

North Central College
Syllabus for Psychology 100
Spring 2026

Instructor and Contact Information: Sarah N. Syed, PsyD E-mail: snsyed@noctrl.edu
phone: 630-283-2935 (always give your name and course info when leaving voicemail or text)

Class Meeting Time and Location: TR 8AM – 9:35AM WSC 104

Office Hours: By appt only, please email to schedule (Usually on campus on Thursdays after class or by video chat or phone call on other days)

Text: Exploring Psychology, Myers, David G. and Dewall, C. Nathan, 12th edition, Macmillian publishers

Course Description: An examination of the basic concepts, processes, theories, and empirical findings concerning the behavior of organisms. Consideration is given to the following topics: physiological and developmental basis of behavior, sensory and perceptual processes, states of consciousness, learning and memory, and motivation and emotion, as well as personality, intellectual functioning, psychopathology, and social influences on behavior.

Course Objectives: At the completion of this course students will be able to:

- Demonstrate a recognition of the everyday application of concepts learned in this course.
- Effectively use research sources to draw conclusions and expand your knowledge.
- Appraise a claim and the quality of evidence used to support that claim.

Academic Integrity: North Central College encourages and expects all students to uphold honesty, honor, and respect, which are the hallmarks of academic integrity. As a result, plagiarism and dishonesty will not be tolerated. Such behaviors will lead to severe consequences, ranging from a zero for cheating on a particular assignment to failing the course. For more information, consult the All-College Policy Enacted by College Senate on May 11, 1977, North Central College Faculty Handbook, Pages 22-24 (Section 2.9.5.2.10).

Course requirements and policies:

Reading: Please have the material assigned for that day read prior to class so that you can participate in an intelligent discussion of the material. I do not want this to be a lecture class And neither do you.

Research: Psych 100 students are required to participate in research being done in the Psychology Department. Each 30 minutes in an experiment is one credit (0 - 30 minutes = 1 credit, 30-60 = 2 credits, 60-90 = 3 credits and so on). Please be mindful there will be very few studies available the first month of the semester. Studies will be posted throughout the semester, but most appear during the last third when the PSYC 255 studies are ready. Almost no studies are run during the last week of the semester because student researchers (senior theses and 255 studies) have deadlines during the last week. If you have to miss your scheduled participation time, please take appropriate steps to notify the department. A student in

PSYC 100 who signs up for but does not cancel or attend a study must complete an extra study (6 credits) to complete the requirement. More thorough information can be found at the end of this syllabus. If you are unable to find timings that work for you and despite best efforts either have had appointments cancelled by the department or

The research participation requirement for PSYC 100 this semester will be **6 Credits**

Total requirement: 50 points.

Attendance/Classroom Conduct/Participation: Although I do not grade on participation, it is expected that you will attend every class, arrive on time and stay the entire class. If you must miss class, it is YOUR responsibility to find out what you missed and get any instructions, handouts, etc. that were distributed in your absence. Proper classroom etiquette is expected at all times. This means respecting the professor and respecting your fellow students. Do not use your phone in class. My experience in teaching has been that students who attend and participate in classroom discussions and activities (and turn off their phone) score significantly higher grades in the class. If you participate by raising your hand, asking questions, etc it is more likely I will get to know and be able to understand your circumstances. I reserve the right to ban use of electronics if it gets too distracting. Please be respectful if you bring food or drink into class to not be distracting to others.

Exams: There will be a **50 point test** after every unit. I drop your lowest grade, precluding the need for make up tests. Test material will be based on lecture slides and readings from the text. Information from the chapter not discussed in lecture may still be included on the quiz and on exams. **The midterm and final are worth 100 points each.** The midterm covers the Basic and Scientific units; the final covers the Growth & Development and Getting Help units. If you are unable to take the midterm and/or final exam at the normally scheduled time, and you let me know before the exam takes place, a make up exam will be made available.

You have maximum up to one week to take the make-up exam although you will be encouraged to take it sooner if possible. You have to make the appointment with Academic Support and I will get the exam to them. You can find info on the Hub for making an appt with the testing center. The Testing center is located in Oesterle Library and requests are required to be made at least a two business days in advance and during their business hours. You can email the testing center at LacTest@noctrl.edu

Psychology Presentation: worth 100 points.

- **Presentation:** working in a small group of 2-3, make a 15-20 minute presentation on the psychology topic of your choice. You must submit slides the day of your presentation. A handout to your classmates is optional. All group members must participate in the creation of the power point and speak during the presentation. Any presentations under 15 minutes will lose points. All group members are expected to be prepared to present on their assigned day although the order of presentations may change. For a college level, formal presentation, all group members are expected to dress and behave professionally. Please feel free to ask questions if you need any clarifications on this.

Other grading information:

If you hand in an assignment that completely misses the mark, you will be allowed to re-do the assignment for ½ credit. In this case, your revision is due the next class period.

You are expected to have correct grammar and all assignments must be typed.

Late work is reduced by 50% and will only be accepted one class period after the original due date IF you notify me of the reason.

I prefer assignments to be printed and handed to me in class. If you email your assignment, I must receive it BEFORE 8am on the day it is due, otherwise it will be considered late.

About me:

My family is from Northwest Indiana, a small town called Munster © I did my undergrad in psychology from Purdue University.

I've been practicing as a psychologist and providing psychotherapy services for the past 10 years in Lombard, IL where I also live. I work largely with Muslim American families, couples and adults. I did my masters in clinical psychology at the Illinois School of Professional Psychology and my PsyD from the Texas School of Professional Psychology in Dallas, TX.

I am a married mother of two young boys who keep me very busy and very entertained. I'm passionate about the work I do both providing therapy services and also teaching undergrad students and I'm happy to discuss my career path or the field in general so please let me know if you have questions! I also believe strongly in a healthy work life balance including for students. We will often be discussing the importance of having healthy sleep hygiene, regular exercise and making time to relax.

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Grading

You have the opportunity to earn 500 points in this class as follows:

Four tests @ 50 each (minus one score)	150
Mid term	100
Final exam	100
Psychology Presentation	100
Research	50

Philosophy of Teaching

My job is to create an environment where maximum learning can take place. My goal is to help you create your own success and remove obstacles that impede that goal.

Your job is to take advantage of these opportunities and tell me when you are having problems. I cannot read minds so I won't know you are having trouble with a concept unless you tell me. Do NOT wait until the test (or worse yet, further along in the course) to ask for help. Be proactive! If you have a personal situation, illness, or any other reason that you are falling behind on reading or were unable to do your best on an assignment, please let me know. I encourage all students to be transparent with me if you feel I'm not doing my best to meet your needs or if you feel you need any additional explanation, etc. Again, please be proactive! If your group mate isn't pulling their weight, if you need additional time, whatever the situation is, let me know as soon as YOU know and not after you are holding an exam in your hand or the presentation is over, I can't do anything at that point!

I'm passionate about the fields of psychology, mental health and wellness. This is meant to be a foundational course which meets the requirements of general education for many of you but for some of you may be a stepping stone towards future study in the field. This is NOT meant to be a difficult class, I follow the chapter readings closely and my slides reflect this.

Date	Prep for this class	Topic/Due Date
1/6	Get a good nights sleep!	Intro to class; review syllabus; Introduction Discuss with classmates to form groups
1/8	Read ch 1 (skip pp 15-30:research) Read Chapter 8	Thinking critically Memory
1/13	Read Ch 8	Memory Email names of group members
1/15	Think about your topic for the presentation. Read Chapter 10	Motivation & Emotion
1/20	Ch 12	Social Psychology Topics For Presentation Due
1/22	Ch 12	Social Psychology
1/27	Ch 5	Gender & Sexuality
1/29	Ch 5	Gender & Sexuality Review for Basic Unit Test (Ch 1,5, 8, 10, & 12)
2/3	Study for Basic Unit Test (Ch 1, 5, 8, 10 & 12)	Basic Unit Test
2/5	Ch 1(p 15-30) Ch 2	Research Biology of Behavior
2/10	Ch 3	Consciousness of the two track mind
2/12	Ch 6	Sensation &. Perception
2/17	Ch 11	Stress, health and human flourishing References & Outline Due
2/19	Ch 11	Stress, health and human flourishing In Class video Group time to work on presentation
2/24	Review for scientific unit test (Ch 2,3, 6, & 11)	Scientific Unit Test
2/26	Ch 7	Learning
3/3	Ch 9	Thinking Language & Intelligence
3/5	Review for Midterm	Midterm Exam
3/10	NO CLASS	Spring Break
3/12	NO CLASS	Spring Break

3/17	Ch 4	Developing Through the Lifespan Rough Draft Due
3/19	Ch 13	Personality
3/24	Study for G & D test (Ch 4, 7, 9, & 13)	Test over G & D Unit
3/26	Ch 14	Psychological Disorders Review Rough Drafts with Group
3/31	Ch 14	Psychological Disorders
4/2	Ch 14	Psychological Disorders In class video
4/7	Ch. 15	Psychotherapy
4/9	Ch 15	Psychotherapy
4/14	Ch 14 & 15	Guest Speaker - TBD
4/16	Study for Getting help Unit	Test – Getting Help Unit Research Participation Due
4/21	Finalize your presentation	Presentations
4/23	Finalize your presentation	Presentations
4/28	Study for Final	Final Exam Tuesday April 28, 8-10am