

<b>Syllabus for: Psych 33</b>	
<b>Semester &amp; Year:</b>	Fall 2013
<b>Course ID and Section Number:</b>	Psych 33    033744    2013F
<b>Number of Credits/Units:</b>	3.0
<b>Day/Time: Location:</b>	M T TH 2:15 p.m. - 3:15 p.m.    SFHS room 6
<b>Instructor's Name:</b>	Stephen Quiggle
<b>Contact Information:</b>	<a href="mailto:Stephen-quiggle@redwoods.edu">Stephen-quiggle@redwoods.edu</a> (707)223-1713
<b>Course Description (catalog description as described in course outline):</b>	The course surveys psychological theories and empirical research as applied to personal growth, personality development and 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.
<b>Student Learning Outcomes (as described in course outline) :</b>	<ol style="list-style-type: none"> <li>1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective.</li> <li>2. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.</li> <li>3. Critically analyze psychological information in the popular press.</li> <li>4. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.</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.

**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.

**Instructor Information**

Instructor: Stephen Quiggle (707) 223-1713

E-mail: [stephen-quiggle@redwoods.edu](mailto:stephen-quiggle@redwoods.edu)

Office Hours: Prior to and after class; by appointment, or by phone

## **Textbook & Reading Material**

Human Adjustment, Santrock, John. McGraw Hill. 2005.

The Four Agreements, Don Miguel Ruiz

Spiral Bound Notebook of 50+ pages

## **Course Description (from the catalogue)**

A course that has a focus in applied psychology. The course surveys psychological theories and empirical research as applied to personal growth, personality development and 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 and strengths regarding personal effectiveness in learning, work and interpersonal relationships.

Students will prepare with weekly reading assignments, other assigned reading and videos and demonstrate knowledge with mid and term exams and short essay assignments. It is imperative in this class that students are willing to open their minds and hearts and share individual experience as relates to the topics under examination -- class participation is paramount!

## **Course Learning Outcomes**

1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective.
2. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.
3. Critically analyze psychological information in the popular press.
4. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.

## **Course Expectations**

By the end of this course, you will be able to:

- Identify principles of general psychology and apply them to your own lives
- Understand how environment, race, heredity and gender impacts your life
- Understand and identify methodologies typically used in psychological studies
- Enhance your ability to create a more conscious life by “thinking about what you think about”.
- Broaden your knowledge of applied psychology as used in broader social context
- Develop greater self- awareness and an opportunity to create a more self-directed life

## **Class Guidelines**

- Class content covers materials that are and ARE NOT in the textbook.

- Students MUST type all papers and ALL assignments are due at the respective DUE DATES as noted on the syllabus. Exams will be announced at least 2 weeks in advance.
- Students cannot make up any assignment/activity that you have missed due to your absence from class unless prior arrangements have been made.
- If you miss material or have questions about how to proceed:
  - o You must communicate clearly and with enough time to allow response and clarity.
  - o You may contact a classmate to receive lecture notes, information, and assignments.
- Do not ask permission to skip an assignment or a class; that is a choice you make.
- Your individual grades will only be addressed privately.

**Learning Support Services**

If you have a documented disability or a reasonable request and wish to discuss accommodations or other learning needs, please contact me as soon as possible – all reasonable measures will be taken to assist. Since this is an exclusively online course, it is visual with some auditory components and typing is required. Although this class is designed to accommodate students with disabilities. Please contact me directly with specific concerns.

**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. *For Concurrently enrolled high school students, we can work with the counseling department.*

For more information regarding the College’s services for students with disabilities go to the DSPS website at <http://redwoods.edu/district/dsps/>

**Evaluating and Reporting Student Progress**

Your grade will be determined in the following manner:

In class participation	100 points
Quizzes (2 at 50 points each - mid and term)	100 points
Writing assignments (2 @ 50 points each)	100 points
Journaling (personal free writing)*	100 points

\*Journaling is your process and private - I will check to see that you are doing it however!

### Grading Scale

A 400 – 360    B 359 - 320    C 319 - 280    D 279 - 240    F 239 -    NP below 280

### 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 CR website at:

<http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf>

Please, let’s have a clear understanding that there is no place in class for cheating or plagiarism. Copying someone else's work is cheating, and so is allowing someone else to copy your work. Portraying someone else's ideas or words as your own is plagiarism. Not giving credit for the source of the ideas, even if you have reworded the work, is also plagiarism. While I will be vigilant, your conduct is your responsibility -- choose to have and display integrity.

### Term Calendar

Class will begin on **Monday, August 26th, 2011** and end on **December 12th, 2011**.

The last day to drop without receiving a “W” and receive a refund for this class is September 8th

The last day to drop this course is November 1st; after that, you receive a grade.

### Course Calendar

The course meets Mondays, Tuesdays, and Thursdays from 2:15 p.m. to 3:15 p.m., with the following **EXCEPTIONS**: September 2nd, November 11<sup>th</sup> and November 25<sup>th</sup> - 28<sup>th</sup> -- these are national and/or institution approved holidays / inter-sessions and there will be no classes during these times.

Week One – August 26th - Chapter 1

Class Introduction and expectations; Explanation of what Psychology IS! Overview, major theoretical approaches and objectives of psychology using the scientific method

In class writing assignment / **syllabus quiz**

Week Two – September 3<sup>rd</sup> - Chapter 2 & 3

Topic Areas: Personality & creating a self

Focus Areas: How values are shaped and choice v. mandate

Week Three – September 9<sup>th</sup> - Chapter 16

Topic Areas: Health

Focus Areas: Self-care

Week Four – September 16<sup>th</sup> - Chapter 4 & 5

Topic Areas: Stress and coping; managing stress or being consumed by it

Focus Area: How to thrive rather than just survive

Week Five – September 23th - **Paper # 1 Due Thursday**

Focus Areas: Tying it all together so far

Learning Activity: Practicing the first agreement: *Be impeccable with your words* -- speak with integrity

Week Six – September 30<sup>th</sup> - Chapter 6

Focus Areas: Being yourself in a group

Learning Activity: Can you say peer pressure?

Week Seven – October 7th - Chapter 7

Focus Areas: Effective communication

Learning Activity: Telephones and triangulation

**Exam 1 Thursday**

Week Eight – October 14th - Chapter 8

Topic Areas: Friendship, love and the overlap between the two

Focus Area: Do you offer what you seek? The differences between love, sex and intimacy

Practicing the Second Agreement - *Don't take anything personally*

Week Nine- October 21<sup>st</sup> - Chapter 9

Focus Areas: Being (or at least acting like) an adult

Learning Activity: The difference between in charge and *in control*...

Week Ten – October 28<sup>th</sup> - Chapter 10

Focus Areas: All I want to do is eat and play... what me work?

Learning Activity: work v. labor and creating meaning through achievement

Week Eleven – November 4th - Chapter 11

Focus Areas: The seasons of life... Fall & Winter

Learning Activity: Planning your celebration of life

Practicing the Third Agreement - Don't Make Assumptions

Week Twelve – November 11th - Chapter 12

Focus Areas: Gender roles

Learning Activity: Extreme opposites... healthy continuum

Week Thirteen – November 18th - Chapter 13

Focus Areas: Sexuality

Learning Activity: Intimacy and commitment and how they are related to yet separate from the act of sex

**Paper # 2 Due Thursday**

Week Fourteen – November 25th -- Thanksgiving Break -- there are no classes scheduled

Week Fifteen -- December 2nd Chapter 14 & 15

Focus Areas: The most common Mental disorders -- Therapies, Interventions and remedies

Learning Activity: What might a therapy session look like?!

Practicing the Fourth Agreement -- Always Do Your Best!

Week Sixteen -- December 9<sup>th</sup> - Chapter 15

Review

**Final Exam**

Final grades

Things change... and so might this syllabus; you will have ample notice should that be necessary!