



PSY 2301-01E, Introduction to Psychology

COURSE SYLLABUS: Spring 2026

INSTRUCTOR INFORMATION

Instructor: Jessica Udry, Ph.D.

Office Location: Henderson 201-A

Office Hours: Tuesday and Thursday 9:00am-10:45pm; 3:30pm-4:15pm

Office Phone: n/a

Office Fax: n/a

University Email Address: jessica.udry@etamu.edu

Preferred Form of Communication: Email

Communication Response Time: Within one business day.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: *Introduction to Psychology* by Charles Stangor

Free/Open textbook available at

[https://socialsci.libretexts.org/Bookshelves/Psychology/Introductory_Psychology/Introduction_to_Psychology_\(LibreTexts\)](https://socialsci.libretexts.org/Bookshelves/Psychology/Introductory_Psychology/Introduction_to_Psychology_(LibreTexts))

Software Required: Microsoft Office or equivalent; PDF; myLeo/Desire2Learn (D2L); Perusall

Course Description

The purpose of this course is to introduce students to the field of psychology and to give a general understanding of the basic principles of psychology. It provides an overview of the field necessary for later courses.

This course will highlight some of the most interesting experiments within the field of psychology, discussing the implications of those studies for our understanding of the human mind and human behavior. We will explore the brain and some of the cognitive abilities it supports like learning, memory, perception, language, and consciousness. We will examine human development --- both in terms of growing up and growing older.

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We will discuss the manner in which the behaviors of others affect our own thoughts and behavior. Finally, we will discuss some of the mental disorders and the treatments.

Student Learning Outcomes

1. Develop an overview of the field of psychology by studying and reflecting on the topics.
2. Appreciate how psychologists take a scientific approach to understanding human behavior and thought.
3. Practice the convention of scientific discourse appropriate to the audience, purpose and message.
4. Explain the real world phenomena by applying the concepts, theories, and methods learned in our course. Learning how to learn is a good start.
5. Nurture scientific thinking. This is an approach to information that combines a high degree of skepticism (questioning what “everybody knows”), followed by objectivity (using empirical data to separate fantasy from reality) and rationalism (practicing logical reasoning).

COURSE REQUIREMENTS

Research Participation

A goal of this class is to help you become familiar with psychological research. One way to obtain this goal is to have you participate in research studies. Participating in research studies contributes to students and faculty at East Texas A&M University, your understanding of how research is conducted, and human knowledge in general. All students in this class will be required to participate in the psychology department’s participant pool or complete alternative assignments (see me for more information on alternative assignments).

Students must complete a total of 6 experiment credits. However, if you complete your first 4 experiment credits without any “no-shows” you will receive 2 free *punctual participant credits*. In other words, if you show up to your experiments on time you will only need to complete 4 experiment credits. When you first sign into the experiment management system (EMS) you will be asked to take a prescreen. The prescreen takes about 20 minutes to complete. If you complete the prescreen in the first two weeks of the semester you will receive ½ free experiment credit. This can be combined with later experiments that are worth ½ credit.

If you do not wish to participate in research, you may complete the **alternative assignment** instead. This assignment consists of watching videos and listening to podcasts on Perusall. The number of credits each assignment is worth is posted in the title of the assignment. You should comment on these assignments like other Perusall assignments. I have left question prompts throughout the assignments. These should be responded to. Additionally, on most assignments there is a quiz at the end with one or two free response questions about the video. These should be thoughtfully answered using evidence from the video. You must earn full credit on the assignment to receive research credit.

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If you fail to complete this portion of the class your grade will be lowered by one full grade. In effect, if you have an 'A' in the class but fail to complete your research participation (either through participating in research studies, alternative assignments, or a mixture of both) your final grade in the class will be a 'B.'

More information about participating in research, such as how to log in to the EMS, is given at the end of this syllabus.

Minimal Technical Skills Needed

You need to be able to use the following.

- Microsoft Office or equivalent
- PDF
- myLeo/Desire2Learn (D2L)
- Searching the internet for texts
- Using Library resources

Instructional Methods

This course is a face-to-face class. During our lecture, we will focus on deepening your understanding of the important concepts and theories through lectures, demonstrations, and class discussions. Prior to each week's lecture, you will be expected to complete the reading materials before the class.

Student Responsibilities or Tips for Success in the Course

- 1) Check and read class emails promptly for announcements, updates, clarifications, etc.
- 2) Take notes as you listen to lectures, read the assigned parts of the textbook to check if your listening comprehension matches with the textbook descriptions, and fill in the missing pieces.
- 3) Quiz yourself often. Can you define a concept in your own words? Can you answer 3 or 4 questions of the textbook practice questions correctly?
- 4) Review the materials on a regular basis.
- 5) Complete assigned coursework on time.
- 6) Please contact me when you have questions. The material is difficult, and no one learns everything perfectly the first time through. This class, and your time, is too important for you to spend time getting frustrated instead of learning

GRADING

Final grades in this course will be based on the following scale:

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A = 90%-100%
B = 80%-89%
C = 70%-79%
D = 60%-69%
F = 59% or Below

Weights of the assessments in the calculation of the final letter grade.

Exams	30%
Final exam	15%
Quizzes	10%
Exit Tickets	20%
Critical Thinking Essays	15%
Perusall Activities	10%
TOTAL	100%

Makeup exams and assignments

Late submissions are not accepted for any assignments. Some assignments from each category are dropped to cover any missed assignments.

Makeup exams are not permitted for any reason other than university business. One exam is dropped at the end of the semester to account for any missed exams.

If you are traveling and representing the university (e.g., band members, athletes, etc.). you need to request accommodations BEFORE the exam or assignment is due, not after.

YOU are responsible for any material you miss if you miss class. You should contact your peers and ask what you missed and ask for notes. **If we are doing an activity about something you missed, you should ask the people around you, NOT wait for me to re-teach the material you missed.**

Assessments

Exams: 30%

There are four exams in the course. Each exam is worth 10% of your grade. Only your three highest exam scores will count towards your grade. In other words, your lowest

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exam score will be dropped. This is to account for any missed exams or a poor grade.
There are no makeups for exams except for official university business.

Final exam: 15%

There will be a cumulative final at the end of the semester covering all the material discussed throughout the course.

Quizzes: 10%

For every topic we cover, there will be a 10-question quiz on D2L. The purpose of these quizzes is to give you practice with the material. As the goal of these is to promote learning, you may attempt these quizzes up to 3 times. Only your highest attempt will count. Two quizzes will be dropped at the end of the semester. Quizzes are due the day after we finish covering a topic in class.

Exit Tickets: 20%

During every class, we will have an exit ticket that you will turn in. The exact content of these will vary from seeing how you are feeling about course material to practice items to gauge your understanding. The exact timing of these tickets will vary and will **not** always be at the end of class. You must be present in class at the time of the exit ticket in order to receive credit. Three exit tickets will be dropped at the end of the semester.

There are no excused absences in this class. Dropped exit tickets are intended to cover a class that you need to miss for any reason. Please do not send me doctor's notes.

Critical Thinking Essays: 15%

Critical thinking refers to the process of objectively evaluating, comparing, analyzing, and synthesizing information. Students will answer two essay-style questions via the assignment folder in D2L. Essays should include insightful ideas and comments that are complete and well explained as well as defended by specific evidence. You are not allowed to use direct quotation from sources. Please use your own words and ideas.

An essay should be at least 1 paragraph but no more than 3 paragraphs in length. The essay will be graded as pass/fail. Essays that demonstrate the student has reviewed, understood, and contemplated the material will earn a passing grade. Essays that are weak, trivial, unclear, ungrammatical, or not defended by evidence will earn a failing grade.

There are 5 critical thinking essay questions. You must choose at least TWO of these questions to answer during the semester. Answers are due at the end of the week for the corresponding chapter. If you complete more than 2 essays, only the 2 essays with the highest grade will be used in calculating your final grade. These are graded pass/fail. Thus, once you pass two of the essays, you do not have to do anymore for the semester.

Perusall Activities: 10%

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Perusall is an online platform that allows you to engage with the reading from this course by interacting with your fellow students. For the textbook readings for every topic we cover, you will be required to engage with the textbook via Perusall. This includes making comments on the text, responding to your fellow students, and upvoting other comments. The purpose of these activities is to improve your understanding of the material, NOT to feel like an additional task you have to complete. There are multiple ways that you can get a 100 on these assignments, so you can engage in Perusall in a way that is most beneficial for you. Perusall activities are due before class **on the day we begin a topic**. Two Perusall activities will be dropped at the end of the semester.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a East Texas A&M campus open computer lab, etc.

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Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Interaction with Instructor Statement

Typically, I will respond to your emails within one business day. I can also schedule a meeting with you via Zoom. Please do not hesitate to contact me if you have any questions.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Technology Policy

No technology of any kind is permitted in this class. **This includes phones AND laptops.** The only exception is if you have an accommodation letter from the student disability office with laptop use as a required accommodation. **If you use any technology in class without prior authorization, you will receive a 0 on your exit ticket for the day.**

Class Participation

Throughout the course I will offer many opportunities to participate in class. These will range from asking questions to the class to asking you to discuss an idea with your neighbors. The point of these activities is to get you thinking about the course material and identify where you may still have trouble understanding the material. I encourage you to engage in these opportunities. It is okay to be wrong on these questions. In fact, it is a good thing to make an honest response and be incorrect. This will help you identify areas you need to study more in preparation for the exam and provide cues to help you remember the correct answer. The main point I want to emphasize is that you should not be afraid to answer incorrectly during class discussions.

Class Structure

My lecture style is to first give you time to copy down notes before I lecture. I will put up a powerpoint slide and then give you a couple of minutes to write down anything you want before I begin talking. I will post these slides online, so you can write down as

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much or as little as you like off the slide. The purpose of giving you time to copy before I start talking is so that when I explain the material you can listen to what I am saying and write down any additional notes. In other words, you should not simply be staring at me the whole class but listening and taking notes on what I say. **You will be responsible for material said during class that is not directly from the slide.**

I try to utilize the entire class period. This is valuable time that you pay for! To ensure that we can utilize the entire class, **please refrain from packing up early before I have finished class.** This is distracting to other students who are paying attention and is disrespectful to me. I will respect your time by ending class on time.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct can be found at <https://www.tamuc.edu/student-code-of-conduct/>.

If you believe someone has engaged in behaviors that do not align with the Code of Student Conduct or you have other concerns, please visit the File a Report page at <https://www.tamuc.edu/office-of-student-rights-and-responsibilities/concerns-incident-reporting/>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:
<https://www.britannica.com/topic/netiquette>

Academic Integrity

Students at East Texas A&M are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate student academic dishonesty policy
[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

Undergraduate student academic dishonesty policy
[Undergraduate Student Academic Dishonesty Form](#)

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Graduate student academic dishonesty policy:

<https://inside.tamuc.edu/aboutus/policiesproceduresstandardsstatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

Graduate student academic dishonesty form:

<https://inside.tamuc.edu/academics/graduateSchool/faculty/GraduateStudentAcademicDishonestyForm.pdf>

East Texas A&M Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage.

Artificial Intelligence

East Texas A&M acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Use of AI in this course is not permitted under any circumstances.

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Services
Velma K. Waters Library- Room 162
Phone (903) 886-5930

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Fax (903) 468-8148

Email: StudentDisabilityServices@tamuc.edu

Website: <http://inside.tamuc.edu/campuslife/campusServices/StudentDisabilityServices/default.aspx>

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



East Texas A&M Supports Students' Mental Health

The Counseling Center at East Texas A&M, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Nondiscrimination Notice

East Texas A&M will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

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For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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COURSE OUTLINE / CALENDAR

Quizzes and essays are due at 11:59PM on the day they are due. Perusall assignments are due at 12:29PM the day they are due.

Week	Date	Topic	Assignments Due
1	1/13	Intro and Research Methods	
	1/15	Intro and Research Methods	Perusall Introduction Assignment due 1/15
2	1/20	Intro and Research Methods	Intro and Research Methods Perusall assignment due 1/20 Intro and Research Methods Quiz Due 1/21
	1/22	Memory	Memory Perusall assignment due 1/22
3	1/27	Memory	Memory Quiz Due 1/28
	1/29	Exam 1 Review	
4	2/3	EXAM 1	
	2/5	Neuroscience	Neuroscience Perusall assignment due 2/5
5	2/10	Neuroscience	
	2/12	Neuroscience	Neuroscience quiz due 2/13
6	2/17	Sensation and Perception	Sensation and Perception Perusall assignment due 2/17
	2/19	Sensation and Perception	Sensation and perception quiz due 2/20
7	2/24	Exam 2 Review	
	2/26	EXAM 2	

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8	3/3	Consciousness	Consciousness Perusall assignment due 3/3
	3/5	Consciousness	Consciousness Quiz due 3/6
9	3/9-3/13	Spring break	
10	3/17	Learning	Learning Perusall assignment due 3/17
	3/19	Learning	Learning Quiz due 3/20. Learning Critical Thinking Essay due 3/22. Last day to drop with a grade of W 3/27.
11	3/24	Development	Development Perusall assignment due 3/24
	3/26	Development	Development quiz due 3/27. Development critical thinking essay due 3/29
12	3/31	EXAM 3	
	4/2	Intelligence and Personality	Intelligence and Personality Perusall assignment due 4/2
13	4/7	Intelligence and Personality	Intelligence and Personality Quiz Due 4/8
	4/9	Psychological Disorders & Treatment	Psychological Disorders & Treatment Perusall assignment due 4/9
14	4/14	Psychological Disorders & Treatment	
	4/16	Psychological Disorders & Treatment	Psychological disorders & Treatment quiz due 4/17

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			Psychological disorders critical thinking essay due 4/19
15	4/21	Social Psychology	Social Psychology Perusall Assignment due 4/21
	4/23	Social Psychology	Social Psychology quiz due 4/24 Social Psychology essay due 4/26
16	4/28	EXAM 4	
	4/30	Final exam Review	
17	5/7	FINAL EXAM 10:30-12:30	

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