

## Course Information

Semester & Year: Spring 2021

Course ID & Section #: D1507

Instructor's name: Dr. Celia Perez

Course units: 3

Required text: Never Knew I had a Choice, 10<sup>th</sup> Edition- ISBN: 9781285067681

## Instructor Contact Information

Please contact me using Burning Question form(s).

## Catalog Description

This course 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 includes: 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 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.

**Recommended preparation** General Psychology; English 150

## 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, 1<sup>st</sup> 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 Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

## Evaluation & Grading Policy

Grading Criteria (subject to change) Written assignments and Final will factor to 80% of your grade  
Attendance/Class participation will factor to 20% of your grade  $\geq 90\%$  = A 80 to 89% = B 70 to 79% = C 60 to 69% = D Anything less than 60% will equal a failing grade.

Students are expected to complete assigned readings for each topic in order to be able to write weekly reactions papers (based on reactions to readings). 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:

- \*Keeping up to date with all of the assigned readings
- \*Midterm test
- \*Completion of the self-reflective activities in each chapter of the book
- \*Final examination

## Admissions deadlines & enrollment policies

Spring 2021 Dates

- *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 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](#).

### **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 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](#).

### **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 8 digit birth date

For tech help, email [its@redwoods.edu](mailto: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 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.

Students seeking to request a counseling appointment for academic advising or general counseling can email [counseling@redwoods.edu](mailto:counseling@redwoods.edu).

## 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 personal email and/or phones. Registration is not necessary in order 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](mailto:security@redwoods.edu) if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- 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.

### 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](#).

### Eureka 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 emergencies within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.

7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

## **Klamath Trinity Campus Emergency Procedures**

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. 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. Student Support Services (required for online classes)

## **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](#) offers assistance to students in need of professional counseling services such as crisis counseling.

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

## Course Schedule

You are expected to complete assigned readings for each topic in order to write weekly reactions papers. A reaction is based on reactions to readings. This course requires both a personal and academic involvement on your part since the course deals mainly with understanding oneself and others.

Other specific requirements are listed below:

- \*Active participation in class by reading and submitted all assigned work on-time
- \*Keeping up to date with all of the assigned readings
- \*Midterm test
- \*Completion of the self-reflective activities in each chapter of the book
- \*Final examination

### 5 BASES FOR GRADING:

Your grade, for this course, will be determined by evidence of the quality of learning as demonstrated by your performance in the following areas:

reactions papers	5 reactions x 5 points	= 25points
midterm final		= 25 points
final examination		= 25 points
class participation		= 25 points (pts for submitting assignments on-time)

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 written as neatly as possible. The approximate suggested length is between two to three double-spaced pages. Each of these papers is worth 5 points maximum.

You must submit your reaction paper by the due date to earn credit. You might want to write about your personal reactions to certain topics within a chapter.

Ideas to write about:

1. How do certain sections within a chapter have personal meaning to you?
2. How can you apply a particular topic that is discussed to your own life?
3. What are you learning about yourself from each chapter?
4. What might you want to do about what you are learning about yourself?
5. 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 each chapter?

Thus, your reactions papers can be a combination of your personal reactions to what you are learning about yourself and a critique and discussion about a few key points of the chapter that most stand out for you. 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.

Important dates:

<u>Reaction paper #1 on Chapters 1+2</u>	<u>due 2/12/2021</u>
<u>Reaction paper #2 on Chapters 3+4</u>	<u>due 2/26/2021</u>
<u>Reaction paper #3 on Chapters 5+6</u>	<u>due 3/12/2021</u>
<u>Chapters 7+8 included in midterm</u>	<u>due 3/26/2021</u>
<u>Reaction paper #4 on Chapters 9+10</u>	<u>due 4/16/2021</u>
<u>Reaction paper #5 on Chapters 11+12</u>	<u>due 4/30/2021</u>
<u>Chapters 13+14 included on final CLASS</u>	<u>due 5/14/2021</u>

PARTICIPATION/ATTENDANCE: Participation is a MUST in this course. This class will involve some degree of self-exploration and interpersonal learning. The instructor will share more fully about the guidelines for self-disclosure and the expectations in your first course weekly packet.

COURSE PLAN

Week 1:	1/20/21:	Introduction to the Course (self-disclosure)
Week 2:	1/29/21:	Chapter 1: Invitation to Personal Learning and Growth
Week 3:	2/05/21:	Chapter 2: Reviewing Your Childhood and Adolescence
Week 4:	2/12/21:	Chapter 3: Adulthood and Autonomy
Week 5:	2/19/21:	Chapter 4: Your Body and Wellness
Week 6:	2/26/21:	Chapter 5: Managing Stress 7
Week 7:	3/05/21:	Chapter 6: Love
Week 8:	3/12/21:	Chapter 7: Relationships
	<b>Spring Break:</b>	<b>March 15-20</b>
Week 9:	3/26/21:	Chapter 8: Becoming the Woman or Man You Want to Be
		<b>Midterm</b>
Week 10:	4/02/21:	Chapter 9: Sexuality
Week 11:	4/09/21:	Chapter 10: Work and Recreation
Week 12:	4/16/21:	Chapter 11: Loneliness and Solitude
Week 13:	4/23/21:	Chapter 12: Death and Loss
Week 14:	4/30/21:	Chapter 13: Meaning and Values
Week 15:	5/07/21:	Chapter 14: Pathways to Personal Growth
Week 16:	5/14/21:	<b>Final Examination</b>

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