings and behaviors, we can understand and manage them with awareness using psychological and neurobiological tools.

**Materials needed:** I would like to see students have a binder with dividers or well organized folder for each section we will be covering over the school year. You will be taking notes, some guided some not. You will need lined paper.

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." William James

**Phones:** 3 strike policy
We will be using phones and personal devices in class from time to time. The expectation outside of these times is to put the phone away.
**Strike One:** Phone is out at inappropriate time I take the phone for class
**Strike Two:** Phone is taken for the day and you can get it back from Mrs. Henry at the end of the school day.
**Strike Three:** Phone is given to main office where it can be picked up at the end of the day and email will be sent home to parents

**Grading Scale:** Grades: Grades will be tracked on a total point scale therefore higher stakes assignments like tests or projects will be worth more points. All final grade discussions must happen prior to semester end.

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| --- | --- |
| A | = 93%-100% |
| A- | =90%-92% |
| B+ | =87%-89% |
| B | =83%-86% |
| B- | =80%-82% |
| C+ | =77%-79% |
| C | =73%-76% |
| C- | =70%-72% |
| D+ | =67%-69% |
| D | =60%-66% |
| F | =59% and Below |

**Absent and missing work responsibility**: You will have the equivalent of the days you missed to make up the work you missed. This is your responsibility to get missing work completed, and turned in on time. If HW is not handed in on the expected timeline it will be an automatic 50%.

**Late work:** Mistakes happen; it’s how we recover from those mistakes that count. You are most likely going to forget your HW once this semester. You have one day to make up the late assignment for full credit. Past one day the assignment drops to an automatic 50%. If the late assignment is before the weekend a discussion with the teacher must happen to determine the credit given. If it is a large assignment it must be turned in **before** the end of the school day on the last day of the week to earn full credit.

**Plagiarism:** Do your own work. If you gain information from an outside source please cite appropriately. If an assignment is found to be copied or copied from it will be an automatic 0%. I will be using different software to detect whether student work is plagiarized.

UW Policy: for reference <https://depts.washington.edu/pswrite/plag.html>

**Test Make ups:** I will have office hours on Tuesdays and Thursday until 4:00 PM every week. This is when and where test make ups may be completed. Tests will stay in the classroom as well as any make ups. You will be expected to write a response for each missed questions as to why the correct answer is correct and why the other options are incorrect. You can receive

**Attendance:** I enforce the school attendance policy.

**Please detach this waiver page and return to Mrs. Henry as your first homework assignment of the year.**

Please feel free to email me at any time with any questions or concerns. It is my belief that working together is important in a student's success. I look forward to a great year with your student!

I have read and understand all expectations of this class and agree to commit to this course and as a result successfully complete it:

Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_