

Syllabus for: Psych 33	
Semester & Year:	Spring 2013
Course ID and Section Number:	PSYCH-33-E1977-2013S
Number of Credits/Units:	3
Day/Time:	Tues & Thurs 1:15-2:40PM
Location:	CA109
Instructor's Name:	Faith Mason
Contact Information:	Office location and hours: TBA Phone: 707-599-5962 Email: faith-mason@redwoods.edu
Course Description (catalog description as described in course outline): 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.	
Student Learning Outcomes (as described in course outline) :	
<ol style="list-style-type: none"> 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. 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.	
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 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: http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf	
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 E1977

Personal Growth and Adjustment

Spring 2013

Syllabus

Starts Tuesday January 15, 2013

Meets Tuesdays and Thursdays 1:15-2:40PM

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: CA109

Office hours: please call to arrange

Email: 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, 10th 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 which is for the 9th edition, and where you can find additional study aids. (There is no similar site for the 10th 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.

Date	What we are covering	Assignments and activities
Tues Jan 15	Introduction Syllabus Study skills MyCR	In-class quiz on syllabus Time management
Thurs Jan 17	Ch 1 Adjusting to modern life	Read ch 1 before this class. We will do an outline and concept map of ch. 1 in class
Tues Jan 22	Ch 2 Theories of personality	Read ch 2 before this class. Hand in outline or concept map of ch. 2 Hand in Myers-Briggs Jungian typology assignment www.humanmetrics.com
Thurs Jan 24	Ch 3 Stress and its effects	Read ch 3 before this class. Hand in outline or concept map of ch. 3 This is the day to consider if you expect to pass the class; Sunday January 27 is the drop date, the last day you can drop without a W.
Tues Jan 29	Presentation by Librarian Ruth Moon on how to use library databases to find journal articles for a research paper.	Turn in a statement of your topic for the research paper. Class meets in L103
Thurs Jan 31	Ch 4 Coping processes	Read ch 4 before this class. Hand in outline or concept map of ch. 4 Assigning teams for developmental theory project
Tues Feb 5	Review for Quiz #1 begin Ch 5 Psychology and physical health	Read ch 5 before this class Hand in outline or concept map of ch. 5

Thurs Feb 7	Quiz #1	Covers ch 1-4
Tues Feb 12	Go over quiz Continue Ch 5	Short research project due.
Thurs Feb 14	Ch 6	Read ch 6 before this class Hand in outline or concept map of ch. 6
Tues Feb 19	Ch 7	Read ch 7 before this class. Hand in outline or concept map of ch. 7
Thurs Feb 21	Developmental theories assignment and presentations	Developmental theory charts due. Group presentations.
Tues Feb 26	Ch 8	Read ch 8 before this class. Hand in outline or concept map of ch. 8
Thurs Feb 28	Review for quiz #2	
Tues Mar 5	Quiz #2	Covers ch 5-8
Thurs Mar 7	Go over midterm Start ch 9 Friendship and love	Read ch 9 before this class. Hand in outline or concept map for ch. 9 Spring break next week
Tues Mar 19	More ch 9 Ch 10 Marriage and intimate relationships	Read ch 10 before this class Turn in planning sheet for research paper
Thurs Mar 21	Ch 11 Gender and behavior	Read ch 11 before this class
Tues Mar 26	Ch 12 Development and expression of sexuality	Read ch 12 before this class Short research project paper due
Thurs Mar 28	Ch 13 Careers and work	Read ch 13 before this class. Hand in outline or concept map for ch. 13 If you are not passing the

		class, now is the time to consider a student-initiated drop, which gives you the grade W. Tomorrow March 30th is the last day for that choice. I also may drop students who have disappeared or are failing.
Tues Apr 2	Catch-up day Review for quiz #3	
Thurs Apr 4	Quiz #3	Covers ch 9-13
Tues Apr 9	Go over quiz and start ch 14 Psychological disorders	Read ch 14 before this class. Hand in outline or concept map for ch.14
Thurs Apr 11	More ch 14	
Tues Apr 16	Ch 15 Psychotherapy	Read ch 15 before this class Hand in outline or concept map of ch. 15 Autobiographies due
Thurs Apr 18	Ch 16 Positive psychology	Read ch 16 before this class. Hand in outline or concept map of ch. 16
Tues Apr 23	Catch-up day. Review for quiz #4	
Thurs Apr 25	Quiz #4	Covers ch 14-16
Tues Apr 30		Research papers due. Research presentations.

Thurs May 2	Last class	Research presentations
Thurs May 9 (no class on Tues May 7)	This is exam week	Take home part of final due. Online multiple choice final due. BY 10PM! NO LATE EXAMS ACCEPTED.

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 expand 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 (300 points total for 15 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 at the scheduled exam time. 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 FINALS AFTER 10PM on May 9!!! The late deduction of points available for papers is not available for the final! I will not be on campus at 10PM on May 9 but will check my email just after 10PM.**

Quiz #1:	Feb 7	100 points
Quiz #2:	Mar 5	100 points
Quiz #3:	Apr 4	100 points
Quiz #4:	Apr 25	100 points
Final:	May 9	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. Repair sheet for quiz #4 – 16 points
5. Extra late term paper on a psychological disorder (described in packet) – 50 points
6. Book report – 50 points
7. 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
Total of required assignments	1550 = 100%

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+
1107-1192	65-74	C
930-1106	60-64	D
929 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, OUR SECTION NUMBER, AND THE NAME OF THE ASSIGNMENT AT THE TOP.

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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.