

Syllabus for [Psych 33 Personal growth] – Klamath Trinity

Semester & Year	Fall 2019	
Course ID and Section #	PSYCH-33-K8582	
Instructor's Name	Jake Butler	
Day/Time	F 12:30-3:40 P.M.	
Location	Klamath-Trinity	
Number of Credits/Units	3	
Contact Information	<i>Office location</i>	Room 3
	<i>Office hours</i>	3:40 – 4:40 P.M.
	<i>Phone number</i>	707-298-8458
	<i>Email address</i>	Kaliym-Butler@redwoods.edu
Textbook Information	<i>Title & Edition</i>	I Never Knew I Had A Choice 11 th ed.
	<i>Author</i>	Corey, Gerald, Corey, Marianne, S., & Muratori, Michelle
	<i>ISBN</i>	9781305945722

Course Description

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:

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

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 707-465-2352.

Academic Support

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.

Academic Honesty

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 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>. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is 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; 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 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 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) 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.
- 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 its programs and activities.

Psychology 33 – Personal Growth & Adjustment

Instructor: Jake Butler, MS

Phone: 707-268-8458

Email: Kaliym-Butler@redwoods.edu

TEXTBOOK:

Corey, G., Corey, M.S., & Muratori, M. (2017). *I never knew I had a choice: Explorations in personal growth*. Belmont, CA: Brooks/Cole.

CLASS TIME & PLACE:

12:30 PM – 03:40 PM, HTEC RM 3, 8/24/19 – 12/20/19

COURSE DESCRIPTION:

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 OUTCOMES/OBJECTIVES:

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 lifelong 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 ASSIGNMENTS:

Chapter Quiz Questions (Participation) 20%

To ensure that students read each chapter and reflect on the material, students will respond to quiz questions presented on Canvas. These questions will be framed to the reading materials to engage students with an applied psychological lens to stimulate personal growth.

Reaction Paper 10%

Each student will watch a film or documentary pertaining to a topic in this class and write a reaction paper responding to the question: How do you feel about the film you watched?

Research Paper 30%

Students will write a double-spaced, 12-point font, 8-10-page research paper on a topic of their choice. Citations will be in APA style.

In-Class Exams 40% (20% for each exam)

Students will complete two exams – one mid-term and one final exam. The mid-term will cover the first 8 weeks of class and the final will cover the remaining. Each exam will be closed book and note, and students will have the entire duration of the class period to complete the exam.

Grading Scale:

A 100%-93%	A- 92%-90%	B+ 89%-86%	B 85%
B- 84%-80%	C+ 79%-76%	C 75%-70%	D 69%-60%
F 59% and below			

CLASSROOM CIVILITY AND ACADEMIC FREEDOM

Throughout this semester, we will discuss issues about which we may not agree. Students are expected to listen to and respect various points of view. Students’ perspectives may be challenged and may encounter attitudes, opinions, and information counter to your beliefs.

ATTENDANCE AND PARTICIPATION

Students are expected to attend class regularly. Attendance will be taken at the start of each class. Students are expected to arrive on time and remain until the end of class. If you arrive late, please enter quietly and take the seat closest to the door. If you must leave early, please exit quietly. If you need to miss class for any reason, please let me know via email as soon as possible. It is a good idea to exchange contact information with another classmate to get

information you may miss during your absence. Please bring your textbook to each class. If you have the e-book, please bring a laptop or tablet to reference the readings during class discussions

LATE WORK/MAKE-UP ASSIGNMENTS

All due dates are presented the next page. Please note these dates today so that your assignments are submitted on time. Late work will not receive full credit (10% per day late). Please consider due dates and semester plans at this moment. If you will need to miss class during one of the deadlines, submit work before the due date. There will be no extra credit for this course. Late work may be submitted to instructor email or Canvas page.

COURSE PLAN

Week 1 (8/30/19): Introduction to the Course and Invitation to Personal Learning and Growth

Week 2 (9/06/19): Reviewing Your Childhood and Adolescence

Week 3 (9/13/19): Adulthood and Autonomy

Week 4 (9/20/19): Your Body and Wellness

Week 5 (9/27/19): Managing Stress (Reaction Paper DUE)

Week 6 (10/04/19): Love

Week 7 (10/11/19): Relationships

Week 8 (10/18/19): (Midterm)

Week 9 (10/25/19): Becoming the Woman or Man You Want to Be

Week 10 (11/01/19): Sexuality

Week 11 (11/08/19): Work and Recreation

Week 12 (11/15/19): Loneliness and Solitude

Week 13 (11/22/19): Death and Loss (Research Paper DUE)

Week 14 (12/06/19): Meaning and Values

Week 15 (12/13/19): Pathways to Personal Growth

Week 16 (12/20/19): Final Examination

The above schedule and procedures are subject to change in the event of extenuating circumstances. Administrative procedure (AP) 5075 allows instructors to withdraw students from class for non-participation or excessive absences (4 or more missed classes) through the 10th week of class.