

**Exploring Psychology: The Psychology of a College Student**  
**01:090:120:19**  
**Thursday, 1:10-2:30pm, SCILS building CIL-212**  
**College Avenue Campus, New Brunswick, NJ**

**Basic Information:**

**Instructor:** Jenn Ortiz

**E-mail:** [jennilyn@eden.rutgers.edu](mailto:jennilyn@eden.rutgers.edu)

**Office hours:** Bishop House Room 308  
Thursdays by appointment

**Course website:** sakai.Rutgers.edu

**Description:**

This course is meant to give an overview of social and abnormal psychology as well as the careers that are offered within the field. We will spend some time talking about how psychology plays a role in our everyday lives, how to manage stress when it affects our interpersonal relationships, mental illnesses, differences in personalities, and much more. This seminar is meant to be a fun and enriching experience for everyone and facilitate the needs of first-year students interested in psychology at Rutgers University.

**Course Objectives:**

**By the end of this course you should:**

- 1) Know more about the psychology field and the psychology major requirements.
- 2) Know some of what Rutgers offers to students academically and recreationally
- 3) Feel more connected to Rutgers and peers with similar interests
- 4) Feel more comfortable about the transition into college life

**Grading:**

This is a 1-credit pass/no credit course.

**You must earn 70 out of 90 points to receive credit for this course.**

The breakdown of points is as follows:

1. There are 2 written assignments worth 5 points each	10pts
2. One Current Events assignment	5pts
3. Final project	25pts
4. Attendance and Participation	50pts

**Total= 90 points**

**Attendance & Participation:**

Attendance is crucial. You must bring a doctor's, or dean's note to excuse you from classes. Each time you attend class you will get 2.5 points, when you participate in class you will get another 2.5 points. Participation and attendance are worth 50 points

*\*If you are late more than 30 minutes to class you will not get attendance points, but you can still get participation points.*

**Assignments:**

*\*Each day an assignment is late 1 point will be deducted for each day that it is late.*

*\*All papers must be typed, double-spaced and handed in the day they are due.*

**There will be two short written assignments in the class:**

- 1) One to two-paged, double spaced paper answering the following question:

What interests you about psychology and what you wish to get out of this course?

- 2) One to two-paged, double-spaced paper. Choose one of the following questions:

+ Social psychology deals a lot with prejudice and discrimination, have you ever been discriminated against because of sexual preference, nationality, race, religion etc.? How did you feel about it? What did you do? What do you think can be done to stop it?

+ How do you think stereotypes/prejudice/racism is created? Do you think they are useful? What are some stereotypes you can think of? What do you think of good stereotypes vs. bad ones?

**Current Events Assignment:**

New studies in psychology are being done constantly. Find an article about a recent study or finding in psychology online from a credible source or in a newspaper and bring it in.

Submit the article attached to a one-paged, double-spaced paper.

Paragraph 1- summarizes the article

Paragraph 2- tells why you found it interesting and if possible, explain how it will benefit society.

**Final Project:**

Your final assignment will be a group project. 4 to 5 people per group will be assigned a mental illness and give a short 7-10 minute presentation about the topic. Your group will also have to submit a 4 to 5 paged paper on the mental illness.

*The breakdown for the final project:*

Creative oral presentation of the information:	5pts
Written Report:	10pts
Visual Aid:	5pts
Works cited page:	
At least one source must be from libraries.rutgers.edu	5pts
	<b>Total = 25 points</b>

**Notes:**

\*Participation is what is going to make this class fun. Everyone in class will have a chance to express their opinions.

\*It is expected that everyone will respect each other in order to have the best class discussions possible.

\*Please put your cell phones on vibrate during class.

## Weekly Course Outline

\*This syllabus is subject to change

**September 13th:** Introduction to the course and review of the syllabus. True colors exercise and a discussion of disassociation. What Do You Know Already”, Jeopardy game.

**Homework:** One to two-paged, double spaced paper answering the following question:

What interests you about psychology and what you wish to get out of this course?

**Due next class.**

**September 20th: Homework due.** Careers in psychology and the psychology major requirements. Information literacy and career development: Places at Rutgers to research possible career paths.

**Guest Speaker:** Larry Jacobs from Career Services for ½ the class

**September 27th:** Excursion: Trip to Busch Cognitive Development Lab.

**Homework:** One to two-paged, double-spaced paper. Choose one of the following questions:

+Social psychology deals a lot with prejudice and discrimination, have you ever been discriminated against because of sexual preference, nationality, race, religion etc.? How did you feel about it? What do you think can be done to stop it?

+How do you think stereotypes are created? Do you think they are useful? What are some stereotypes you can think of?

**Due next class**

**Extra Credit 1:** Visit the implicit discrimination test online to evaluate yourself, take one of the tests offered. Bring a print out of your results with your name on it and a short reaction. Worth 2 points.

<https://implicit.harvard.edu/implicit/demo/selectatest.html>

**October 4th: Homework and extra credit 1 due.**

Exploring Diversity: Discrimination, the effects ostracizing, stereotypes and prejudice discussions.

**Video:** Eye of the Storm

**Homework:** Current events

New studies in psychology are being done constantly. Find an article about a recent study or finding in psychology online from a credible source or in a newspaper and bring it in.

Submit the article attached to a one-paged, double-spaced paper.

Paragraph 1- summarizes the article

Paragraph 2- tells why you found it interesting and if possible, explain how it will benefit society. **Due next class.**

**October 11th: Homework due.**

Spring Registration, academic success and worries about college thus far. The importance of academic integrity. Current Events Discussion.

**Guest Speaker:** ½ class with Dean Hogan-Stanzione.

**Extra Credit 2:** Attachment styles can tell us a lot about our personalities. Take one of the two attachment style tests online to evaluate yourself. Bring a print out of your results with your name on it with a short reaction. Worth 2 points.

**Romantic relationships:** <http://www.yourpersonality.net/cgi-bin/choose/getsurvey.pl>

**Interpersonal relationships:** <http://www.yourpersonality.net/affect/>

**October 18th: Homework and extra credit 2 due.**

Attraction and relationships, attachment and parenting styles.

Video: Chemical reactions from love in the brain

Groups assigned for final projects.

**October 25th:** Pizza Party! + Peer pressure and how you've handled it.

**Guest Speaker:** Peer panel

**November 1st:** Personal Wellness: Mental illness, Stress, and Exercise.

"Name That Mental Illness", Jeopardy game.

**Guest Speaker:** ½ the class with counseling and psychological services

**November 8th:** ½ the class with guest speaker Ms. Gambuti about her career in the field of psychology and how she got there.

Final project presentations begin

**November 15th:** Final projects continued