

PSYC 100 Principles of Psychology BL
FW15-16 Syllabus

PSYC 100 - Principles of Psychology Read Me First

Course Introduction

Welcome to the fascinating world of psychology: the science of behaviour and the mind! Using a combination of online lessons and activities, you will explore research in key areas of psychology, including perception, cognition, learning, motivation, child development, individual differences, social psychology and abnormal (clinical) psychology. In the process you will hopefully gain some insight into what makes people think, feel, and behave the way that they do.



This course follows a "blended model", meaning that course material will be available in weekly online lessons and in the text, with opportunities to further explore and discuss this material in hour-long lecture and hour-long learning lab each week.



Please note: Updates concerning your course will be sent to your Queen's NetID account **ONLY**.

Learning Outcomes

1. Summarize the major areas and themes of psychology.
2. Demonstrate an understanding of the role of genes and environment in determining behaviour and mental processes.
3. Describe the major psychological theories and the empirical evidence upon which they are based.
4. Apply the scientific method to the formulation and answering of questions related to psychology.
5. Assess the validity of, and provide accurate interpretations of, psychological findings.

Dates	Lesson Notes	Labs and Quizzes
 Unit 1: Foundations		
Week 1: Sept. 14-20	Lesson 1: Introduction and History	Lab: prescreening for subject pool (NOT A MARKED LAB)
Week 2: Sept. 21-27	Lesson 2: Research Methods and Statistics	Sept 25 at 2pm: Syllabus Quiz closes Lab: Introduction to Psyc 100 & Research
Week 3: Sept. 28-Oct. 4	Lesson 3: Genetics & Evolution	Sept. 28 at 2pm: Lesson 1-2 Quiz closes Lab: Design a Research Study
Week 4: Oct. 5-11	Lesson 4: Learning	Lab: Cooperating vs Defecting
 Unit 2: Neuroscience		
Week 5: Oct. 12-18	Lesson 5: The Neuron	Oct. 13 at 2pm: Lesson 3-4 Quiz closes No Lab-Thanksgiving

Week 6: Oct. 19-25	Lesson 6: Neuropsychology and Cognitive Neuroscience	Lab: Learning lab
Week 7: Oct. 26-Nov. 1	Lesson 7: Consciousness and Sleep	Oct. 26 at 2pm: Lesson 5-6 Quiz closes Lab: Explore the Brain
 Unit 3: Sensation and Perception		
Week 8: Nov. 2-8	Lesson 8: Psychophysics and Transduction	Lab: Don't spill your drink
Week 9: Nov. 9-15	Lesson 9: The Visual System	Nov. 9 at 2pm: Lesson 7-8 Quiz closes Lab: The Adaptive Brain
Week 10: Nov. 16-22	Lesson 10: Other Senses	Lab: The Eye and Illusions
 Unit 4: Cognitive Psychology		
Week 11: Nov. 23-29	Lesson 11: Memory	Nov. 23 at 2pm: Lesson 9-10 Quiz closes Midyear Review Quiz opens Lab: Practicing Short Answers
Week 12: Nov. 30-Dec. 4	Lesson 12: Language	Dec 7 at 2pm: Lesson 11-12 Quiz closes Lab: Discovering Memory
Proctored Midyear (Lessons 1-11) will be held during the Exam Period: Dec. 9-23, 2015		
Week 13: Jan. 4-10	Lesson 13: Intelligence, Reasoning and Decision Making	Lab: Language Development
 Unit 5: Developmental Psychology		
Week 14: Jan. 11-17	Lesson 14: Physical and Lifespan Development	Lab: Genetics and Intelligence: The Great Debate
Week 15: Jan. 18-24	Lesson 15: Cognitive Development	Jan. 18 at 2pm: Lesson 13-14 Quiz closes Lab: Developmental Theories
Week 16: Jan. 25-31	Lesson 16: Social Development	Lab: Theory of Mind
 Unit 6: Personality and Social Psychology		

Week 17: Feb. 1-7	Lesson 17: Personality	Feb. 1 at 2pm: Lesson 15-16 Quiz closes Lab: Developmental Psychology: Dear Doctor
Week 18: Feb. 8-14	Lesson 18: Social Psychology I	Feb. 9 by 2pm: Complete Fluid Survey questionnaire No Lab before Reading Week
Reading Week: Feb. 15-19		
Week 19: Feb. 22-28	Lesson 19: Social Psychology II	Feb. 22 at 2pm: Lesson 17-18 Quiz closes Lab: Personality Scales
Week 20: Feb. 29-Mar. 6	Lesson 20: Motivation and Emotion	Lab: The Self
 Unit 7: Mental Health		
Week 21: Mar. 7-13	Lesson 21: Mental Disorders	Mar. 7 at 2pm: Lesson 19-20 Quiz closes Lab: The Pairing Game
Week 22: Mar. 14-20	Lesson 22: Schizophrenia and Mood Disorders	Lab: Diagnosis of Mental Disorders
Week 23: Mar. 21-27	Lesson 23: Treatment of Mental Disorders	Mar. 21 at 2pm: Lesson 21-22 Quiz closes Lab: Treatment of Mental Disorders
Week 24: Mar. 28-Apr. 1	Lesson 24: Health, Stress and Coping	Apr. 4 at 2pm: Lesson 23-24 Quiz closes Lab: Practicing Short Answers
Proctored Final Exam (Lessons 12-24) will be held during the Exam Period: Apr. 7-23, 2016		

Key Arts and Science Dates

Term Dates and Exams

Fall Term: Sept 14 – Dec 4, 2015

Mid-Term Examination Period: Dec 9–23, 2015

Winter Term: Jan 4 – Apr 1, 2016

Examination Period: Apr 7 – 23, 2016

Key Dates

Sept 1	Fall tuition due
Sept 14	Fall Term classes begin
Sept 25	Last day to add courses Last day to drop courses without financial penalty
Nov 6	Last day to drop courses without academic penalty
Dec 4	Fall Term classes end
Dec 9 – 23, 2015	Mid-Term Examinations
Jan 4, 2016	Winter Term classes begin
Jan 10	Winter tuition due
Jan 15	Last day to add Winter courses Last day to drop Part B of Fall-Winter courses without financial penalty
Feb 26	Last day to drop Part B of Fall-Winter courses without academic penalty
Apr 1	Winter Term classes end
Apr 7 – 23, 2016	Examinations

Communication

Moodle Boards:

Course Announcements: will be used to post news to the class. Copies of the announcements are also sent to your Queen's email account.

Class Cafe: You are encouraged to use the "Class Cafe" forum to post questions and comments of general interest to the class. The TAs and other students in the class can reply to the posts in this forum. Copies of the forum posts are also sent to your Queen's email account. Note that TAs will not answer right away, in order to give your peers an opportunity to answer.

Email

The university communicates with students by **Queen's email ONLY**. Please check your Queen's email regularly to ensure you do not miss out on important information.

PSYC 100 E-mail: If you have questions or concerns that you don't want to post on a discussion board, you are welcome to write to PSYC100@queensu.ca and our coordinating TA will either respond or will forward your message to the appropriate person. This email will be monitored daily from Monday - Friday and emails will be answered within 24-48 hours. When writing an e-mail, please include your full name and student number to help us find your record.

If you have specific enquiries for your instructor that cannot be address by the coordinating TA, they can be referred to one of the 2 course coordinators Jill.Atkinson@queensu.ca, or Cheryl.Hamilton@queensu.ca. We are here to help and have set up a number of ways that questions can be asked and answered.

Note: do not sue the personal email of other members of the Psyc100 team - all correspondence should go through either PSYC100@queensu.ca or one of the 2 course coordinators listed above..

Office Hours: May be arranged by appointment by writing to PSYC100@queensu.ca.

Required materials

Course Components

Available from Queen's Campus Bookstore (<http://www.campusbookstore.com>)

Pearson Media Card Access Code

Required to access the weekly online lessons through Moodle. This is also available at the bookstore; Bundled with new textbooks; if you bought a used textbook, you will need to buy this separately (comes with eText). Be sure to compare prices if you buy it as a standalone item.

Lab Pages

Pages in which to do your learning lab preparatory work. The pages have duplicates such that you handwrite your assignment on a page, hand that in, and keep the copy in your notebook. These can be purchased at the Campus Bookstore.

Textbooks

Krause, Corts, Smith & Dolderman. *An Introduction to Psychological Science Canadian Edition* (Hardcover or Loose Leaf). ISBN13: 9781269959179 (HC); 9781269959162 (LL) available at the bookstore. Also available as an eText with your Media card (see above).

Course Components

1. Weekly on-line lessons (See Pearson Media Card Access Code).
2. Weekly lectures. We will use mobile devices for class activities/surveys in this class so please bring yours if you have one.
3. Small-group "Learning Labs" (see schedule). The Learning Labs are led by an upper year undergraduate or graduate facilitator. (Learning labs are described in detail in a separate section). For this large course to run smoothly, we rely on students to attend their assigned sections. If you need to change your lecture section or learning-lab section, please use the "swap" function on SOLUS. If you run into difficulties swapping sections, please see Allison Leverette (ugpsyc@queensu.ca) our Undergraduate Assistant, in Humphrey Hall, rm 225.
4. Quizzes (each open for 2 week periods).
5. Textbook readings. In general, the textbook is intended to supplement the online lessons. Do the online lessons FIRST and use the textbook for clarification, to deepen your understanding, and if you wish to know more about a topic.

Suggested Time Commitment

Activities	Time
Completing/reviewing online lesson	4 hours every week
Preparing for the learning lab	1 hour
Learning lab participation	1 hour
Lecture	2 hour
Completing Quizzes	2 hours every 2 weeks
Reading/reviewing the text	1-2 hours every week, as required
Total	Approximately 9 hours/week

Assessments

Component	Description	Weight (%)
Quizzes	Average of 10 highest marks out of 12 quizzes	10%
Learning Lab	Attendance (must attend 15/21)	pass/fail
Learning Lab	Participation (10%) Prep work (10%)	20%
Mid-term	Proctored Midterm	30%
Final Exam*	Final 3-hour Proctored Exam	40%

*NOTE: Students may substitute up to five hours of research participation (at a grade of 100%) for up to 5% of the value of the final exam (1 hour for each percentage point). For example, if a student fulfilled all 5 hours of research participation, and received 75% on the final exam, their final exam mark (out of 40) would be: $.75 * (35) + 1.0 * (5) = 31.25/40$, or 78.13%. For more information, see [Volunteer Research Participation](#) .



*Note: You must pass the lab portion (attend a minimum of 1 labs) to pass the course.

Quizzes:

There are 12 quizzes, each open for two weeks. The quizzes will be made up of 20 multiple-choice questions based on the online lessons covered in that two-week period. Quizzes will test ONLY the relevant two weeks of material; they are not cumulative. The quizzes can be written from any computer with high-speed internet access. Each quiz will be open **for a full two weeks** from Monday at 2 pm until the Monday 14 days later at 2 pm, during which time **you can take the quiz as often as you like**. The highest mark you achieve during that time period will be recorded as your mark on the quiz.

Of the 12 quizzes, your best 10 will count towards your final grade. You may choose to miss or forego the results of two quizzes, without documentation. After that, you will receive '0' for a missed quiz and quiz grades are final. The only exception to this rule is if there are documented serious extenuating circumstances (see Special Accommodations).

If you leave your quiz to the last minute and experience problems such as internet outage, you will not be accommodated. Please attempt the quizzes well in advance of the deadline and repeat as often as you wish right up to the deadline.

Learning Labs

You will have been assigned to a small group (approximately 25 students) who will meet together once a week all year, in HUM 131 or HUM 132. In the learning lab, you will be further divided into groups of 5-7 students. In your groups, you will engage in activities designed to extend and broaden your understanding of psychology. Details of each week's learning lab will be posted on the Weekly Checklist. Most weeks, you will be expected to complete some preparatory work prior to the learning lab: you must come to the lab with this work complete (on your lab duplicate pages), so that you can work with your colleagues. Usually your group will be required to complete an assignment in the lab. The 20% mark for learning labs will come from completing preparatory work on time, and your participation in the groups and group assignments.



Please note that, regardless of your mark, failure to attend a full 15 of the graded labs will mean that you fail the course (see timeline for lab dates). Even if you pass all the other components, you cannot pass the course if you do not attend a minimum of 15 of the labs.

Most labs require prep work (from a few lines to a page) to be completed in advance and handed in on the lab pages at the beginning of your lab. This work is worth 0.5% (10% over the whole course) and will be graded according to the rubrics contained in the lab guides. In general, you will receive the 0.5% if your prep work meets minimum expectations and 0.25% if it does not, or 0 if not completed at all or handed in after the lab as begun.

Minimum expectations:

1. Academic Integrity

- In general, informally acknowledge where you got information ("according to the text/on line lessons", "based on this figure from Wikipedia", "according to [url] on [date]..." unless it is common knowledge and comes from your head.
- There is no need for formal referencing in these informal assignments (date, publishers, and authors information is NOT required).
- No cutting and pasting information from Wikipedia or any other webpage or source even if that source is acknowledged - put everything in your own words.
- You can work on your lab with another student, but you must write up your prep work on your own in your words.
- Failure to submit your work on the PSYC 100 lab pages will result in a '0' starting in Week 4. You must maintain a copy of your lab work until your final grade is posted and the 21 day appeal period has passed.

2. Completing assignment as instructed

Follow instructions carefully and ask for clarification on Moodle if you don't understand. For example, if you're asked to critique, don't just summarize, give your opinion about the strengths and weaknesses (make an evaluation) of the work. If you're asked for a definition, be sure to put it in your own words and provide examples if appropriate. If you do not complete the lab prep work as outlined in the lab guide, you may receive only part marks for your work.

In sum, read the instructions carefully and follow them. Put the answer in your own words, and informally refer to any source from which you used information that isn't common knowledge.

Learning Lab Absence Policy:

There may be times during the term when you will miss a learning lab. The learning lab component is integral to this course and therefore the policy is that all students must attend 15 of the 21 learning labs to pass the course. We will only count 20 of your lab marks so if you miss one lab it won't affect your grade. After that one missed lab, you will need documentation for any labs you miss. If you miss any more than 6 learning labs for any reason, you will automatically fail the course.

If you have documentation regarding a lab absence, email Psyc100@queensu.ca. You will be instructed to attend another lab that week and you should hand in your prep work at that lab (click here for the learning lab schedule). You will be marked present and have your prep work graded.

If you cannot attend another lab that week, with appropriate documentation you will receive an Excused Absence (EA) and your grade that week will be prorated. An EA is still an absence and will count toward your total number of missed labs. Remember: if you miss more than 6 learning labs for any reason, you are not able to pass the course.

You must attend the same lab each week (unless you have received permission to switch)

Religious observances that conflict with your lab must be declared by the end of September to Michael at psyc100@queensu.ca.

Proctored Midterm

The midterm exam is 2 hours in length and includes multiple choice as well as short answer questions based on the online lessons, discussions and assignments. It is held in December during the official exam period.

Proctored Final Exam

The Final exam is 3 hours in length and includes multiple-choice and short answer questions based on the winter term material.

Exam dates: The specific dates for each exam will be announced later in the term by the Registrar's office. Once the exam schedule has been finalized the exam date will be posted on your SOLUS account.

How can I see my exam?

- We will have midyear and final exams marked approximately three weeks after you write.
- We will announce on Moodle when the December exam will be available for you to .
- You will **not** receive back the multiple-choice section of your December exam because it is confidential, but you can review it in the TA office should you wish.
- If you have any questions about your exam grades, please email psyc100@queensu.ca. **You will have 21 calendar days (3 weeks) from the date on which marks are posted to do this.** After this time, exams will not be handed back nor remarked.

Exam Accommodations

All students requiring accommodation should contact psyc100@queensu.ca immediately following registration to inform them of any arrangements which may be required for proctored exams. Click here for further information regarding exams.

Requests to write a make-up exam because of conflicting travel plans (e.g. flight bookings) will **NOT** be considered except under extraordinary circumstances. Students are advised to wait until the final exam schedules are posted before making any travel arrangements.

Volunteer Research Participation:

Students in PSYC 100 have the option of volunteering in psychological research being conducted by faculty and advanced students in the Psychology Department. This is a voluntary activity that is acknowledged by substituting up to 5% on the final exam with up to 5 hours of research participation. Although participation is not a requirement, we do consider it to be an integral part of the course and expect that students will contribute up to 5 hours of their time throughout the Fall-Winter Session, ending on the last day of classes. Students gain valuable direct experience in methods of psychological investigation, and contribute to research.

Some of the material in PSYC 100 that you are required to learn and think about has to do with the many pitfalls in psychological experimentation. For example, how can you ensure that you are measuring what you think you are measuring? Research questions such as these are not easily answered by textbook examples. Participation as a research subject will help you see some of the methodological problems of psychology, and some of the solutions to those problems.

Each study in which your help is solicited has been reviewed in detail and cleared by the Department's Ethics Review Committee. Nevertheless, you may decline to participate **for any reason at all**, in any study for which you sign up. You may also direct any ethical concerns to the researcher or Subject Pool Officer.

At the conclusion of each study in which you participate, you should be provided with information about the purpose of the study and other relevant details. The idea is to ensure that your participation will benefit your education, as well as add to the fund of knowledge in psychology. You are warmly encouraged to ask questions about the research in order that you understand fully why the study is being conducted, and what your role is, as a participant.

HOW TO USE THE SUBJECT POOL

- For each ½ hour, or portion thereof, of participation in a study, students will receive a ½ percent credit toward their final exam mark.
- Full instructions will be included in an email directed to your Queen's email account for using the on-line Subject Pool sign-up system. You **must** have your student number and the password assigned by the Department to sign up for studies. (Note that this is **NOT** your Queen's email account password).

- After you are in the Subject Pool, to sign up for particular studies, go to the [Subject Pool page](#) . From here you will then click on the “Sign up for a study!” link under Information for Students section. There is a facility to change your password – if you forget it, click on the link “*forgot your password?*” and follow the instructions.
- There will be an electronic sign-up system via the internet for booking participation in the subject pool. (If you have completed the voluntary Subject Pool prescreening, you may be contacted by researchers.) Each student will receive an email containing instructions and a password to book appointments. Students will also be able to cancel appointments electronically up to 3 hours prior to their appointment. Please note that students must contact the researcher via email if they need to cancel an appointment 3 hours prior to the appointed time. Students who do not cancel the appointment and fail to show up will be penalized. The penalty is equal to the credit value for the study that is missed. You will never lose credits already accrued, regardless of the penalty. For example, you could have 3 credits in penalties, but if you have already earned 4 prior credits, you will still receive your 4 marks. You will only have to make up the time for a missed study before additional credits can be earned.
- Students will be able to track their current appointments, cancelled appointments, penalties assessed and their mark to date, by logging onto the subject pool website.

If you have any questions or concerns regarding your **subject pool marks**, or should you have any **ethical or procedural concerns regarding the conduct of an experiment or experimenter**, please contact the Subject Pool Officer, Dr. Daryl Wilson by email at daryl.wilson@queensu.ca 613.533.2611

Academic Integrity

Academic integrity is constituted by the five core fundamental values of honesty, trust, fairness, respect and responsibility (see www.academicintegrity.org).

These values are central to the building, nurturing and sustaining of an academic community in which all members of the community will thrive. Adherence to the values expressed through academic integrity forms a foundation for the "freedom of inquiry and exchange of ideas" essential to the intellectual life of the University.

Students are responsible for familiarizing themselves with the regulations concerning academic integrity and for ensuring that their assignments conform to the principles of academic integrity. Information on academic integrity is available in the Arts and Science Calendar (see Academic Regulation 1), on the Arts and Science website (see <http://www.queensu.ca/artsci/academic-calendars/regulations/academic-regulations/regulation-1>), and from the instructor of this course. For current policy updates visit: <http://www.queensu.ca/artsci/about/academic-integrity>

Departures from academic integrity include plagiarism, use of unauthorized materials, facilitation, forgery and falsification, and are antithetical to the development of an academic community at Queen's. Given the seriousness of these matters, actions which contravene the regulation on academic integrity carry sanctions that can range from a warning or the loss of grades on an assignment to the failure of a course to a requirement to withdraw from the university.

Grading Method

All components of this course will receive numerical percentage marks. The final grade you receive for the course will be derived by converting your numerical course average to a letter grade according to Queen's Official Grade Conversion Scale:

Queen's Official Grade Conversion Scale

Grade	Numerical Course Average (Range)
A+	90-100
A	85-89
A-	80-84
B+	77-79
B	73-76
B-	70-72
C+	67-69
C	63-66
C-	60-62

D+	57-59
D	53-56
D-	50-52
F	49 and below

Tips for Success

1. Be sure to use the weekly checklists to keep on top of all of your work and refer to the Timeline so that you do not miss any deadlines.
2. Complete your online lessons *before* you attend your weekly lecture and learning lab.
3. Take each quiz at least twice - once before you begin the relevant set of lessons and then again after to better track your learning.
4. Seek clarification on the Class Cafe Forum as soon as possible about any confusing concepts.
5. Contribute answers to the Class Cafe Forum.
6. Complete your learning lab preparatory work on time, and participate actively in learning labs.
7. Be proactive – do not leave work until the last minute. Computer problems and technical glitches happen and sometimes life just gets in the way! Despite this, you are still responsible for meeting your deadlines.
8. Contact Student Academic Support Services for help in preparing for and writing essays and multiple-choice exams. They are located in the Learning Commons at Stauffer Library. Click here for learning strategies workshops and study tips.

Note that there are *no* copies of previous final exams available. However, the quizzes are excellent preparation for the multiple-choice portions. If you stay on top of the material, do the quizzes as described above, and practice short-answer questions, you will be well prepared. *We do not support the 'exam preparation' companies that come onto campus in the final weeks before exams. These companies do not have sanctioned access to PSYC100 course material and may not be working from a current, updated syllabus. Your Psyc100 team - Instructors, TAs and Facilitators - are in the best position to help you prepare for exams!*

Special Accommodations

Students with Disabilities

If you are **registered with Accessibility Services** (Lasalle Bldg, 533-6467; <http://www.queensu.ca/studentwellness/accessibility-services/>) **special accommodations** are allowed under the following conditions:

- 1) The student notifies the Coordinating TA (PSYC100@queensu.ca) of their need for accommodation as soon as possible. If such contact has not been made well in advance, it may not be possible to provide the accommodations in a timely fashion. ***Please note that it is important to contact Accessibility Services as early as possible in Fall Term to allow time for you to be registered for special needs consideration.***
- 2) The Coordinating TA will let you know where to send documentation

Faith Observations

If you are unable to write an exam due to faith observance, please contact the Coordinating TA PSYC100@queensu.ca **early in the term**, to make alternate arrangements. Last minute requests will not be accommodated.

Illness & Personal Problems

If you are too ill to complete an assignment, you must email PSYC100@queensu.ca and provide documentation.

If you are too ill to write an exam, or if you are not able to perform well due to a **serious extenuating** circumstance for which you can provide documentation (e.g., death in the family), you must email PSYC100@queensu.ca **prior** to the exam or by phone (533-2493) and then **do not write the exam**. Instead, please seek medical treatment or counselling as needed and provide the Coordinating TA with the documentation. Psychology 100 make up exams will be on January 8th or 9th (Midterm) and the end of April (final).

Once an exam is written, **your grade stands**. You will have the opportunity to drop the course (See Key Arts and Science dates above). If you are having difficulty and are unsure about whether to drop the course, please e-mail PSYC100@queensu.ca and ask to consult with the course instructor, Dr. Atkinson. Otherwise, if you choose to continue in the course, you are considered to have made a valid attempt and your final grade stands. If something happens **after** the drop date, please email PSYC100@queensu.ca and ask to consult with one of the course instructors.

See information <http://www.queensu.ca/psychology/undergraduate/current-students/departmental-policies> for more information.

Academic Support

Student Supports

The Library is here to help you make the most of your time at Queen's. It offers many great services to enhance your learning while at Queen's.

General Library Services

<http://library.queensu.ca>

Writing Services

<http://queensu.ca/writingcentre>

Personal Support

If you are having personal difficulties that make it hard to learn, or to keep up with the material, contact the Coordinating TA at email PSYC100@queensu.ca.

You are encouraged to contact the Queen's Student Wellness Services as they provide a range of helpful services for students.

There are several options when you run into difficulty, but you need *to tell us as soon as possible*. Do not just keep falling behind!

Student affairs supports a diverse array of programs and services to help students.

Career Services offers students, faculty, employers and alumni various services including workshops.

Technical Support

Contact CDS: cds@queensu.ca or phone

OR

Submit your problem to ITS: <https://www.queensu.ca/its/forms/itsc/helpform/> or phone .

Computer Requirements

Microsoft Window Client:

- Windows: XP/Vista/Windows 7/Windows 8
- Pentium III 1 GHz processor
- 256 MB RAM
- Soundcard with speakers and microphone or preferably a headset

Mac:

- OS X 10.5
- G4, G5 or Intel processor
- 256 MB RAM
- Internal, USB or external iSight microphone

Browser:

- FireFox (recommended)
- Internet Explorer version 6 or higher

Java:

- Version 1.5 or higher (Note: Windows users can use only the 32-bit version of Java - not the 64-bit version) Internet

Connection:

- High speed access: ADSL, Cable or better

Media Player:

- Flash 9 or higher

Adobe Reader

- Version 7 or above