

PSY200 [02] – General Psychology (6258)
Course Syllabus (Spring 2026)

COURSE DETAILS

Instructor: Dr. Diana R. Sanchez
Messaging: Canvas
Readings: Zero Cost Course Materials (ZCCM); All readings are provided on Canvas.
Technology: Internet access and Canvas participation.
Office Hours: Drop-in Tuesdays 9:00 – 10:00 am PST (and by appointment)
Office Link: <https://sfsu.zoom.us/j/87216752172?pwd=8tBto44fl6ve89Jc9kDaQSB3QV93xs.1> Passcode: drsoffice

COURSE INFORMATION

Course Description: This course focuses on the scientific study of behavior including motivation, emotion, physiological psychology, stress and coping, research methods, consciousness, sensation, perception, learning, and memory.

Course Objectives: The goal of this course is to enable students to demonstrate an understanding of the fundamental aspects of Psychology and be able to summarize and evaluate information on the topics below in written or verbal form. At the end of this course students will have the knowledge and skills to:

1. Understand major findings and historical perspectives in psychological topics, subfields, and occupations.
2. Understand Psychology's relevance as a science, including how psychologists use scientific methods to study human behavior and mental processes.
3. Understand how we experience the world and form concepts that shape our identity and behavior.
4. Learn multiple determinants of behavior and the influence of social, workplace, and cultural contexts.
5. Acquire basic tools for becoming critical consumers of research and claims about behavior as presented in the media and other real-world sources.

Teaching Philosophy: Enable student experiences to promote an understanding of the materials, content, and processes relevant to this course; focus on applied examples and experiences with the materials.

COURSE TAs

Course teaching assistants (TAs) hold weekly office hours and meetings by appointment. TAs also hold exam reviews drop-in hours the week prior to each exam.

Obsidian Mata (he/him) omata1@sfsu.edu Grading students with last name beginning A-L.

Ulysses Wetteland (he/they) dwetteland@sfsu.edu Grading students with last name beginning M-Z.

Contact the Instructor for:	Contact Teaching Assistants (TAs) for:
• Syllabus • SONA • Disability Needs / Accommodations / DPRC • Personal Circumstances • Plagiarism Questions • Grade Concerns	• Office Hours • Grades on Posts • Grading Questions • Tutoring • Exam Preparation

COURSE SCHEDULE

Week	Topic	Assignments				Deadlines	
		Readings	Videos	Quizzes	Posts	For full credit	For half credit
1 1/26-2/1	Introduction & Syllabus	- History of Psych - Psych as Science	- Introductions - Critical Thinking - Overview of Psychology	Intro to Psychology	- Welcome Video - Career Paths - Extra Credit	2/8	2/15
2 2/2-2/8	Study Habits & Statistics	- Study Effectively - Retrieval - Statistics	- Study Habits - Feats of Memory - Basic Stats	- Study Habits - Statistics	- Stats are Fun! - Visual Correlations - Extra Credit	2/8	2/15
Mini-Exam		Topics Covered: Introduction & Syllabus, Study Habits & Statistics				2/8	2/15
3 2/9-2/15	Research Methods	Research	- Research Methods 1 - Research Methods 2 - Research Methods 3	Research Methods	- Interpreting Data - Extra Credit	2/15	2/22
4 2/16-2/22	Neuroscience	- Biopsychology - Brain	- Neuroscience 1 - Neuroscience 2 - Neuroscience 3	Neuroscience	- Inventory of Traits - Build a Structure - Extra Credit	2/22	3/1
5 2/23-3/1	Consciousness	- Consciousness - Sleep - Cognition - Intelligence	- Consciousness 1 - Consciousness 2	- Consciousness - Intelligence	- Mouse Party - Will's Story - Stephen's Story - Extra Credit	3/1	3/8
6 3/2-3/8	Developmental	Development	- Developmental 1 - Developmental 2	Developmental	- Your Life Story - Extra Credit	3/8	3/15
Exam 1		Topics Covered: Research Methods, Neuroscience, Consciousness, Developmental				3/8	3/15
7 3/9-3/15	Sensation & Perception	Sensation & Perceptions	- Sensation & Perceptions 1 - Sensation & Perceptions 2 - Sensation & Perceptions 3	Sensation & Perceptions	- S&P is Fun! - Extra Credit	3/15	3/22
8 3/16-3/22	Learning	- Learning - Operant Conditioning	- Learning 1 - Learning 2	Learning	- Skill Plan - Extra Credit (Optional)	3/22	3/29
Break		No Assignments				3/23 - 3/29	
9 3/30-4/5	Memory	Memory	- Memory 1 - Memory 2	Memory	- Memory Expectation - Extra Credit	4/5	4/12
10 4/6-4/12	Motivation & Emotion	- Emotion & Motivation - Expressing Feelings	- Motivation 1 - Motivation 2 - Emotions	Motivation & Emotion	- Socializing Gender - Understanding Emotion - Choosing Emotion - Extra Credit	4/12	4/19
11 4/13-4/19	Stress & Health	Stress & Health	- Stress & Health 1 - Stress & Health 2	Stress & Health	- Social Readjustment - Gratitude - Extra Credit	4/19	4/26
Exam 2		Topics Covered: Sensation & Perception, Learning, Memory, Motivation & Emotion, Stress & Health				4/19	4/26
12 4/20-4/26	Personality	- Personality - Personality Perspectives	- Personality 1 - Personality 2	Personality	- Your Personality - Extra Credit	4/26	5/3
13 4/27-5/3	Social	Social	- Social 1 - Social 2 - Social 3	Social	- Communication - Empathy - Extra Credit	5/3	5/10
14 5/4-5/10	I/O	I/O	I/O	I/O	- Your Ideal Job - Extra Credit	5/10	5/17
15 5/11-5/17	Mental Health	- Disorders - Therapy	- Mental Health 1 - Mental Health 2	Mental Health	81 Words - Dark Thoughts - Extra Credit	5/17	Friday 5/22
SONA Credits						5/17	--
Final Exam		Topics Covered: All topics				5/17	Friday 5/22
Exam Retake		Topics Covered: Personality, Social, I/O, Mental Health				5/17	Friday 5/22

All assignments are due on **Sundays at 11:59 pm** (except for the half credit deadlines from Week 15 on). Assignment submissions are only accepted through Canvas.

Students agree to read the entire syllabus which acts as a contract for the course and is subject to change by the instructor.

COURSE EVALUATION

Points-Based Grades: This class is a point-based class. Your final letter grade will be determined by the total number of points you earn by the end of the semester. Final letter grades will be assigned as follows:

Grade	Points	Percent
A	570 – 600	95 – 100 %
A-	540 – 569	90 – 94.99 %
B+	522 – 539	87 – 89.99 %
B	510 – 521	85 – 86.99 %
B-	480 – 509	80 – 84.99 %
C+	462 – 479	77 – 79.99 %
C	450 – 461	75 – 76.99 %
C-	420 – 449	70 – 74.99 %
D	360 – 419	60 – 69.99 %
F	0 – 360	0 – 59.99 %

Grades are not curved, rounded, or bumped. Students can earn extra credit to improve their own grades.

Grade Feedback: Grades and feedback are posted to Canvas. Students need to review the feedback on Canvas prior to emailing the TA with questions about the grade.

Extra Credit: This course is intentionally built with flexible points with weekly opportunities to earn extra credit. Students are encouraged to take advantage of the optional extra credit opportunities. 30 points extra credit would raise a final course grade by at least 1 letter.

COURSE POINTS

Assignments	Number of Assignments	Total Possible Points	Percent of Final Grade
Summaries		200	33%
Readings (1, 2, 5 or 8 points each)	26	100	16.5%
Videos (1, 2, or 5 points each)	36	100	16.5%
Weekly		200	33%
Quizzes (5 points each)	17 (15 scored + 2 optional)	75	13%
Posts (5 points each)	25 (20 scored + 5 optional)	100	16.5%
SONA Credits (5 points each)	5	25	4.5%
Extra Credit (5 points each)	15	+75	0%
Exams		200	34%
Mini-Exam (25 points)	1	25	4.5%
Regular Exams (50 points each)	3	100	16.5%
Final Exam (75 points)	1	75	12.5%
Make-up Exam (50 points)	1	+50	0%
Total Possible Points		600	100%

There are two Regular Exams (Exam 1 and Exam 2). The Make-up Exam will replace the score for one of the Regular Exams (Exam 1 or Exam 2) if it is higher.

Students agree to read the entire syllabus which acts as a contract for the course and is subject to change by the instructor.

COURSE ASSIGNMENT

Summaries: Every week there are assigned Readings and Videos that require students to summarize the key points. A list of all Readings and Videos can be accessed in the “Class Resources” module on Canvas as “All Weekly Readings” and “All Weekly Videos”. Summary points will be automatically assigned once submitted but may be re-graded when reviewed by the TAs. Students have an unlimited number of attempts to submit their summaries before the deadline; however, a previously submitted summary cannot be accessed or edited. Summaries must be written in **at least** 10 words, 20 words, 50 words, or 80 words depending on the length of the Reading or Video. Students can earn up to 1 point, 2 points, 5 points, or 8 points (respectively).

Quiz: Every topic has an online Quiz based on the required Readings and Videos. Quizzes are not timed and can be taken an unlimited number of times until the deadline. The highest score will be entered in the gradebook. Each Quiz consists of 5 multiple choice questions, with 1 correct answer. Students are encouraged to anticipate technical problems and complete the Quizzes early and not wait until the deadline to complete the Quizzes. The lowest two Quiz grades will be dropped and will not count towards the final grade.

Post: Posts are online discussion boards on Canvas where students follow the instructions and post their response. Before completing the Posts, first complete the assigned Readings and Videos for the week. Posts sometimes involve additional activities (e.g., following a link, doing an exercise, referencing a document, finding an image, reviewing slides, watching a video); please account for the extra time needed to complete these additional activities and start working on the Posts well before the deadline. The lowest five Post grades will be dropped and will not count towards the final grade. To earn points:

- Responses to Posts must be submitted as text (**not as attachments**)
- Posts requiring a video or image must have the video or image embedded (**not attached**)
- Post your own response first to see other students' responses (**do not post an incomplete response** such as a blank, non-related response, or incomplete response), these will result in a 0 grade

SONA Credits: Research is an integral part of Psychology and participating in research studies is one of the best ways to learn about research. We will use the SONA system in this course to earn **5 SONA Credits**, that will convert to 25 course points. SONA Credits must be assigned to 200 Sanchez within the SONA system to count towards this course. **SONA credits will be added to Canvas in Week 16.** If you have questions about a specific SONA study, email the “Researcher” for the study listed in SONA. To learn more about the SONA, review the information on Canvas. Students can complete 1 additional SONA Credits (7 SONA Credits in total) for extra credit in this course. *Email the instructor by the end of Week 6 if you would like to complete an alternative assignment.*

Exams: All exams for this course will be held on Canvas. The exams are multiple-choice with 4 response options and 1 correct answer. All exams are open book and open note, but students are **ONLY** allowed to use class materials to answer the questions. Students cannot work together or use other resources, other people, the Internet, AI, or other programs for assistance. It is recommended that student's study for the exams since there isn't enough time to look up notes for all the questions.

The **exams are timed based on the moment the student clicks on the exam in Canvas**. Students have 1 attempt to complete the exam. Do not click on the exam or open the exam until you are ready to take the exam. Opening the exam will start the timer which will not stop or pause until the time runs out. Even if a student leaves the exam or closes the window, the timer will continue. **Students need to make sure they are ready to complete the exam when they click on the exam.** The topics covered in each exam are listed on the Course Schedule.

- **Mini-Exam:** 50 minutes; 25 questions at 1 point each.
- **Regular Exams (Exam 1 & 2):** 100 minutes (1 hour and 40 minutes); 50 questions at 1 point each.
- **Final Exam:** 100 minutes (1 hour and 40 minutes); 50 questions at 1.5 points each.
- **Make-up Exam:** 100 minutes (1 hour and 40 minutes); 50 questions at 1 point each.

The Make-up Exam will replace the score for one of the Regular Exams (Exam 1 or Exam 2) if the Make-up Exam score is higher. If the Make-up Exam grade is lower than both Exam 1 and Exam 2, then it will be dropped. The Make-up Exam can only help students' grades; it cannot lower their grades.

For each exam, students must read and agree to the following honor pledge.

"I have not given, received, or used any unauthorized assistance on this exam. I am completing this exam independently with only the assistance of the class materials and my notes. I know that receiving unauthorized assistance on my exam may result in a 0 on the assignment, removal from the course, reporting to the Office of Student Conduct, and possibly further action."

Students agree to read the entire syllabus which acts as a contract for the course and is subject to change by the instructor.

COURSE PROCESSES

Honor Pledge: Students MUST use their own words for all assignments in this course. Students cannot have help from another person or program. Do not use AI in any part of drafting, writing, editing, or finalizing any class assignments (see the Academic Integrity and AI policies for this course). By submitting to Canvas, all students agree to the Honor Pledge.

By submitting assignments in Canvas, students agree to the honor pledge. "I have not given, received, or used any unauthorized assistance on my assignments. I did not use AI in any way. I have written my assignments on my own, for the assignment this semester, and for this course. I know that receiving unauthorized assistance on an assignment may result in me receiving a 0 on the assignment, me being removed from the course, me being reported to the Office of Student Conduct, and possibly further action."

Academic Transition: Many students in this course are transitioning from another academic institution and/or from other departments and may find introductory courses overwhelming. Please know that the instructor and course TAs are here to help. It is normal to feel overwhelmed, confused, and even frustrated when facing new assignments and workloads that look different from other classes you have taken. Students who feel overwhelmed are encouraged to email the course TA for assistance and to attend office hours. Communication ensures that the Instructor and TAs have an opportunity to help when there is a need.

Class Size: Please be aware that this class has over 200 students enrolled. Due to the large volume of students, there are several aspects of this course that may be different from other classes. Many adjustments are made to class processes to accommodate the course size. Students are asked to be mindful of how many students are in the course as they navigate Canvas, Zoom, class meetings, assignments, and exams.

Communication: To communicate with the instructor and TAs, please post questions to the "Question Cafe" on Canvas. Regular answers will be posted to help other students who have the same question. This will enable the instructor and course TAs to give timely responses to all students. **If a posted or emailed question is in the course syllabus or has been posted in the Question Cafe, students will be directed to those resources to find the requested information.** If students have a personal matter to discuss, please attend the Instructor's or TAs scheduled office hours. If a student cannot attend the scheduled office hours, then message the Instructor or TA with several availability dates and times over the next 7 days, so an appointment may be scheduled.

Individualized Support: Whenever students meet with the Instructor or TAs, know that our goal will be to address the stated needs and to find a solution that works specifically for that student while complying within university policies and course expectations. Know that we are not legally allowed to talk about other students' grades or experiences. Other students are responsible for talking with the Instructor or TAs directly about their experiences. **We will always be happy to meet with students about their individual concerns and needs in this course, but this will not be the space for students to advocate for another student or group of students and their needs.** Students are reminded to focus their comments and messages on their specific needs as those are the only needs and concerns that the instructor and TAs will be able to address directly.

Trigger Warning: This class covers topics involving human behaviors which include sensitive topics that may be difficult or overwhelming (e.g., psychological disorders, eating disorders, violent behavior, gender identity, etc.). At times we watch videos, listen to podcasts, look at images, and discuss topics that may be difficult, disturbing, or triggering. Students may encounter topics they find challenging, disturbing, or overwhelming. It is important that we respect each other's opinions and needs while ensuring that we don't impede the learning experience of others. Please look ahead at the topics we will be covering. If a student finds a lecture, video, reading, or assignment that they are concerned about, I encourage them to message the instructor to discuss skipping that topic; they are encouraged to complete extra credit assignments to make-up for the skipped assignments. Students who skip multiple assignments need to consider if this class is a good fit for them and to reconsider a different course that better meets their current needs. Trigger warnings are listed, but it is possible some were missed. **If you find a missing trigger warning, message the instructors with details of the assignment and what warning is needed so the error can be corrected.**

Independent Learning Style: This class is intentionally built to provide students with a lot of flexibility. All assignments are made available at the start of the semester. Students can work independently on different topics at their own pace. This course is mostly asynchronous with self-guided assignments. **Success in this class is largely dependent on students working independently, planning and completing their own work, and meeting long-**

Students agree to read the entire syllabus which acts as a contract for the course and is subject to change by the instructor.

term deadlines. If students work better in a weekly, synchronous-paced course that meets regularly with regular deadlines, then students are encouraged to take a different section of this course that better accommodates that learning style. If you have other life obligations that prevent you from attending weekly classes in-person, you need flexible times to work on assignments at your own pace, and you can successfully follow the course schedule to plan out your own work and meet the set deadlines, then this course is a good fit for you.

Zoom: This class has some synchronous office hours and review meetings that are all optional. We know that everyone learns in different ways. While some students benefit from synchronous learning, others benefit from having more independent time to work. Having some optional meeting time is designed to provide flexibility and autonomy to students on how they approach and complete the coursework.

Canvas: The Canvas learning management system (LMS) will be used to communicate all class information, updates, assignments, grades/feedback and supplemental materials. It is the student's responsibility to check and read information, updates, and announcements posted on Canvas.

Content Availability: All assignments in this course are submitted on Canvas. All course content is available at the start of the semester (except Exams) so students can work ahead as fits their needs.

Due Dates: Most assignments for this class are **due Sunday evening at 11:59 pm PST**. Students are advised to begin all assignments early and to spread out their work in the weeks preceding the deadlines so that any questions or needed assistance can be addressed before the deadline.

Late Assignments / Extended Deadlines: All assignments have two deadlines to prevent students from falling behind or building up missed assignments. Students can earn up to full credit on assignments submitted **before the first deadline** and up to half credit (50% credit) on assignments submitted 1 hour after the due date but before the second deadline (the close date) listed on the Course Schedule. **Assignments cannot be submitted after the close date (no exceptions)**.

Technical Issues: Allow time for technical issues when submitting assignments. In the occurrence of technical problems, students may email an assignment to their TA as a *backup* but must still submit to Canvas once the technical issue is resolved. Contact Canvas technical support at@sfsu.edu with technical problems. The instructor will direct students with technical problems to this policy.

Internet Safety: We are actively using the Internet for many assignments. Be vigilant when clicking links and never click on questionable links. In this course, you will never be asked to pay money, give identifying information, create accounts, or join subscriptions. Contact the TAs and Instructor if you ever encounter those situations.

Future Use: All submitted student content may be used in future classes for educational or research purposes.

COURSE EXPECTATIONS

Student Success: Student success in this course is of the utmost importance to the course instructor. It is important that students are set up to successfully complete this course with a passing grade. Because this class relies on asynchronous coursework, and self-paced student-driven work, students will need to demonstrate their ability to manage the workload independently the week before the faculty drop deadline (shown below). **Students whose overall grades are below (70%) a C- after the first two weeks of classes will be dropped from the course.** Students are asked to consider if they have the resources; they need to be successful in this course currently. Students who are concerned about their success in the course are advised to meet with the instructor during the first two weeks of the semester to discuss their plan for the semester.

Respect for All: This class is designed as a safe learning space. The expectation is that everyone treats each other with respect. Any treatment towards a student, instructor, visitor, TA, or other that is considered disrespectful or unprofessional may lead to *disciplinary action*. **All students agree to act professionally and respectfully to all others** in Canvas, Zoom, in-person, or in any other digital or physical space within and outside of the University. Students who do not uphold the course expectations described in this syllabus and the University's expectations for [Student Conduct](#), may face *disciplinary action*.

Disciplinary Action: For this course, students must follow the [California Standard of Student Conduct](#), the

Students agree to read the entire syllabus which acts as a contract for the course and is subject to change by the instructor.

[Universities Student Conduct Standards](#), the class expectations outlined in this syllabus and avoid [Academic Dishonesty](#). Students may face *disciplinary action* for not meeting these standards. Actions may include receiving a zero grade on an assignment and/or in the course, removal from the course, and/or being reported to the [Office of Student Conduct](#). All *disciplinary action* will be made at the discretion of the instructor.

Academic Integrity: It is assumed that students understand and will abide by the University's policies for academic integrity; not giving, receiving, or using unauthorized assistance on any submission, assignment, or exam. This includes not completing assignments in the presence of others who can observe their work or where they can observe the work of others. Students suspected of academic dishonesty may face *disciplinary action*. All work and assignments in this course must be completed and submitted individually.

Recycled Work: Students are not permitted to submit any work which has been previously submitted or will be submitted to other institutions, classes, or purposes. This includes the student's own writing, and/or other forms of work. These *recycled* works are not permitted in any form and may face *disciplinary action*.

AI Screening: Although AI is an incredible, useful tool for many reasons, we will not be using AI for this class. Text written for this class will be screened by an AI detection software and other AI screening methods. Submissions flagged by the software or by the screening methods will receive a 0 on the assignment with no opportunity to make up the assignment. Students are encouraged to do extra-credit assignments to make-up points lost for being flagged by AI. Assignments flagged by the AI screener may also result in *disciplinary action*. **If the student was previously flagged for AI on a previous assignment in the course and is later flagged again for AI use in the course, they may be dropped from the course.**

Plagiarism: Plagiarism is a form of cheating; it occurs when someone misrepresents another's work as his/her own. Plagiarism includes using another's (human or AI) ideas, sentences, paragraphs, or whole texts with or without acknowledgement. It may include allowing another person or program to outline, draft, write, or alter work that a student submits as his/her own. Plagiarism will result in a zero for that assignment, and will be reported to the Department, the Dean, and the University Judicial Affairs Officer for further review.

The following are examples of behaviors NOT allowed in this course (even when cited):

- **Copying and pasting** any text, citations, quote, phrase, graphic, structure, idea etc. from another source.
- Using **improper paraphrasing** methods on a portion of text or phrase (e.g., changing synonyms, replacing portions of text, editing original content, such as a new order, additions).
- Using **editing techniques** that revises another author's words (students need to write a new text in their own words).
- Duplicating, copying, paraphrasing, or replicating text, phrasing, ideas, conclusions, or structures from another source.
- Taking anything from another source and presenting it in any way as their own.

COURSE POLICIES

Students with Disabilities: Students with disabilities who need reasonable accommodation are encouraged to contact the instructor. The Disability Programs and Resource Center (DPRC) is available to facilitate the reasonable accommodations process. The DPRC is in the Student Service Building and can be reached by telephone (voice/TTY 415-338-2472) or by email (dprc@sfsu.edu). DPRC Website: <http://www.sfsu.edu/~dprc>

Student Disclosures of Sexual Violence: San Francisco State University fosters a campus free of sexual violence including sexual harassment, domestic violence, dating violence, stalking, and/or any form of sex or gender discrimination. If students disclose their personal experience as an SFSU student, the course instructor is required to notify the Dean of Students. To disclose any such violence confidentially, contact:

- The SAFE Place - (415) 338-2208; http://www.sfsu.edu/~safe_plc/
- Counseling and Psychological Services Center: (415) 338-2208; <http://psyservs.sfsu.edu/>
- For more information on the student's rights and available resources: <http://titleix.sfsu.edu>

Course Conduct: There are University expectations for student conduct in class. All interactions between students and faculty and among students in and outside of this course must maintain appropriate levels of respect and conduct. Violations of conduct expectations may be referred to the Office of Student Conduct.

Recordings: Students may not capture audio, photos, or video from class sessions on their own devices without the explicit permission from the instructor and everyone present, unless part of a DPRC-authorized accommodation that has been discussed and reviewed with the instructor.

Third-Party Sites: Students may not post any course materials to any third-party sites (such as Chegg) or post any recordings, screenshots, audio or chat transcripts in any setting outside the class, and violations of this are subject to student disciplinary action.

Religious Holidays: The faculty of San Francisco State University shall accommodate students wishing to observe religious holidays when such observances require students to be absent from class activities. It is the responsibility of the student to inform the instructor, in writing, about such holidays during the first two weeks of the class each semester. If such holidays occur during the first two weeks of the semester, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student's request without penalty, and to make up the work missed.

Important Deadlines:

1/16	Instruction Starts (First day of Classes)
1/26	DROP deadline for faculty
2/11	ADD/DROP/AUDIT deadline for students (Withdraw without a W)
2/17-4/20	WITHDRAWAL (With a serious & compelling justification)
3/23-3/28	Semester Recess – No Classes
3/31	Cesar Chavez Day – No Classes
4/21-5/15	WITHDRAWAL (With a Documented Exception – serious & compelling justification)
5/8	Grading Option Deadline (CR/NC deadline)
5/15	Instruction Ends (Last day of Classes)
5/16-5/22	Final Exams (Finals Week)
5/23-5/28	Grading Period
5/29	Grades Due