

**Sul Ross State University**  
**Department of Behavioral and Social Sciences**



***"If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life"***

~Abraham Maslow

PSY 1302 – Introduction to Psychology

Spring 2026-Synchronous Online Course, (M, W 8:35am-9:50am)

**Course Syllabus – Spring 2026**

**Instructor:** Dr. Gloria Hudson

**Office Hours:** Virtual – By Appointment

**Phone:** (432) 837-8146

**Email:** Gloria.Hudson@sulross.edu

**Required Textbook:**

*Psychology in Everyday Life* (6th ed.) by David G. Myers & C. Nathan DeWall

- **Digital Option:** Achieve for Psychology with Myers & DeWall *Psychology in Everyday Life* eBook
- **Print Option:** Available in paperback from the SRSU Bookstore or online.

**Course Description:**

An introduction to the scientific study of behavior and mental processes, exploring topics such as biological influences, learning, memory, development, personality, psychological disorders, and social behavior. Emphasis will be placed on applying psychological principles to everyday life.

My name is Dr. Gloria Hudson, and I will be your instructor through this interesting journey we call the world of psychology. Psychology is the *scientific* study of behavior and mental processes. Science is important because psychologists use the same scientific method that biologists, chemists, agricultural scientists, physicists, and geologists use. But there is a slight difference! Our ‘objects’ are human beings and not necessarily inanimate objects. Essentially human beings are our subjects, and we use the scientific method to observe, analyze, describe, and infer their behavior and mental processes. Now, studying behavior is clearer because you can observe how many times a human being may act, but mental processes become tricky. To observe, analyze, describe, and infer/predict mental processes, we use more sophisticated methods like neuroscientific procedures and brain imaging.

In this class, we will focus solely on observable phenomena in psychology and understand why this is a scientific discipline. We will track the development of psychology and research, and venture into examining personality, the body and brain, learning, perception and action, emotion and motivation, memory, and psychological disorders.

## Textbook Requirements

### Required Textbook:

Myers, D. G., & DeWall, C. N. (2023). *Psychology in Everyday Life* (6th ed.). New York, NY: Macmillan Learning.

- **ISBN (ePub eBook):** 978-1-319-44718-2
- **ISBN (Paperback):** 978-1-319-41872-4

### Format Options:

- **eBook (ePub):** Available through Macmillan Learning’s Achieve platform, offering interactive learning tools, embedded videos, and self-quizzes. Recommended for students who prefer digital access and integrated study features.
- **Paperback:** Available through the SRSU Bookstore and online booksellers. Recommended for students who prefer printed text for reading and annotation.

### Access Requirements:

Students must have the textbook in **either format** by the first week of classes. Readings from the textbook form the foundation for weekly quizzes, reading reflections, and major projects.

## Synchronous Course Requirements

**Course Title:** Introduction to Psychology (PSY 1302, EP3)

**Format:** Synchronous – Virtual Meetings via Blackboard Collaborate Ultra

**Meeting Days/Times:** Mondays and Wednesdays, [8:30AM-9:50AM] (Central Time)

**Instructor:** Dr. Gloria Hudson

## Attendance and Participation

- Students are expected to attend all live class sessions on Mondays and Wednesdays via Blackboard Collaborate.
- Attendance will be recorded at the beginning of each class session.
- Active participation is required and will be factored into your final grade. This includes responding to questions, contributing to discussions, and participating in group activities.
- Students who cannot attend a live session must notify the instructor **in advance** (except in emergencies) and are responsible for reviewing the session recording.

## Technology Requirements

- A computer, laptop, or tablet with reliable internet access.
- Functioning microphone and speakers/headset. A webcam is highly recommended for active engagement.
- Access to Blackboard through the Sul Ross State University student portal.
- Familiarity with Blackboard Collaborate Ultra tools, including chat, hand-raising, breakout rooms, and screen sharing.

## Classroom Etiquette (Virtual Environment)

- Log in 5 minutes before the scheduled start time to check audio and video.
- Mute your microphone when not speaking to reduce background noise.
- Use respectful, professional language in discussions and chat.
- Participate in breakout rooms as assigned; group work is part of your learning process.
- Dress appropriately for a professional/academic setting.

## Assignments and Assessments

- Assignments will be submitted through Blackboard before the stated deadlines.
- Quizzes and exams will be administered online during scheduled class times.
- Some in-class activities may be graded for participation credit.

## Missed Classes

- Recordings of each synchronous session will be posted in Blackboard.
- Students are responsible for reviewing missed content and submitting any missed assignments.
- Participation points cannot always be made up for missed live interactions, except with instructor approval.

## Course Learning Outcomes

By the end of this course, students will be able to:

1. Identify major concepts, theories, and research findings in psychology.
2. Apply psychological principles to everyday situations.
3. Demonstrate an understanding of research methods in psychology.

4. Analyze human thought and behavior from multiple perspectives.

## Major Assignments & Due Dates

- Chapter Quizzes – Sundays by 11:59 PM
- Bi-Weekly Reading Reflection Papers – Sundays by 11:59 PM
- Midterm Exam – Week 9 covering Modules 1-4
- Comprehensive Final Exam – Week 16
- APA Research Paper – Due Friday, May 8, 2026 by 11:59 PM

## Grading Policy

Assignment Type	Percentage
Quizzes (7 total)	20%
Reading Reflection Papers (6 total)	20%
APA Paper	20%
Discussion Boards	10%
Midterm Exam	15%
Final Exam	15%

## Guidelines for Chapter Reflection Papers

### Purpose:

The chapter reflection paper is designed to deepen your understanding of the assigned textbook chapter by summarizing key concepts, connecting them to your personal experiences or current events, and analyzing their relevance to real-world applications.

### Due Date:

- **Sunday(s) by 11:59 PM**
- Submitted via **Blackboard** in the designated assignment folder.

### Length:

- **1–2 full pages** (approximately 300–500 words), double-spaced, excluding the title and reference page.

### Formatting:

- APA 7th edition format.
- 12-point Times New Roman font, 1-inch margins, double-spaced.
- Include a title page with your name, course number, date, and chapter number.
- Use proper in-text citations when referring to the textbook or other sources.

**Content Requirements:**

Your reflection paper should include the following elements:

1. **Summary of the Chapter** (Approx. 1–2 paragraphs)
  - Summarize the main concepts, theories, and findings presented in the chapter.
  - Use your own words; avoid copying directly from the textbook.
2. **Personal Connection or Application** (Approx. 1 paragraph)
  - Relate at least one concept from the chapter to your own life, an observation, a personal experience, or a current event.
  - Explain how the concept helps you better understand yourself, others, or a societal issue.
3. **Critical Analysis** (Approx. 1 paragraph)
  - Discuss the strengths or weaknesses of a theory, study, or concept presented in the chapter.
  - Suggest questions for further research or areas you would like to explore more.
4. **APA Citation**
  - Reference the *Psychology in Everyday Life* textbook and any other sources used.
  - Include a separate reference page in APA format.

**Grading Criteria (10 points each paper):**

- **4 points:** Accurate and thorough summary of chapter content.
- **2 points:** Clear and meaningful personal connection/application.
- **2 points:** Critical thinking and analysis demonstrated.
- **1 point:** Proper APA formatting.
- **1 point:** Clarity, grammar, and organization.

**Tips for Success:**

- Take notes while reading each chapter to help with summarizing.
- Be specific in your personal connection; vague statements will not receive full credit.
- Proofread before submission to avoid grammar and spelling errors.
- Use the grading criteria as a checklist before submitting your work.

**End-of-Semester APA Research Paper Assignment**

**Course:** Introduction to Psychology (PSY 1302 – Dual Credit)

**Instructor:** Dr. Gloria Hudson

**Due Date:** Friday, May 8, 2026 by 11:59pm

**Submission Method:** Blackboard → “Final APA Paper” submission link

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**Assignment Overview**

The End-of-Semester APA Paper is designed to give you the opportunity to explore a psychological concept, theory, or issue in depth, connect it to course material, and demonstrate your ability to write in proper **APA 7th edition student paper format**.

This assignment will strengthen your skills in:

- Understanding and applying psychological concepts
- Using research from scholarly sources
- Organizing ideas clearly and persuasively
- Following APA style guidelines

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## Topic Selection

Choose **one** of the following approaches:

1. **Theoretical Paper** – Explain and analyze a major psychological theory (e.g., Operant Conditioning, Cognitive Dissonance, Attachment Theory).
2. **Applied Psychology Paper** – Discuss how psychology applies to a real-world topic (e.g., Social Media & Mental Health, Psychology of Learning, Sleep & Memory).
3. **Biographical Analysis** – Explore the life and work of a major psychologist (e.g., Pavlov, Skinner, Piaget) and connect their work to course concepts.

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## Paper Requirements

### Length:

- 3–4 pages **of content** (not including title page and reference page)

### Sources:

- Minimum of **2 scholarly sources** (peer-reviewed journal articles or academic books)
- You may also use the course textbook as an additional source

### Formatting (APA 7th Edition):

- 12-point Times New Roman font
- Double-spaced, 1-inch margins
- Student title page (title, your name, institution, course, instructor, date)
- Proper in-text citations for all paraphrased and quoted material
- Reference page on a separate page at the end

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## Paper Structure

1. **Title Page** (APA 7th student format)
2. **Introduction**
  - Introduce your topic and explain why it is important in psychology

- End with a **clear thesis statement** that previews your main points

3. **Body**

- **Section 1:** Define and explain your topic using course concepts and scholarly research
- **Section 2:** Present examples, applications, or case studies
- **Section 3:** Discuss current research findings and/or controversies

4. **Conclusion**

- Summarize your key findings
- Restate the importance of the topic in psychology
- Suggest possible future research or practical applications

5. **References**

- APA-format list of all sources cited in the paper

### Plagiarism & Academic Integrity

Sul Ross State University's policy strictly prohibits plagiarism, including copying another student's work or failing to credit sources. All assignments will be checked using plagiarism detection software. **Plagiarism may result in a zero on the assignment and further disciplinary action.** Refer to the [SRSU Academic Integrity Policy](#) in your syllabus for details.

### Grading Rubric – End-of-Semester APA Paper

Criteria	Points	Description
Content Accuracy & Depth of Research	30	Demonstrates comprehensive understanding of the theory, integrates scholarly sources effectively, and provides depth in analysis.
Organization & Clarity	20	Ideas are logically organized, transitions are smooth, and argument is easy to follow.
APA Formatting & Citations	20	Adheres to APA 7th edition rules for title page, headings, in-text citations, references, spacing, margins, and font.
Integration of Scholarly Sources	15	Includes at least 3 scholarly sources plus the course textbook, all properly cited.

Grammar, Spelling, & Mechanics	10	Writing is free from grammatical, spelling, and punctuation errors.
Timeliness of Submission	5	Submitted by the due date of December 5, 2025.

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### Tips for Success

- Start early and keep track of your sources
- Use the SRSU Library Database or Google Scholar for scholarly sources
- Review the **APA 7th Edition Student Paper Guidelines** before starting
- Ask questions early if you are unsure about your topic or formatting

### Student Learning Outcomes (SLOs)

By the end of this course, students will be able to:

5. Describe major psychological concepts, theories, and research methods.
6. Apply psychological principles to everyday experiences.
7. Demonstrate critical thinking by evaluating psychological claims and research.
8. Communicate psychological ideas effectively in writing and discussion.
9. Analyze personal or public issues using psychological research.
10. Use APA formatting and scholarly resources appropriately in written academic assignments.

### Core Curriculum Outcomes

- Empirical & Quantitative Reasoning: Analyze, interpret, and draw conclusions from data or factual evidence.
- Teamwork: Work collaboratively, considering multiple perspectives and working effectively toward shared goals.
- Personal Responsibility: Demonstrate ethical decision-making and responsible behavior in academic and personal contexts.
- Social Responsibility: Connect individual actions and choices to their broader societal and ethical implications.

### Alignment of Assignments with Student Learning Outcomes

Student Learning Outcome	Assignment(s)	Core Curriculum Outcome
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Describe major psychological concepts,	Weekly Chapter Quizzes, Reading Reflection Papers	Empirical & Quantitative Reasoning
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theories, and research methods.

Apply psychological principles to everyday experiences.

Demonstrate critical thinking by evaluating psychological claims and research.

Communicate psychological ideas effectively in writing and discussion.

Analyze personal or public issues using psychological research.

Use APA formatting and scholarly resources appropriately in written academic assignments.

Reading Reflection Papers, Health Behavior Change Project

Midterm Exam, Final Exam, Health Behavior Change Project

Discussion Boards, Health Behavior Change Project

Health Behavior Change Project

Health Behavior Change Project, Reading Reflection Papers

Social Responsibility

Empirical & Quantitative Reasoning

Communication

Social Responsibility

Personal Responsibility

#### Health Behavior Change Project – Rubric (Aligned with SLOs)

Criteria	Points	Aligned SLO	Core Outcome
Behavior Goal & Rationale – Goal is clear, measurable, and health-related; rationale supported by evidence from textbook & scholarly sources.	10	SLO 2, 5	Social Responsibility
Integration of Psychological Theory/Concept from Textbook – Accurate explanation of theory; relevance to behavior change is well-justified.	20	SLO 1, 2, 3	Empirical & Quantitative Reasoning

Tracking & Data Collection – Detailed, consistent tracking of behavior over 4 weeks with clear presentation of results.	20	SLO 3	Empirical & Quantitative Reasoning
Analysis & Reflection – Insightful discussion of successes, challenges, and how theory informed change process.	25	SLO 2, 3, 5	Social Responsibility
APA Formatting & Scholarly Sources – Correct use of APA 7th edition, proper in-text citations, and at least 3 scholarly sources including textbook.	15	SLO 6	Personal Responsibility
Writing Quality & Organization – Logical structure, clarity, grammar, and spelling.	10	SLO 4	Communication

### **Late Assignments/Projects/Checklists**

You are expected to meet assignment/checklist deadlines. I do not accept late assignments. For excused absences (university-authorized, legal or medical issues), speak with me **before the absence** so arrangements can be made.

**Regular communications with the professor:** It is essential that you keep me current on your progress and any difficulties you may be having so that I can respond in real time to support your success. The most efficient way of contacting me is the VIRTUAL OFFICE on Black Board and/or the syllabus which provides you with contact hours for the rest of the semester.

GENERAL QUESTIONS are to be posted to in the Messages platform in Blackboard. For PERSONAL

or PRIVATE ISSUES email me at [gloria.hudson@sulross.edu](mailto:gloria.hudson@sulross.edu). I strive to respond as soon as possible. If you do not receive a reply within 24 hours during the work week, please resend your email or text me.

**Required by Americans with Disability Act Statement (ADA) - ADA Statement**

SRSU Accessibility Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Mrs. Mary Schwartze Grisham, LPC, SRSU's Accessibility Services Director at 432-837-8203 or email <mailto:mschwartze@sulross.edu>. Our office is located on the first floor of Ferguson Hall, room 112, and our mailing address is P.O. Box C122, Sul Ross State University, Alpine, Texas, 79832.

## Introduction to Psychology – Spring 2026 Course Schedule

Module	Chapter / Topic	Dates	Assignment(s)	Due Date
First Week	Start Here: Introduction to Psychology	Jan 14–16	Ice Breaker, Syllabus Review	Sunday Jan 18
Module 1	Chapter 1: Introduction to Psychology	Jan 20–23	Quiz & Reflection Paper	Sunday Jan 25
Module 2	Chapter 2: Biology of Behavior	Jan 26–Feb 6	Quiz & Reflection Paper	Sunday Feb 8
Module 3	Chapter 9: Motivation & Emotion	Feb 9–20	Quiz & Reflection Paper	Sunday Feb 22
Module 4	Chapter 5: Sensation & Perception	Feb 23–Mar 6	Quiz & Reflection Paper	Sunday Mar 8
Midterm	Covers Modules 1–4	Week of Mar 2–6	Midterm Exam	By Mar 6
Spring Break	No Classes	Mar 9–13	—	—
Module 5	Chapter 6: Learning	Mar 16–27	Quiz & Reflection Paper	Sunday Mar 29
Module 6	Chapter 7: Memory	Mar 30–Apr 10	Quiz & Reflection Paper	Sunday Apr 12

Module 7	Chapter 13: Psychological Disorders	Apr 13–24	Quiz & Reflection Paper	Sunday Apr 26
Module 8	Chapter 12: Personality	Apr 27–30	Quiz & APA Paper	Friday May 1
Finals Week	End of Semester	May 1–6	Final Exams	End of Semester