

Syllabus for Psychology 33: Personal Growth & Adjustment	
Semester & Year:	Fall, 2013
Course ID and Section Number:	PSYCH 33 - #033838
Number of Credits/Units:	3
Day/Time:	Tuesday, Thursday 10:30 am – 11:50 am
Location:	
Instructor's Name:	Steven Siler
Contact Information:	Office location and hours: available by appointment Phone: 707 937-1316 Email: silermfc#mcn.org & steve-siler@redwoods.edu
<p>Course Description Introductory survey of the principles of personality development, personal growth and social adjustment. The topics covered include: personality development; self esteem; stress and coping; health; psychology of love, sex and sex roles; mental health diagnoses; work and group behavior. Students will learn to apply psychological theories and principles to their own lives. Students are asked to look at their own barriers to personal effectiveness in learning, work and interpersonal relationships.</p>	
<p>Student Learning Outcomes (as described in course outline) :</p> <ol style="list-style-type: none"> 1. Understand and describe the major theorists and basic principles of personality development. 2. Apply the theoretical ideas and principles taught to one's own life in order to overcome barriers to personal effectiveness. 3. Identify healthy lifestyle choices that have an overall effect on an individuals' mental and physical health. 4. Critically think about psychological information in the popular press. 5. Describe how stress affects body systems and overall health. 6. Discuss the different types of sexual relationships including current research in this field. 7. Explain how participation in groups effects individual's behavior; including pivotal research in this area. 8. Apply the concepts of core values to work choices. 9. Students will apply knowledge of the classifications of mental health disorders in classroom discussions and exams. 10. Analyze how modern technological changes have an effect on mental health. 	

11. Identify the different types of learning styles.

12. Apply the methods of reducing test anxiety to their personal experience.

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://redwoods.edu/District/Board/New/Chapter5/AP%205500%20Conduct%20Code%20final%2002-07-2012.pdf>

Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the college catalog and on the College of the Redwoods homepage.

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.

Sociology 3: Human Sexuality

College of the Redwoods
Fall Semester, 2013

Syllabus

Contact Information

Instructor: Steven Siler, adjunct faculty

e-mail: silermfc@mcn.org

off campus office number: (707) 937-1316

office hours: available throughout the week by appointment; please arrange in advance

Textbook Information

The course textbook is available in the bookstore and on reserve in the library:

Text: Human Sexuality, 4th Edition, Levay and Baldwin, Sinauer Associates
in addition, there may also be reading assignments handed out in class, assigned on-line website articles, and open research assignments.

Course Description:

The course is a comprehensive introduction to the study of sexuality. Psychosocial, biological, public health and public policy aspects of sexuality are emphasized. The approach is both academic and personal.

Because of the cross-disciplinary nature of this course, you will be required to exercise your critical thinking skills as you evaluate competing theories, integrate complex applications and assess the personal and social impact that social psychology dynamics have on yourself and others.

- * English 150 is recommended prerequisite. Students must be able to write at this level of skill.
- * It is important that minor students understand this is a course oriented to adults and adult sexuality

Course Objectives: this course will enable you to:

1. Describe scientific aspects of the discipline of sexology
2. Comprehend the interaction between biology, psychology and social learning in creating sexual behavior, including the roles of gender and culture
3. Understand the basic biology of sexuality including sexual anatomy, physiology of reproduction and the array of sexually transmitted diseases

Finally, a word of counsel. I intend for the course to be personal, challenging and rigorous. The implications of the impact of the key concepts of sexuality on our selves and our society is profound. A serious examination of this field requires deep personal reflection, sophisticated insight, mature reasoning and college level communication skills. I expect the material I'll be presenting to challenge your thinking, stimulate exciting discussion, open new lines of consideration and compel you to reconsider your perspectives regarding personal identity, cultural norms and the foundations of who and how we think we are.

Grading Policy

The grading policy for the class is as follows: Your grade for this course is determined by the quality of your learning as demonstrated by your performance in the following areas:

Two 3-5 page response papers, which include a bibliography of a least 3 reliable sources.

Mid-Term Exam - 100 points

Final Exam - 100 points

response papers	100 each
mid term exam	100
final exam	<u>100</u>
	400 total
400 - 360	A
360 - 320	B
320 - 300	C
300 - 260	D
260-	F

2 optional extra-credit assignments will be developed during the semester to accrue more points and improve your grade

It is your responsibility to check your grade regularly and stay in touch with me about your status. I am open to modifying assignments to meet individual needs or interests as long as the integrity of the work is preserved.

*Levay & Baldwin, Chpt. 15, Atypical Sexuality
Chpt 16, Sexual Disorders*

Tuesday, November 26

Sexual Assault & Harassment

*Levay & Baldwin, Chpt 18, Sexual Assault, Harassment & Partner
Violence*

final exam handed out

Tuesday, December 3

Sex as Commodity

Levay & Baldwin, Chpt 19, Sex as Commodity

Tuesday, December 10

Individual Conferences

Submit Final Exam

note: the instructor may revise the course calendar at any time during the semester based on class interest, investment or inquiry during the learning process. Several more short readings will be added to your reading throughout the semester.