

<b>Syllabus for: Psych 33</b>	
<b>Semester &amp; Year:</b>	Spring 2013
<b>Course ID and Section Number:</b>	<b>PSYCH-33-E3490-2013S</b>
<b>Number of Credits/Units:</b>	3
<b>Day/Time:</b>	Wednesday 6:05-9:15PM
<b>Location:</b>	FM205
<b>Instructor's Name:</b>	Faith Mason
<b>Contact Information:</b>	Office location and hours: TBA Phone: 707-599-5962 Email: faith-mason@redwoods.edu
<b>Course Description (catalog description as described in course outline):</b> This is an interactive course that focuses on human growth and adjustment. We will be examining psychological theories of change and growth. The course will also examine lifestyle choices, communication, gender issues, and reactions to stress. This is a 3 unit course.	
<b>Student Learning Outcomes (as described in course outline) :</b>	
<ol style="list-style-type: none"> <li><b>1. Explain concepts in areas of psychological theory and research while representing appropriate breadth and depth of knowledge.</b></li> <li><b>2. Analyze psychological research and apply concepts to self and others in writing.</b></li> <li><b>3. Critically analyze psychological information in the popular press.</b></li> </ol>	
<b>Special accommodations:</b> College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact Disabled Students Programs and Services. Students may make requests for alternative media by contacting DSPS.	
<b>Academic Misconduct:</b> Cheating, plagiarism, collusion, abuse of resource materials, computer misuse, fabrication or falsification, multiple submissions, complicity in academic misconduct, and/ or bearing false witness will not be tolerated. Violations will be dealt with according to the procedures and sanctions proscribed by the College of the Redwoods. Students caught plagiarizing or cheating on exams will receive an "F" in the course.	
The student code of conduct is available on the College of the Redwoods website at: <a href="http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf">http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf</a>	
College of the Redwoods is committed to equal opportunity in employment, admission to the college, and in the conduct of all of its programs and activities.	

# Psychology 33

## Section E3490

### Personal Growth and Adjustment

Spring 2013

Syllabus

***Starts Wednesday January 16, 2013***

***Meets Wednesdays 6:05-9:15PM***

The last day to withdraw without a W and receive a refund is Sunday, January 27, 2013

Census date is Monday, January 28, 2013

The last day for a student-initiated drop (withdraw *with* a W) is March 30, 2013

The last day for an instructor-initiated drop (also *with* a W) is March 30, 2013

Instructor: Faith Mason, MA

Class location: FM205

Office hours: please call to arrange

Email: [faith-mason@redwoods.edu](mailto:faith-mason@redwoods.edu)

Phone: 707-599-5962

**Course Description:** This is an interactive course that focuses on human growth and adjustment. We will be examining psychological theories of change and growth. The course will also examine lifestyle choices, communication, gender issues, and reactions to stress. This is a 3 unit course.

#### **Required materials:**

**Text:** *Psychology Applied to Modern Life*, by Weiten, Dunn and Hammer, 10<sup>th</sup> edition. Bring your book to class each time. One copy is on reserve at the library. You can use the reserve copy for 2 hours at a time in the library, but remember: someone else may be using it at the time you plan. The textbook will be for sale in CR's bookstore. There is a companion publisher's website at [http://www.cengage.com/cgi-wadsworth/course\\_products\\_wp.pl?fid=M20bI&product\\_isbn\\_issn=9780495553397](http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?fid=M20bI&product_isbn_issn=9780495553397) which is for the 9<sup>th</sup> edition, and where you can find additional study aids. (There is no similar site for the 10<sup>th</sup> edition).

**Journal:** Choose a blank book to use as a journal. This can be anything from an inexpensive notebook to a specially made artistic book. Most classes will include a time for journal writing, so bring your journal to class every time. The suggested journal

homework assignment is to write in your journal at least 10 minutes per day, every day. This is an “assignment,” but it is really just for you. It will not be read or graded. A journal is one of the best ways to know yourself better. Keeping a journal offers the opportunity for a conversation with yourself. In your journal, write about your response to what we learn in this course, what affects you in the rest of your life, and the implications for your own growth as a human being.

**Electronic memory device:** such as a stick drive, to save your work on. You cannot save a paper on a computer in the LRC. Save all your class documents on this memory device so you won’t lose them. Create a file on the drive with your name and contact information in case you lose it; the LRC checks lost drives for contact information.

### **Recommended materials:**

**3-ring notebook,** for outlines, notes and handouts

**Course Learning Outcomes** for Psych 33. We will specifically focus on each one of these:

- 1. Explain concepts in areas of psychological theory and research while representing appropriate breadth and depth of knowledge.**
- 2. Analyze psychological research and apply concepts to self and others in writing.**
- 3. Critically analyze psychological information in the popular press.**

### **Special accommodations:**

College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. If this is an accommodation you need, you can take quizzes and exams in the testing center in the LRC at the *scheduled* time of the quiz. Please present your written accommodation request at least **one week before the first test** so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact Disabled Student Programs and Services.

### **Expectations for this course:**

- Read all the chapters and be responsible for learning the material even if we don’t cover it in class. Read the chapters and do the outline/concept map assignments **BEFORE** the day of the class where that chapter is listed so you will be ready for discussion. The purpose of the class is not to just repeat what is in the book.
- Attend all classes. Do this for your own sake. Please arrive on time; late arrivals are disturbing to the rest of the class. If an absence is necessary for health reasons, please let me know ahead of time, by email or by phone. You will not learn from the discussion in class if you are not present. If you need to leave early, please let me know why at the beginning of class.

- Do all written assignments. None are optional. There are a few extra credit opportunities.
- Participate in class discussions. People learn best when they are engaged & interacting with the material and each other. I encourage you to ask questions in class – **no question is a dumb question** – and offer opinions on the subject matter in class. I often call on people. Also allow space and time for others to speak, and listen to and consider what others say.
- Don't sleep in class. If you sleep I will ask you to leave. Get enough sleep at night.
- Don't come to class under the influence of alcohol, marijuana, or other mind-altering substances.
- Please keep your cell phone off, not just silent, so that you will not have that distraction. Please, no texting during class, and please do not leave class to text or phone. Those who use their phones in class will be asked not to the first time, and be asked to leave after that.
- If at all possible, please take care of your personal needs (bathroom, food, cigarettes, phone calls, texts, cell phone charging, etc.) *before or after class*. Walking out in the middle of class is disruptive and disrespectful of other students. Taking care of these needs before or after class is part of planning ahead. Most personal matters can wait until after class.
- Topics covered in the class may stimulate individuals to discuss their own challenges that they have encountered in life as examples of the ideas we read about. While personal experience is a great teacher, I encourage you to be cautious when making self-disclosures to the class. We cannot guarantee, although we encourage, confidentiality with each other. I also insist that individuals be respectful to each other in the classroom.

**Calendar of classes and assignments due:**

**NO classes during spring break: March 11-16.**

E3490 Class schedule

Date Assignments due	What we are covering	Activities and
Wed Jan 16  syllabus	Introduction Syllabus  Study skills Time management MyCR Chapter 1 Adjusting to modern life	In-class quiz on       READ ch 1 BEFORE class We will make an outline and a concept map in class
Wed Jan 23	Ch 2 Theories of personality  Ch 3 Stress and its effects	READ chs 2 & 3 BEFORE class  HAND IN outlines or concepts maps for chs 2 & 3 This is the day to consider if you expect to pass the class. Sunday, Jan. 27 is the drop date, the last day you can drop without a W
Wed Jan 30	Ch 4 Coping processes  Research presentation by Ruth Moon	READ ch 4 BEFORE class

		HAND IN Myers Briggs typology assignment
	Assign teams for developmental theories	HAND IN a statement of your research paper topic choice
	Review for Quiz #1	HAND IN outline or concept map for ch 4
Wed Feb 6	QUIZ #1 Ch 5 Psychology and physical health	Covers chs 1-4  READ ch 5 BEFORE class HAND IN outline or concept map for ch 5
Wed Feb 13	Go over quiz  Ch 6	HAND IN short research project  READ ch 6 BEFORE class HAND IN outline or concept map for ch 6
Wed Feb 20	Developmental theories assignment  Ch 7	HAND IN developmental theory charts Devel. Theory group presentations  READ ch 7 BEFORE class HAND IN outline or concept map for ch 7

Wed Feb 27	Ch 8	READ ch 8 BEFORE class
	Review for Quiz #2	HAND IN outline or concept map for ch 8
Wed Mar 6	QUIZ #2 Ch 9	Covers chs 5-8  READ ch 9 BEFORE class HAND IN outline or concept map for ch 9
Wed Mar 13	NO CLASS – SPRING BREAK!	
Wed Mar 20	Chs 10 & 11	READ chs 10 & 11 BEFORE class HAND IN outlines or concept maps for chs 10 & 11 TURN IN research paper planning sheet
Wed Mar 27	Chs 12 & 13	READ chs 12 & 13 BEFORE class HAND IN outlines or concept maps for chs 12 & 13

If you are not passing the class, now is the time to consider a student-initiated drop, which gives the grad W. March 30<sup>th</sup> is the last day for that choice. I also may drop students who have disappeared or can no longer pass.

Wed Apr 3	Catch-up day Review for Quiz #3 Start ch 14	READ ch 14 BEFORE class HAND IN outline or concept map for ch 14
Wed Apr 10	QUIZ #3  Ch 14 and 15	Covers chs 9-13  READ ch 15 BEFORE class HAND IN outline or concept map for ch 15
Wed Apr 17	Go over quiz Ch 16	READ ch 16 BEFORE class HAND IN outline or concept map for ch 16 HAND IN autobiography
Wed Apr 24	Review for Quiz #4	Begin research paper presentations
Wed May 1	QUIZ #4	Covers chs 14-16 More research paper presentations HAND IN research papers



Wed May 8

Final exam

Take-home part of  
final due!

Online multiple-  
choice part of final  
due!

NO EXAMS

ACCEPTED AFTER  
7:30PM!

## **Class Attendance and Makeups:**

To pass this course, you will need to take complete, well-organized lecture notes. Test questions will be taken from EACH chapter, lecture and class session. While the readings will help to flesh out concepts covered in the lectures, they do not provide a substitution for class attendance. If you miss a lecture, it is your responsibility to get notes from a classmate – I do not provide notes for absent students. I post an outline of what we will cover in class on MyCR, my own class outline, but this is not a substitute for your own notes. Similarly, we will not cover every topic in the text in class and so you will need to read the text to learn that material.

All tests and quizzes must be taken in class and all papers must be turned in by the end of the class period during which they are due. If you have an unexcused absence for any assignment, quiz, or exam, you will receive a zero for that assignment, quiz, or exam, which will be averaged into your final grade. If you have a valid written excuse (family or medical), making "prior arrangements" with me requires hearing back from me with a positive response prior to the time that the assignment is due or the exam is to be taken, not just leaving a message.

## **Outline and paper assignments**

See separate sheets with description of these assignments, posted on MyCR and included in the class packet. If papers are late, **20 points** will be deducted for every day the paper is late, **INCLUDING WEEKEND DAYS!**

1. Each outline or concept map for a chapter – 20 points each (320 points total for 16 chapters) ***NO LATE PAPERS ACCEPTED FOR POINTS!***
2. Myers-Briggs assessment response paper – 100 points
3. Short research project paper – 50 points
4. Developmental theory chart and presentation – 100 points
5. Autobiography paper – 150 points
6. Research paper and presentations – 200 points

## **Quizzes and exams:**

Each of these tests will cover specified parts of the course materials, as listed in the course calendar.

### **Quizzes:**

There will be **4 quizzes** given during class, consisting of 50 multiple choice questions worth 2 points each, for a total of 100 points per quiz. All quizzes must be taken on or before the date scheduled. Students needing extra time may request, in advance, to take

the quizzes in the testing center in the LRC. No make-up quizzes will be given after they are graded and returned. Each quiz will cover specific chapters, announced beforehand, and the material in those chapters, whether or not we have talked about each topic in class. *Hint:* For the questions, I try to pick topics that will be useful in your ongoing life. There are practice questions at the end of each chapter.

### Exams:

A **final exam** will be given on material from the book and class discussions. It will consist of 2 parts: an online multiple choice exam (100 points) and two take-home essay questions (100 points). The essay questions will ask you to reflect and synthesize your understanding of ideas covered in the course. No make-up exams will be given. The **final exam** covers all chapters in our textbook. The essay part can be used to assess Course Learning Outcome #2. **I WILL NOT ACCEPT THE ESSAY QUESTION PART OF FINALS AFTER 10PM on May 8!!! The late deduction of points available for papers is not available for the final! I will not be on campus at 10PM on May 8 but will check my email just after 10PM.**

Quiz #1:	Feb 6	100 points
Quiz #2:	Mar 6	100 points
Quiz #3:	Apr 10	100 points
Quiz #4:	May 1	100 points
Final:	<b>May 8</b>	100 points essay part, 100 points multiple choice part

### Optional assignments (extra credit, not required)

1. Repair sheet for quiz #1 – 16 points
2. Repair sheet for quiz #2 – 16 points
3. Repair sheet for quiz #3 – 16 points
4. Extra late term paper on a psychological disorder (described in packet) – 50 points
5. Book report – 50 points
6. Teach a part of a class. See me for more information. – 30 points

## Grade information

<u>Assignment or grade category</u>	<u>Points and percent of total grade</u>
Chapter outlines: 15 x 20 points each	300 points
Myers-Briggs response paper	100
Devel theory chart or outline & presentation	100 (50 chart and 50 presentation)
Quizzes (4 with 100 pts each)	400
Research paper planning sheet	50
Final exam (online and take-home parts)	200
Short research project	50
Autobiography paper	150
Long research paper and presentation	200
<b>Total of required assignments</b>	<b>1550 = 100%</b>

### Letter grade point and percentage ranges:

Grade point range	Percentage	Letter grade
1441 or higher	93+	A
1395-1440	90-92	A-
1348-1394	87-89	B+
1286-1347	83-86	B
1240-1285	80-82	B-
1193-1239	77-79	C+
1007-1192	65-74	C
930-1006	60-64	D
899 and below	59 and below	F

*Please note that your final grade is based on your total points, using this chart, and that I don't give letter grades for individual assignments. At any time you can check your total points earned on our MyCR website to see how you are doing.*

***FOR ALL ASSIGNMENTS HANDED IN, PLEASE PUT YOUR NAME AND THE NAME OF THE ASSIGNMENT AT THE TOP.***

**Academic Misconduct:** Cheating, plagiarism, collusion, abuse of resource materials, computer misuse, fabrication or falsification, multiple submissions, complicity in academic misconduct, and/ or bearing false witness will not be tolerated. Violations will be dealt with according to the procedures and sanctions prescribed by the College of the Redwoods. Students caught plagiarizing or cheating on exams will receive an "F" in the course. The student code of conduct is available on the College of the Redwoods website at: <http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf>

**Please note:**

I will make every effort to follow the standards and schedule of this syllabus. There may be times when changes are necessary and I will inform the class if this occurs.