

## Instructions

- Use the [Week 1 Worksheet \[DOCX\]](#) to complete this assignment. Each section has questions for you to answer. Use your own words to reply to each question and refer to the textbook for information you need.
- View the [Week 1 Worksheet Instructions Links to an external site.](#) video.

## Use Citations

When you use ideas or words from the textbook or a Capella resource in your responses, add an APA style in-text citation and then add the resource to the References section at the end of the worksheet. Copy the examples listed below and paste them into your worksheet as needed.

- Referencing the course textbook:
  - Reference section: Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2024). *Psychology 2e*. OpenStax. <https://openstax.org/details/books/psychology-2e>
  - In-text citation: (Spielman et al., 2024).
- Referencing the plagiarism media resource:
  - Reference section: Capella University. (2025). *Use your own words: Preventing plagiarism*. <https://media.capella.edu/CourseMedia/shb8001element240056/wrapper.asp>
  - In-text citation: (Capella, 2025).
- Referencing the critical thinking media resource:
  - Reference section: Capella University. (2025). *Stages of thought assessment*. <https://media.capella.edu/CourseMedia/psy-fpx5002element240446/wrapper.asp>
  - In-text citation: (Capella, 2025).

## Competencies Measured

By successfully completing this assignment, you will demonstrate your proficiency in the following course competencies and rubric criteria:

- Competency 1: Describe key concepts, principles, and overarching themes in psychology.
  - Explain why some people do not view psychology as a science.
  - Explain why cereal companies might claim that eating cereal causes better health.
- Competency 2: Describe the scientific reasoning behind psychological concepts and theories.
  - Explain how you could argue against the idea that cereal consumption directly causes better health.
  - Create a question (hypothesis) based on a social issue.
  - Explain how a specific research approach could help you understand your research question.
- Competency 3: Describe the psychological values that address global concerns.
  - Explain why you agree or disagree that research on animals is ethical.

- Identify additional precautions that could be taken to ensure the humane treatment of animals in research.
- Competency 4: Describe how psychological content and skills relate to career goals.
  - Define critical thinking using your own words.
  - Describe how critical thinking can help you manage your time.
  - Explain which area of psychology you are most interested in learning more about and why.
- Competency 5: Write using a clear purpose, organization, tone, and sentence structure.
  - Describe plagiarism in your own words.
  - Explain a type of plagiarism you were surprised to learn about.
  - Describe how to use AI tools such as Chat GPT in a way that keeps your work original to you.
  - Give responses that are organized and clear and free from errors in grammar, punctuation, and spelling.

Week 1 Assignment 3: Week 1 Worksheet

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Criteria	Ratings	Pts
<b>Describe plagiarism in your own words.</b>	6.6 to >5.61 pts DISTINGUISHED Provides a complete description of plagiarism in your own words. Provides a citation for the information.	/ 6.6 pts
	5.61 to >4.62 pts PROFICIENT Describes plagiarism in your own words.	
	4.62 to >0 pts BASIC Describes plagiarism in your own words but the description does not include all the information needed, or some of the information is not accurate.	
	0 pts NON_PERFORMANCE Does not describe plagiarism in your own words.	
<b>Explain a type of plagiarism you were surprised to learn about.</b>	6.6 to >5.61 pts DISTINGUISHED Provides a complete description of a type of plagiarism you were surprised to learn about. Provides a citation for the information.	/ 6.6 pts
	5.61 to >4.62 pts PROFICIENT Explains a type of plagiarism you were surprised to learn about.	
	4.62 to >0 pts BASIC	

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<p><b>Describe how to use AI tools such as ChatGPT in a way that keeps your work original to you.</b></p>	<p>Explains a type of plagiarism you were surprised to learn about but the explanation does not include all the information needed, or some of the information is not accurate.</p>	
	<p>0 pts NON_PERFORMANCE</p>	
	<p>Does not explain a type of plagiarism you were surprised to learn about.</p>	
	<p>6.6 to &gt;5.61 pts DISTINGUISHED</p>	
<p><b>Describe how to use AI tools such as ChatGPT in a way that keeps your work original to you.</b></p>	<p>Provides a complete description of how to use AI tools such as ChatGPT in a way that keeps your work original to you. Includes examples and/or important details.</p>	
	<p>5.61 to &gt;4.62 pts PROFICIENT</p>	
	<p>Describes how to use AI tools such as ChatGPT in a way that keeps your work original to you.</p>	/ 6.6
	<p>4.62 to &gt;0 pts BASIC</p>	pts
<p><b>Define critical thinking using your own words.</b></p>	<p>Describes how to use AI tools such as ChatGPT in a way that keeps your work original to you but the description does not include all the information needed, or some of the information is not accurate.</p>	
	<p>0 pts NON_PERFORMANCE</p>	
	<p>Does not describe how to use AI tools such as ChatGPT in a way that keeps your work original to you.</p>	
	<p>6.6 to &gt;5.61 pts DISTINGUISHED</p>	
<p><b>Define critical thinking using your own words.</b></p>	<p>Provides a complete definition of critical thinking using your own words. Provides a citation for the information.</p>	
	<p>5.61 to &gt;4.62 pts PROFICIENT</p>	
	<p>Defines critical thinking using your own words.</p>	/ 6.6
	<p>4.62 to &gt;0 pts BASIC</p>	pts
<p><b>Define critical thinking using your own words.</b></p>	<p>Defines critical thinking using your own words but the definition does not include all the information needed, or some of the information is not accurate.</p>	
	<p>0 pts NON_PERFORMANCE</p>	
	<p>Does not define critical thinking using your own words.</p>	

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<b>Describe how critical thinking can help you manage your time.</b>	<p>6.6 to &gt;5.61 pts DISTINGUISHED Provides a complete description of how critical thinking can help you manage your time. Provides a citation for the information.</p> <p>5.61 to &gt;4.62 pts PROFICIENT Describes how critical thinking can help you manage your time.</p> <p>4.62 to &gt;0 pts BASIC Describes how critical thinking can help you manage your time but the description does not include all the information needed, or some of the information is not accurate.</p> <p>0 pts NON_PERFORMANCE Does not describe how critical thinking can help you manage your time.</p>	/ 6.6 pts
<b>Explain why some people do not view psychology as a science.</b>	<p>6.6 to &gt;5.61 pts DISTINGUISHED Provides a complete explanation of why some people do not view psychology as a science. Provides a citation for the information.</p> <p>5.61 to &gt;4.62 pts PROFICIENT Explains why some people do not view psychology as a science.</p> <p>4.62 to &gt;0 pts BASIC Explains why some people do not view psychology as a science but the explanation does not include all the information needed, or some of the information is not accurate.</p> <p>0 pts NON_PERFORMANCE Does not explain why some people do not view psychology as a science.</p>	/ 6.6 pts
<b>Explain which area of psychology you are most interested in learning more about and why.</b>	<p>7.7 to &gt;6.55 pts DISTINGUISHED</p>	/ 7.7 pts

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Criteria	Ratings	Pts
	<p>Provides a complete explanation of which area of psychology you are most interested in learning more about and why. Provides a citation for the information. 6.55 to &gt;5.39 pts PROFICIENT</p>	
	<p>Explains which area of psychology you are most interested in learning more about and why. 5.39 to &gt;0 pts BASIC</p>	
	<p>Explains which area of psychology you are most interested in learning more about and why but the explanation does not include all the information needed, or some of the information is not accurate. 0 pts NON_PERFORMANCE</p>	
	<p>Does not explain which area of psychology you are most interested in learning more about and why. 7.7 to &gt;6.55 pts DISTINGUISHED</p>	
	<p>Provides a complete explanation of why cereal companies might claim that eating cereal causes better health. Provides a citation for the information. 6.55 to &gt;5.39 pts PROFICIENT</p>	
<p><b>Explain why cereal companies might claim that eating cereal causes better health.</b></p>	<p>Explains why cereal companies might claim that eating cereal causes better health. 5.39 to &gt;0 pts BASIC</p>	<p>/ 7.7 pts</p>
	<p>Explains why cereal companies might claim that eating cereal causes better health but the explanation does not include all the information needed, or some of the information is not accurate. 0 pts NON_PERFORMANCE</p>	
	<p>Does not explain why cereal companies might claim that eating cereal causes better health. 7.7 to &gt;6.55 pts DISTINGUISHED</p>	
<p><b>Explain how you could argue against the idea that cereal consumption directly causes better health.</b></p>	<p>Provides a complete explanation of how you could argue against the idea that cereal consumption directly causes better health. Provides a citation for the information. 6.55 to &gt;5.39 pts</p>	<p>/ 7.7 pts</p>

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<b>Create a question (hypothesis) based on a social issue.</b>	<p><b>PROFICIENT</b> Explains how you could argue against the idea that cereal consumption directly causes better health. 5.39 to &gt;0 pts</p>	/ 7.7 pts
	<p><b>BASIC</b> Explains how you could argue against the idea that cereal consumption directly causes better health but the explanation does not include all the information needed, or some of the information is not accurate. 0 pts</p>	
	<p><b>NON_PERFORMANCE</b> Does not explain how you could argue against the idea that cereal consumption directly causes better health. 7.7 to &gt;6.55 pts</p>	
	<p><b>DISTINGUISHED</b> Creates a strong and well-stated question (hypothesis) based on a social issue. 6.55 to &gt;5.39 pts</p>	
	<p><b>PROFICIENT</b> Creates a question (hypothesis) based on a social issue. 5.39 to &gt;0 pts</p>	
	<p><b>BASIC</b> Creates a question (hypothesis) based on a social issue but it is unclear or phrased incorrectly. 0 pts</p>	
<b>Explain how a specific research approach could help you understand your research question.</b>	<p><b>NON_PERFORMANCE</b> Does not create a question (hypothesis) based on a social issue. 7.7 to &gt;6.55 pts</p>	/ 7.7 pts
	<p><b>DISTINGUISHED</b> Provides a complete explanation of how a specific research approach could help you understand your research question. Provides a citation for the information. 6.55 to &gt;5.39 pts</p>	
	<p><b>PROFICIENT</b> Explains how a specific research approach could help you understand your research question. 5.39 to &gt;0 pts</p>	
	<p><b>BASIC</b> Explains how a specific research approach could help you understand your research question but the explanation</p>	

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<b>Explain why you agree or disagree that research on animals is ethical.</b>	does not include all the information needed, or some of the information is not accurate.	
	0 pts NON_PERFORMANCE	
	Does not explain how a specific research approach could help you understand your research question.	
	7.7 to >6.55 pts DISTINGUISHED	
	Provides a complete explanation of why you agree or disagree that research on animals is ethical. Provides a citation for the information.	
	6.55 to >5.39 pts PROFICIENT	
	Explains why you agree or disagree that research on animals is ethical.	/ 7.7 pts
	5.39 to >0 pts BASIC	
	Explains why you agree or disagree that research on animals is ethical but the explanation does not include all the information needed, or some of the information is not accurate.	
	0 pts NON_PERFORMANCE	
	Does not explain why you agree or disagree that research on animals is ethical.	
	7.7 to >6.55 pts DISTINGUISHED	
<b>Identify additional precautions that could be taken to ensure the humane treatment of animals in research.</b>	Identifies multiple precautions that could be taken to ensure the humane treatment of animals in research. Explains the precautions clearly. Provides a citation for the information.	
	6.55 to >5.39 pts PROFICIENT	/ 7.7 pts
	Identifies additional precautions that could be taken to ensure the humane treatment of animals in research.	
		5.39 to >0 pts BASIC
	Lists precautions that won't be effective in ensuring humane treatment.	
	0 pts NON_PERFORMANCE	

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<p><b>Give responses that are organized and clear and free from errors in grammar, punctuation, and spelling.</b></p>	<p>Does not identify additional precautions that could be taken to ensure the humane treatment of animals in research.</p>	
	<p>16.5 to &gt;14.03 pts DISTINGUISHED</p>	
	<p>Gives responses that are well-organized, clear, and free from errors in grammar, punctuation, and spelling.</p>	
	<p>14.03 to &gt;11.55 pts PROFICIENT</p>	
	<p>Gives responses that are organized and clear with only a few errors in grammar, punctuation, and spelling.</p>	/
<p>11.55 to &gt;0 pts BASIC</p>	16.5	
<p>Gives responses that are somewhat unorganized, unclear, and/or have many errors in sentence structure and grammar.</p>	pts	
<p>0 pts NON_PERFORMANCE</p>		
<p>Writing contains many errors in sentence structure and grammar, making it difficult to understand in many places.</p>		

Total Points: 0