Spring 2026 Syllabus

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White Mountains Community College

Course Name PSYC111W Psychology Spring 2026

Approved By: **Date:**

 Instructor: Gerard Tremblay

Course Description

PSYC111W Psychology (3 Credits)

Catalog Description:

Psychology is an introductory course that surveys the behavioral science of psychology. Students explore personal and social behaviors through topics that include consciousness, memory, learning, perception, physiology, sexuality, cognition, abnormal behavior, and developmental processes. Applied research projects are an integral component of the course, which emphasizes the analysis of data, along with the theories and trends in the field

Prerequisites

ENGL120W strongly recommended

Required Texts and Resources

Textbooks: Psychology 2e OpenStax Spielman, Jenkins & Lovett

ISBN: 978-1-975076-44-3

Materials: access to the Internet for on-line research

 See the **CCSNH IT Requirements (https://www.wmcc.edu/academic-resources-for-students /#technology)**

Course Learning Outcomes

Upon successful completion of the course, students will be able to:

1. define psychology within the context of psychological investigation being a legitimate scientific discipline.
2. describe the methods of research used by psychologists that are scientifically valid
3. identify the major branches of psychology, and the primary focus of each.
4. explain the relationships among heredity, environment, and their manifestations in psychological phenomena.
5. lists the ways that psychologists measure types of intelligence.
6. describe the relationship between sensory perception and its interpretation, and psychological phenomena.
7. define the major recognized psychological disorders and treatments of each.
8. explain how concepts of social psychology manifest themselves in human interactions

Methods of Instruction/ Learning Activities

Required Assessment Method 1: Current Event (two or more connecting theory with current happenings around us.

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Required Assessment Method 2: Application Projects - applying theory to current career path (brochure, newsletter, Presentation, poster, etc.)

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Required Assessment Method 3: Written Reflections connecting with the reading, course conversations / content / videos shared, etc.

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Required Assessment Method 4: Weekly Interactive Discussion Boards REQUIRED for all online and hybrid course sections.

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in

the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Required Assessment Method 5: At least one of the supplemental assessment methods listed below (Instructor's choice)

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: Fulfills outcomes associated with the supplemental assessment method that the instructor chooses as the fourth required assessment method

Supplemental Methods of Assessment:

Supplemental Assessment Method 1: Participation / In-Class assignments

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Supplemental Assessment Method 2: Quizzes &/or Exams

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Supplemental Assessment Method 3: Oral or Written Presentation

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Supplemental Assessment Method 4: Research Paper

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Supplemental Assessment Method 5: Socratic Seminar

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Supplemental Assessment Method 6: Group Activity / Project

Course Outcome(s): Using this Assessment Method, instructors will measure a student's ability in the following outcomes: 1, 2, 3, 4, 5, 6, 7, 8

Outline of Topics:

Introduction to Psychology

History of Psychology

Research Methods

Neuroscience and Behavior

Sensation and Perception

Consciousness

Learning

Memory

Cognition

Developmental Psychology

Motivation and Emotion

Intelligence

Personality

Social Psychology

Stress and Coping

Psychological Disorders

Treatments for Psychological Disorders

Methods of Assessment

Points distribution for methods of assessment

Graded objects:	Points:

Discussion board	16 @10 points each = 160	
Current events assignments	2 @100 points each =200	
Application project	1 @100 points each = 100	
Reflective Assignment	1@75 points each= 75	
Exams on assigned readings	5 @120 points each = 600	
Total	1135 points	

See the **WMCC Grading Scale (https://catalog.wmcc.edu/grading)**

Course Expectations

See WMCC's **Academic Environment Policy ⤷ (https://catalog.wmcc.edu/academic-environment)** to learn about our Classroom Etiquette Policy and Appropriate Online Behavior Policy.

As an on-line course, students enjoy some flexibility in determining when to submit assigned research papers and take tests. But as detailed in the section of this syllabus that addresses late work, it is obligatory that these graded objects be completed by their respective deadlines. For that reason, it is critically important that students read the course syllabus, all relevant posted announcements, and emails of each weekly unit to avoid the compromise of grade and learning that occurs from succumbing to a "just in time" strategy for submitting course work

In college-level courses, instructors have common expectations of their students: for example, that students have a degree of self-motivation, that students have interest in learning, that students are responsible and respectful, that students possess basic competence in digital technology. The following list includes other common expectations: that students:

- Have access to a computer
- Have access to the internet
- Know how to search for credible information online
- Can compose, send, receive, & reply to emails related to their courses
- Know how to attach files
- Know how to download files

- Can use word processing software
- Participate in in-class activities face to face to receive full credit OR
- Synchronously via Zoom only under special circumstances and only when planned for at least two hours in advance. If you have not received a confirmation before the class from the instructor, do not assume you can participate via Zoom.
- Please see WMCC's **Classroom Etiquette Policy (https://www.wmcc.edu/academic-resources-for-students/#classroometiquette)**

 (https://www.wmcc.edu/academic-resources-for-students/#classroometiquette)

and **Appropriate Online Behavior Policy (https://www.wmcc.edu/academic-resources-for-students/#onlinestudentbehavior)**

Policies

Students registered for WMCC courses must comply with all policies and guidelines in the *Student Handbook* and other college publications, including those related to civil rights, disabilities services, harassment, and plagiarism.

- See WMCC's **Academic Honesty Policy ▭ (https://catalog.wmcc.edu/academic-honesty)**
- See WMCC's **Course Drop Policy ▭ (https://catalog.wmcc.edu/dropping-a-course)** and **Withdrawal Policy ▭ (https://catalog.wmcc.edu/withdrawal-from-the-college) Withdrawal policy hyperlink ▭ (https://catalog.wmcc.edu/academic-honesty)**
- See WMCC's **Discrimination Policy ▭ (https://www.wmcc.edu/current-students/non-discrimination-policy/)** and **Title IX Policy ▭ (https://www.wmcc.edu/about/campus-security/sexual-misconduct-policy/)**

Participation and Attendance Policy

As an on-line course, students enjoy some flexibility in determining when to submit assigned research papers and take tests. But as detailed in the section of this syllabus that addresses late work, it is obligatory that these graded objects be completed by their respective deadlines. For that reason, it is critically important that students read the course syllabus, all relevant posted announcements, and emails of each weekly unit to avoid the compromise of grade and learning that occurs from succumbing to a "just in time" strategy for submitting course work.

- See WMCC's **Participation and Attendance Policy ▭ (https://catalog.wmcc.edu/attendance)**
- See WMCC's **Cancellation/Delayed Start Classes Policy ▭ (https://catalog.wmcc.edu/wmcc-rave-alerts)**

Communication Policy

Modules will identify assigned research assignments and upcoming tests. They will indicate the due dates for assignments and tests. Students should read those descriptions very carefully, since they contain critically valuable information for successfully addressing each unit's graded objects.

There will be additional announcements posted regularly throughout the term. These announcements will address topics to assist students with other course-related issues or identify "exceptional" events in the courses' progression.

Course distribution-list emails will be sent out, usually once a week, to remind students of unit obligations, and/or issues unique to that week's works.

Emails to individual students will be sent on an as-needed basis.

If a student has issues that cannot be resolved effectively by email, they will be invited to provide a phone number for a follow-up phone conversation.

Grading Policy and Timeframe

Current event assignments, application project, and written reflection assignments must be submitted by the end of the period to which they are assigned. These assignments may be submitted earlier within the designated period if the student chooses to do so. The instructor will explain the grade and provide additional constructive feedback for all submitted assignments.

Tests are due within the period for which they are assigned, tests are auto graded, and scores will appear in the Canvas Gradebook, usually within an hour of submitting a unit test (or its re-take.)

Late Work, Revisions, and Extra Credit Policy

Research papers and tests must be submitted by their latest due date. Students will be reminded to take advantage of the module window for each to minimize the risk missing the deadlines. In the event of a legitimate emergency, students should contact the instructor as early as possible to negotiate an alternative work delivery plan.

- See WMCC's **Policy for Incomplete Grades** ▣ **(https://catalog.wmcc.edu/incomplete-grades)**
- See WMCC's **Grade Reporting Policy** ▣ **(https://catalog.wmcc.edu/grading)**

Support

- See WMCC's **Accessibility Services** ▣ **(https://www.wmcc.edu/accessibility-policy/)**
- See WMCC's **Counseling Services** ▣ **(https://catalog.wmcc.edu/counseling)**

- See WMCC's **Academic Support Services** ⤷ **(https://www.wmcc.edu/student-success/)**
- See WMCC's **Services for Student Basic Needs** ⤷ **(https://www.wmcc.edu/academic-resources-for-students/#basicneeds)**
- See CCSNH's **24/7 IT Help Desk** ⤷ **(https://ccsnh.libguides.com/support)**

(https://www.wmcc.edu/academic-resources-for-students/#basicneeds)

Course Timetable

Research papers and tests must be submitted by their latest due date. Students will be reminded to take advantage of the module window for each to minimize the risk missing the deadlines. In the event of a legitimate emergency, students should contact the instructor as early as possible to negotiate an alternative work delivery plan.

Weekly Timetable

Week	Date	Topic	Assignment	Outcome
1	1/20/2026 to 1/25/2026	psychology origins and its methodologies	**Required Reading:** Textbook *Chapter 1: Introduction to Psychology* **Discussion board 1:** Who Are You?	1,3
2	1/26/2026 to 2/1/2026	methods of psychological research	**Required Reading:** Textbook *Chapter 2: Psychological*	2

			Research **Discussion Board 2:** What are your course expectations?	
3	2/2/2026 to 2/8/2026	the biological basis of psychological phenomena	**Required Reading:** Textbook *Chapter 3:* *Biopsychology* **Test 1: Ch. 1-3** **Discussion board 3:** Benefits v. risks of anabolic steroids	4

4	2/9/2026 to 2/15/2026	consciousness and sleep	**Required Reading:** Textbook *Chapter 4: States of Consciousness* **Assignment 1: Biological Foundations** **Discussion board 4:** Pros and cons of medical marijuana	6
5	2/16/2026 to 2/22/2026	physical and psychological bases of sensation	**Required Reading:** Textbook *Chapter 5: Sensation and Perception* **Test 2: Ch. 4-5** **Discussion board 5:** Ethics of using animals in psychological research	6
6	2/23/2026 to 3/1/2026	learning and conditioning	**Required Reading:** Textbook	2,5

			Chapter 6: *Learning* **Discussion board 6:**Positive v. negative reinforcement in learning **Reflective assignment:** Appreciating the importance of Inconvenience	
7	3/2/2026 to 3/8/2026	cognition language and intelligence	**Required Reading:** Textbook *Chapter 7:* *Thinking and Intelligence* **Current events assignment:** New Findings on Sleep Apnea **Discussion board 7:** Pitfalls of problem solving	2,4,5
8	3/9/2026 to 3/15/2026	how memory functions	**Required Reading:** Textbook *Chapter 8:* *Memory*	6

			Test 3: Ch. 6-8 **Discussion board 8:** Your Favorite Memory Enhancing Strategy	
9	3/16/2026 to 3/22/2026	stages of development through the lifespan	**Required Reading:** Textbook *Chapter 9:* *Lifespan* *Development* **Discussion board 9:** Kohlberg's stages of moral development	4,8
10	3/23/2026 to 3/29/2026	motivation and emotion	**Required Reading:** Textbook *Chapter 10:* *Emotion and Motivation* **Assignment 3:** **Personality and** **Assessment** **Discussion board 10:** Maslow's Hierarchy, Yes or	6,8

			No?	
11	3/30/2026 to 4/5/2026	theories of personality development	**Required Reading:** Textbook *Chapter 11: Personality* **Test 4: Ch. 9-11** **Discussion board 11:** Jung's collective unconsciousness	2,8
12	4/6/2026 to 4/12/2026	social psychology and industrial psychology	**Required Reading:** Textbook *Chapter 12: Social Psychology* and *Chapter 13: Industrial-Organizational Psychology* **Discussion board 12:** Your personal experience with cognitive dissonance	8

| 13 | 4/13/2026 to 4/19/2026 | stress and physiological consequences | **Required Reading:** Textbook *Chapter 14: Stress, Lifestyle and Health* **Application project:** How Stress May Impact Your Future Career **Discussion board 13:** Are You Type A or Type B? | 4,6 |

| 14 | 4/20/2026 to 4/26/2026 | psychological disorders and treatment | **Required Reading:** Textbook *Chapter 15: Psychological Disorders* and *Chapter 16: Therapy and Treatment* **Test 5: Ch. 12-16** **Discussion board 14:** Your best takeaway on course content | 2,7 |
| 15 | 4/27/2026 to 5/3/2026 | genetic and bioengineering potentials for treating disorders | online reading and video regarding genetic treatment for psychological disorders **Current events assignment:** CRISPR and the Future of Psychology **Discussion board 15:** Your best takeaway from study | 7 |

			techniques	
16	5/4/2026 to 5/9/2026	reflection of how the course's topics are relevant to current news	**Course wrapup, final course communication** **End-of-course survey completion is required** **Discussion board 16:** Controversial Topics in Psychology	6