



Syllabus: **PSYCHOLOGY 101 - 3**

Course Information	
Course Prefix/Number: PSY 101	Credit Hours: 3
Semester: Fall 2025	Course Title:
Class Days/Times: ONLINE / ZOOM Tuesday/Thursday-5.30pm-6.45pm	Introduction to Psychology

Instructor Information:	
Name: AMITA UPPAL	E-mail : amitauppal@yahoo.com
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	Office location: SCAC

Course Description:
Survey of general psychology. Includes a definition of psychology, history of psychology, research methods and critical thinking, biological basis of behavior, sensory process, receiving the world, states of consciousness, conditioning and learning, memory process, motivation and emotions, role of health psychologists, role of stress in our lives, major stages in child and life span development, gender identity and sexuality, intelligence, personality theories, psychological disorders, therapeutic approaches, social psychology research.

Course Objectives:

Upon completion of the course, the student will be able to do the following:

1. Describe the history of psychology, including psychological perspectives and research methods.
2. Explain how the nervous system and other biological systems influence behavior.
3. Summarize the stages and major theories of life span development.
4. Describe the processes of perceptual organization and interpretation.
5. Compare and contrast the major learning theories.
6. Discuss memory formation, retention, and loss. Explain how memory can be improved.
7. Elucidate the connections between thinking, language, and intelligent behavior.
8. Summarize the major concepts of motivation and emotion and how they relate to behavior.
9. Compare and contrast the major personality theories.
10. Describe the characteristics and causal factors associated with major psychological disorders.
11. Identify and discuss the theoretical underpinnings of approaches to psychotherapy.
12. Describe the stress process and explain the interaction between stress and health.
13. Appraise social psychology research findings related to social thought, behavior, and relations.

Student Learning Outcomes

PSY101	Introduction to Psychology
	Define the field of psychology and its fundamental concepts, including the historical development of psychology and the various research methods used in psychological inquiry.

	Analyze the biological basis of behavior, including the sensory processes involved in perceiving and interpreting the world, and explore different states of consciousness.
	Evaluate principles of conditioning and learning, as well as the memory processes, to understand how individuals acquire, retain, and recall information.
	Examine the role of motivation and emotions in human behavior, as well as the contributions of health psychologists and the impact of stress on mental and physical well-being.
	Explore major stages in child and lifespan development, including discussions on gender identity, sexuality, and intelligence.
	Evaluate research findings in social psychology to understand individual and group behavior and relationships and analyze various personality theories in understanding individual differences.
	Assess how psychological disorders are defined, and understand the therapeutic approaches to

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Course Structure:

This course is online based. Students are expected to study the content provided, peruse the power point presentations and be willing to ask questions, and ready to engage in the assignment activities. The expectation is for all assignments to be turned in by the due date as well as for you to log in at least twice a week. YOU ALSO NEED TO ATTEND SCHEDULED ZOOM MEETINGS WHICH WILL BE COMMUNICATED THROUGH 'ANNOUNCEMENTS' EACH WEEK. THIS WILL COUNT AS YOUR ATTENDANCE!!

Texts and Materials:

All reading and learning material required for this course is posted on the Canvas website under 'Announcements' as well as in the 'Pages' section. The Textbook is downloadable from the link which will be provided. Students do not need to buy a Textbook.

Evaluation and Grading & Assignments:

Your grade will be determined by the following:

- 1. Attendance and participation in the class.**
- 2. Passing semester-based exams and comprehensive final examination. (30% of the Final Grade)**
- 3. Completion of all class activities as assigned throughout the semester. (40% of the final Grade)**
- 4. Participation – Attending the zoom meetings at least twice a week. (30% of the final grade)**

90 and above is an A

80 - 89 is a B

70 - 79 is a C

60 - 69 is a D

Under 60 is Failing

Policies and expectations-

Are organized around SCAC's ARROW framework – accountability, respect, resilience, openness, and wisdom)

Accountability: (defines grade expectations and accountability for coursework; emphasizes students' responsibility for original work and proper citation; stresses punctuality, participation, and consequences of absences.

Instructor Withdrawals

Students who have missed four consecutive classes (or the equivalent) not submitted any assignments nor taken any quizzes by the 45th day census report, due on date of 45th day found in Academic Calendar on SCAC website, are assumed NOT to be participating in the class and may be withdrawn at the faculty member's discretion.

Student Withdrawals

Students may withdraw from class at any time during the first 2/3 of the semester without instructor permission and without incurring any grade penalty. Please be sure to withdraw yourself by withdrawal deadline date found in Academic Calendar on SCAC website if you do not expect to complete the class, otherwise you may receive an "F" grade.

RESPECT Establishes a respectful learning environment free from discrimination; promotes a safe and inclusive campus.

Equal Access Statement/Disability Accommodations

San Carlos Apache College seeks to provide reasonable accommodations for qualified individuals with disabilities. The College will comply with all applicable regulations, and guidelines with respect to providing reasonable accommodations.

RESILIENCE Supports students facing unavoidable circumstances and recognizes hardships, while setting academic expectations.

Conduct: Bias, Bullying, Discrimination and Harassment

San Carlos Apache College faculty and staff are dedicated to creating a safe and supportive campus environment as a core value. Harassment based on age, class, color, culture, disability and ability, ethnicity, gender, gender identity and expression, immigration status, marital status, political ideology, race, religion/spirituality, sex, sexual orientation, and tribal sovereign status will not be tolerated.

Special Withdrawals (Y) Grade

The “Y” grade is an administrative withdrawal given at the instructor’s option when no other grade is deemed appropriate. Your instructor must file a form stating the specific rationale, with documentation, for awarding this grade. “Y” grades are discouraged since they often affect students negatively. Your instructor will not award this grade without a strong reason.

OPENNESS- Encourages open discussions between students and faculty and provides transparency about expectations and learning methods

Equal Access Statement/Disability Accommodations

San Carlos Apache College seeks to provide reasonable accommodations for qualified individuals with disabilities. The College will comply with all applicable regulations, and guidelines with respect to providing reasonable accommodations as required to ensure an equal educational opportunity. This

process includes self-identifying as a student with a disability, providing supporting documentation of their disability, and being approved for services through the Disability Resources Office (DRO). It is the student's responsibility to make known to their instructor(s) the student's specific needs within the context of each class in order to receive appropriate accommodations. We will work together in order to develop an accommodation plan specifically designed to meet the individual student's requirements.

WISDOM encourages evaluation, reasoning and diverse perspectives; emphasizes organized and audience-aware expression, and promotes learning from elders and cultural teachings for personal and academic growth.

General Education Goals

Apache Wisdom

Learning from the teachings carried on from Apache elders and other community leaders, students will appreciate their unique history, language, and culture as a source of strength for their personal, family, academic, and career aspirations.

Critical Thinking

Approach critical issues, problems, or questions using creativity and deductive reasoning, evaluating evidence, acknowledging diverse perspectives and contexts, and synthesizing one's own viewpoint into ongoing conversations and debates.

Communication

Effectively express ideas orally and in writing. Good communication includes understanding one's audience, organizing one's thoughts, acknowledging and integrating outside sources, using the most recent technology, and following the accepted writing and citation conventions of the particular discipline.

Environmental Literacy

Students will understand their connection to social, cultural, physical, and global environments. Students will consider and evaluate strategies for cultural, community and global sustainability.

DISCLAIMER: This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.

