

Syllabus for PSYCH 33– Eureka Campus

Semester & Year	Fall 2017			
Course ID and Section #	PSYCH 33- E2785			
Instructor's Name	Berkeley Kijriopas, A.S., B.A.			
Day/Time	TTH 10:15-11:30 AM			
Location	HU 106			
Number of Credits/Units	3.0			
Contact Information	<i>Office location</i>	Psychology Department- HU119		
	<i>Office hours</i>	T 12:00-1:00 PM		
	<i>Phone number</i>	707.476.4211 (psych department)		
	<i>Email address</i>	Berkeley-Kijriopas@redwoods.edu		
Textbook Information	<i>Title & Edition</i>	Adjust, 1 st Edition		
	<i>Author</i>	Weiten, Hammer, & Dunn (2014)		
	<i>ISBN</i>	9781133594987		
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				
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective</p> <p>2. Analyze psychological research and apply concepts to self and others in writing for life long personal growth.</p> </td> <td style="width: 50%; vertical-align: top;"> <p>3. Critically analyze psychological information in the popular press</p> <p>4. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the</p> </td> </tr> </table>			<p>1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective</p> <p>2. Analyze psychological research and apply concepts to self and others in writing for life long personal growth.</p>	<p>3. Critically analyze psychological information in the popular press</p> <p>4. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the</p>
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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: www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProceduresrev1.pdf</p> <p>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.</p>				

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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.

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:

www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProceduresrev1.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 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/Eureka/campus-maps/EurekaMap_emergency.pdf). For more information on Public Safety, go to <http://redwoods.edu/safety/> 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.

== Course Schedule ==

Note: Unless otherwise indicated, chapter readings are from the assigned text. Read the text chapters or assigned readings prior to the date indicated for each chapter. Activities are subject to change as the class progresses or due to extenuating circumstances. Any changes will be announced ahead of time.

Week	Date	Text Chapters & Activities	Assignments/Due Dates
1	T: Aug 29	Course Introduction	
	TH: Sept 1	APA Formatting Ethics in Research Syllabus Quiz	Canvas Introduction
2	T: Sept 5	Chapter 1: Adjustment Psychology	"About You" Due
	TH: Sept 7		
3	T: Sept 12	Chapter 2: Theories of Personality	Reflection Proposal Due
	TH: Sept 14	*****NO CLASS****	Chapter 2 Assignment Due on Canvas
4	T: Sept 19	Chapter 3: Effects of Stress	
	TH: Sept 21		
5	T: Sept 26	Chapter 4: Coping Mechanisms	Reflection Draft Due
	TH: Sept 28	Chapter 5: Psychology and Physical Health	
6	T: Oct 3	Chapter 5: (<i>continue</i>)Psychology and Physical Health -Review for Midterm 1	
	TH: Oct 5	Midterm 1, Chapters 1-5	
7	T: Oct 10	Chapter 6: The Self	Final Reflection Paper Due
	TH: Oct 12		
8	T: Oct 17	Chapter 7: Social Think and Social Influence	
	TH: Oct 19		
9	T: Oct 24	Chapter 8: Communication	Research Methods/Proposal Due
	TH: Oct 26	Chapter 13: Careers and Work	
10	T: Oct 31	Chapter 9: Friendship and Love	
	TH: Nov 2	Chapter 10: Marriage and Intimate Relationships	Research Paper Draft Due
11	T: Nov 7	Chapter 11: Gender and Behavior	
	TH: Nov 9	Midterm 2, Chapters 6, 7, 8, 13, 9, 10	
12	T: Nov 14	Chapter 12: Development of Expressions of Sexuality	
	TH: Nov 16		
13	T: Nov 21	Chapter 13: Careers and Work	Final Research Paper Due
	TH: Nov 23	*****No Class*****	
14	T: Nov 28	Chapter 14: Psychological Disorders	
	TH: Nov 30	Chapter 15: Psychotherapy	Presentation Proposal Due
15	T: Dec 5	FINAL	
	TH: Dec 7	Presentations!	Final Take-Home Questions Due
16	TH: Dec 14, 10:45-12:45	Presentations!	

Important Dates

Labor Day Holiday: September 4

Last day to drop without a "W" and Receive a Refund: September 8

Veteran's Day: November 10

Thanksgiving Holiday: November 23, 24, 25

Census Date: September 11

Last day for faculty or student initiated withdrawal (no refund): November 3

Finals Week: December 11-15

=== Course Overview ===

The main goal of this course is to give you a better understanding of Psychological theories and how they relate to yourself and others. An additional focus of this class will be reading, writing and presenting information to a group of people. These skills are important for future careers and classes! Taking this course will give you the opportunity to focus on yourself, that may be essential to future successes both personally and professionally.

Technology Skills: All students should be familiar with basic technology used in the classroom setting and on the Canvas LMS. Students should have access to a reliable computer and printer. Both computers and printers are available for student use in the Learning Resource Center on the Eureka Campus.

Assessment: All major assignments are designed to help you integrate knowledge gained from this course. It is important that you turn in all assignments. Failure to turn in one assignment (particularly the writing assignments) will cause grades on future assignments to suffer dramatically.

Textbook: As our primary text we will use *Adjust, 1st Edition* (Weiten, Hammer & Dunner, 2014). Up to 50% of our exam questions may be pulled directly from the text without being discussed in class, so chapter readings are essential for doing well in this course.

Materials: Handouts, PowerPoint slides, and assignments can all be found on Canvas. It's a good idea to access Canvas regularly to view recent announcements, hints, and grades.

Classroom Etiquette: Diversity in ideas moves us along, without differences of opinions, we stall and hinder our creativity and understanding. While we do not all need to agree on certain topics, it is important that we maintain an environment of positive discourse. This class requires students to behave and speak maturely, while being supportive of others. It is expected that you will be respectful of those with opinions and perspectives different than your own. Listen attentively when others are speaking, ask questions, and speak up when you have something to add to the discussion. Avoid creating a distraction, grand standing or negative comments while in this class. I am happy to hear your opinions in a one-on-one space or through email if you would like to discuss something sensitive, or feel strongly regarding something discussed in class.

Reading: Reading should be completed by the date on which it is listed on the schedule in the syllabus. Come to class prepared to discuss the day's assigned reading. Lectures and class activities are based upon the expectation that you have done the reading and are familiar with the material.

Office Hours and Communication with Instructor: My office hours are dedicated to you, and I am here to support you. Please let me know if you need assistance- it is paramount that you do not wait until you're overwhelmed or behind. Instructors enjoy meeting students, even if it's a brief introduction, you do not always need to have a "reason" for a visit! **When communicating with me, please use e-mail (I do not check Canvas mail).** Any important information pertaining to missed classes, concerns regarding grades or appointment setting must go through email.

General Class Behavior: By coming to class on time, reading materials and completing assignments you not only do well in class, but you take responsibility for your learning. Please don't come to class stoned, drunk, or chemically compromised. I ask you to be respectful to your fellow classmates by not coming to class reeking of weed, show up on time, do not leave early (unless arranged ahead of time) and no side conversations. It's not easy to get in front of people and speak, and for this reason it is not allowed to use laptop computers for anything beyond taking notes or class-related activity.

Personal Technological Devices: I was once a student too, I know how tempting it is to use your phone or laptop for non-class related activities. We instructors can tell when you're not paying attention, and I have no problem calling you out for it, which will be embarrassing. If anticipate needing to use your cell phone, please let me know ahead of time. If you plan on using technological devices to take notes in class, please clear that with me at the beginning of the semester.

Note: I reserve the right to establish additional policies, as I deem necessary to provide you with the best learning environment possible.

=== Grading Policies ===

Please keep in mind that grades are earned, not “given”. Your work will be assessed according to how well it meets class objectives, fulfills requirements, meets the assignment rubric, and reflects the academic skills expected of college students. It is your responsibility to understand why you have achieved a certain grade and what steps you can take to maintain or improve your grade. Please feel free to consult with me using email or office visits. However, I will ask that, prior to speaking with me about your grade, you wait at least one day so that you may carefully review the assignment and the grading rubric in order to clearly present your concerns to me.

Attendance (100 points)

Attendance of lecture will contribute 100 points toward your final grade. Students are allowed 2 unexcused absences; 15% of the participation grade will be subtracted for each additional unexcused absence. Absences due to illnesses, when accompanied by a doctor’s note, may be excused. If you know you’ll miss a class, be sure to talk to me ahead of time (a week is preferable). Unexcused absences will not be allowed on presentation days (see below). If you miss a class, it is your responsibility to find out what you missed from a classmate or by using Canvas. **Note: I have the ability to drop you from the class up until the tenth week of classes if I determine that you are an “inactive” student due to excessive absence (four or more absences).**

Participation (100 points)

We will have frequent in-class assignments, quizzes and group activities/discussion worth 100 points towards your total grade. You can only receive credit for these activities if you are present. You will receive a 0 with an unexcused absence. Majority of these assignments will be group-based, and if you have an approved absence, I reserve the right to create an equal but different assignment in its place for you to make-up the points.

Exams (500 points)

There will be 2 midterms (each worth 100 points), a cumulative final (worth 200 points) and a take-home portion of the final exam (worth 100 points). Exams cover material from lectures and class discussions. Once scores have been entered, I do not allow students to keep exams, but you may come visit them during office hours (by appointment only) if you wish to review your work. Exam review materials will be available on Canvas. I do not allow make-up exams. If you have a situation that you believe will qualify as an “excused absence” I must be notified at least 48 hours in advance, along with appropriate documentation. If you are granted a make-up exam, it is up to you to schedule and make appropriate accommodations with the testing center. Make-up exams need to be scheduled **AT LEAST** two weeks in advance.

Writing Assignments (200 points)

You will be asked to complete 2 writing assignments, made up with smaller writing assignments. The reflection paper will ask you to write a reflection on select topics and apply them to your personal life. The research paper will require you to research a psychological theory. For both assignments, you will need to submit a proposal on the specifics of your paper. Proposals are worth 10 points, and must be completed prior to writing the first draft! Not turning in the proposal will automatically drop your final paper grade to a “C”. First drafts will be worth 40 points and final drafts will be worth 50 points. These will be graded examining APA style, completeness, writing quality and effort. Papers should be typed and handed in at the beginning of lecture on the due date. Late assignments will not be accepted, and I do not make exceptions.

Research Presentation (100 points)

After completing your research paper, you will be asked to give a brief presentation on the psychological theory you were assigned, including the history, major studies and implications of the theory. This assignment requires two parts; including presenting (worth 50 points) and attending the presentations (worth 50 points). Unexcused absences will not be allowed during presentation dates, missing one day will automatically drop your grade at least 50% (which is an F). Disruptive behavior may also cause your grade to decrease. It is important to support your fellow students when presenting!

There will be a final knowledge check at the conclusion of presentations, to ensure your full attention is given.

Grading (1000 points total)

Unless otherwise stated, final grades for the course will be scaled using the following system:

Percentage	Letter Grade
93%+	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
70-76%	C
60-69%	D
59%-0	F

Due Dates: Due to the nature of the assignments, NO late work will be accepted. All work is due at the beginning of class unless otherwise indicated. Email submission of work will NOT be accepted, unless otherwise indicated. Please plan ahead and print assignments before coming to class. Make sure you're familiar with Canvas and how to submit assignments online. Computer/submission issues are not an excuse for late work. An absence is not an excuse for late assignments. Please plan in advance. Please be aware that there are absolutely no make-up presentations, but if you find a student willing to "trade" a time/date, I may allow it on a case-by-case basis.

Writing Assignments: All papers should be typed, double-spaced using Times New Roman with 12-point font, 1" margins, stapled and formatted using APA style guidelines. All written work requiring sources outside the text must be cited properly using in text and end of text citations. Please be sure to carefully edit all papers for spelling, grammar, punctuation and organization. Mechanical aspects of writing will be considered for grading purposes. Unless otherwise instructed, all papers will be submitted in person (paper form) and on Canvas in order to be submitted through TurnItIn. I scrutinize every paper for plagiarism and will give an "F" for any paper found to be profoundly plagiarized (as in accordance with CR's academic dishonesty policy).

Extra Credit: Extra credit opportunities may be announced throughout the semester. Be sure to access Canvas regularly for details about extra credit opportunities as they appear. Extra credit will be assigned with strict due dates, EC submitted after the due date will not receive credit.

Missed Exams: If you know you will miss an exam, you must schedule a make-up at least two weeks in advance. No last minute or make-up exams will be given. Students affiliated with CR athletics or Disabled Students Programs and Services (DSPS) may schedule exam make-ups outside of class. Please notify me during the first week if you intend to utilize these options, and be sure to bring the appropriate documentation to me as soon as possible.

Getting Help: For help, please feel free to contact me during office hours, via email, or using a Canvas forum. Posting to Canvas is especially useful as Q&A is accessible to the entire class. Students interested in tutoring services are advised to contact the Academic Support Center:

www.Redwoods.edu/asc/tutoring-service

