

## Syllabus for: Psychology 33 – Personal Growth & Adjustment

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| <b>Semester &amp; Year:</b>     | Spring 2014  |
| <b>Course ID and Section #:</b> | K-35554  |
| <b>Number of Credits/Units:</b> | 3  |
| <b>Day/Time:</b>                | Thursdays, 3:40pm-6:50pm   |
| <b>Location:</b>                | Klamath-Trinity Instructional Site, Room 3   |
| <b>Instructor's Name:</b>       | Ahn Fielding   |
| <b>Contact Information:</b>     | Office location and hours: by appointment<br>Phone: (707) 476-4144<br>Email: ahn-fielding@redwoods.edu |

### **Course Description (catalog description as described in course outline):**

This is 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 to personal effectiveness in learning, work and interpersonal relationships.

### **Student Learning Outcomes (as described in course outline) :**

- 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 accommodations document to me or site staff as promptly as possible so that necessary arrangements can be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or site staff or contact Disabled Students Programs and Services.

**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.

**Course calendar/important dates:** Please note, the schedule listed below is intended to be a general outline of how we will proceed in covering the topics, but it may not always be adhered to, depending upon the timing of class events, discussions, and presentations. The instructor will announce in class any adjustments to the timing of topics covered or to the calendar in general. Special projects or assignments may substitute class lecture and discussion, however, you are still responsible for completing the assigned reading during the week assigned.

| Date                 | Topic   | Reading                        |
|----------------------|---|--------------------------------|
| <b>January 23</b>    | <b>Introductions, review of syllabus and course assignments<br/>Introduction – Invitation to Personal Learning &amp; Growth</b>                 | <b>Chapter 1</b>               |
| January 24           | Last day to add a class   |                                |
| <b>January 28 **</b> | <b>Reviewing Your Childhood &amp; Adolescence<br/>Discuss guidelines for term paper &amp; orientation to research</b>                           | <b>Chapter 2</b>               |
| January 31           | Last day to drop without a “W” and receive a refund   |                                |
| February 2           | Last day to drop without a “W” (no refund)  |                                |
| <b>February 6</b>    | <b>Adulthood &amp; Autonomy<br/>Your Body &amp; Wellness</b>  | <b>Chapter 3<br/>Chapter 4</b> |
| <b>February 13</b>   | <b>Your Body &amp; Wellness (cont’d)<br/>Managing Stress<br/>Review for Quiz 1</b>  | <b>Chapter 5</b>               |
| February 13          | Last day to file P/NP option  |                                |
| <b>February 20</b>   | <b>Quiz 1 – Chapters 1-5<br/>Work on Term Paper</b>   |                                |
| <b>February 27</b>   | <b>Take-home portion of quiz 1 due<br/>Love<br/>Relationships</b>   | <b>Chapter 6<br/>Chapter 7</b> |
| <b>March 4 **</b>    | <b>Becoming the Woman or Man You Want to Be<br/>Term paper outlines due</b>   | <b>Chapter 8</b>               |
| March 6              | Last day to petition to graduate or apply for certificate   |                                |
| <b>March 13</b>      | <b>Sexuality<br/>Review for Quiz 2</b>  | <b>Chapter 9</b>               |
| <b>March 20</b>      | <b>Spring Break – No classes this week</b>  |                                |
| <b>March 27</b>      | <b>Quiz 2 – Chapters 6-9<br/>Work on Term Paper</b>   |                                |
| <b>April 3</b>       | <b>Take-home portion of quiz 2 due<br/>Work &amp; Recreation</b>  | <b>Chapter 10</b>              |
| April 4              | Last day for faculty or student-initiated drop (no refund)  |                                |
| <b>April 10</b>      | <b>Loneliness &amp; Solitude</b>  | <b>Chapter 11</b>              |
| <b>April 17</b>      | <b>Term Papers Due<br/>Death &amp; Loss</b>   | <b>Chapter 12</b>              |
| <b>April 24</b>      | <b>Term Paper Presentations<br/>Meaning &amp; Values</b>  | <b>Chapter 13</b>              |
| <b>May 1</b>         | <b>Meaning &amp; Values (cont’d)<br/>Pathways to Personal Growth</b>  | <b>Chapter 14</b>              |
| <b>May 8</b>         | <b>Comfort Food Potluck &amp; presentations on stress reducing foods<br/>Take-home portion of final exam provided<br/>Review for Final Exam</b> |                                |
| <b>May 15</b>        | <b>Final Exam, Chapters 10-14<br/>Take-home portion of final exam due</b>   |                                |

The instructor will notify students in advance of any absences and alternative assignments on MyCR and in e-mails when possible.

**Course requirements:** Students will be graded on performance on tests, class participation, and class projects.

➤ **Required reading:**

- Textbook: Corey, G., (2010). I Never Knew I had a Choice (10<sup>th</sup> Ed.) Brooks/Cole.
- It is critical that you read the assigned chapter(s) before we discuss them in class. Class discussion and activities are intended to enhance your learning, not to just review the reading material, so both attendance and reading are necessary for success in the class.

➤ **Attendance:**

- To minimize disruption and to provide the most continuity of discussions, it is important to attend every class session. If you are not present at a class, please make every effort to get notes from another student.
- If you decide to not continue with the class, you should drop the class as soon as you have made your decision. If you do not drop the class in a timely manner, your overall grade point average could be affected.
- Administrative Procedure (AP) 5075 allows instructors to withdraw students from class for non-participation through the 10<sup>th</sup> week of class. Non-participation includes excessive unexcused absences and not taking tests, exams, or turning in assignments. If you need to miss a class due to illness or emergency, please let me know what is occurring. More than four unexcused absences is grounds for faculty withdrawal.

➤ **Class participation:**

- Active participation and listening in class is important in the learning process. You are encouraged to ask questions and offer opinions on the subject matter.
- Part of class participation includes acting appropriately as a responsible collaborator on group assignments and activities.
- Topics discussed in class will stimulate class discussions. You are encouraged to be cautious when making self-disclosures to the class.
- Students are reminded to be respectful of other individuals and to follow the student code of conduct.

➤ **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:

Grade breakdown:

|                  |  |
|------------------|--|
| 25 points        | Position Papers/Pop Quizzes                                      |
| 50 points        | quiz 1   |
| 50 points        | quiz 2   |
| 100 points       | term paper   |
| 25 points        | presentation of term paper                                       |
| 50 points        | research/presentation of stress-reducing foods                   |
| 50 points        | final exam (half will be take-home, due on the day of the final) |
| <u>50 points</u> | <u>attendance/participation</u>                                  |
| 400 POINTS TOTAL |  |

- This course may address content of a scientific, theoretical, cross-cultural, and/or possibly controversial nature. Your grade will not be determined by your personal political beliefs, but rather will be calculated based upon your performance in the class as evidenced by your participation, ability to analyze material, and all other criteria articulated in the syllabus.

➤ **Grade breakdown:**

| Points  | Percentage | Letter Grade |
|---------|------------|--------------|
| 372-400 | 93-100 %   | A            |
| 360-371 | 90-92 %    | A-           |
| 348-359 | 87-89 %    | B+           |
| 332-347 | 83-86 %    | B            |
| 320-331 | 80-82 %    | B-           |
| 308-319 | 77-79 %    | C+           |
| 280-307 | 70-76 %    | C            |
| 240-279 | 60-69 %    | D            |
| 0-239   | 0-59 %     | F            |

➤ **Extra credit:**

- Extra credit opportunities will be available throughout the semester, however, you must be in attendance to be eligible for extra credit opportunities. Examples of extra credit opportunities include (but are not limited to)
  - At unannounced times, the instructor will ask questions directly from the chapter reading. Responses which indicate you read the required chapter will be awarded extra credit points.
  - Research on a special topic.
  - Special topic response or critiques: resulting from classroom lecture and discussion, ½ page essay assignments may be issued for extra credit.

➤ **Term paper:**

- Guidelines and resources for the term paper and related presentation will be provided in class. All reports must be at least five typed pages in APA format and must have a minimum of three credible references cited. This paper will constitute 25% of your grade.

**Out of class help:** I am willing to provide assistance and clarification of course subject matter outside of class. You may e-mail me at any time or ask me before class or during breaks for assistance or to schedule a time to meet. I am willing to proofread assignment drafts and provide instructional guidance when appropriate. If unsure, I encourage you to ask for assistance and I will let you know if I can or cannot assist, and refer you to other academic resources when appropriate.

**Late and make-up policy:** Late work will not be accepted for full credit without an excuse which can be verified (example, medical or family emergency). Making up a missed quiz or exam will only be allowed with an excused absence and must be made up prior to the next class meeting.

**Electronic equipment in class:** The use of electronics is prohibited. Examples of electronics include cell phones, smart phones, laptops, tablets, pagers, and other electronic communication devices. This does not apply to electronics permitted for accommodation of disabilities, evidenced by a notification from the Instructional Site staff or staff from Disabled Students Programs and Services (DSPS), or electronics required in an emergency situation. Please do not keep your electronic devices on your desk. Ringing, vibrations, and screen activity is disruptive in the classroom. Repeated disruptions in the class by violating the electronic use rules will affect class participation points and could result in removal from the class. We will take frequent breaks during class, so you are welcome to check your messages during those breaks.

**Disruptive behavior:** Students are expected to participate in class discourse, not private discussions during class time. It is essential that students do not interrupt each other's speech (or the instructor's), yell, call each other (or the instructor) names or engage in disorderly behavior. Any student disrupting class will be asked to leave and administrative follow-up will result. Additionally, a student attending class while under the influence of drugs or alcohol will be asked to leave. Passing notes between students is prohibited. If the instructor requests that you move from your chair to another due to your disrespectful behavior, you will be expected to move, otherwise you will be asked to leave class. Excessive questioning or badgering the instructor will not be tolerated. Please refer to the student code of conduct in the CR district catalog if you have any questions about appropriate behavior.

Any comments which clearly disregard the rights of other students to enjoy a safe intellectual climate in the classroom will not be tolerated.

All other rights, restrictions, and guidelines related to student support and student conduct can be found <http://www.redwoods.edu/eureka/services/> and is also addressed in Administrative Procedure (AP) 5500, which can be found at <http://www.redwoods.edu/district/board/new/chapter5/>.