

SOSC1960-L1 Introduction to Psychology
Spring 2024
Course Outline

Aim

This course examines human thinking and behavior processes from a psychological perspective and illustrates the relevance of psychological insights to the betterment of society. It is designed to help students acquire a basic understanding of psychology as a scientific discipline and prepare them for more advanced psychology courses in the future.

Intended learning outcomes

On completion of this course, you are expected to be able to (i) recognize some fundamental scientific concepts about human mind and behavior; (ii) analyze human performance and well-being in various societal settings with reference to these concepts; and (iii) explain how scientific research on human mind and behavior is conducted.

Teaching team

Kevin Tam, kevintam@ust.hk (instructor)

Vivien Pong, vivienpong@ust.hk (TA)

* Emails will be responded to during working days 10 am to 6 pm Hong Kong Time. When contacting us by email, always prefix the subject line of your message with the course code (e.g., “sosc1960-L1 | essay”). Use your university email account only. Do not send messages via Canvas.

Class schedule

09:00 – 10:20, Monday and Wednesday, Rm 2465

Learning activities

(Detailed guidelines regarding the assessed activities will be released in due course.)

1. *Lectures*. As the foundation of your learning in this course, the lectures introduce the science of human mind and behavior through various activities.
** Lectures will NOT be recorded.
2. *Required and optional readings*. Please refer to the class calendar below for the readings list. The required readings complement the lectures and will be covered in the exams; all of them are available for free on the Noba Project platform (<https://nobaproject.com>). The optional readings are recommendations for students who want to explore a specific topic of interest; they can be found either on the Noba Project platform or in the “Optional Readings” folder on Canvas.
3. *Research experience (5%)*. It is important for you to understand how psychological research is conducted. You can choose to either take part in a real research study as a participant or view a video about a research study and answer some questions afterwards.
4. *Learning reflection (5%)*. At the end of the course, you will be guided to reflect on how your learning experience has transformed your knowledge and yourself as a person.
** Submission deadline: 17:00, 10 May
5. *Investigative project (20%)*. The project will be centered around a specific problem about human mind and behavior. You will learn how to systematically search scientific literature for relevant materials,

critically read and evaluate scientific evidence, and apply what you have learned to develop recommendations related to the problem. Stepwise learning support will be provided in the process. That is, the project will be broken down into manageable steps (literature search, reading and argumentation, writing). For each step, you will receive guidance through a workshop, and your understanding will be assessed. This project is aimed to help you develop skills that will prove valuable for your continued and lifelong learning of psychology.

** Submission deadlines: 17:00, 5 Mar (First Report), 12 Apr (Final report)

6. *Exams (35% + 35%)*. The two exams assess your conceptual understanding with multiple-choice questions. They cover all materials discussed in the lectures and the required readings. The mid-term exam covers Modules 1 and 2, and the final exam covers Modules 3 and 4.

** Mid-term exam: 20 Mar, during lecture hours, at LTB

** Final exam: Date and venue to be announced by the university. Please refrain from scheduling any flights, job interviews, or other activities until the schedule for the exam is known.

Points to note

1. *Learning attitude*. Your active participation not only helps you learn more but also enables us to teach better. Think about what you want to learn and how you are going to learn it. Use grades, scores, and comments from us to understand how much and how well you have learned and how you can improve.
2. *Academic integrity*. We will investigate every suspect case of cheating, plagiarism, and irresponsible use of AI assistance. We will heavily penalize confirmed cases and report them to the Head of the Division of Social Science for further review or action. Read <https://registry.hkust.edu.hk/resource-library/regulations-student-conduct-and-academic-integrity>. Make sure you understand what constitutes academic honesty.
3. *Lecture slides*. A condensed version of the lecture slides will be available on Canvas before each lecture. Note that some contents (mainly examples and activities) will be removed from this version. You are encouraged to take your own notes and generate your own examples. Research has shown that personal notetaking and example generation improve learning and course performance.
4. *Submission policy*. We have a grace period policy that allows submissions to be accepted up to 5 hours late without penalty. Penalties apply to submissions late for more than 5 hours.
5. *Make-up exam*. There is no make-up exam in this course; the only exception is for absentees with medical reasons. Please refrain from scheduling any flights, job interviews, or other activities until the schedule for the exams is known. If you have to miss an exam due to medical circumstances, you must contact us and present a medical proof within a week after the missed exam to arrange a make-up exam, otherwise your entitlement to it will be forfeited. The make-up exam will consist of essay questions only.

Class calendar (subject to minor changes)

(required readings highlighted in red, optional readings in black)

Introduction: Why and how psychologists study human mind and behavior

31 Jan: Overview

- American Psychological Association, APA Task Force on Climate Change. (2022). *Addressing the Climate Crisis: An Action Plan for Psychologists, Report of the APA Task Force on Climate Change*. Retrieved from <https://www.apa.org/science/about/publications/climate-crisis-action-plan.pdf>
- Baker, D. B. & Sperry, H. (2023). History of psychology. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/j8xkgcz5>

5 Feb: Research method

- Rafaeli, A., Ashtar, S., & Altman, D. (2019). Digital traces: New data, resources, and tools for psychological science research. *Current Directions in Psychological Science*, 28(6), 560-566.
- Scollon, C. N. (2023). Research designs. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/acxb2thy>

Module 1: How we experience the world

7 Feb: Sensation and perception

- Lachs, L. (2023). Multi-modal perception. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/cezw4qyn>
- Privitera, A. J. (2023). Sensation and perception. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/xgk3ajhy>

14 Feb: Circadian rhythm and sleep

- Finkel, M. (2018, August). Want to fall asleep? Read this story. *National Geographic*, 40-77.
- Foster, R. (2013, June). Why do we sleep? Retrieved from http://www.ted.com/talks/russell_foster_why_do_we_sleep

19 Feb: Consciousness

- Biswas-Diener, R. & Teeny, J. (2023). States of consciousness. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/xj2cbhek>
- Friedrich, F. (2023). Attention. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/uv9x8df5>
- Martinez-Conde, S., & Macknik, S. L. (2008, December). Magic and the brain. *Scientific American*, 72-79

21 Feb: Workshop 1

26 Feb: Emotions

- Hwang, H. & Matsumoto, D. (2023). Functions of emotions. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/w64szjxu>
- Tsai, J. (2023). Culture and emotion. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/gfqmxyw>

28 Feb: Learning

- Bouton, M. E. (2023). Conditioning and learning. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/ajxhcqdr>

Module 2: How we think

4 Mar: Memory

- Dudukovic, N. & Kuhl, B. (2023). Forgetting and amnesia. In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/m38qbftg>
- Loftus, E. (2013, June). How reliable is your memory? Retrieved from http://www.ted.com/talks/elizabeth_loftus_the_fiction_of_memory
- McDermott, K. B. & Roediger, H. L. (2023). Memory (encoding, storage, retrieval). In R. Biswas-Diener & E. Diener (Eds), Noba textbook series: Psychology. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/bdc4uger>

6 Mar: Rationality

- Bazerman, M. H. (2023). Judgment and decision making. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/9xjyvc3a>
- Kahneman, D. (2003). A perspective on judgment and choice: Mapping bounded rationality. *American Psychologist*, 58, 697-720.
- Thorgeirsson, T., & Kawachi, I. (2013). Behavioral economics: Merging psychology and economics for lifestyle interventions. *American Journal of Preventive Medicine*, 44, 185-189.

11 Mar: Intelligence

- Biswas-Diener, R. (2023). Intelligence. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/ncb2h79v>
- Brackett, M., Delaney, S., & Salovey, P. (2023). Emotional intelligence. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/xzvpfun7>
- Woolley, A. W., Aggarwal, I., & Malone, T. W. (2015). Collective intelligence and group performance. *Current Directions in Psychological Science*, 24(6), 420-424.

Module 3: Who we are and how we behave

13 Mar: Motivation

- Bhatia, S. & Loewenstein, G. (2023). Drive states. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/pjwkb5h>
- Baumeister, R. F., Brewer, L. E., Tice, D. M., & Twenge, J. M. (2007). Thwarting the need to belong: Understanding the interpersonal and inner effects of social exclusion. *Social and Personality Psychology Compass*, 1, 506-520.

18 Mar: Consultation forum

20 Mar: Mid-term exam

25 Mar: Workshop 2

27 Mar: Personality

- Diener, E. & Lucas, R. E. (2023). Personality traits. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/96u8ecgv>
- Lee, K., & Ashton, M. C. (2014). The dark triad, the big five, and the HEXACO model. *Personality and Individual Differences*, 67, 2-5.
- Watson, D. (2023). Personality assessment. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/eac2pyv7>

8 Apr: Development

- Siegler, R. (2023). Cognitive development in childhood. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/8uv4fn9h>
- Thompson, R. (2023). Social and personality development in childhood. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/gdqm6zvc>

10 Apr: Parental influence

- Fraley, R. C. (2023). Attachment through the life course. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/s3kj9ufv>
- Diener, M. L. (2023). The developing parent. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/hsv75d46>

15 Apr: Social influence

- Burger, J. M. (2023). Conformity and obedience. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/hkrcy8fs>
- Cialdini, R. B. (2006). *Influence: The psychology of persuasion*. New York: Collins.

Module 4: Our health and wellbeing

17 Apr: Abnormality

- Ferreras, I. G. (2023). History of mental illness. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/65w3s7ex>
- Lilienfeld, S. O., & Arkowitz, H. (2009, November/December). Foreign afflictions. *Scientific American Mind*, 68-69.

22 Apr: Psychological disorders

- DSM-5: <https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources>
- ICD: <https://icd.who.int/en>
- MSD manuals: <https://www.msmanuals.com/professional/psychiatric-disorders>

24 Apr: Treatment and therapy

- Boettcher, H., Hofmann, S. G., & Wu, Q. J. (2023). Therapeutic orientations. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/fjtnpwsk>
- Barron, S. (2023). Psychopharmacology. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/umx6f2t8>
- Kazdin, A. E. (2023). Interventions in everyday life to improve mental health and reduce symptoms of psychiatric disorders. *American Psychologist*.

29 Apr: Mind and body

- Hooker, E. & Pressman, S. (2023). The healthy life. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/4tm85z2x>
- Jones, E. J., Ayling, K., Wiley, C. R., Geraghty, A. W., Greer, A. L., Holt-Lunstad, J., ... & Vedhara, K. (2023). Psychology Meets Biology in COVID-19: What We Know and Why It Matters for Public Health. *Policy Insights from the Behavioral and Brain Sciences*, 10(1), 33-40.

6 May: Wellbeing

- Diener, E. (2023). Happiness: The science of subjective well-being. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/qnw7g32t>
- Emmons, R. A. (2023). Positive psychology. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/9z4jf5xe>

8 May: Consultation forum

TBD: Final Exam

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