



## PSY100H1F: Introductory Psychology Fall 2021

Course delivery: **Online Asynchronous**



### Contact Information

**Instructor:** Dr. Ashley Waggoner Denton (she/her/hers)  
**Instructor Email:** [a.waggoner@utoronto.ca](mailto:a.waggoner@utoronto.ca)  
**Instructor Office:** SS 5016F (Sidney Smith, 5<sup>th</sup> floor, end of hall)  
Click [here](#) to book a one-on-one appointment with me (you may request either an in-person or virtual meeting).

**PSY100 Course Email:** [psy100day@utoronto.ca](mailto:psy100day@utoronto.ca)  
Please use this email for general course inquiries, but please be sure to first review the course [email policy](#).

**PSY100 TAs:**

Sabira Alibhai-Najarali	Ziming Cheng
Seohee Han	Natalia Ladyka-Wojcik
Robert Nowosielski	Louisa You
Stephanie Yung	

**Virtual Student Hours:** Thursdays from 10am – 11am ET (unless otherwise noted)  
Virtual student hours will be held in my “virtual office”. A password is required to access the space; the link to the virtual office and password will be posted to Quercus. The course instructor and a TA will be available to chat during these (completely optional) drop-in virtual sessions. Please note that capacity is limited.

**Instructor Office Hours** (in person drop-ins): Thursdays 11am – 12pm ET (unless otherwise noted); please feel free to drop-by my office (SS5016F) during this time.

### Psychology Department Administrators

SONA Coordinator (Research Participation): Annabelle Moore

Email: [psy100.experiments@utoronto.ca](mailto:psy100.experiments@utoronto.ca)

→ Contact for questions regarding research participation, using the SONA website, etc.

Undergraduate Administrator: Tamara Ferguson

Email: [psy.undergrad@utoronto.ca](mailto:psy.undergrad@utoronto.ca)

→ Contact for questions regarding psychology programs of study (e.g., requirements for the Major)

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## Course Webpage/Quercus

The website associated with this course is accessible via <http://q.utoronto.ca>.

If you have any questions about using this site, please do not hesitate to ask!

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## Course Description, Goals, and Prerequisites

*Calendar description: A brief introductory survey of psychology as both a biological and social science. Topics will include physiological, learning, perceptual, motivational, cognitive, developmental, personality, abnormal, and social psychology.*

**Prerequisite:** None

**Exclusion:** PSY100Y5/PSYA01Y3/(PSYA01H3 + PSYA02H3)

**Distribution Requirements:** Science

**Breadth Requirements:** Thought, Belief and Behaviour (2)

Welcome to PSY100! During your time in this course, you will learn key concepts from the major fields of psychology as well as overarching themes that tie it all together; you will learn how to think critically about research and get firsthand experience participating in psychological studies; you will gain deeper insight into your own mind and behaviour as well as the behaviours of others. Psychology is the scientific study of human experience, and that makes the content of psychology deeply personal. I encourage you make connections between the material you are learning and your own life/the world around you – in many places, this will happen quite naturally.

This course is divided into **six interconnected modules** which will provide you with a comprehensive overview of the field of psychology:

**MODULE 1: Foundations (Weeks 1-2)**

MAJOR TOPICS: History of psychology, major perspectives, research methods, research ethics (Chapters 1 & 2)

**MODULE 2: Biological (Weeks 3-4)**

MAJOR TOPICS: Gene x environment interactions, neuroscience, sensation & perception (Chapters 4 & 5)

**MODULE 3: Development (Week 5-6)**

MAJOR TOPICS: Lifespan development, classical and operant conditioning, learning (Chapters 11 & 8)

**MODULE 4: Cognitive (Weeks 7-8)**

MAJOR TOPICS: Attention, memory, judgment and decision making, problem-solving, intelligence (Chapters 9 & 10)

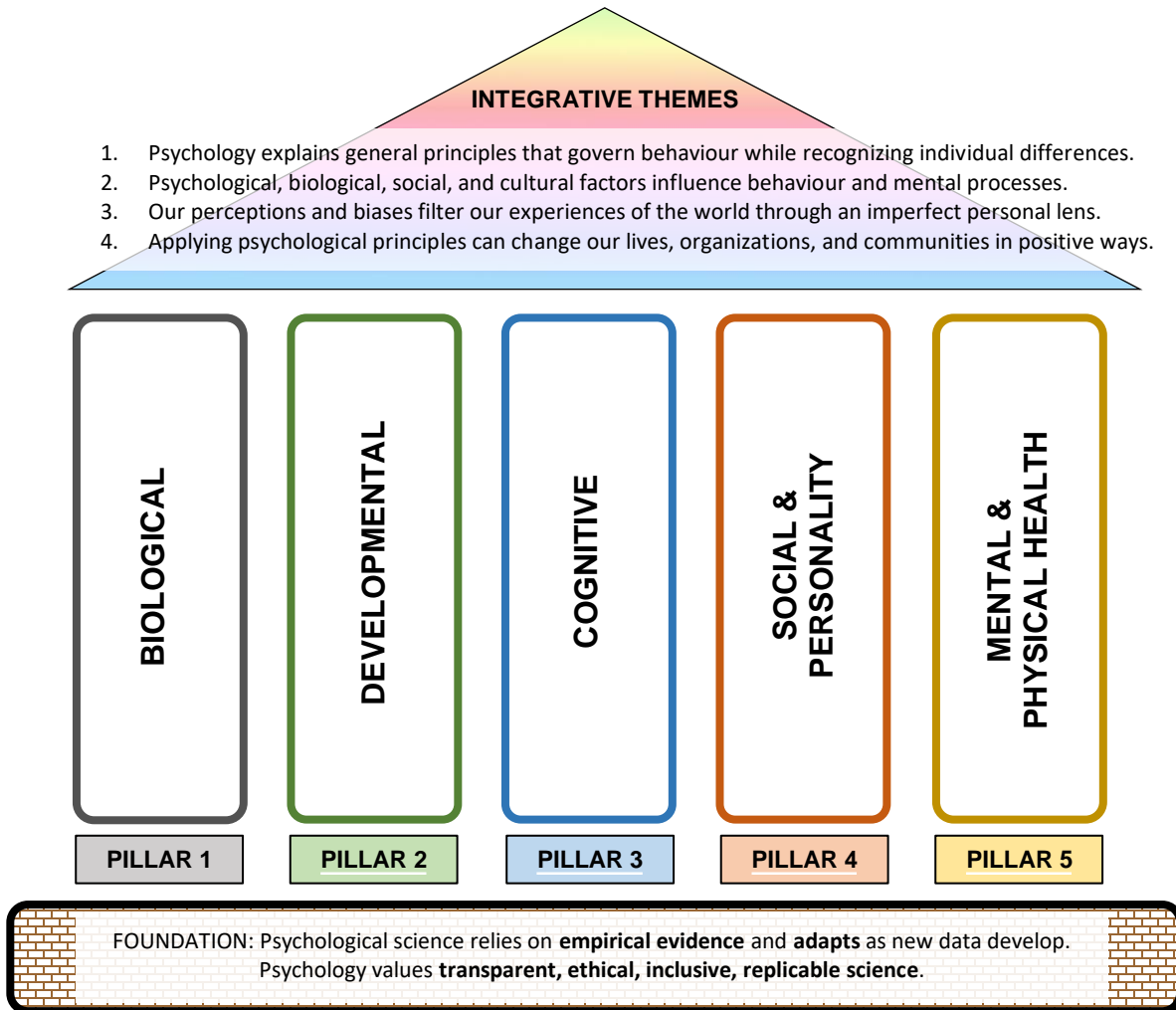
**MODULE 5: Social & Personality (Weeks 9-10)**

MAJOR TOPICS: Personality and the self, social psychology, emotions, motivation (Chapters 12 & 13, part of Chapter 7)

**MODULE 6: Mental & Physical Health (Weeks 11-12)**

MAJOR TOPICS: Psychological disorders, stress and coping, positive psychology (Chapters 14 & 16)

Visual Framework for PSY100:



A visual framework for the course is depicted above. We will begin with a brief introduction to and history of the discipline, followed by an exploration of the diverse research methods used in psychology (Module 1: Foundations). The next five modules cover each of the five main pillars of psychology: Biological (Module 2), Development (Module 3), Cognitive (Module 4), Social & Personality (Module 5), Mental & Physical Health (Module 6). While each module will be slightly different, all modules will include lecture videos, readings, and MindTap activities. Each module concludes with a quiz. More information is provided below.

## Course Materials (required)

### MindTap Access for *Discovering Psychology: The Science of Mind* (1<sup>st</sup> Canadian Edition)

AUTHORS: Cacioppo, Freberg, & Waggoner Denton

(Yes, I am an author; 100% of my U of T royalties are donated to student scholarships)

PUBLISHER: Cengage

ISBN: 9780176877293

**SPECIAL U of T PRICING: \$60.00 + tax**

MindTap includes the digital version of the textbook, various activities for each chapter (see [here](#)), and access to additional study tools (e.g., Study Hub, flashcards). MindTap is required for the course; a physical version of the textbook is not.

**[PURCHASE HERE](#)** (this is the quickest, easiest option)

- The MindTap Discovering Psychology access code can also be purchased **in-person** at the University of Toronto Bookstore (e.g., if you do not have a credit card to purchase it online). Just be sure not to lose your code!
- You can also choose to purchase a physical textbook that is **bundled** with a MindTap access code (these bundles are listed as 'alternates' on the U of T Bookstore website); these bundles may be purchased either through the bookstore website or in-person.
- Not sure if you'll stay in the course? You can access the MindTap materials for the class until September 21<sup>st</sup> without purchasing an access code. After this free trial period, you will need to enter an access code to continue. Please note that all your scores and course activity will be saved and will be available to you after you pay for access.

**WARNING:** Do **not** purchase MindTap directly through the Cengage website, as they will charge you the regular (\$100+) price!

Once you have your access code (or if you want to use the free trial option), you can access the MindTap learning path for our course via the following link:

IMPORTANT: Please use your utoronto email address when setting up your account and enter the correct student number (*thank you!*)

**MindTap URL:** <https://login.nelsonbrain.com/course/MTPN-08KQ-MMW4>

**MindTap course key:** MTPN08KQMMW4

All MindTap activities must be completed online. However, I understand that you may prefer to complete the *reading* via a physical book. If you would prefer to read a physical version of the text, there are a number of options available:

- You may **purchase** a physical text bundled with MindTap from the University of Toronto Bookstore.
- You may **purchase** a physical text bundled with MindTap from the Cengage

- website (10% off discount code: DIGITALB2S1103)
- You may **print out** sections of the digital text from MindTap.
  - You may **borrow** physical copies of the textbook for short-term (3-hour) loan at the following libraries (you will need to go to the *course reserves* desk at the library and request a copy of the book): Robarts, E.J. Pratt

As an alternative to reading, you may also use the **ReadSpeaker** function in MindTap to have the text read to you (you can adjust the speed and voice settings to your preference).



*NOTE: If your current financial situation will prevent you from being able to purchase the required materials, **please send me an email** (to my personal account, [a.waggoner@utoronto.ca](mailto:a.waggoner@utoronto.ca)). I am dedicated to ensuring that no one is placed at a disadvantage in this course due to financial challenges.*

## Course Learning Outcomes

Upon completion of this course, I am confident and hopeful that you will be able to:

### Goal 1: Psychological Knowledge

- Describe key concepts, principles, and overarching themes in psychology
  - Provide specific examples of the integrative themes we cover in this course
  - Explain how psychology relies on empirical evidence and adapts as new data develop
  - Define and explain the purpose of key research concepts that characterize psychological research (e.g., hypothesis, operational definition)
- Exhibit knowledge of psychology's primary content domains
  - Describe key theories and concepts within each domain
  - Identify the principal methods and types of questions that emerge in specific content domains
- Apply psychological principles to novel examples
  - Apply practical examples from everyday life using psychological principles

### Goal 2: Scientific Inquiry & Critical Thinking

- Interpret, design, and evaluate psychological research
  - Identify the advantages and disadvantages of particular research designs and discuss the value of experimental design in justifying cause-effect relationships
  - Critically evaluate the validity of research studies
- Recognize subjectivity in scientific inquiry
  - Identify when and how biases are introduced into the research process
  - Understand how the historical and cultural context influence the development and interpretation of psychological knowledge and inquiry

### Goal 3: Communication

- Write clearly and effectively
  - Proficiency in English grammar and fundamentals
  - Adapt writing content and style for different purposes

#### Goal 4: Personal and Professional Development

- Build personal relationships and interact effectively with others
  - Communicate effectively with people who have different backgrounds and perspectives (e.g., on the course discussion board)
  - Treat others with civility (including TAs, classmates, etc.)
- Demonstrate self-efficacy, responsibility, and self-regulation
  - Create a schedule for yourself and manage your time wisely
  - Maintain standards of academic and personal integrity and seek out help from others when necessary (e.g., from myself, your TAs, your College Registrar, etc.)
  - *Prioritize your health and well-being by making time for sleep, exercise, relationships with friends and family, and anything else that is important to you!*

#### Course Evaluation

##### MindTap *Discovering Psychology* Activities (10%)

These activities include *virtual labs*, *think critically*, *mastery of core concepts*, and *watch & respond to research in action*.

Different activities are assigned for each chapter based on the relevance of the activities to our course goals. These activities (as well as the textbook reading) can be found in the [MindTap learning path](#). It is your responsibility to complete the assigned activities by the deadlines listed. These deadlines have been carefully selected to achieve a balance between making sure you are keeping up with the course material while also allowing for flexibility. I **highly recommend** following the recommended due date schedule; but the final deadlines reflect an automatic extension that is always available for anyone who needs it. A comprehensive list of all assigned MindTap activities and their respective deadlines can be found [here](#).



##### Research Participation (4%) & Reflection (2%)

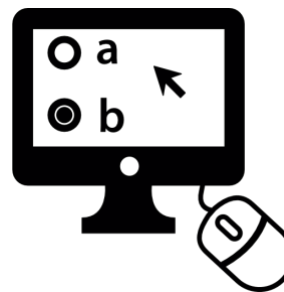
**Research Participation:** This involves active participation in psychological research currently being conducted by faculty members on the St. George campus. You will have the option of participating in studies either online or in-person (or a mix of both). Information regarding research participation and instructions for using the online sign-up system will be made available on Quercus. You must earn 4 experiment credits in order to receive the full 4% participation mark.

**PLEASE NOTE:** Any questions regarding research participation (e.g., signing up for studies, getting your credits) must be sent to the SONA Coordinator (Annabelle) at [psy100.experiments@utoronto.ca](mailto:psy100.experiments@utoronto.ca).

**Reflection:** To earn the additional 2% reflection grade, you must submit a 1-page (double-spaced) reflection on what you learned through your experiment participation. Additional instructions for writing your reflection are available on Quercus. Reflections may be submitted at any point (as long as you have completed at least one experiment). The final day to submit a reflection is Thursday, December 10<sup>th</sup> (end of day).

**MODULE QUIZZES** (6 quizzes x 8% each = 48% total grade)

- Each module concludes with a timed online quiz.
- Question formats may include multiple choice, multiple answer, fill-in-the-blank, matching, true and false.
- Quizzes are scored out of 20 points (and typically consist of 20 questions).
- Quizzes are available for a 24-hour period (at minimum).
- Once you begin a quiz, you will have 50 minutes to complete it (akin to one class period).



Additional instructions and information on what to do if you experience an issue while taking a quiz will be available in the quiz instructions on Quercus.

Quiz Availability Windows:

**Module 1 Quiz** (Foundations): 10am (ET) Sept 27 – 10am (ET) Sept 28

**Module 2 Quiz** (Biological): 10am (ET) Oct 11 – 10am (ET) Oct 13\*

**Module 3 Quiz** (Developmental): 10am (ET) Oct 25 – 10am (ET) Oct 26

**Module 4 Quiz** (Cognitive): 10am (ET) Nov 15 – 10am (ET) Nov 16

**Module 5 Quiz** (Social & Personality): 10am (ET) Nov 29 – 10am (ET) Nov 30

**Module 6 Quiz** (Mental & Physical Health): 10am (ET) Dec 8\*\* – 10am (ET) Dec 9

*\*Extra 24-hours for Module 2 quiz because of the Thanksgiving holiday*

*\*\*Note the day change for Module 6 quiz (Wednesday) because of the end of term*

**INTEGRATIVE FINAL ASSESSMENT** (36%)

This will be an untimed, written final assignment due during the final assessment period. The best way to prepare for this final assignment is to (1) keep up with the course as we move through the modules (watching the videos, completing the MindTap activities, etc.), and (2) complete the optional module worksheets. Detailed instructions and a scoring guide for the final assessment will be posted at 10am (ET) on December 9<sup>th</sup>. The final assessment will be due by 10am (ET) on Thursday, December 16<sup>th</sup>. You will be able to complete the assessment at your own pace and according to your own schedule during this period.

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**Course Policies**
**Email Policy**

Please review this syllabus and the class materials posted on Quercus (including the discussion board) before sending an email. You will find answers to most of your questions there.

For issues where there is a form available, **please use the form**. Issues that have special forms include each quiz (form link will be found in the quiz instructions); missed quizzes (see below); and [Wednesday Wellness submissions](#).

**General inquiries** about the course (e.g., questions about content, problems accessing content) should be sent to the course email address:

[psy100day@utoronto.ca](mailto:psy100day@utoronto.ca)

Any questions that involve special circumstances or private/personal issues may be sent to my personal email ([a.waggoner@utoronto.ca](mailto:a.waggoner@utoronto.ca)). If the issue is something that would be better discussed in person, please [book a meeting](#) with me instead.

Please [email Annabelle](#) for questions relating to Research Participation/SONA.

Please [email Tamara](#) for questions regarding PSY programs of study.

When sending email, **you must use your official utoronto email account**, otherwise your email may be marked as spam and never received! Please use a meaningful subject line and start it with PSY100 (e.g., "PSY100: accommodation letter"). Use a proper greeting (e.g., "Hi Dr. Waggoner Denton" or "Hi PSY100 Team") and sign with your name (no need to add your student number or anything else!). State your concern clearly and succinctly.

Email will typically be responded to within 48-hours, but please note that I do **not** check email on the weekends (nor do I expect TAs or anyone else to).

### **Late and/or Incomplete MindTap Activities**

It is highly recommended that you follow the [recommended due date schedule](#) for your MindTap activities. This is the schedule that ensures you are keeping up with the material and aligning your module completion with the quiz schedule. However, you will always have until the **final ("last chance") deadline** to complete these activities without any consequences/late deductions. Activities may not be submitted for points after the final deadline has passed (as the final deadline already encompasses an automatic extension). However, partial points will be awarded as appropriate (e.g., for partially completed activities).

### **Missed Quizzes**

If you miss ONE quiz, **you do not have to do anything**. I will assume that you had a good reason for missing the quiz and will automatically re-weight your remaining five quizzes (so instead of being worth 8% each, they will now be worth 9.6%). (Please do not email me to confirm this information! I am confirming right here that if you miss **one** quiz, you **do not need to do anything** 😊).

If you miss TWO quizzes, you will receive a 0 on the second missed quiz *unless* you complete [this form](#) and receive confirmation from me that your remaining four quizzes will be re-weighted (so instead of being worth 9.6% each, they will now be worth 12%). Please complete the [missed quiz form](#) as soon as possible after the second missed quiz and allow up to one week for me to respond.

If you miss THREE (or more) quizzes, you will receive a 0 on third (or subsequent) missed quiz *unless* you complete [this form](#) and, if approved, arrange to take a make-up quiz. The make-up quiz may cover content from multiple modules and may not follow the same format as the original quiz (e.g., may include written responses). The weight given to the make-up quiz will depend on the total number of quizzes that were missed. This is not an ideal situation for anyone, and I am hopeful that the flexible time window given for the quizzes will mean that no one ever misses more than 1 (or possibly 2) quizzes.



### **Late and/or Missing Final Assessments**

Final assessments will be accepted after the deadline but are subject to a 10% per day grade deduction, beginning on Dec 17. Assignments submitted on December 16 but after the 10am deadline will be subject to a 5% deduction. If you wish to submit a final assessment after Dec 21, you will need to submit a [petition](#). Unsubmitted final assessments will receive a mark of 0 in the tabulation of final grades. Completion of the final assessment is not required to receive the course credit for PSY100; to pass the course, you need to earn a grade of 50% or above.

### **Grading Policy**

Please note that all course marks are tentative until approved by the Department Chair and Dean's Office and recorded in the Office of the Faculty Registrar.

For more information on What Grades Mean at U of T, please see:

<http://www.writing.utoronto.ca/advice/general/grading-policy>

### **Religious Accommodation**

As a student at the University of Toronto, you are part of a diverse community that welcomes and includes students and faculty from a wide range of backgrounds, cultural traditions, and spiritual beliefs. For my part, I will make every reasonable effort to avoid scheduling compulsory activities on religious holy days not captured by statutory holidays. Further to University Policy, if you anticipate that your ability to complete some aspect of this course will be affected by a religious observance, please let me know as early as possible, so that we can work together to make alternate arrangements.

### **Plagiarism Detection (for final assessment)**

Normally, students will be required to submit their course essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).

### **Copyright Notice**

All course materials (including recordings, slides, and other documents) prepared by the instructor are considered by the University to be an instructor's intellectual property covered by the *Copyright Act*, RSC 1985, c C-42. Course materials such as PowerPoint slides and lecture recordings are made available to you for your own study purposes. These materials cannot be shared outside of the class or "published" in any way. Posting or selling recordings, slides, assignments, quizzes, etc. to other websites without the express permission of the instructor will constitute copyright infringement, and in some cases, may also violate the University's Code of Behaviour on Academic Matters (see Academic Integrity notice below).

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## Academic Resources

**Accessibility Needs:** Students with diverse learning styles and needs are welcome in this course. If you have an acute or ongoing disability issue or accommodation need, you should register with Accessibility Services (AS) ([www.accessibility.utoronto.ca](http://www.accessibility.utoronto.ca)) at the beginning of the academic year. Without registration, you will not be able to verify your situation with your instructors, and instructors will not be advised about your accommodation needs. AS will assess your medical situation, develop an accommodation plan with you, and support you in requesting accommodation for your coursework. Remember that the process of accommodation is private: AS will not share details of your condition with any instructor, and your instructors will not reveal that you are registered with AS.

PLEASE NOTE: Because I believe that accessibility is an issue that should be addressed broadly, not only for specific individuals with appropriate documentation, I have tried my best to design a flexible course where every learner's needs can be met. For example, no one needs to email me with their accommodation form to avoid late penalties if you miss a recommended due date for a MindTap activity. Simply use the automatic extension window (the "final deadline") that is available to anyone who needs it. Similarly, everyone may miss one quiz without any explanation required. Of course, if you have specific needs that have not been met by default in the design or format of the course (e.g., extra time is needed on quizzes), simply let me know (e.g., via your accommodation letter) and I will make sure it is taken care of. If you have any concerns about your ability to learn in this course, please just let me know.

**Writing:** As a student here at the University of Toronto, you are expected to write well. The university provides its students with a number of resources to help them achieve this. For more information on campus writing centres and writing courses, please visit <http://www.writing.utoronto.ca/> .

### **English Language Learners (ELL) Program:**

<http://www.artsci.utoronto.ca/current/advising/ell>

ELL offers a range of programs/workshops/resources to assist all Arts & Science students who wish to improve their English language skills (including reading, listening, speaking, and writing). Please see their website for more information about these resources.

**Academic Integrity and Plagiarism:** All students, faculty and staff are expected to follow the University's guidelines and policies on academic integrity. For students, this means following the standards of academic honesty when writing assignments, collaborating with fellow students, and writing tests and exams. Ensure that the work you submit for grading represents your own honest efforts. Plagiarism—representing someone else's work as your own or submitting work that you have previously submitted for marks in another class or program—is a serious offence that can result in sanctions. Speak to me or your TA for advice on anything that you find unclear. To learn more about how to cite and use source material appropriately and for other writing support, see the U of T writing support website at [www.writing.utoronto.ca/](http://www.writing.utoronto.ca/) .

Consult the Code of Behaviour on Academic Matters for a complete outline of the University's policy and expectations. For more information, please see <http://www.artsci.utoronto.ca/osai> and <http://academicintegrity.utoronto.ca/>

**Mental Health:** Everyone feels stressed or anxious now and then – it's a normal part of university life. In the most recent National College Health Assessment (published in 2017), however, 64% of UofT students surveyed reported experiencing overwhelming anxiety in the past 12 months and 45% reported having felt so depressed it was hard to function. If you are ever experiencing anxiety, depression, or any other symptoms that are preventing you from completing your work and/or benefiting from your university experience, I encourage you to investigate U of T's various resources: <https://studentlife.utoronto.ca/department/health-wellness/>. If you are experiencing more acute distress, please visit: <http://safety.utoronto.ca/>.

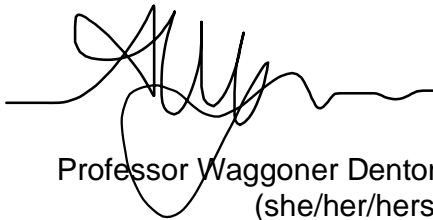
**Other Resources:**

Student Life Programs and Services (<http://www.studentlife.utoronto.ca/>)

Academic Success Services (<http://www.studentlife.utoronto.ca/asc>)

Counselling and Psychological Services (<http://www.studentlife.utoronto.ca/hwc>)

Never hesitate to reach out to me with any questions or concerns. I'm looking forward to a fantastic semester with you!



Professor Waggoner Denton  
(she/her/hers)

### Course Outline/Schedule

Date	Course Activities
<b>Thursday, September 9<sup>th</sup></b>	<p style="text-align: center;"><b>Live on MS Teams from 10am – 11am:</b> <b>Course Launch: Welcome to PSY100!</b></p> <p style="text-align: center;">(attendance is optional &amp; the session will be recorded for later viewing)</p>
<p><b>Weeks 1 &amp; 2</b></p> <p>September 9 - September 24</p> <p><b>QUIZ AVAILABLE:</b> Monday, Sept 27 at 10am (ET)</p>	<p><b>MODULE 1: FOUNDATIONS</b></p> <p>WATCH: Module 1 Lecture Videos</p> <p>READ: Chapter 1 (The Discipline of Psychology) Chapter 2 (Methods of Psychology)</p> <p>DO: MindTap Activities (see schedule) Module 1 Quiz (deadline 10am ET Tuesday Sept 28)</p> <p><i>OPTIONAL:</i> Recommended Podcasts (if applicable) Module Worksheet Virtual Student Hours (Thursdays at 10am Toronto/ET time) “Wednesday Wellness” Video/Activity</p>
<p><b>Weeks 3 &amp; 4</b></p> <p>September 27 - October 8</p> <p><b>QUIZ AVAILABLE:</b> Monday, Oct 11 at 10am (ET)</p>	<p><b>MODULE 2: BIOLOGICAL</b></p> <p>WATCH: Module 2 Lecture Videos</p> <p>READ: Chapter 4 (The Physical Basis of Behaviour) Chapter 5 (Sensation and Perception)</p> <p>DO: MindTap Activities (see schedule) Module 2 Quiz (deadline 10am ET Wednesday Oct 13)</p> <p><i>OPTIONAL:</i> Recommended Podcasts (if applicable) Module Worksheet Virtual Student Hours (Thursdays at 10am ET) “Wednesday Wellness” Video/Activity</p>
<p><b>Weeks 5 &amp; 6</b></p> <p>October 11 - October 22</p>	<p><b>MODULE 3: DEVELOPMENTAL</b></p> <p>WATCH: Module 3 Lecture Videos</p>

<p><b>QUIZ AVAILABLE:</b> Monday, Oct 25 at 10am (ET)</p>	<p><b>READ:</b> Chapter 11 (Lifespan Development) Chapter 8 (Learning)</p> <p><b>DO:</b> MindTap Activities (see schedule) Module 3 Quiz (deadline 10am ET Tuesday Oct 26)</p> <p><i>OPTIONAL:</i> Recommended Podcasts (if applicable) Module Worksheet Virtual Student Hours (Thursdays at 10am ET) “Wednesday Wellness” Video/Activity</p>
<p><b>Weeks 7 &amp; 8</b></p> <p>October 25 – November 5</p> <p><b>QUIZ AVAILABLE:</b> Monday, Nov 15 at 10am (ET) (AFTER FALL BREAK)</p>	<p><b>MODULE 4: COGNITIVE</b></p> <p><b>WATCH:</b> Module 4 Lecture Videos</p> <p><b>READ:</b> Chapter 9 (Memory) Chapter 10 (Thinking, Language, and Intelligence)</p> <p><b>DO:</b> MindTap Activities (see schedule) Module 4 Quiz (deadline 10am ET Tuesday Nov 16)</p> <p><i>OPTIONAL:</i> Recommended Podcasts (if applicable) Module Worksheet Virtual Student Hours (Thursdays at 10am ET) “Wednesday Wellness” Video/Activity</p>
<p><b>Week 9</b></p> <p>Nov 8 – Nov 12 Note: November 8<sup>th</sup> is the last date to cancel F courses</p>	<p><b>Fall Break – rest &amp; rejuvenate!</b></p> <p>Reminder: If you haven’t earned all your research participation credits yet, this week is a great time to do so – and to write up your reflection!</p>
<p><b>Weeks 10 &amp; 11</b></p> <p>November 15 – November 27</p> <p><b>QUIZ AVAILABLE:</b> Monday, Nov 29 at 10am (ET)</p>	<p><b>MODULE 5: PERSONALITY AND SOCIAL PSYCHOLOGY</b></p> <p><b>WATCH:</b> Module 5 Lecture Videos</p> <p><b>READ:</b> Chapter 12 (Personality and the Self) Chapter 13 (Social Psychology) Chapter 7 (sections 7.3a, 7.4a, 7.4b only)</p>

	<p>DO: MindTap Activities (see schedule) Module 5 Quiz (deadline 10am ET Tuesday Nov 30)</p> <p><i>OPTIONAL:</i> Recommended Podcasts (if applicable) Module Worksheet Virtual Student Hours (Thursdays at 10am ET) “Wednesday Wellness” Video/Activity</p>
<p><b>Weeks 12 &amp; 13</b></p> <p>November 29 – December 10</p> <p><b>QUIZ AVAILABLE:</b> Wednesday, December 8 at 10am (ET)</p>	<p><b>MODULE 6: MENTAL &amp; PHYSICAL HEALTH</b></p> <p>WATCH: Module 6 Lecture Videos</p> <p>READ: Chapter 14 (Psychological Disorders) Chapter 16 (Stress &amp; Coping and Positive Psychology)</p> <p>DO: MindTap Activities (see schedule) Module 6 Quiz (deadline 10am ET Thursday Dec 9)</p> <p><i>OPTIONAL:</i> Recommended Podcasts (if applicable) Module Worksheet Virtual Student Hours (Thursdays at 10am ET) “Wednesday Wellness” Video/Activity</p>
<p><b>Week 14</b></p>	<p><b>FINAL ASSESSMENT</b></p> <p>Instructions will be posted at 10am on Thursday, December 9<sup>th</sup>.</p> <p>Your assignment must be submitted by <b>10am on Thursday, December 16<sup>th</sup></b>. <i>(Please submit it earlier if you can!)</i></p>