## ! :: Welcome to Behavioral Neuroscience :: PSY 3610

## Text and Equipment

• Bear, MF, Connors, BW, & Paradiso, MA. Neuroscience, Exploring the Brain 3rd ed. 2007, Lippincott Williams & Wilkins. (Don't be alarmed by the earlier edition, it is cheaper, and readings

questions. Think of these as little bonuses for studying, being thorough, and following my recommendations.

There is quite a bit to learn and learning is best in small chunks. Thus, rather than a midterm and final, I have broken the course into 5 units with a separate exam over each.

If you have suggestions for other ways to make it easier for you to learn the information in hu (e) -0htl, I

but there is a big upside because the practice improves your grade on exams guaranteed. Use the quizzes. You can't wear them out.

Quizzes are to help you judge how well you know the material, but they are not a substitute for studying the text. We are all too optimistic in judging our own knowledge (see The Curse of Knowledge) and the practice quizzes are a good reality check. The best reality check occurs when you take a quiz the next day, not immediately after studying. Short-term memory retains much that long-term memory forgets; the information you retain after a night's sleep will be retained almost forever.

**Read the files under How to Study.** They will demonstrate the value of practicing recalling information. They may even change your life.

**Exams**. Exams constitute most of the points for this course. You can take your exams at home on your own computer, but for security, you must use the Respondus Lockdown Browser and Monitor. The browser uses your computer camera to proctor your exam. This is convenient and it means you will not be rushed on the exams. Don't use your textbook during exams. If you know the answers well because you took practice quizzes until they seemed easy, you will have adequate time to write answers down and even check -0.2 (rs ) 0.2(d)0.2 (n) -wock. Re2 (ce) -0.2 (i) -0.2 (i) -0.2 (n) -0.2 (g) -0.2 ( ) 0.2 (a) -0.2 (n) -C

**If you have questions** about the course, send me an email. I will answer as soon as I can; if it is of general interest, I will post the answer on Blackboard. **If you have comments** or experiences involving neuroscience or related aspects of psychology, I would love to hear them. These are always interesting and make the material more interesting.

**Assignments**. There are **lectures** and additional information prepared by your instructor associated with most units. Sometimes there are supplementary readings that gives you an alternative viewpoint or cover topics that are important but not covered in the chapter. There will be test questions on these readings.

**Other assignments** involve thinking about an issue and discussing it as you might in class. However, in this class you have the opportunity to be more deliberate in your comments because they must be typed and posted to the discussion board. Take advantage of this opportunity and keep your comments clear, brief, and directly related to the issues. In addition everyone has an opportunity (actually, an obligation) to participate. You receive points for these contributions and the points add to your total points for the class. These are not optional but they are a way to earn relatively easy points. Occasionally the best posting receives more points that the others, in which case the additional point(s) serve as extra credit.

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Textbook - Bear, MF, Connors, BW, and Paradiso, MA. Neuroscience, Exploring the Brain, 3 ed. 2006, Lippincott

- Gomez-Pinilla, F. (2008) Brain foods: The effects of nutrients on brain function
- Discussion, Cognitive enhancement (5 points, see lecture & Discussion Room for detailuson

## Unit 4

- Read in textbook Chapters:
- 19, Sleep and Rhythms (their relation to healthy functioning)
- 20, Language
- 21, Consciousness
- 23, Development
- Written Lectures on Chapters 19, 20, 21, and 23
- Lecture, Medical Consequences of Circadian Rhythms
- Madhusoodanan, J. (2017) Circadian rhythms influence treatment effects. The Scientist, April 1.
- Multiple Authors (2013) Nature Outlook Sleep. Nature 497, S1-S20.
- Lecture, The Neural Basis of Language
- Geschwind and Levitsky (1968) Human Brain: Left-right asymmetries in temporal speech regions.
- Lewis, T. (2016) Locating language within the brain. The Scientist, April 27, 2016.
- Miller, G. (2010) Seductive allure of behavioral genetics. Science, 329.
- Offerd, (2017) Afternoon open heart surgery. The Scientist.