

# PSY100H1 S: Introductory Psychology

Winter, 2023 • Mondays, 6-9PM • 252 Bloor Street West, Room 162

What makes people happy? What do we find beautiful? Can you trust the testimony of a young child? Why do some things disgust us? What do our dreams mean? Why do so many people believe in God? What causes depression? Why do some people taste colors? What's the psychological difference between liberals and conservatives? Why can't we tickle ourselves? Are humans inherently evil?

This course will try to answer these questions and many more, providing a comprehensive overview of the scientific study of thought and behavior. We will explore topics such as perception, communication, learning, memory, religion, persuasion, love, lust, morality, and art. We will look at how these aspects of the mind develop in children, how they differ across people, how they are wired-up in the brain, and how they break down due to illness and injury. In other words, this course is a complete introduction to the most interesting topic of all—the human mind!

## Who is the professor?

Me! Students usually address me as “Professor Bloom”. My email is [paul.bloom@utoronto.ca](mailto:paul.bloom@utoronto.ca). My webpage is [paulbloom.net](http://paulbloom.net)

## I'm going to read the whole syllabus, really I am, but can you give me a quick summary—a bit of tl;dr?

- Sure. We meet once a week, on Monday nights (starting at ten minutes after the hour), and I lecture and take questions from people. Lecture slides will be posted ahead of time, on Quercus. I'll sometimes end a bit early so students can come up and ask me questions.
- There is a book for the course, written by me, but it's not yet published, so I'm making it free for all participants in the course. Some other readings/videos will be provided.
- The main evaluations for the course will be a midterm and a partially cumulative final, held during the final exam period.
- You will get plenty of support for this course. I have six superb Teaching Assistants who will all be holding regular office hours, and there will be review sessions before the midterm and the final. I'll give out sample exams so students will have a good sense of how they are evaluated. I'll also encourage students to form study groups to help one another throughout the semester.

## What's the main reading?

I have a book coming out in March, called *Psych: The Story of the Human Mind*. This is perfect for this course. Since it's not out yet, I've arranged for students taking this class to get a free downloadable version. (The only downside is that this is not the final corrected proofs, so there will be some typos—don't let this bother you.) To get access to the download, go here:

<https://www.netgalley.com/widget/450132/redeem/be379da994ae9e446d5bcb0f8df3ad7ecb192174c12baf39e2ec6bdf141f3818>

If you run into problems, “Incognito mode”/“Private browsing” (something that doesn't remember you last effort.

Your next step is to create an account on NetGalley, which is easy enough. Then there are three different ways to get the book. I like reading it on the kindle app the best, but you must go into your amazon account and give permission to accept an email, then email it to your kindle. The Net Galley App is simple, but you can only read it on a phone or tablet. Another option is to download it on the computer; you just have to download “Adobe Digital Editions” to read it. For details on all of this, go here:

<https://netgalley.zendesk.com/hc/en-us/articles/115003954553-NetGalley-Device-Guide>

See [how-to-get-the-book.pdf](#), on Quercus, for more detail

Other readings and videos will be assigned as well; these will be freely available on Quercus and/or accessible on the web.

## What sort of support is there in place?

I have an excellent team of Teaching Assistants who will hold regular office hours and who are ready to discuss the course content. They are as follows. Just drop in on anyone whose time is convenient for you.

Wei (William) Ai: [william.ai@mail.utoronto.ca](mailto:william.ai@mail.utoronto.ca)

Thursday, 10-11AM EST

<https://utoronto.zoom.us/j/3427090013> (Passcode: 11301615)

Jaden Dilda: [jaden.dilda@mail.utoronto.ca](mailto:jaden.dilda@mail.utoronto.ca)

Wednesday 2-3PM EST

<https://utoronto.zoom.us/j/82710490515>

Siobhan Flanagan: [siobhan.flanagan@mail.utoronto.ca](mailto:siobhan.flanagan@mail.utoronto.ca)

Tuesday 12 – 1 PM EST

<https://utoronto.zoom.us/j/85656897415>

Passcode: 865107

Leo Huang: [leorh.huang@mail.utoronto.ca](mailto:leorh.huang@mail.utoronto.ca)

Monday 10-11 AM EST

<https://utoronto.zoom.us/j/8382742442>

Gaeun Son: [gaeun.son@mail.utoronto.ca](mailto:gaeun.son@mail.utoronto.ca)

Tuesday 1-2 PM EST

<https://utoronto.zoom.us/j/81174408897> (Passcode: 370819)

Ann Zhang

[angie.zhang@mail.utoronto.ca](mailto:angie.zhang@mail.utoronto.ca)

Friday, 9-10 PM EST

<https://utoronto.zoom.us/j/87077724067>

There will be review sessions before the midterm and the final. I would also encourage students to form study groups – I'll discuss this in the second class.

There is a course email—[IntroPsych2023@gmail.com](mailto:IntroPsych2023@gmail.com) Write to this if you have any questions that are about upcoming tests, missed classes, questions about grading, etc. —either me or a Teaching Assistant will respond in the next day or so. Please do not write to this if you have substantive questions about the class material; that's a topic for office hours.

If you have a personal issue that you want to discuss with me directly, feel free to send an email to [paul.bloom@utoronto.ca](mailto:paul.bloom@utoronto.ca)

## How will my grade be calculated?

### Research Participation (4%)

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 and discussed in the second class. You must earn 4 experiment credits in order to receive the full 4% participation mark. See Psych100-participant-pool.pdf on Quercus for detail.

PLEASE NOTE: Any questions regarding research participation (e.g., signing up for studies, getting your credits) must be sent to the SONA Coordinator (Shannon) at [psy100.experiments@utoronto.ca](mailto:psy100.experiments@utoronto.ca). The instructor and Ts are not involved in this.

**Midterm Test (46%)**

A multiple-choice/short-answer test given **during regular class time**. This will cover the first half of the course.

Missing Test Policy: Students need to declare their absence on ACORN and inform me within one week of missing the test. A make-up test will then be scheduled. If the student then misses the scheduled make-up exam, the final exam will be worth 96% and I'll talk with the student about how to deal with this difficult situation.

**Final Exam (50%)**

A multiple-choice/short-answer exam given during the final exam period. This will mostly cover the last half of the course, but about  $\frac{1}{4}$  of the exam will go over previous material. Please do NOT make any travel plans that may possibly conflict with your final exam!

## Tentative schedule

Date	Topic	Readings
Jan. 9	Welcome + The Brain	Prologue, Chapters 1 and 2
Jan. 16	Freud and Skinner	Chapters 3 and 4
Jan. 23	Cognitive Development, Language	Chapters 5, 6, and 8
Jan. 30	The World in your head	Chapters 7
Feb. 6	Differences	Chapter 13
Feb. 13	Midterm	
Feb. 27	Emotions	Chapter 9 Play this game: <a href="https://ncase.me/trust/">https://ncase.me/trust/</a> Chapters 10-12
March 6	Social Animals	Chapters 10-12  When the revolution came for Amy Cuddy, in <i>New York Times Magazine</i> <a href="https://www.nytimes.com/2017/10/18/magazine/when-the-revolution-came-for-amy-cuddy.html">https://www.nytimes.com/2017/10/18/magazine/when-the-revolution-came-for-amy-cuddy.html</a>

March 13	Morality	Readings TBA
March 20	Mental Illness	Chapter 14
March 27	Happiness	Chapter 15 Why are we happy? <i>TED Talk</i> <a href="http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html">http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html</a>  The riddle of experience vs. memory, <i>TED Talk</i> <a href="http://www.ted.com/talks/daniel_kahneman_the_riddle_of_experience_vs_memory.html">http://www.ted.com/talks/daniel_kahneman_the_riddle_of_experience_vs_memory.html</a>
April 6	TBA	TBA

### How do I do well in the course?

I'll have more to say about this in class, but the main trick is to keep up. Watch the lectures, do the readings, don't fall behind. Go over the class material with friends who are also taking the course. Participate in a student group. If you have questions, go to office hours. If you do this and put in a decent amount of effort on the course, you'll do well!

### What if I miss a class?

Regular attendance is important for doing well. But crises come up, people get sick, and so on. I'll try to remember to record the lectures on my phone and post the recordings on Quercus. If you listen to this while looking at the slides, which will always be posted, you'll get a sense of the class you missed.

### Any thoughts on intellectual property?

I'm so glad you asked! The lectures and the slides are developed for this specific course and include materials that should not be shown elsewhere. And, as I said earlier, the book is available to the class because I asked my publisher to do an early free release for all of you. So please respect the intellectual property here, and don't distribute any of this material outside the class, post it on the web, or anything like that.

By the way, if you made it this far into the syllabus, congratulations. In honor of your diligence, please send a picture of your favourite movie star to [IntroPsych2023@gmail.com](mailto:IntroPsych2023@gmail.com)

**During lecture, can I check my email, go on social media, and shop for shoes?**

You can bring your laptop to class for note-taking, but I strongly discourage *you* from using it for any other reason. You need to be fully engaged and participating in the discussion. Also, it's rude to the people around you—and to me.

**Can you say something inspiring?**

Yes! Psychology is the most exciting topic around. Who *isn't* interested in sex, food, dreams, amnesia, multiple personalities, and the nature of evil? In this course we will discuss scientific research that will astonish you. Understanding this research will require a lot of reading and a lot of thinking—but the intellectual rewards will be considerable.

## Other Very Important Stuff

### **Accessibility Needs**

Students with diverse 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) ([accessibility.utoronto.ca](http://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 course work. 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.

### **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/>.

### **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 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/>

### **Being Excellent to Each Other**

*The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.*

### **Well-being**

As a student, you may experience challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation, financial concerns, family worries and so forth. These factors may affect your academic performance and/or reduce your ability to participate fully in daily activities. Everyone feels stressed now and then – it is a normal part of university life. Some days are better than others, and there is no wrong time to reach out. There are resources for every situation and every level of stress.



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>)

## Feeling overwhelmed?

Get help now, with school or general life!

Connect with UoF's "MySSP"  
☎ 844-451-9700 in North America  
☎ 001-416-380-6578 outside North America  
🌐 [studentlife.utoronto.ca/service/myssp/](http://studentlife.utoronto.ca/service/myssp/)

### Are you overloaded by coursework?

Get help planning & negotiating across classes

Contact your College Registrar  
🌐 [www.artsci.utoronto.ca/current/academic-advising-and-support/college-registrars-offices](http://www.artsci.utoronto.ca/current/academic-advising-and-support/college-registrars-offices)

### COMMUNITY SUPPORTS

Spectra Multilingual Helpline  
905-459-7777

Canada Suicide Prevention Service  
833-456-4566

Black Youth Helpline  
833-294-8650

Anishnawbe Health Toronto  
416-360-0486

Lesbian Gay Bi Trans Youth Line  
647-694-4275

Toronto Rape Crisis Centre  
416-597-8808

Looking for self-education on stress management?

Register for **BounceBack**  
🌐 [online.bouncebackonline.ca/](http://online.bouncebackonline.ca/)

**This is a wonderful syllabus, but I still have questions**

No worries – send an email to [IntroPsych2023@gmail.com](mailto:IntroPsych2023@gmail.com)