

Winter 2024--DEPARTMENT OF PSYCHOLOGY
Rutgers-Newark
PSYCHOLOGY 489: Special Issues in Psychology-Human Sexuality
21:830:489: W5

This course is going to be enormous fun.

It is being taught asynchronously, so we don't have formal meeting times. You will watch the posted video lectures when it is convenient for you, complete the discussion boards and other assignments as per the due dates, and take the online exams as scheduled.

INSTRUCTOR

Nan Wise, LCSW, CST, PhD
Email: nanwise@psychology.rutgers.edu
nan@askdoctornan.com
973-632-0625

OFFICE HOURS: I WILL MAKE MYSELF AVAILABLE TO MEET WITH STUDENTS VIRTUALLY AS NEEDED. TEXT ME TO 973-632-0625--TELL ME WHO YOU ARE--AND WE WILL SET A MEETING BY PHONE, FACETIME, OR ZOOM.

Don't hesitate to text me if you have an issue during the course.

This syllabus may be revised as we go. I WILL KEEP YOU POSTED.

I encourage you to contact me via email with routine questions or concerns or post the questions on our class communication discussion board. The phone is for emergencies. Texting is fine, but if you text me, please let me know who is texting!

WELCOME TO Special Problems in Psychology: HUMAN SEXUALITY

I am incredibly excited to share my love for psychology with you. As a clinician, sex therapist, behavioral neuroscience researcher, and instructor, I hope to ignite each student's passion for studying psychology and give you insights into how understanding human sexuality can enhance and empower your everyday life. I also seek to inspire those interested in a career in psychology such that the next generation of clinicians, sex therapists, and researchers can carry the torch!

You can learn more about my research and clinical work by visiting my website:
www.AskDoctorNan.com.

COURSE TEXTBOOKS

TEXTBOOKS

Wise, Nan (2020) *Why Good Sex Matters: Understanding the Neuroscience of Pleasure for a Smarter, Happier and More Purpose-Filled Life*, Houghton, Mifflin, Harcourt.

<https://www.amazon.com/Why-Good-Matters-Understanding-Purpose-Filled-ebook/dp/B07FKB3PWC>

Lehmiller, J. J. (2017). *The Psychology of Human Sexuality*. Oxford, UK: Wiley. Second edition
ISBN-13: 978-1119164739

<https://www.amazon.com/Psychology-Human-Sexuality-Justin-Lehmiller/dp/1119164737>

GENERAL OVERVIEW

This course aims to examine the complex interplay of psychological, sociocultural, and biological factors in developing and expressing sexual attitudes and behaviors. This will be accomplished through lectures, readings, films, and a set of written discussion board assignments. We will cover a wide variety of topics, including the major psychological theories of sexuality, patterns of sexual arousal and response, the development of gender and gender identity, variations in sexual orientation, attraction processes and romantic love, sexual dysfunctions and sex therapy, typical and atypical sexual behaviors, as well as the psychological effects of pornography.

Every effort will be made to present the relevance and applicability of each course topic to your own life.

By the end of the course, you should have a greater understanding of your own and others' sexual functioning and practices. You should also appreciate different perspectives on sexuality and improve your ability to communicate on this topic.

IMPORTANT CONSIDERATIONS

TAKE GOOD CARE OF YOURSELF. MAKE SURE TO LET ME KNOW HOW YOU ARE DOING OVER THE COURSE OF THE CLASS.

THE PLAGIARISM THING:

Plagiarism or any other type of academic dishonesty will not be tolerated. All assignments must reflect your work; whenever you use ideas that are not yours, you **MUST** give credit where it is due.

ACADEMIC INTEGRITY

As an academic community dedicated to creating, disseminating, and applying knowledge, Rutgers University is committed to fostering an intellectual and ethical environment based on the principles of academic integrity. Academic integrity is essential to the success of the University's educational and research missions, and violations of academic integrity constitute serious offenses against the entire scholarly community. The entire academic integrity policy can be found here:

<http://academicintegrity.rutgers.edu/academic-integrity-policy/>

The Department of Psychology at Rutgers University-Newark has established specific guidelines for handling all potential incidents of Academic Integrity violations. Since Academic Integrity is a core component of the guidelines set forth by the American Psychological Association, all students will be expected to follow both the Rutgers University Academic Integrity Policy and the American Psychological Association ethical code, specifically, APA's Ethical Code 8.11 Plagiarism: "Psychologists do not present portions of another's work or data as their own, even if the other work or data source is cited occasionally." As such, every potential violation of the Rutgers Academic Integrity Policy or APA's Ethical Principles may be reported and handled by either an Academic Integrity Facilitator or the Instructor. Failure to abide by the department's policies can result in the student becoming ineligible to pursue a major in psychology at Rutgers University-Newark.

STUDENTS WITH DISABILITIES:

Here is a link for information:

<https://ods.rutgers.edu/ods-offices>

This course will be among the most fun and entertaining classes you will ever take. Still, you should treat it just as you would any other psychology class regarding the amount of time and resources you devote to preparing for classes and understanding the material.

And because this class is about human sexuality: PLEASE NOTE!

Like most courses on human sexuality, this course involves the presentation of audio-visual materials depicting nudity and explicit sexual activity. We also use explicit sexual, anatomical, and functional language in lectures. If you think such materials and language might be offensive, you may wish to consider not taking this class. Relatedly, there may be people in this course (e.g., fellow students, teaching staff, and guest speakers) with lifestyles or values different from yours. Respect for others in the virtual classroom/discussion boards is always mandatory. Finally, if a topic is especially bothersome, traumatic, or distressing for you, please approach the material mindfully.

Lectures

Will cover chapters from both textbooks plus additional information plus other video materials

GRADING:

Discussion boards assignments	30 points total
#1 Introduce yourself	5
#2-Pick out an area of interest and formulate your burning question	10
#4-Mini literature review	15

Please note that you must give your peers feedback about their posts to get total points for your discussion board assignments. This means you will have to give yourself sufficient time to interact with each other before the final due date of each discussion board. Be fair to your peers and get the discussion boards started at least a few days before they are scheduled so they can have the opportunity to earn their total points by interacting with you. Feedback from your peers will help you hone your burning questions to get full credit for the final discussion board assignments. This interaction via the discussion boards will create a class community and enrich the experience for all of us.

Exams	70% total
Midterm	35
Final exam	35

Exams

A midterm and final exam will cover lecture material, assigned video content, and reading assignments. The midterm will cover the first half of the semester, and the final exam will cover the second half.

Burning question--you will dig into a topic that intrigues you and learn enough about it to teach us. This will take the form of a mini-literature review. Details will be provided.

Appealing Grades: If you believe an assignment or exam has been graded incorrectly, you may appeal in writing (via email) by explaining why you think your answer was correct. Please consider that re-evaluation of work may result in a lower grade if it is determined that an overly generous grade was initially given.

CLASS SCHEDULE

Dates TBA	Course Introduction AND REVIEWING MY RESEARCH and Why Good Sex Matters (WGSM) Begin reading introduction + Chapters 1-3 Watch Panksepp Ted Talk	Wise: WGSM Chapters 1-3	
----------------------	--	-------------------------	--

	Explore Dr. Nan's website Dr. Nan's core emotion slides and Chapters 1-3 from Dr. Nan's book		
	Theoretical Perspectives on Sexuality--Lehmiller Ch1 Core emotions –Dr. Nan's ppt and video lecture	Lehmiller Chapter 1	DISCUSSION BOARD #1 DUE--introduce self and why you took this class
	Sexology Research Methods & Ethics= Lehmiller Chapter 2 Dr. Nan's methods	Lehmiller Chapter 2	
	Sexual Anatomy LEHMILLER CH 3 Dr Nan's chapter 8 Watch videos on anatomy	Lehmiller Chapter 3	
	WGSM CHAPTERS 1- 3		
	Sexual Arousal and Response Chapter 4 WGSM--Seeking System	Lehmiller Chapter Ch. 4 Wise WGSM Chapter 4	
ending			
	Gender and Gender Identity	Lehmiller Chapter 5 Wise WGSM Chapter 8	Discussion Board #2 Formulate your burning question topic-
	Sexual Orientation	Lehmiller Ch. 6 WGSM chapter 5	
	Midterm		MIDTERM EXAM Lehmiller Chapters 1-6 WGSM. 1-5 and WGSM chapter 8
	Laws of Attraction	Lehmiller Ch. 7	
	Watch the secret of attraction video		
	Intimate Relationships and issues that impact our emotional systems such as to impact our relationships	Lehmiller Chapter Ch. 8 WGSM ch6	
	Sexual Behavior	Lehmiller Chapter Ch. 9	
	Watch Masters and Johnson video		
	Watch Beyond the binary video		
	Sexual Dysfunctions Operational Intelligence	Lehmiller Chapter 13 WGSM chapter 7	

	Variations In Sexual Behavior WGSM Chapter 9-Sexual Potential	Lehmiller Chapter 14 WGSM Chapter 9	
	Watch the I am Fetish video Read article on making the case for kink to be a sexual identity		Discussion board #3 Teach us about what you learned-mini literature review
	Watch coital alignment explicit video Watch bonobos video		
			Final--Chapters Lehmiller chapters 7, 8, 9, 13 & 14 WGSM chapters 5-7 and WGSM chapter 9

Grading scale

A	100-90	C	70-74
B+	89-85	D	60-69
B	85-80	F	59 and below
C+	75-79		