

Psych 20 – Biological Psychology

Course Information

Spring, 2021

Psych 20 – V0472

Mark Winter, PhD

3.0 credit hours

Instructor Contact Information: Canvas Message – Go to the Help Icon (bottom left) on the class homepage. This is the best method as I receive a notification and it is stored in Canvas for easy access. **Instructor Email** - You can also reach me at mark-winter@redwoods.edu as I usually check my email daily. This works but mixes with other work activities. **Canvas Module** – Each week there is a link in Modules for a “Question for the Instructor.” This is a place to ask questions of general interest to all students. This is not a method for individual or private communication. I check this site every couple days. **Phone Message** – Not available. **Office Hour** – Individual Zoom meetings are available upon request.

Course Description: This course introduces the scientific study of the biological bases of behavior and its fundamental role in the neurosciences. Physiological, hormonal, and neurochemical mechanisms, and brain-behavior relationships underlying the psychological phenomena of sensation, perception, regulatory processes, emotion, learning, memory, and psychological disorders will be addressed. The course also notes historical scientific contributions and current research principles for studying brain-behavior relationships and mental processes. Ethical standards for human and animal research are discussed in the context of both invasive and non-invasive experimental research.

Prerequisites: General Psychology (Psych 1)

Course Learning Outcomes:

1. Analyze how biological processes affect human mind and behavior.
2. Demonstrate knowledge and understanding representing appropriate breadth and depth in selected content areas of biological psychology.
3. Analyze and/or apply biopsychological research in writing.

Required Text: Garrett, B. & Hough, G. Brain and Behavior: An Introduction to Behavioral Neuroscience (5th edition), 2018. Sage Publishing. (ISBN: 978-1-5063-4920-6)

Please have access to the text by the first week of class as assignments begin immediately and are due by the end of the week.

Student Accessibility: College of the Redwoods is 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 library
- Klamath-Trinity: 530-625-4821 Ext 103

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

Student Readiness: Are you ready for online classes? Please take about 15 minutes to review what it means to take an online class by watching the Introduction to Online Learning presentation at: <https://apps.3cmediasolutions.org/oei/01-Introduction-to-Online-Learning/index.html>

Login instructions for Canvas:

1. Open your web browser and go to <https://redwoods.instructure.com>
2. Your Username is the same as your **WebAdvisor User ID** (e.g., flast123 - first initial + lastname + last 3 digits of your student ID number.) Your initial password is your 6-digit birthdate (mmddyy).
3. Once logged in, on top left-hand side of the screen you should see a drop down menu of your Courses.

Canvas Help: There are Canvas instructions and additional help with preparation for taking an online course at College of the Redwoods at: <https://www.redwoods.edu/online>

Computer Skills: Online courses require adequate computer skills. You should be able to navigate the course website, open and download files, use a word processor with either Microsoft word (.docx) or be able to convert files to portable document format (.pdf), and submit files to the class website. It is your responsibility to meet the technological demands of the course.

Computer Requirements:

Internet Access: Broadband services from cable, DSL, or satellite providers as there are required multimedia assignments. You need to have reliable access to the internet at least two times a week for 16 weeks. Anticipate problems with your computer and internet access (including power outages) by not waiting until the last minute to submit assignments. It is your responsibility to meet the class deadlines.

Computers: You should plan on doing the majority of your work (especially exams and assignments) from a reasonably recent model notebook or desktop computer (Mac or PC). *Do NOT participate in this class solely from a portable device.*

Portable Devices: You can use recent model portable devices (such as Android or iOS phones & tablets) for some things in this class. If you do decide to use your portable device for *some* of your class work, use the free Canvas app (called “Canvas by Instructure”) available in iTunes (for iOS) and the Google Play Store (for Android).

Do not try to connect to Canvas using a web browser on a portable device. Your experience with Canvas will be a lot better using the app.

Browsers - You will need to use the most recent version of one of the following browsers in order to best access the course and activities; Mozilla Firefox (10 or higher), Chrome (54.0.2840.99 m or higher), or Safari (1.2 or higher). Do not use Internet Explorer as it does not work properly with Canvas.

Student Commitment: Your commitment will require at least as much time as you dedicate to a traditional class. A typical three credit hour class will require about nine hours per week of your time. You will need to carefully read textbook chapters and watch online video lectures and assigned videos, participate in online discussions, complete weekly quizzes, and submit written exams and essay. Conscientiousness, organizational skills, attention to details, self-discipline, and college-level reading and writing are critical for success.

Instructor Commitment: I dedicate as much or more time to this class compared to a traditional class. I will access the class website regularly (usually daily) and respond to posted questions and messages within 48 hours. Additionally, I read every discussion forum post and occasionally participate. There is also regular instructor-based communication with weekly announcements, lecture videos, evaluative feedback to each of your discussion posts/exam answers, and emails/messages to students who fall behind.

Class Discussions (130 points): Each week has a discussion based on a video prompt. You will receive up to a maximum of 10 points for postings and responses to other peoples’ postings (see scoring below). This is an important and required part of the class. The discussion forum is accessed in Modules at the class website. *The lowest score will be dropped for your final grade.*

Primary Post -- 6 points possible --Your primary post must:

- **Identify and React analytically** to specific video content, not a summary (1 point)
- **Relate and apply** topic to your own personal experience (1 point)
- **Contribute** to the topic with additional information; a web search and include a credible source link (1 point)
- **Post before** the Thursday deadline (2 points) / **late** –Fri/Sat (1point)
- **Meet** the 300 word minimum length: (1 point)

Classmate Reply Posts -- 4 points possible – Each of your **two reply posts** must:

- **React thoughtfully** to the content of a classmate’s primary post. **Focus your reply** on your classmate’s post, not on your personal experiences (1 point for each of two replies)
- **Meet** the 150 word minimum length and college writing quality (1 point for each of two replies)

Chapter Quizzes (195 points): Chapter quizzes consist of 15 timed multiple-choice items **based on a mix of lecture videos, assigned videos, and assigned textbook readings.** Quizzes are available beginning Mondays the week the chapters are presented and until the deadlines on Sundays at 11:59 pm. Quiz scores are displayed immediately, incorrect answers after the second attempt, and correct answers after the Sunday deadline for one week. You are limited to a total of 20 minutes for each quiz. Although open-book, you will not have time to search and find all of the answers. You should take each quiz twice with the higher score recorded in the gradebook. *The lowest score will be dropped for your final grade.*

Exams (70 points): Each of the two exams consists of 7 short essay questions based on the readings and lecture videos. Study guides will be provided. Exams are not proctored.

Research Essay (60 points): This will be a research paper (3-5 pgs) on an instructor-approved biological psychology topic. This assignment includes an instructor-approved topic outline (10 pts.) and essay/paper (50 pts.). Information is available at the modules link in Canvas. All research assignments will be submitted electronically using Canvas - with auto routing to Turnitin.com for plagiarism review.

Dates	Topics	Assignments
Week 01 Jan 16 – Jan 24	Introduction to Biological Psychology	Chapter 1 Text, Lectures/Videos, Quiz, and Discussion
Week 02 Jan 25 – Jan 31	Nervous System Communication	Chapter 2 Text, Lectures/Videos, Quiz, and Discussion
Week 03 Feb 01 – Feb 07	Nervous System Organization and Function	Chapter 3 Text, Lectures/Videos, Quiz, and Discussion
Week 04 Feb 08 – Feb 14	Drugs and Addiction	Chapter 5 Text, Lectures/Videos, Quiz, and Discussion

Dates	Topics	Assignments
Week 05 Feb 15 – Feb 21	Motivation	Chapter 6 Text, Lectures/Videos, Quiz, and Discussion
Week 06 Feb 22 – Feb 28	Sex and Gender	Chapter 7 Text, Lectures/Videos, Quiz, and Discussion
Week 07 March 01 – March 07	Emotion and Health	Chapter 8 Text, Lectures/Videos, Quiz, and Discussion
Week 08 March 08 – March 14	Midterm Exam Research Paper Outline	Midterm Exam Chapters 1-3 & 5-8 Paper Outline
March 15 – March 21	Spring Break	
Week 09 March 22 – March 28	Hearing and Language	Chapter 9 Text, Lectures/Videos, Quiz, and Discussion
Week 10 March 29 – April 04	Vision and Visual Processing	Chapter 10 Text, Lectures/Videos, Quiz, and Discussion
Week 11 April 05 – April 11	Body Senses and Movement	Chapter 11 Text, Lectures/Videos, Quiz, and Discussion

Dates	Topics	Assignments
Week 12 April 12 – April 18	Learning and Memory Research Paper	Chapter 12 Text, Lectures/Videos, Quiz, Discussion, & Paper
Week 13 April 19 – April 25	Intelligence and Cognitive Function	Chapter 13 Text, Lectures/Videos, Quiz, and Discussion
Week 14 April 26 – May 02	Psychological Disorders	Chapter 14 Text, Lectures/Videos, Quiz, and Discussion
Week 15 May 03 – May 09	Sleep and Consciousness	Chapter 15 Text, Lectures/Videos, Quiz, and Discussion
Finals May 06 – May 12	Final Exam	Final Exam Chapters 9-15

Grade Distribution: **A**=94% and above, **A-**=90-93%, **B+**=88-89%, **B**=84-87, **B-**=80-83%, **C+**=78-79%, **C**=65-77%, **D**=60-64%, **F**=59% and below

Student Code of Conduct: Please familiarize yourself with the Student Code of Conduct (AP 5500). It requires you to do your own work. All essays, postings, and exams must be completed by you without assistance. Do not use **any source** except the textbook or instructor's lectures in your writing/postings without proper citation. In cases involving **academic dishonesty**, determination of the grade and your status in the course is left primarily to the discretion of the instructor.

Student participation that **disrupts the instructional setting** will not be tolerated. Disruptive conduct may include, but is not limited to: failure to adhere to instructor's directions; vulgar or obscene language; racist, sexist, or other forms of prejudice, and; personal intimidation. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. Simply put, please follow the guiding principles of kindness and empathy in your communication, especially discussion postings.

Admissions deadlines & enrollment policies

- *Classes begin: 1/16/21*
- *MLK Jr. Birthday (all campuses closed): 1/18/21*
- *Last day to add a class: 1/22/21*
- *Last day to drop without a W and receive a refund: 1/29/21*
- *Census date: 2/01/21 or 20% into class duration*
- *Last day to petition to file P/NP option: 2/12/21*
- *Lincoln's Birthday (all campuses closed): 2/12/21*
- *President's Day (all campuses closed): 2/15/21*
- *Last day to petition to graduate or apply for certificate: 3/04/21*
- *Spring Break (no classes): 3/15/21 – 3/20/21*
- *Last day for student-initiated W (no refund): 4/02/21*
- *Last day for faculty-initiated W (no refund): 4/02/21*
- *Final examinations: 5/08/21 – 5/14/21*
- *Semester ends: 5/14/21*
- *Grades available for transcript release: approximately 5/31/21*

Academic Support and Resources: 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](#) offers assistance to students in need of professional counseling services such as crisis counseling. Resources, tools, and trainings 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.

Learning Resource Center 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 include

- Extended Opportunity Programs & Services (EOPS) provides services to eligible income disadvantaged students including: textbook award, career academic and personal counseling, school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!
- 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

Regular Contact: The instructor will initiate regular effective contact and maintain substantive interaction by including elements such as timely (within one week) and substantive feedback using a scoring rubric on course assignments including discussion forums and access to correct answers on weekly quizzes. Instructor-prepared materials (videos and/or lectures) are used to create a virtual equivalent of face-to-face classes.

Setting Your 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. This does not change your legal name in our records. See the Student Information Update form.

Notes: While I make every effort to follow the standards and schedule of this syllabus there may be times when changes are necessary. I will inform the class through the announcement board and/or class messages of any changes. There is no extra credit available.