Syllabus for Psychology 33
Personal Growth & Development

CR COLLEGE OF THE REDWOODS

Course Information

Semester: Fall   Year: 2020

Course ID: Psych 33   Section #: E0028

Instructor's name: Stephen Quiggle

Distance Education (DE)

Course units: 3
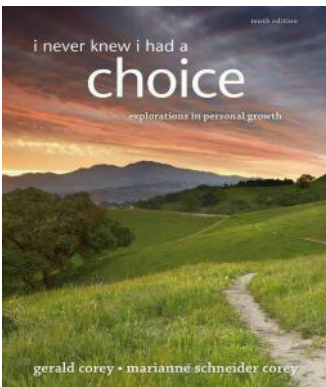
Instructor Contact Information

Email address: Stephen-quiggle@redwoods.edu (preferred method of contact)

Phone number: (707) 223-1713

Office hours: By appointment

Course Materials

Required text: I Never Knew I Had a Choice, 10th edition

Authors: Corey & Corey

ISBN: 9781285067681

(I suggest purchasing a copy through a secondary source such as Amazon, eBay, AbeBooks)

Required companion book: The Four Agreements

Ruiz, M. (1997). The Four Agreements: A practical guide to personal freedom. Amber Allen Publishing

(This book is also available through secondary sources such as Amazon, eBay, AbeBooks … the average cost is $8)

Suggested resource for review: Psychology, 2nd revised edition

Authors: Mara Aruguete, Laura Bryant, Barbara Chappell, et al.

ISBN: 13: 978-1-951693-23-7

Download, view, and access the open education text (for free) here:

https://openstax.org/details/books/psychology

Other course media and resources will be provided.

Catalog Description

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, the 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 Student Learning Outcomes

Students will be able to:
1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to respresent 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.

Recommended preparation

General Psychology; English 150

Course Schedule

Our course will proceed with <u>weekly modules</u> covering specific topics. Modules will run for one week during which any scheduled discussion, assessments, or assignments are due; Modules will open at 12:00 a.m. Monday morning and close at 11:59 p.m. Sunday nights. Though course material and resources from each module will remain accessible, contributions to discussion or assignment/assessment submission times will close (contact the instructor in advance to arrange for the possibility of late submissions). Some modules cover more time and topics than others and the text resources are <u>not</u> in "chronological" chapter order, so be mindful (ie. Week 6 addresses chapter 7). Stay current!

Modules /Weekly Sections	Topic	Read/ View/Review	Activity / Assessment/ Assignment due
Module 1 Week 1: 8/24	Tour Canvas Course overview Introduction to Psychology Personal Learning & Growth	Course notes Related media Chapter 1 Aruguete Chapter 1 Corey	Introduction forum Syllabus quiz (due by Sunday)
Module 2 Week 2: 8/31	Childhood & Adolescence Four Agreements (FA)–Domestication and the dream of the planet	Chapter 2 Corey Chapter 1 Ruiz Introduction Related resources/media Writing support	Discussion Forum **If you're going to drop the course, please do so by 9/4 (No "W" and a money back guarantee!)**
Module 3 Week 3: 9/7	Adulthood & Autonomy FA – 1st Agreement: Impeccability	Chapter 3 Corey Related resources/media Chapter 2 Ruiz	**Written Assignment I:** Popular press article synopsis **Module 1-3 Quiz**
Module 4 Week 4: 9/14	Wellness FA – 1st Agreement: Impeccability	Chapter 4 Corey Chapter 2 Ruiz Related resources/media Academic database search	Discussion Forum
Module 5 Week 5: 9/21	Managing Stress/Anxiety FA – 2nd Agreement Don't take <u>anything</u> personally	Chapter 5 Corey Chapter 14 Aruguete Chapter 3 Ruiz Related resources/media	Discussion Forum
Module 6 Week 6: 9/28	Relationships	Chapter 7 Corey Related resources/media	Discussion Forum **Treasure Chest**
Module 7 Week 7: 10/5	Love FA – 3rd Agreement Don't make assumptions	Chapter 6 Corey Chapter 4 Ruiz Related resources/media	**Written Assignment II: Academic Research Article Executive Summary**
Module 8 Week 8: 10/12	Sexuality 3rd Agreement continued	Chapter 9 Corey Related resources/media	Discussion Forum **Modules 4-8 Quiz**

Module 9 **Becoming the person that you want to be… challenging the status quo** Week 9: 10/19	Being you!	Chapter 8 Corey Related resources/media Extra credit opportunities	
Module 10 Week 10: 10/26	Being you! FA – 4th Agreement Always do your best	**Other resources** Chapter 5 Ruiz	Discussion Forum **If you're going to drop the course (with a "W"), now's the time!**
Module 11 Week 11: 11/2	Meaning & Value	Chapter 13 Corey	Discussion Forum
Module 12 Week 12: 11/9	Pathways to Personal Growth	Chapter 14 Corey	**Module 9-12 Quiz**

Module 13
 	
Week 13: 11/16
	Ponder, review, and consider…
	
	FA – Breaking old agreements
		Extra credit opportunities
		    Film synopsis
		    Agreement perspective
		Chapter 6 Ruiz
			Discussion Forum
			
			Treasure Chest

Week 14: 11/23	Take the week off – Be grateful		Relax / regroup / redouble your resolve
Module 14 Week 15: 11/30	Work & Recreation: creating balance	Chapter 10 Corey	Discussion Forum **Extra credit is due by Sunday**
Module 15 Week 16: 12/7	Loneliness & Solitude… they're not remotely the same experience	Chapter 11 Corey Course notes Related media	**Written Assignment III:** Annotated bibliography **Academic Research Article**
Module 16 Week 17: 12/14	Death & Loss	Chapter 12	**Module 13-16 Quiz** Final discussion **All outstanding work must be completed and turned in by Friday.**

Assessments & evaluations

Your grade will be determined by the quality of your discussion forum contributions (clear rubrics provided), writing assignments, and quiz scores (there are extra credit opportunities).

Ten discussion forums at 10 points each	100
Three written assignments at 25 points each	75
Four quizzes (one about every four weeks) at 25 points each	100
Attend two or more asynchronous class meetings TBA at 12.5 pts each	25
Two extra credit opportunities at 10 points each	
Total	300

Grading Scale

A 100% - 90%   B 89% - 80%   C 79% - 70%   D 69% - 60%   F below 60%   NP below 70%

Accessibility

Students will have access to online course materials that comply with the Americans with Disabilities Act of 1990 (ADA), Section 508 of the Rehabilitation Act of 1973, and the College of the Redwoods policies. Students who discover access issues with this class should contact the instructor.

College of the Redwoods is also committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students](#) (DSPS). 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 the library
⟩ Klamath-Trinity: 530-625-4821 Ext 103

During COVID19, approved accommodations for distance education classes will be emailed to the instructor by DSPS. In the case of face to face instruction, please present your written accommodation request to your instructor at least one week before the first test so that necessary arrangements can be made. Last-minute arrangements or post-test adjustments cannot usually be accommodated.

Support for online learners during COVID-19

In response to COVID-19, College of the Redwoods moved the majority of its courses online to protect health and safety. As the faculty and students adjust to this change, clear communication about student needs will help everyone be successful. Please let me know about any specific challenges or technology limitations that might affect your participation in class. I want every student to thrive.

Evaluation & Grading Policy

Every discussion forum, quiz, written assignment, or other assessment is accompanied by a clear grading rubric that states the parameters and standards relative to the assessment type. This course will use a standard 100% grading calculation (e.g. there are no weighted or curved grades). All assessments are due <u>by</u> the recorded and delineated date (though you may complete assessments early). Late work will not receive credit unless arrangements have been made at least three (3) days prior unless there is a legitimate, documented emergency.

Admissions deadlines & enrollment policies

Fall 2020 Dates
- *Classes begin: 8/22/20*
- *Last day to add a class: 8/28/20*
- *Last day to drop without a W and receive a refund: 9/4/20*
- *Labor Day (all-college holiday): 9/7/20*
- *Census date: 9/8/20 or 20% into class duration*
- *Last day to petition to file P/NP option: 9/18/20*
- *Last day to petition to graduate or apply for certificate: 10/29/20*
- *Last day for student-initiated W (no refund): 10/30/20*
- *Last day for faculty-initiated W (no refund): 10/30/20*
- *Veteran's Day (all-college holiday): 11/11/20*
- *Fall break (no classes): 11/23/20-11/28/20*
- *Thanksgiving (all-college holiday): 11/25/20-11/27/20*
- *Final examinations: 12/12/20-12/18/20*
- *The semester ends: 12/18/20*
- *Grades available for transcript release: approximately 12/23/20*

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 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.

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 inclusive and respectful.

Setting Your Preferred Name in Canvas

Students can 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

This is a DE course that utilizes the Canvas learning management system (LMS) for content delivery, resource retrieval, address, interaction, and assessment. Familiarize yourself with Canvas before you begin coursework. You should log in to Canvas course shell at least three times each week. If you make an inquiry of the instructor, I will respond within 24 hours during the week (M-F).

Log in to Canvas at https://redwoods.instructure.com
Password is your 8 digit birthdate
For tech help, email its@redwoods.edu or call 707-476-4160
Canvas Help for students: https://www.redwoods.edu/online/Help-Student
Canvas online orientation workshop: https://www.redwoods.edu/online/Home/Student-Resources/Canvas-Resources

Community College Student Health and Wellness

Resources, tools, and training regarding health, mental health, wellness, basic needs, and more designed for California community college students, faculty, and staff are available on the California Community Colleges Health & Wellness website.

Wellness Central is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

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

The Counseling Department offers assistance to students in need of professional counseling services such as crisis counseling.

The Learning Resource Center (LRC) includes the following resources for students:

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

Special programs are also available for eligible students to 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 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.

Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus, you will receive an alert through your email and/or phones. Registration is not necessary to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor https://webadvisor.redwoods.edu and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the Redwoods Public Safety Page.