



WELCOME TO PSYC 110

Are you in the right class?

(If not, you can leave—we'll still love you)

Are you in the right section?

Sections 001–013 and 031



PSYCHOLOGY

WELCOME TO PSYC 110

bro tip #1189

do the work others
aren't willing to do, and
you'll get the things
others will never have.

bro tips.com

PSYC 110 (General Psychology)

Module:

Foundations of Psychology

Trenton C. Johanis, Ph.D.

Psychology

Psych-
The mind



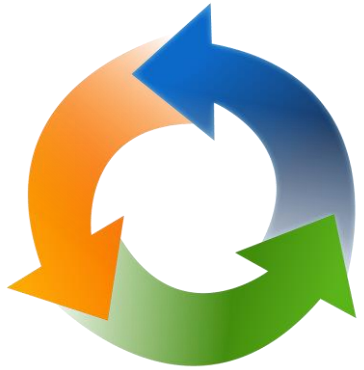
-ology
The study of...

Have you ever thought about...thinking?



This is the foundational mindset of our study of psychology

Foundations of Psychology



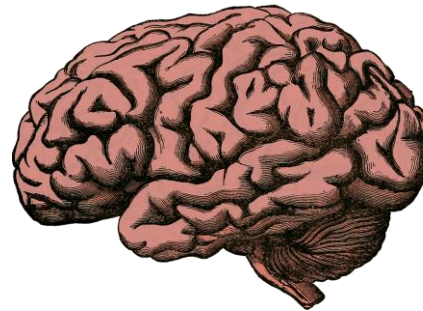
Why does this matter?

Evolutionary Psychology



How did we get here?

Neuroscience



How does thought happen?

Developmental Psychology



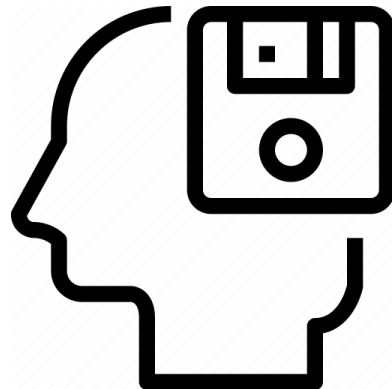
How do we change?

Sensation & Perception



How do we process information?

Memory



How do we store and retrieve information?

Social Psychology



How do we interact?

Human Sexuality



How do we identify and desire?

Learning



How do we apply information?

Personality



Who are we?

Intelligence



How "Good" are we at thinking?

Positive & Health Psychology



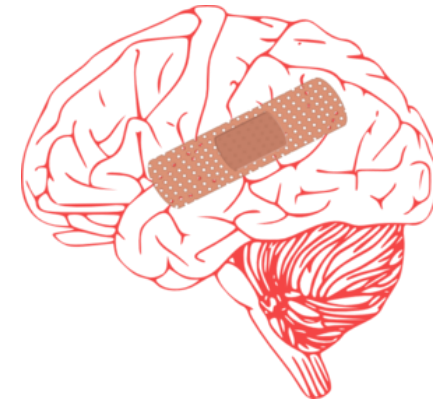
How do we feel "Good?"

Psychological Disorders



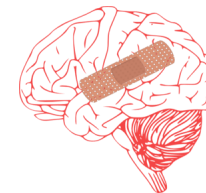
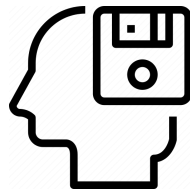
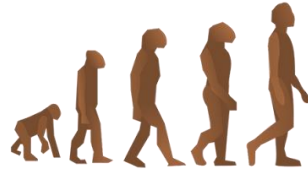
What can go wrong?

Psychological Treatments



...and how do we fix it?

Our objective is to look from all angles



STORYTIME



2013



McMASTER
MARAUDERS

Year: 1 (Freshman)

Program: Life Sciences

Career Aspirations: Medical Doctor

Idea what I was doing: Zero



STORYTIME



Thoughts on move-in day:

Mom, stop crying.



Thoughts during freshman year:

I don't remember this person's name even though they just told me.



Thoughts when I got a 30% on my first midterm:

*Holy s*** do I actually have to try?*



Things I would tell myself as a freshman

This year, try to remember:

1) You deserve to be here.

2) Just because you got good grades in high school, doesn't mean college will be easy.

3) It's easy to compare yourself to others (grades, career path, etc.). Don't! You're on your own journey.

4) Know—and use—your resources!

Course Instructor



Trenton C. Johanis
Teaching Assistant Professor

Introducing the team:

Ph.D. Psychology, University of Toronto

M.A. Psychology, University of Toronto

B.Sc. Psychology, Neuroscience & Behaviour
(*Music Cognition Specialization*),
McMaster University

Hometown: Toronto, Ontario, Canada 

Research interests:

Music psychology, flow state, online dating

Prefers to be called:

“Dr. T” / “Dr. J” / “Dr. Trenton” / “Dr. Johanis”

Introducing the team:

Course Instructor



Trenton C. Johanis
Teaching Assistant Professor



rjohanis@utk.edu



@tjodoespsych



Walters Academic Building, F315



rjohanis@utk.edu

- Include the course code in the subject line
 - “PSYC 110”
- TRY to be clear and brief
- NEVER apologize for contacting me (It’s my job!)
 - ~~“Sorry to bother you...”~~
- If I don’t respond within 48 hours, follow-up



@tjodoespsych

- Course/psychology/UT/meme content
- My DMs are open!
 - Best for back-and-forth chats—more efficient than e-mail.
 - Ask me questions
 - Chat about college life
 - Send me music
 - We cannot discuss grades over DM—save that for e-mail
 - My notifications are always off (mental health hack) but I'm very active, so be patient!



Walters Academic Building, F315

A yellow sticky note with two red pushpins at the top left corner. The text 'Office Hours' is written in a large, bold, blue font.

**Office
Hours**

- What are office hours?
 - Set times (usually weekly) when instructors and/or TAs make available for students
 - Opportunity for you to ask questions, chat, etc.
 - Sometimes one-on-one, sometimes in groups (depends on person hosting)
- They are *less scary than you think*



Walters Academic Building, F315

A yellow sticky note with a red pushpin at the top left corner. The text 'Office Hours' is written in a large, bold, blue font.

**Office
Hours**

Mondays and Wednesdays, 3pm to 4pm

- In-person or online (Zoom link in syllabus)
- One-on-one or group
- Sign up for timeslots online (link in syllabus)
 - Input name, e-mail, and how you will attend
 - 10-minute timeslots, sign up for 20 mins max*

*Officially, but if nobody signs up for the next slot, we can meet for longer



PSYCHOLOGY

College is HARD...but we're in it together

Introducing the team:

*Teaching Assistant
(DS 003 and 004)*



Kennedy Evins
kevins2@vols.utk.edu

*Teaching Assistant
(DS 005 and 011)*



Olivia Kate Fleenor
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*Teaching Assistant
(DS 007 and 008)*



Jennifer Santoni
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Introducing the team:

*Teaching Assistant
(DS 009 and 012)*



Ellyott Colon
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*Teaching Assistant
(DS 001 and 031)*



Tori Jones
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*Teaching Assistant
(DS 012 and 013)*



Tristan Mattwig
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The IT respectfully asks you to:

- Include the course code and section in the subject line of e-mails related to our course
 - “PSYC 110 Section ____ ...”
- Keep communications clear and concise
- Respect **“The 48-hour Rule”** regarding grades
 - IT will not engage with (i.e., read or respond to) communications relating to a grade sent within 48 hours of release
 - Trust, it’s for your benefit 😊
 - If something still bothers you after 48h, we’re happy to hear about it

What's a discussion section?



Weekly meeting with 20–30 students

Led by graduate student TA

Activities and discussions related to lecture content

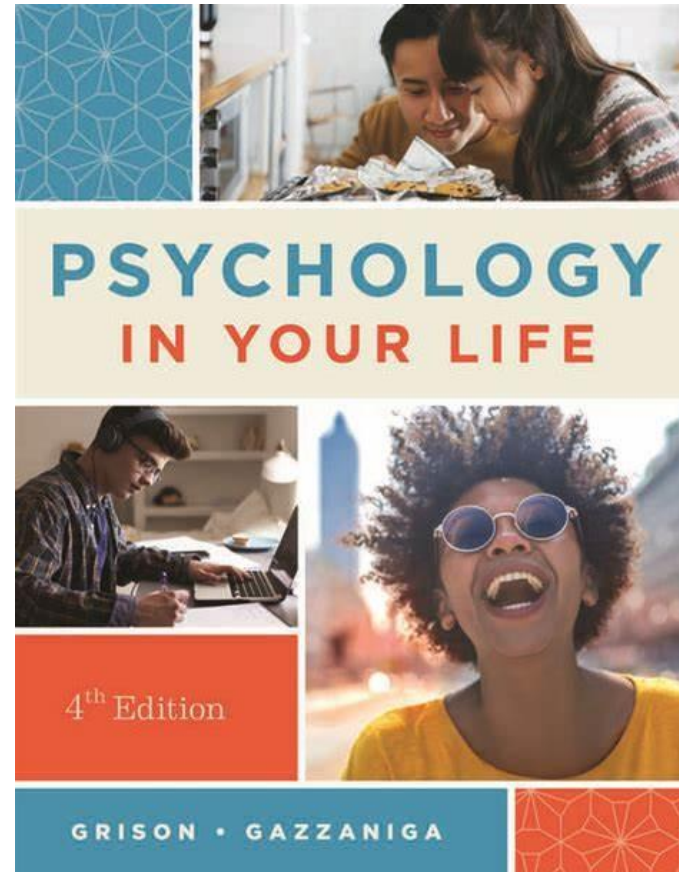
Attendance and active participation is expected

See MyUTK for your assigned time and location

Discussion sections start next week

We will be using an online textbook

Grison, S., & Gazzaniga, M. S. (2022). *Psychology in your life* (4th ed.). W. W. Norton & Company.



Each chapter is already accessible through our Canvas page—just click the link and log in with your NetID



Your grade will come from a variety of assessments

| Evaluative Component | % Weight |
|---|-----------------|
| Department Surveys [Two total] | 0.5 |
| SONA Research Experience | 5.5 |
| Discussion Section Participation [Three total; may drop one with Lecture Clickers] | 5 |
| InQuizitive [13 total; drop lowest three] | 10 |
| Friday Quizzes [11 total; may drop up to two with Lecture Clickers] | 20 |
| Friday Quiz Term | 5 |
| <u>Engaged Inquiry Assignments</u> | 34 |
| Reflection Journals [14 total] | (14) |
| Collaborative Project [Five components total] | (20) |
| Final Exam | 20 |

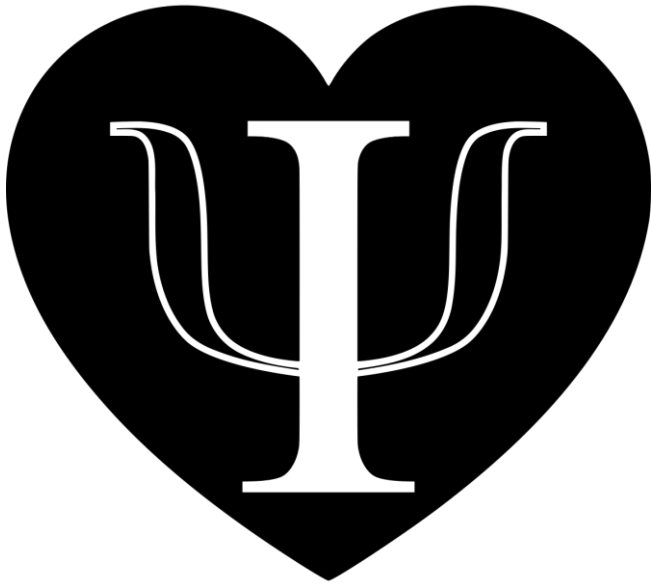


Department Surveys (0.5%; 0.25% each)

- Two in the term
- 20–30 minute online surveys
- Part of the Department of Psychology's regular assessments of its courses

SONA Research Participation (5.5%)

- Contribute to ongoing research projects at UTK and see the research process first-hand
- Two options:
 - Research participation
 - Research paper
- Must be at least 18 years old to participate in research
 - Under 18? Earn your credits through the research paper option
 - If you turn 18 during the semester, you may begin participating in research after your birthday
- Additional opportunities to earn extra credit for keeping up with your research experience opportunities and/or doing extra
- SONA guidelines are on Canvas for full instructions



Discussion Section Participation (5%)

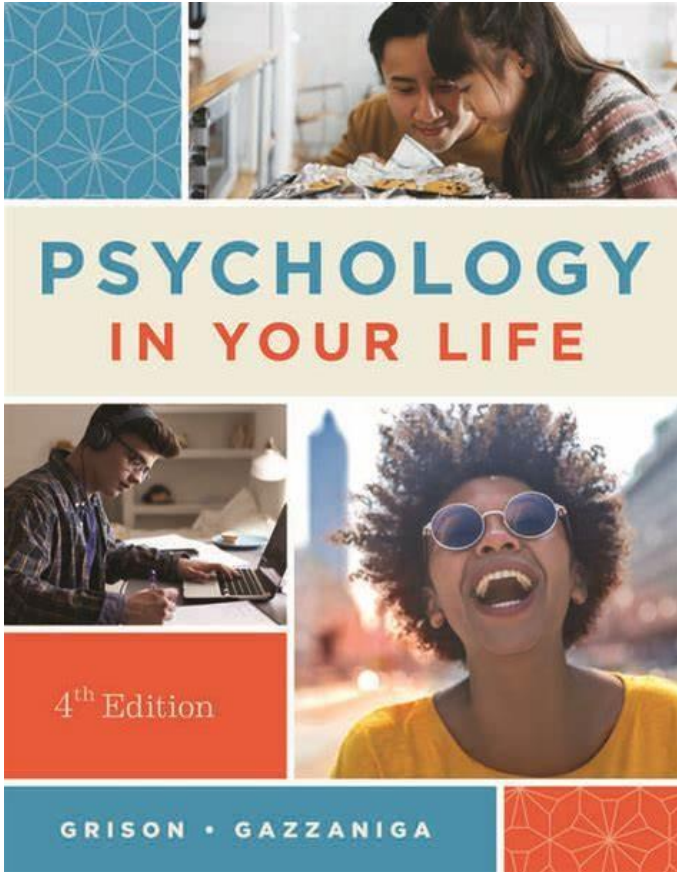


- Attendance and active participation is expected from everyone during their discussion section
- Three elements of active participation:
 - Knowledge: Do you know your stuff?
 - Insightfulness: Are your contributions useful?
 - Synergy: Are you a good community-member?
- In each discussion section, some of your section will be graded for participation AND attendance, and the rest for attendance-only
- Your TAs will know who is being graded for participation each week, but you will not know
 - So, it's in your best interest to participate consistently 😊

Discussion Section Participation (5%)



- Participation weeks will be graded out of three:
 - $3/3$ = Actively participated
 - $2/3$ = Somewhat participated
 - $1/3$ = Attended but did not participate
- Attendance weeks will be graded out of one:
 - $1/1$ = Attended
 - $0/1$ = Did not attend
- Every three modules, you will receive your grade out of five:
 - 3 points for your participation week
 - 1 point for each of your attendance weeks
- If you need help learning about active participation, ask your TA!

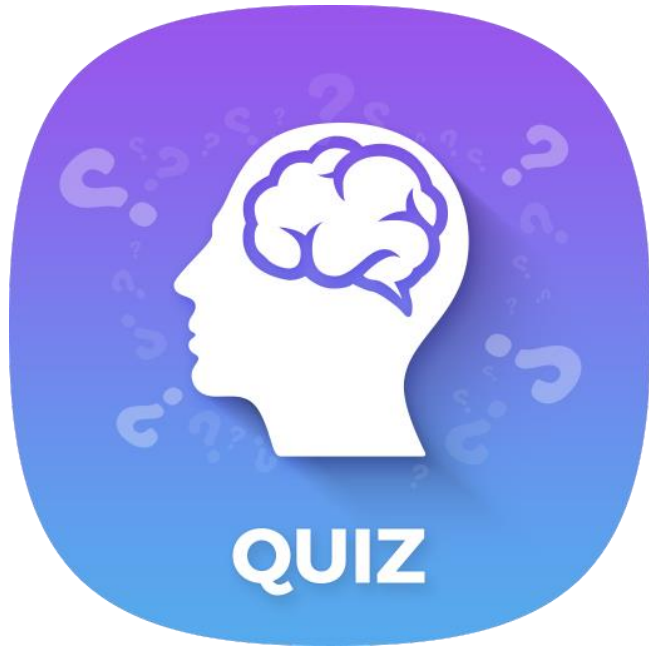


InQuizitive (10%; drop lowest three)

- Online textbook tool that allows you to test your knowledge on textbook content
- Unlimited attempts to get full credit
- InQuizitive closes promptly at 11:59pm on the due date
 - No late submissions
 - You have until the end of the weekend, if you'd like!
- One assignment for almost every week of the course
- Lowest three scores will *not* count toward your final grade
- First is due **February 2**

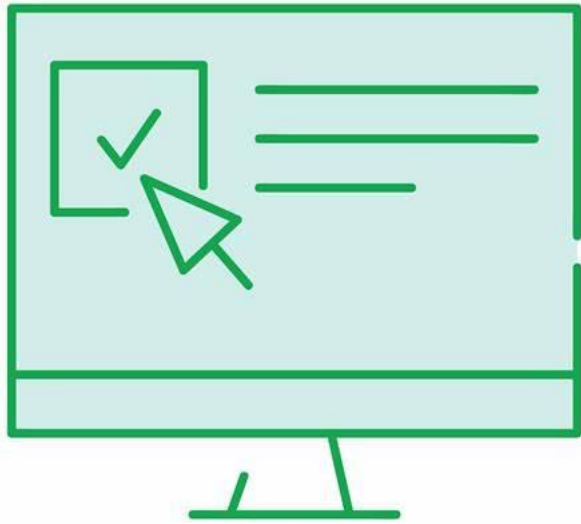
Friday Quizzes (20% total)

- 11 total quizzes
- Online, open-book
 - Complete it alone or with the homies
- 10 questions covering lecture and textbook content
- Opens Friday 12am, closes 11:59pm
- One attempt, 20 minutes
- No make-ups since we have a full 24 hours to complete
- Quiz 1 occurs **Friday January 31**



Friday QuizTerm (5%)

- Extended, 20-item Friday Quiz
- Online, open-book
 - Complete it alone or with the homies
- Lecture and textbook content
- Opens 12am, closes 11:59pm
- One attempt, 40 minutes
- No make-ups since we have a full 24 hours to complete
- Occurs **March 14**





Weekly Reflection Journal (14%; 1% each)

- Two to three sentence reflection on the most recent module
- Open-ended—demonstrate some level of thinking that goes beyond re-stating course content
- Best approach is application, for example:
 - Social psych on a night out
 - How you used knowledge of Memory to study for a test
- Submissions are due on Canvas at 11:59pm at the end of each module (you have until the end of the weekend if you'd like!)
- First is due **February 2**

Collaborative Project: FYP or die (20%)

- Choose groups of two to four from discussion section
- Creative media demonstration (i.e., content) of *anything* in the course, for example:
 - PSA (e.g., a commercial)
 - Video (e.g., IG Reel, TikTok, YouTube Short)
 - Podcast “clip”
 - If you have a different idea but are unsure of its relevance, check with Trenton or a TA.
- 60 to 180 seconds (maximum three minutes)
- Written portion and other intermittent deadlines during the term
- Choose groups by **March 14**;
Final Submission due **April 30**





Final Exam (20%)

- Wednesday May 14th, 3:30pm to 5:30pm
- Location: Here!
- In-person, non-collaborative, not open-book

In-class Clicker Questions (Bonus)



- Download mobile app or buy clicker from VolShop
- ≤ 5 questions per class
- 1 point for correctness on first attempt
- 1 point for correctness after discussion
- Grade drop opportunity (% total possible points):
 - 50%: Drop lowest Participation Grade
 - 60%: Drop lowest Participation AND Quiz grade
 - 70%: Drop lowest Participation AND TWO Quiz grades
- Clickers will start NEXT MONDAY
- Since this is a bonus opportunity,
no excused absences will be accepted

Most weeks will be similarly structured

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|---------|---|----------|-------------------------|----------|-----------------------------------|
| Lecture [1:50pm; AMB 210] | | Lecture [1:50pm; AMB 210] | | Friday Quiz [Online] | | InQuizitive [Online] |
| | | Discussion Sections [Assigned times and locations] | | | | Reflection Journal [Online] |

You are not expected to complete the InQuizitive and Reflection Journal on Sunday—just thought it'd be nice to give you until the end of the weekend

How do you feel?



Angry



Scared



Sad



Happy



Frustrated



Anxious



Disappointed



Calm

THE PLAN



WHY ARE WE HERE?



INSTRUCTION TEAM



SYLLABUS OVERVIEW

For y'all:

- Get familiar with Canvas
- Start on textbook Chapter 1
 - First InQuizitive due Feb 2
- Register for Clickers (PointSolutions) on Canvas
- Next class is straight into content