

Syllabus for Psych 33 – Eureka Campus		
Semester & Year	Fall 2016	
Course ID and Section #	PSYCH-33-E0166	
Instructor's Name	Rafael Ayala	
Day/Time	MW 11:40am-1:05pm	
Location	CA 109	
Number of Credits/Units	3	
Contact Information	<i>Office location</i>	By Appointment
	<i>Office hours</i>	By Appointment
	<i>Phone number</i>	951-834-7305
	<i>Email address</i>	rafael-ayala@redwoods.edu
Textbook Information	<i>Title & Edition</i>	Psychology Applied to Modern Life 11 th Edition
	<i>Author</i>	Weiten, Dunn, Hammer
	<i>ISBN</i>	9781285459950
Course Description		
<p>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.</p>		
Student Learning Outcomes		
<ol style="list-style-type: none"> 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. 		
Special Accommodations		
<p>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 at 707-476-4280.</p>		
Academic Support		
<p>Academic support is available at Counseling and Advising and includes academic advising and educational planning, Academic Support Center for tutoring and proctored tests, and Extended Opportunity Programs & Services, for eligible students, with advising, assistance, tutoring, and more.</p>		
Academic Honesty		
<p>In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at: http://www.redwoods.edu/board/Board-Policies/Chapter-5-Student-Services, and scroll to AP 5500. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the college catalog and on</p>		

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the College of the Redwoods website.

Disruptive Classroom Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process a disruptive student may be temporarily removed from class. In addition, he or she may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at: <http://www.redwoods.edu/board/Board-Policies/Chapter-5-Student-Services> and scroll to AP 5500.

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 website.

Emergency Procedures for the Eureka campus:

Please review the campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). The Eureka **campus emergency map** is available at: (<http://www.redwoods.edu/aboutcr/Eureka-Map>; choose the evacuation map option). For more information on Public Safety, go to <http://www.redwoods.edu/publicsafety>. In an emergency that requires an evacuation of the building:

- Be aware of all marked exits from your area and building.
- Once outside, move to the nearest evacuation point outside your building:
- Keep streets and walkways clear for emergency vehicles and personnel.
- Do not leave campus, unless it has been deemed safe by the Incident Commander or campus authorities. (CR's lower parking lot and Tompkins Hill Rd are within the Tsunami Zone.)

RAVE – College of the Redwoods has implemented an emergency alert system. In the event of an emergency on campus you can receive an alert through your personal email and/or phones at your home, office, and cell. Registration is necessary in order to receive emergency alerts. Please go to <https://www.GetRave.com/login/Redwoods> and use the “Register” button on the top right portion of the registration page to create an account. During the registration process you can elect to add additional information, such as office phone, home phone, cell phone, and personal email. Please use your CR email address as your primary Registration Email. Your CR email address ends with “redwoods.edu.” Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions.

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.

Psych 33
Personal Growth and Development
Fall 2016
Section E0166
MW 11:40am-1:05pm
CA 109

Instructor: Rafael Ayala, M.A. Psychology
Office Hours: By Appointment
Email: rafael-ayala@redwoods.edu

Required Text:

Psychology Applied to Modern Life: Adjustment in the 21st Century, Eleventh Edition

Course Descriptions:

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.

Course Learning Objective:

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 Schedule

Week 1: Introduction/Chapter 1: Adjustment to Modern Life
Week 2: Chapter 2 – Theories of Personality (**No Class September 5th**)
Week 3: Chapter 3 – Stress and Its Effects
Week 4: Chapter 4 – Coping Processes
Week 5: Chapter 5 – Psychology and Physical Health
Week 6: Chapter 6 – The Self
Week 7: Chapter 7 – Social Thinking and Social Influence
Week 8: Chapter 8 – Interpersonal Communication
Week 9: Chapter 9 – Friendship and Love
Week 10: Chapter 10 – Marriage and Intimate Relationships
Week 11: Chapter 11 – Gender and Behavior
Week 12: Chapter 12 – Development and Expression of Sexuality
Week 13: Chapter 13 – Careers and Work
Week 14: Chapter 14 – Psychological Disorders
Week 15: Chapter 15 – Psychotherapy
Week 16: Chapter 16 – Positive Psychology

Course Grading:

All assignments are due at the beginning of class. Late work will not be accepted. The course will be graded as follows:

- Participation: 5 points each class
- Reader Response: 5 points each
- Quizzes: 10 points each
- Papers: 50 points each
- Exams: 100 points each
- Group Project: 200 points

Reader Response: Students will submit a response for each chapter covered. The response may include, but are not limited to, your notes, questions/reflections on the reading, etc. Submissions will be graded on minimum word count (250 words), grammar, and similarity percentage. Responses are due at the beginning of the week before the first class meeting (e.g., Ch 2 Reader Response will be due on 9/5, Ch 3 will be due 9/12).

Group Project: Students will design a psychological study addressing any topic of interest in relation to the course. The study will include a hypothesis, variables of interests, operational definitions, and a literature review.

Disorderly Conduct: Students who are disruptive during class will be asked to leave and receive no participation credit for the day. The environment of this classroom will be one that fosters intellectual discussion and one that respects the different views of the participants of the class. Students under the influence of drugs or alcohol will be asked to leave. If a student is asked to leave twice due to disorderly conduct, they will be issued a suspension from class for either one or two class periods, at the discretion of the instructor. Any assignments or tests due on the dates missed will not be able to be retaken or turned in late. Students must follow instructions or will be asked to leave the class.

Academic Integrity: Plagiarism will not be tolerated. All turned in assignments must be the student's original work. Any plagiarized material will receive no credit. Cheating will not be tolerated.

Electronics: Cell phones are not to be used during class for calls or for texting. Phones are to be placed on silent or turned off during class. If a cell phone goes off during a quiz or exam, it will be taken away and the student will receive no credit. Students are allowed to use computers to take notes only. The instructor must approve any stylus or tape recorder.

Students with Disabilities: This class is designed to accommodate individuals with disabilities. Please contact me directly if you have any specific concerns. For more information regarding the College's services you can access the DSPS website at <http://redwoods.edu/district/dsps/>

Non-Discrimination/ Equal Opportunity: 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. CR's policy complies with California Education Code and Title 5 of the California Administrative Code, and with related federal laws (Title VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973). Under these regulations, College of the Redwoods guarantees that no person shall be subjected to discrimination on the basis of ethnic group identification, religion, age, gender, sexual orientation, color, or physical or mental disability under any of its programs or activities.