CR COLLEGE OF THE REDWOODS

Syllabus for Psych 33

Course Information

Semester & Year: spring 2020
Course ID & Section psych 33 D8569
Instructor's name: Freneau
Day/Time or *Online: MW 2:15-3:40
Location or *Online: Del Norte
Number of units: 3

Instructor Contact Information

Office location or *Online: E8
Office hours: by appointment
Phone number: 707-456-2334
Email address: phil-freneau@redwoods.edu

Required Materials

Textbook Title: I never knew I had a choice
Edition: newest
Author: Corey
ISBN: 978-1-305-94572-2
Other requirements: materials, equipment or technology skills

Catalog 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.

[Add description from College Catalog]

Course Student Learning Outcomes *(from course outline of record)*

1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective for development across the lifespan.

2. 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.

3. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.

4. Differentiate between individual and sociocultural differences as applied to psychology of adjustment.

Evaluation & Grading Policy

COURSE REQUIREMENTS AND GRADING: This course is a theme-oriented one that makes use of brief lectures and small-group work to explore topics in a personal manner. As such, students are expected to complete assigned readings for each topic prior to each class session, to write weekly reactions papers (based on reactions to readings and to their participation in class/group sessions), and to actively participate in small-group explorations. This course requires both a personal and academic involvement on the part of the student, since the course deals mainly with understanding oneself and others. Other specific requirements are listed below:

Active participation in class discussions

Prompt attendance at ALL the class sessions

Keeping up to date with all of the assigned readings

Midterm test

Take-home reactions papers

Completion of the self-reflective activities in each chapter of the book

Final examination

BASIS FOR GRADING: A student's grade for this course will be determined by evidence of the quality of learning as demonstrated by his or her performance in the following areas:

reactions papers (25points)

midterm test (25 points)

final examination (25 points)

class participation (attendance and in-class writing) (25 points)

Grading Scale:

100 – 90 = A 89 – 80 = B 79 – 70 = C

69 – 60 = D 59 – 0 = F

REACTION PAPERS: There are 5 reaction papers due, each of which should be two double-spaced typewritten pages. The approximate suggested length is between one to two typed double spaced pages. Each of these papers is worth 5 points maximum. To earn credit for a reaction paper it is expected that it will be turned in at the beginning of the class each week. You might want to write about your personal reactions to certain topics within a chapter. How do certain sections within a chapter have personal meaning to you? How can you apply a particular topic that is discussed to your own life? What are you learning about yourself from each chapter? What might you want to do about what you are learning about yourself? Some topics may be highly personal and you might not want to share your personal reactions to a given topic. If this is the case, you can then write a critique of the chapter. What are your thoughts about the ideas presented in a given chapter? Thus, your reactions papers can be a combination of your personal reactions to what you are learning about yourself and also a critique and discussion about a few key points of the chapter that most stand out for you.

[Should include info such as final grade calculations, rubrics, late assignment policy, and other grading practices]

Prerequisites/co-requisites/ recommended preparation

[If applicable]

*ONLINE REQUIREMENTS - The following are required <u>online</u> courses but are recommended for all (see * in contents).*

Special accommodations statement

[Describe the College's compliance with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities.]

Student feedback policy

[Communicate to students how you will provide timely and substantive feedback on course work.]

Proctored Exams

[Only include if Proctoring is required, and if so, provide Information on the available options. Online course instructors must include both on and off campus options for proctoring]

Psychology 33 – Personal Growth & Adjustment

Instructor: Dr. Phil Freneau, 465-2334

Email: Phil-Freneau@redwoods.edu

TEXTBOOK: I Never Knew I Had a Choice: Explorations in Personal Growth (8th ed.), Corey, Gerald & Corey, Marianne, S. (2006). Belmont, CA: Thomson Brooks/Cole.

Class time and place: See Catalogue.

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 for development across the lifespan.

2. 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.

3. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.

4. Differentiate between individual and sociocultural differences as applied to psychology of adjustment.

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Each of the 5 reaction papers covers two chapters. It may be best to focus on one chapter, or comment more briefly on two chapters.

Reaction paper #1 on Chapters 1+2

Reaction paper #2 on Chapters 3+4

Reaction paper #3 on Chapters 5+6

Chapters 7+8 included in midterm

Reaction paper #4 on Chapters 9+10

Reaction paper #5 on Chapters 11+12

Chapters 13+14 included on final

CLASS PARTICIPATION/ATTENDANCE: You are expected to be an active learner, which includes verbally participating in the class discussions and small-group discussions. You are also expected to bring questions for discussion to the class sessions and demonstrate that you are keeping up to date with your reading assignments for each of the chapters in the textbook. **Participation** is a MUST in this course. This class will involve some degree of self-exploration and interpersonal learning. The instructor will talk more fully about the guidelines for self-disclosure and the expectations at the first class meeting. **Attendance** at the full duration of class is expected at each class meeting, unless you have an emergency situation or are really ill. For me to credit you with an EXCUSED ABSENCE, you need to know that it is YOUR RESPONSIBILITY to inform me of such cases immediately upon returning to class. Absences and tardiness will be a factor in determining your participation/attendance grade; excessive absences or tardiness might result in getting a full grade deducted (or in some cases even failing the course).

COURSE PLAN

Week 1: Introduction to the Course

Week 2: Invitation to Personal Learning and Growth

Week 3: Reviewing Your Childhood and Adolescence

Week 4: Adulthood and Autonomy

Week 5: Your Body and Wellness

Week 6: Managing Stress

Week 7: Love

Week 8: Relationships (Midterm)

Week 9: Becoming the Woman or Man You Want to Be

Week 10: Sexuality

Week 11: Work and Recreation

Week 12: Loneliness and Solitude

Week 13: Death and Loss

Week 14: Meaning and Values

Week 15: Pathways to Personal Growth

Week 16: Final Examination

DSPS: If you need help due to a special need contact DSPS.

The above schedule and procedures are subject to change in the event of extenuating circumstances.

[See recommended support links and accessibility statement]

Recommended syllabus content - class policies and practices

The following syllabus content, although not required, may be helpful for students. Please consider adding the following content to your syllabus. Sample text and examples are provided for your reference. *Note some of these Items are required for online courses.*

Contents

Institutional Policies

Special accommodations statement (*required for online classes*)

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 accommodations, please see me or contact Disability Services and Programs for Students. Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

Student Access (*required for online classes*)

These standards are required by federal regulation. Students will have access to this course that complies with the Americans with Disabilities Act of 1990 (ADA), Section 508 of the Rehabilitation Act of 1973, and College of the Redwoods policies. Course materials will include a text equivalent for all non-text elements; videos will include closed captioning, images will include alt-tags, hyperlinks will use descriptive/meaningful phrases instead of URLs and audio files will include transcripts. All text will be formatted for use with screen readers and all course materials will be understandable without the use of color.

Students who discover access issues with this class should contact the instructor.

Admissions deadlines & enrollment policies

Fall 2019 Dates

- *Last day to add a class: 8/23/19*
- *Last day to drop without a W and receive a refund:9/6/19*
- *Census date:9/9/19*
- *Last day to petition to graduate or apply for certificate:10/31/19*
- *Last day for student-initiated W (no refund):11/1/19*
- *Last day for faculty initiated W (no refund): 11/1/19*
- *Veteran's Day (all campuses closed):11/11/19*
- *Fall break (no classes):11/25/19 – 11/30/19*
- *Thanksgiving (all campuses closed):11/28/19 – 11/29/19*
- *Final examinations:12/14/19 – 12/20/19*
- *Semester ends:12/20/19*
- *Grades available for transcript release: approximately 1/6/20*

Students who have experienced extenuating circumstances can complete & submit the ***Excused Withdrawal Petition*** to request an Excused Withdrawal (EW) grade instead of the current Withdrawal (W) or non-passing (D, F & NP) grades. The EW Petition is available from the Admissions and Records Forms Webpage. Supporting documentation is required.

Academic dishonesty

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. 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 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, the student 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. 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.

Policies for this Class

Class participation and Attendance policy
Explain how participation is evaluated.

Communication Guidelines
Consider including: response times to emails and messages, availability, times you will not be checking email or messages, your preferred means of contact and any other preferences, such as specifics of email subject lines, encouragement to attend office hours, or similar. You may also want to include a statement on student privacy rights, including the legal rights of students that prevent information from being disclosed to anyone (including parents/guardians) without the student's prior written consent.

Regular effective contact (*required for online classes*)
Required by the ACCJC and Title 5 for Online Classes: "*Instructor should initiate frequent interactions with all students, both individually and collectively, and that students should have frequent opportunities to regularly interact with each other*". Be sure that your communication guidelines describe how you will initiate regular effective contact and maintain substantive interaction by including elements such as timely and substantive feedback on course assignments, threaded discussion forums and weekly announcements. Instructor-prepared materials are required in addition to any publisher-created materials to create a virtual equivalent of face-to-face classes. Your description must be consistent with the methods of Regular Effective Contact in the DE Course Proposal form.

Policies - additional
Describe additional policies you have including late work/make-ups, tardiness, and use of personal technological devices.

Information for this Class

Class schedule
Include the scheduled dates for each of the class meetings, and indicate finalized or tentative readings, assignment due dates, quizzes, and exams. Note that this is tentative.

 The First Day the Class Meets should be made clear here (since our semesters start on Saturdays, which confuses people). Dates of Holidays and non-class days (Spring Break, Fall Break, Lincoln Day) should also be listed in the CLASS

schedule, along with the last regular class meeting, finals week information, AND the last date that late work will be accepted.

Any meetings scheduled outside of normal class time (such as field trips) should be clearly indicated. *Note that the Canvas LMS automatically adds a class schedule to your syllabus if you choose to use this option.*

Example schedule

Week	Date	Topic	Text Chapters & Activities	Assignments/Due Dates
1				
2				
3				

Recommended textbooks & other materials
Title, edition, author, ISBN. Note: these books are not covered by EOPS book vouchers.

Proctoring (*required for *online courses*)
[Instructor: explain whether or not proctoring is required, and if so, what proctoring options are available. Please note that for an online course you must include both an off campuses option in addition to our on campus testing center. Typically it has been up to the student to choose and arrange for an approved off campus proctor, however this process can be both complicated and time consuming for both student and instructor. CR can now offer proctoring through Canvas and Proctorio, a proctoring software and lockdown browser. This can be a good option for students who have limited local resources or mobility issues.

Preferred Name in Canvas
Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact Admissions & Records to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. It does not change your legal name in our records. See the Student Information Update form.

Canvas Information
If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.
Log into Canvas at https://redwoods.instructure.com
Password is your 6 digit birth date
For tech help, email its@redwoods.edu or call 707-476-4160

Technology skills, requirements, and support (required for online classes)
Tech equipment and skills are required for student success, and of equal importance as required textbooks and materials,

Students can obtain a free Office 365 license (includes Word, Excel, PowerPoint and more) with a valid CR email.

Necessary Computer Skills **-** [instructor: identify the computer skills necessary for students to succeed in your course.]

Technology Requirements (computer, other hardware, and software) **-** [instructor: identify the computer requirements and any hardware or software necessary for students to succeed in your class.]

Technology Support **-** [instructor: identify your role in providing technology support]

Before contacting Technical Support please visit the [Online Support Page](). For password issues with Canvas, Web Advisor or your mycr.redwoods.edu email, contact [its@redwoods.edu]() or call 707-476-4160 or 800-641-0400 ext. 4160 between 8:00 A.M. and 4:00 P.M., Monday through Friday.

Gender-Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is gender-inclusive and non-sexist to affirm and respect how people describe, express, and experience their gender. Just as sexist language excludes women's experiences, non-gender-inclusive language excludes the experiences of individuals whose identities may not fit the gender binary, and/or who may not identify with the sex they were assigned at birth. Gender-inclusive/non-sexist language acknowledges people of any gender (for example, first year student versus freshman, humankind versus mankind, etc.), affirms non-binary gender identifications, and recognizes the difference between biological sex and gender expression.

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records]() to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. It does not change your legal name in our records. See the [Student Information Update form]().

Emergency procedures / 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.

Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map]() for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information see the [Redwoods Public Safety Page](). 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 campus authorities.

Klamath Trinity Campus Emergency Procedures

Please review the [campus emergency map]() for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [Redwoods Public Safety Page]() It is the responsibility of College of the Redwoods to protect life and property from the effects of emergency situations within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
4. If safe to do so, notify key Klamath-Trinity Instructional Site administrators and personnel.
5. Do not leave site, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

6. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.

Student Support Services

The following online resources are available to support your success as a student:
- CR-Online (Comprehensive information for online students)
- Library Articles & Databases
- Canvas help and tutorials
- Online Student Handbook

Counseling and Advising offers academic support and includes academic advising and educational planning

Learning Resource Center includes the following resources for students

- Academic Support Center for instructional support, tutoring, learning resources, and proctored exams.
- Library Services to promote information literacy and provide organized information resources.
- Multicultural & Diversity Center [waiting for hyperlink and Mission]
- Math Lab & Drop-in Writing Center

Special programs are also available for eligible students include

- Extended Opportunity Programs & Services (EOPS) provides financial assistance, support and encouragement for eligible income disadvantaged students at all CR locations.
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in Eureka or in Del Norte
- The Veteran's Resource Center supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821
- The Honors Program helps students succeed in transferring to a competitive four-year school.