Psychology 112 is a course designed for members of the Psychology Department Learning Community. It serves three functions:

A. To cover the material in Psych 111, *Orientation to Psychology*, which is required of all Psychology majors (Psych 112 is a substitute for Psych 111.)

Specifically, this segment of the course will familiarize the student with:

1. Graduation requirements – You will plan out your **entire 4 years of college coursework.**
2. Psychology advising procedures, degree audits and registration procedures
3. Psychology faculty and type of research done at ISU
4. Opportunities to become involved in activities at ISU
5. Resources at ISU

B. To become familiar with different career options in the field of psychology
   Professor Cutrona and I have invited several psychologists from the community to describe what they do and what preparation is required to work in their field.

C. To begin our year-long exploration of Psychology in Action. Section B will be exploring the theme “*The Psychology of Happiness and Well Being.*”

In this segment of the course, students will:

6. Begin to read our assigned text, *The Happiness Project*, the story of New York City writer Gretchen Rubin’s year devoted to applying psychological research on happiness to the betterment of life for herself and those around her.

7. Begin contemplating a small-scale happiness project for yourself that you will undertake during spring semester.

8. Begin to formulate a plan for enhancing the well-being of others through meaningful volunteer work in the community during spring semester. The Social Services Volunteer and Career Fair on September 11th will provide valuable information on local volunteer opportunities.
COURSE MATERIALS:

Required textbook:


COURSE REQUIREMENTS:

This course is graded Pass/Fail. In order to receive a satisfactory grade, you must:

- Attend and participate in **ALL classes**. Attendance will be taken at the beginning of each class period.
  - If you must miss a class due to an emergency or illness, you must notify me via email or phone **PRIOR** to the class meeting time to be excused and you must meet with me or a peer mentor to make up the material covered in class. (krscheel@iastate.edu or 294-4083).

- Attend the following special events:
  - **TWO** of the following:
    - **1. ClubFest** (Representatives from hundreds of campus organizations will have displays): **Sept. 4th, 11:00 to 4:00** (Drop in any time) Great Hall, Memorial Union.
    - **2. Fall Volunteer Fair**
      September 11th **10:00 to 2:00** (Drop in any time), Great Hall, Memorial Union
    - **3. Study Abroad Fair** (See displays about options to study overseas): **Sept. 19th, 10:00 to 1:30** (Drop in any time.) Great Hall, Memorial Union.
    - **4. Career Fair** (Get a feeling for the kinds of employers who recruit ISU students)
      September 25th, **Business, Industry, Technology 12:00 to 6:00 p.m.** Hilton Coliseum. (Drop in any time).
    - **5. September 25th, People-to-People Career Fair 1:00-5:00,** Scheman Bldg (Drop in anytime)
  - **b. Attend TWO out of the following three events with Psychology faculty members and students:**
    - **1. Psych Club Picnic** (Meet and greet other psychology majors and faculty members and have a free meal, play games, etc.): **Sept. 8th 5:00 to 7:00 p.m.** at Brookside Park. Peer mentors will coordinate transportation.
    - **2. Ice Cream Social at Dr. Scheel’s House** (2313 Donald St., off Ash in Campustown) I’ll have ice cream, sherbet, and all the fixings! Come for a casual afternoon of snacking and mingling. **Sunday, Sept. 22nd 2:00 to 4:00 p.m.**
3. Social activity organized by peer mentors (To be arranged.)

COMPLETE ALL ASSIGNMENTS:

a. Introduction to your faculty adviser  
   Due: October 8th
   Introduction to your Faculty Adviser: Your faculty adviser’s name is listed in the red binder in the Psychology Advising Office. Office hours and contact information are available in the binder, on the wall outside of W022 and W112 Lago, and on the ISU Psych web page. Email your Faculty Adviser to arrange a brief meeting, or attend your advisor’s office hours. Complete the form that will be distributed in class and be sure to have the Faculty Adviser sign it before you leave. The meeting need not be any more than a brief introduction.

b. Graduation Coursework Plan  
   Due: October 15th
   Develop a graduation plan. This must include specific courses you could take to graduate. Do NOT enter “elective” or “psych choice” in any of the blanks. Advisors will look over the plans, make comments and return the plans to you as either “complete” or “correct & resubmit”. This plan must be typed and submitted on the Psych template available at: http://www.psychology.iastate.edu/index.php?id=31.

c. Happiness Project Reaction Essay  
   Due: December 3rd
   Read in The Happiness Project: “A Note to the Reader: (pp. xvii-xviii), “Getting Started” (pp. 1-15), “Your Happiness Project” (293-296) and “The Happiness Project Manifesto” (p. 297). In the spring, you will be asked to identify three or four specific resolutions to enhance your own well-being (one of these resolutions will pertain to your community service to others!). As you read these sections of The Happiness Project, especially the questions on page 295, what are your reactions? How do you feel about applying psychology to your own life this way? Rubin loves lists, and she provided several in this material. These included her personal Twelve Commandments and The Happiness Project Manifesto. Which, if any, of the items on these two lists are especially meaningful to you? How does the most important item to you apply to your hopes for your freshman year? If you found Rubin’s lists uninspiring, what is inspiring for you this year? Share your thoughts in response to these questions in a typed, double-spaced, one page essay.
# COURSE SCHEDULE

## Week 1
**August 27**
**Section B**

**Introduction**

**Topic:** Course Overview and Introductions

## Week 2
**September 3**
**Section B**

**Speakers:** Peer Mentor Panel

**Topic:** Tips to survive your freshman year

**Wed September 4**
**Club Fest 11:00-4:00 – MU Great Hall**

**Sun September 8**
**Psych Club Picnic – 5:00-7:00 – Brookside Park**

## Week 3
**September 10**
**Sections A & B**

**Speaker:** Dr. Mark Becker, ISU Student Counseling Service

**Topic:** Psychology in Action on Campus

**Wed September 11**
**Fall Volunteer Fair – 10:00-2:00 – MU Great Hall**

## Week 4
**September 17**
**Sections A & B**

**Speaker:** Jill Kramer, ISU Academic Success Center

**Topic:** Time Management

**Th September 19**
**Study Abroad Fair – 10:00-1:30 – MU Great Hall**

**Su September 22**
**Section B Ice Cream Social at Dr. Scheel’s House!**

## Week 5
**September 24**
**Sections A & B**

**Speaker:** Alyssa Mittleider (Your Advisor 😊)

**Topic:** Tips for using advising effectively

**Bring:**
1. Psychology Undergraduate Program Booklet
2. Degree Audit or unofficial transcript

**Wed September 25**
**Business, Industry, Technology Career Fair – 12:00-6:00pm – Hilton Coliseum**
**People-to-People Career Fair – 1:00-5:00pm – Scheman Building**

## Week 6
**October 1**
**Section B**

**Topic:** Planning your four-year course schedule [Peer mentors assist!]

**Assignment:** Read Dept. of Psychology Undergraduate Program Booklet (Yellow cover)

**Bring** Degree Audit or Unofficial Transcript

## Week 7
**October 8**
**Section B**

**Topic:** Planning your four-year course schedule [Peer mentors assist]

**Bring** Degree Audit or Unofficial Transcript

**Assignment Due:** Signed form from your faculty advisor
CC Week 8  
October 15  
Sections A & B  
**Topic:** College and Money (Don’t go $100,000 in debt!)  
**Speaker:** Dr. Doug Borkowski, ISU Financial Counseling Center  
**Assignment Due:** Four-Year Course Plan typed on blank template available at [http://www.psychology.iastate.edu/index.php?id=31](http://www.psychology.iastate.edu/index.php?id=31)

Peer mentor arranged social activity for each section around this time.

**Week 9**  
**October 22**  
**Sections A & B**  
**Topic:** Careers in Psychology: Psychology in the Business World  
**Speaker:** Dr. Kathy Hanisch

**Week 10**  
**October 29**  
**Sections A & B**  
**Topic:** Careers in Forensic Psychology  
**Speaker:** Dr. Art Konar

**Week 11**  
**November 5**  
**Sections A & B**  
**Topic:** Careers in Developmental Psychology  
**Speaker:** Dr. Warren Phillips

**Week 12**  
**November 12**  
**Section B**  
(Represented by graduate students Lori Sjoland and Zachary Siegel)  
**Office and Lab Room 0016**  
**Topic:** What do Psychologists Study?  
**Speaker:** Dr. Jon Kelly, Cognitive Psychology: Virtual Reality Demonstration

**CC Week 13**  
**November 19**  
**Section B**  
"Effects of the Media on Children, Adolescents and Adults"

**Thanksgiving Break**  
**November 25-29**

**KS Week 14**  
**December 3**  
**Sections A & B**  
**Topic:** What do Psychologists Study?  
**Speaker:** Dr. Nathaniel Wade, Counseling Psychology  
**Assignment Due:** Contemplations on Happiness Project Essay

**Week 15**  
**Topic:** Preparing for Volunteer Work

**Finals Week**  
**December 16 to 20**  
No class meeting. No final exam!
Fall 2013 Semester Dates and Deadlines

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 30</td>
<td>♦ Last day to process a schedule change (add, drop, or section change) on AccessPlus (if no restrictions) without a fee; ♦ Last day to process a schedule change without a fee on a pink slip (if restrictions), signature of instructor required</td>
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<td>By 4:45 p.m.</td>
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<tr>
<td>September 11</td>
<td>♦ Fall Volunteer Fair – 10:00-2:00 – MU Great Hall</td>
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<tr>
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<tr>
<td>September 27</td>
<td>♦ Last day to drop a first-half semester course</td>
</tr>
<tr>
<td>October 5</td>
<td>♦ Finalized Schedule of Classes for Spring 2014 will be available on-line at <a href="http://classes.iastate.edu/">http://classes.iastate.edu/</a></td>
</tr>
<tr>
<td>October 8</td>
<td>♦ Last day to drop Psych 111</td>
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<tr>
<td>October 18</td>
<td>♦ First-half semester courses end</td>
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<tr>
<td>October 21</td>
<td>♦ Second-half semester courses begin (example: Lib 160)</td>
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<tr>
<td>October 26</td>
<td>♦ First day of Spring 2014 registration for seniors (Oct 31 for Juniors; Nov 7 for Sophomores; Nov 14 for Freshmen)</td>
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<tr>
<td>November 1</td>
<td>♦ Last day to drop a full-semester course or withdraw</td>
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<td></td>
<td>♦ Last day to change a full-semester course to Pass/Not Pass grading</td>
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<tr>
<td>November 22</td>
<td>♦ Last day to drop a second-half course</td>
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<tr>
<td>November 25-29</td>
<td>Thanksgiving Break</td>
</tr>
<tr>
<td>December 16-20</td>
<td>♦ FINAL EXAM WEEK</td>
</tr>
</tbody>
</table>

A complete listing of academic dates is available at [http://www.registrar.iastate.edu/calendar/cal-fall13](http://www.registrar.iastate.edu/calendar/cal-fall13)
ACTIVITY REPORT (complete both sides)

Name__________________________________________

You are required to attend TWO of the following five activities:

Club Fest
Volunteer Fair
Study Abroad Fair
Business, Industry, and Technology Career Fair
People-to-People Career Fair

Activity #1:_________________________________________  Date________________________

Please list 4 displays that you looked at in depth:

1.
2.
3.
4.

Please list the two displays that interested you most (e.g., clubs you would like to join, agencies you would like to work at or volunteer for, countries in which you would like to study, companies you would like to work for) and describe WHY you were drawn to that activity or organization:

1.
2.
Activity #2: ________________________________  Date __________________________

Please list 4 displays that you looked at in depth:

1.

2.

3.

4.

Please list the two displays that interested you most (e.g., clubs you would like to join, agencies you would like to work at or volunteer for, countries in which you would like to study, companies you would like to work for) and describe WHY you were drawn to that activity or organization:

1.

2.

You are required to attend two of the following events to become acquainted with Psychology Department faculty and students. Please check the events you attended.

____ Psychology Club Picnic

____ Ice Cream Social

____ Peer Mentor Planned Social Activity