

# PSY 1 Introduction to Psychological Science

Fall, 2021 | Mondays & Wednesdays | 1:30 – 2:45 Eastern Time Zone

**PROFESSOR:** Daniel Gilbert, Ph.D.

- [gilbert@wjh.harvard.edu](mailto:gilbert@wjh.harvard.edu)
- Office Hours (virtual or in person) are by appointment on Mondays 4:00 – 5:00 PM. Signup at <http://psy1.youcanbook.me/>. *If you cannot meet during my office hour, email me to arrange another time.*

**SENIOR PRECEPTOR:** Nicole Noll, Ph.D.

- [noll@wjh.harvard.edu](mailto:noll@wjh.harvard.edu)
- Drop-in Student Hour (WJH 960): Thursdays 10:00-11:00 AM. *If you cannot meet during my office hour, sign up for a Zoom appointment at <http://drnoll.youcanbook.me/>*

**HEAD TEACHING FELLOW:** Siobhan Greatorex-Voith

- [sgreatorexvoith@g.harvard.edu](mailto:sgreatorexvoith@g.harvard.edu)
- Office Hours: *Signup at <https://calendly.com/siobhang/psy1>*

## I. The Ground Rules

This course deals with sensitive topics, such as sex, hate, prejudice, religion, and mental illness. You are likely to encounter ideas that challenge your beliefs and opinions you find offensive. If you do not wish to have such encounters, then this course is not right for you and you should not enroll. Research shows [“trigger warnings” are ineffective and can even be counterproductive](#). There will be no such warnings in this class.

You are expected to abide by Harvard’s [honor code](#). It is your responsibility to read and understand the rules about what constitutes [academic dishonesty](#).

You may not simultaneously enroll in this course and another course with overlapping meeting time unless the instructor of the other course allows you to attend the exams.

This course may be taken Pass/Fail. Petitions to change your grading basis to Pass/Fail will not be considered after the first exam.

## II. The Required Parts of the Course: Lectures, Textbook, Exams, & Research Participation

**Lectures:** Each week you will watch the lectures given by Professor Gilbert. For students who are not comfortable attending lectures due to Covid-19 or who are in quarantine due to a positive Covid-19 test, videos of the lectures will be posted under the PANOPTO tab on the course website. PDFs of the PowerPoint decks used in lecture will be posted under the FILES tab on the course website as well.

**Textbook:** Each week you will read sections from *Psychology* (2020), 5th edition, by Schacter, Gilbert, Wegner, & Nock. Please do not study from previous editions of the textbook, which differ substantially from the current edition. Both bound and electronic versions of the textbook are available for sale or rent from the [publisher](#) or from the [Harvard coop](#), and several copies are on course reserve. Professor Gilbert is one of the authors of this textbook, and all royalties generated by his students will be donated to a charity chosen by the highest scoring student in the class.

**Exams:** You will take two non-cumulative exams. Exam 1 will cover the material from “Psychological Science” through “Emotion.” Exam 2 will cover the material from “Decision-Making” through “Social Cognition.” There is no final exam in this course.

- Each exam comprises 50 multiple choice questions. You will have a full class period (75 minutes) to complete it.
- Exams will be administered at 1:30 PM Eastern on October 18 and November 29. No make-up or alternative exams will be offered so please do not register for this course unless you are free to take the exams at their scheduled times.
- Your absence from an exam will be excused *only* if (1) you are unable to appear because the exam falls on a religious holiday and you have notified the Senior Preceptor, Dr. Noll, of this fact by September 17, or (2) you are certifiably ill on the day of a regularly scheduled exam and you notify Dr. Noll at least 3 hours prior to the exam.
- If you are a Harvard athlete who will be away from campus on a scheduled exam date due to participation in an official athletic event, we will work with your coach to have the exam administered by the athletic staff—but *only* if you notify the Senior Preceptor, Dr. Noll, of your planned absence by September 17.
- If you have a letter from the Accessible Education Office or have any other special needs that we can accommodate during exams, please notify the Senior Preceptor, Dr. Noll, as early as possible but no later than September 17.
- Psychologists know a lot about studying and learning. You can find several articles with advice about how to study for exams under the FILES tab on the course website, as well as in the Learning chapter of the textbook.

**Research Participation:** This course has a research participation requirement. The most common way to fulfill this requirement is to participate in 3 hours of research studies conducted by faculty members at Harvard University. You will find a document explaining all the details of participation under the FILES tab on the course website.

- The research participation requirement must be fulfilled by 12/02/21.

- Your rights as a participant in psychological research are paramount and will be fully explained to you when you arrive for a study. One of those rights is the right to decline to participate. If you do not wish to participate in *any* research studies, you may fulfill the research participation requirement for this course by completing an alternate assignment. To exercise this option, you are required to notify Senior Preceptor Dr. Noll by 9/17/2021.
- Please note that if you fail to complete this requirement, your final course grade will be lowered by one full letter (e.g., an A will become a B).

### III. The Optional Part of the Course: The Chapter Zero Book Club

As a student in Psychology 1, you are eligible to join the Chapter Zero Book Club, which provides an opportunity to read chapters from popular books in psychology, and to discuss them with your fellow students and your Teaching Fellow.

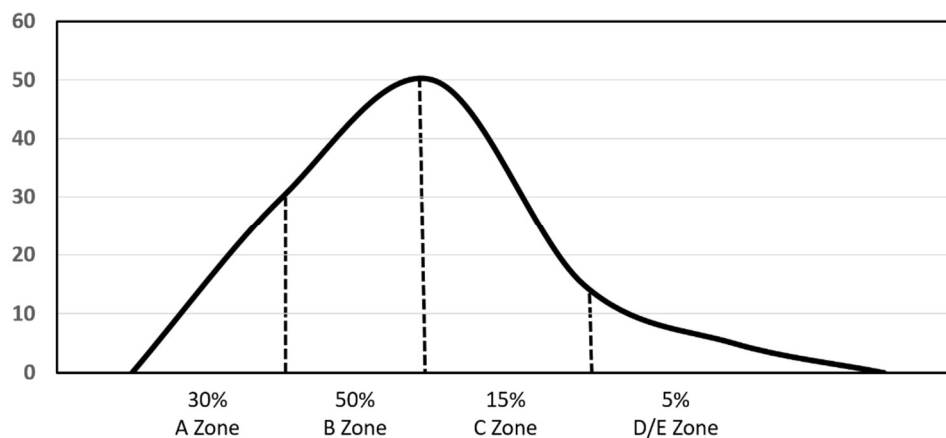
- The Chapter Zero Book Club is *optional* and if you choose not to join, your grade will not be affected. If you choose to join, here's what will happen:
- The book club will meet 8 times during the semester. Meetings will take place during section and will be led by a Teaching Fellow.
- Before each meeting, you will read a few chapters from a popular book in psychology. The topic of the book will correspond to a topic being covered in lecture that week. PDFs of the assigned readings are available under the FILES tab on the course website.
- Book club meetings will take place during sections on Mondays, Tuesdays, and Wednesdays. In those meetings, you will discuss the chapters with your fellow students and your Teaching Fellow and try to relate them to the material from the textbook and the lectures.
- Members of the Chapter Zero Book Club can earn extra credit in the course by writing an approximately 1000-word review of one of books. The extra-credit paper is worth up to 40 points, which is 20% of the points you can earn on the two exams. These extra-credit points can raise your grade substantially.

Every club has rules, and the Chapter Zero Book Club is no exception:

- Rule #1: If you want to join the Chapter Zero Book Club, you must do so by September 3, which gives us time to organize the sections before they start meeting. If you do not join by this date, you cannot join later. You will soon receive a survey by email with a link to join the Book Club.
- Rule #2: Once you join the Chapter Zero Book Club, you are expected to attend and participate in all section meetings. If you don't, you will be withdrawn from the book club, which means that you won't be invited to attend subsequent meetings and won't be given the opportunity to write an extra-credit paper at the end of the term.

#### IV. Grades

- You can earn up to 100 points on each of the exams for a total of 200 points.
- To determine course grades, we will start by constructing a curve based on the total number of points each student earned on the exams. The curve will be positively skewed: The top 30% will be designated the A Zone, the next 50% the B Zone, the next 15% the C Zone, and the remaining 5% the D/E Zone. Let's call this *the exam curve*. It is shown below. (By the way, if you dislike the idea of being graded on a curve, check out the essay "Why You Should Love the Curve" which you will find on the course website under FILES).



- Here is how your course grade will be determined:
  - **If you do not join the Chapter Zero Book Club** then your course grade will be entirely determined by your location on the exam curve. For example, if your location is in the C-zone, your letter grade in the course will be a C-, C, or C+.
  - **If you do join the Chapter Zero Book Club, participate in the meetings, and write an extra-credit paper**, then your location on the exam curve will be changed by the number of points (0-40) that your paper earns, and your course grade will be determined by your *new* location on the exam curve. For example, if your old location was in the C-zone but your new location is in the B-zone, your letter grade in the course will be a B-, B, or B+.
- What about plusses and minuses? If your final location on the exam curve is at or very near the top of a zone, your letter grade will be followed by a plus, and if your final location is at or very near the bottom of a zone, your letter grade will be followed by a minus.
- Because extra-credit points do not change the curve itself, joining the Chapter Zero Book Club and choosing to write an extra-credit paper *can raise your grade*, but choosing not to join *cannot lower your grade*. The "bump up" that members can receive does not result in any "bump down" for those who choose not to join the club.

## V. Course Calendar

Date	Day	Activity	Readings
09/01	WED	Lecture on Psychological Science	Textbook Chapters 01 & 02
09/03	FRI	Last Day to Join Chapter Zero Book Club	
09/06	MON	No Class: LABOR DAY	
09/08	WED	No Class: ROSH HASHANAH	
09/13	MON	Lecture on Reproduction	Textbook Chapter 13 (Section: "Interpersonal Attraction")
09/15	WED	No Class: YOM KIPPUR	
9/17	FRI	Last Day to Notify Dr. Noll about Exam Absences and Accommodations	
09/20	MON	Lecture on Survival	Textbook Chapter 13 (Section: "Interpersonal Behavior")
09/22	WED	Lecture on Neuroscience	Textbook Chapter 03
09/27	MON	Lecture on Sensation & Perception	Textbook Chapter 04
09/29	WED	Lecture on Memory	Textbook Chapter 06
10/04	MON	Lecture on Learning	Textbook Chapter 07
10/06	WED	Lecture on Emotion	Textbook Chapter 08 (Sections: "The Nature of Emotion" and "The Nature of Motivation" and "The Motivated Body" and "The Motivated Mind")
10/11	MON	No Class: COLUMBUS DAY & INDIGENOUS PEOPLES' DAY	
10/13	WED	Pre-Exam 1 Review	
10/18	MON	Exam 1	
10/20	WED	Post-Exam 1 Analysis	
10/25	MON	Lecture on Decision Making	Textbook Chapter 09 (Section: "Decision-Making: Rational and Otherwise")

10/27	WED	Lecture on Consciousness	Textbook Chapter 05 (all sections except "Sleep and Dreaming")
11/01	MON	Lecture on Sleep & Dreams	Textbook Chapter 05 (Section: "Sleep and Dreaming")
11/03	WED	Lecture on Psychopathology	Textbook Chapters 15 & 16
11/08	MON	Lecture on Cognitive Development	Textbook Chapter 11
11/10	WED	Lecture on Communication	Textbook Chapters 08 (Section: "Emotional Communication") & 09 (Sections: "Language and Communication: From Rules to Meaning" and "Language Development and the Brain" and "Language and Thought: How are They Related?")
11/15	MON	Lecture on Individual Differences	Textbook Chapters 10 & 12
11/17	WED	Lecture on Social Cognition	Textbook Chapter 13 (Section: "Interpersonal Perception")
11/22	MON	Pre-Exam 2 Review	
11/24	WED	<b>No Class: THANKSGIVING</b>	
11/29	MON	<b>Exam 2</b>	
12/01	WED	<b>Post-Exam 2 Analysis</b>	
12/07	TUE	<b>Chapter Zero Extra-Credit Paper Due</b>	
<b>Chapter Zero Book Club dates</b>			<b>Selection to read</b>
September 13, 14, & 15			Etcoff
September 20, 21, & 22			Hooven
September 27, 28, & 29			Foer
October 4, 5, & 6			Fishbach
October 25, 26, & 27			Iyengar
November 1, 2, & 3			Stickgold
November 8, 9, & 10			Bloom
November 15, 16, & 17			Eberhardt

