

## Syllabus for PSYCH 33 Personal Growth and Adjustment – Klamath-Trinity Instructional Site

|                                  |   |   |
|----------------------------------|---|---|
| <b>Semester &amp; Year</b>       | Fall 2016   |   |
| <b>Course ID and Section #</b>   | PSYCH-33-K0170  |   |
| <b>Instructor's Name</b>         | David K. Tripp  |   |
| <b>Day/Time</b>                  | Friday 2:30 pm-5:40 pm  |   |
| <b>Location</b>                  | HTEC 3  |   |
| <b>Number of Credits/Units</b>   | 3 units   |   |
| <b>Contact Information</b>       | <i>Office location</i>  | KTIS Computer lab   |
|                                  | <i>Office hours</i>   | Friday 1:30pm – 2:25pm  |
|                                  | <i>Phone number</i>   | Home (530) 469-3432 cell (707) 499-9062   |
|                                  | <i>Email address</i>  | davidtripp1968@gmail.com  |
| <b>Textbook Information</b>      | <i>Title &amp; Edition</i>  | Psychology for Living: Adjustment, Growth and Behavior 11 <sup>th</sup> edition |
|                                  | <i>Author</i>   | Kirsh, Duffy and Atwater  |
|                                  | <i>ISBN</i>   | 13:9780205909025  |
| <b>Course Description</b>        | <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>  |   |
| <b>Student Learning Outcomes</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 bio-psycho-social 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>    | <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 <a href="#">Disabled Students Programs and Services</a>. Students may make requests for alternative media by contacting DSPS at 530-625-4821 Ext 23.</p> |   |
| <b>Academic Support</b>          | <p>Academic support is available at <a href="#">Counseling and Advising</a> and includes academic advising and educational planning, <a href="#">Academic Support Center</a> for tutoring and proctored tests, and <a href="#">Extended Opportunity Programs &amp; Services</a>, for eligible students, with advising, assistance, tutoring, and more. Contact the CR KT Office for specific information at (530) 625-4821.</p>   |   |
| <b>Academic Honesty</b>          | <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,</p>   |   |

## **Syllabus for PSYCH 33 Personal Growth and Adjustment – Klamath-Trinity Instructional Site**

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 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 Klamath Trinity Instructional Site:**

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.

1. In the event of an emergency, communication shall be the responsibility of the district employees on scene.
  - a. Dial 911, to notify local agency support such as law enforcement or fire services.
  - b. If safe to do so, notify key administrators, departments, and personnel.
  - c. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
  - d. Contact Jolene Gates 530-625-4821 to notify of situation.
  - e. Contact Hoopa Tribal Education Administration office 530-625-4413
  - f. Notify Public Safety 707-476-4111.
  
2. In the event of an emergency, the responsible district employee on scene will:
  - a. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
  - b. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
  - c. Close all window curtains.
  - d. Get all inside to safe location Kitchen area is best internal location.
  - e. If a police officer or higher official arrives, they will assume command.
  - f. Wait until notice of all is clear before unlocking doors.
  - g. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.

**Syllabus for PSYCH 33 Personal Growth and Adjustment – Klamath-Trinity Instructional Site**

- h. Do not leave site, unless it has been deemed safe by the person in command.

*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  
 3 units  
 Fall 2016  
 F 2:30pm-5:40pm  
 David K. Tripp, Instructor

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.

Textbook for this course will be the following;  
**Psychology for Living : Adjustment, Growth and Behavior**  
**11th edition, Kirsh, Duffy and Atwater**

Selected readings will be offered to highlight concepts and topics presented by the text.

The grading for this course will be based on the following criteria:

1. 25% - PARTICIPATION The class will be divided into groups of three for discussion questions from the chapter.
2. 25% - WEEKLY Multiple Choice exam for chapter assigned that week
3. 25% - MIDTERM
4. 25% - FINAL

|              |   |
|--------------|---|
| September 2  | Introduction to course and course syllabus<br>Identification of groups for discussion<br>Multiple Choice exam for Chapter one |
| September 9  | Group presentation from discussion question at the end of chapter<br>Multiple Choice exam for Chapter Two                     |
| September 16 | Group presentation from discussion question at the end of chapter<br>Multiple Choice exam for Chapter Three                   |
| September 23 | Group presentation from discussion question at the end of chapter<br>Multiple Choice exam for Chapter Four                    |
| September 30 | Group presentation from discussion question at the end of chapters<br>Multiple Choice exam for Chapter Five and Chapter Six   |
| October 7    | Group presentation from discussion question at the end of chapter<br>Multiple Choice exam for Chapter Seven                   |
| October 14   | MIDTERM for Chapters one through seven  |
| October 21   | Group presentation from discussion question at the end of chapter<br>Multiple Choice exam for Chapter Eight                   |
| October 28   | Group presentation from discussion question at the end of chapter<br>Multiple Choice exam for Chapter Nine                    |
| November 4   | Group presentation from discussion question at the end of chapter<br>Multiple Choice exam for Chapter Ten                     |

|             |  |
|-------------|--|
| November 18 | Group presentation from discussion question at the end of chapters<br>Multiple Choice exam for Chapter Eleven and Chapter Twelve     |
| December 2  | Group presentation from discussion question at the end of chapters<br>Multiple Choice exam for Chapter Thirteen and Chapter Fourteen |
| December 9  | Group presentation from discussion question at the end of chapters<br>Multiple Choice exam for Chapter Fifteen and Chapter Sixteen   |
| December 16 | <b>Multiple Choice Final Chapters Eight through Sixteen</b>  |

**NOTE: The instructor reserves the right to change the course syllabus. Enrollment in this course implies a student agreement to the parameters stated in this syllabus.**