

Course Information

Semester & Year: Fall 2021

Course ID & Section #: PSYCH-33-E2024

Instructor's name: Kaliym Butler

Day/Time of required meetings: Monday, Wednesday, 11:40AM – 01:05PM

Location: Room 3

Number of proctored exams: 0 Course

Units: 3

Texts: REQUIRED Corey, G., Corey, M., & Muratori, M. (2017). I never knew I had a choice: Explorations in personal choice. Pennsylvania: Wadsworth Publishers, Cengage Learning. ISBN: 978-1305945722 (11th edition preferred, 10th edition acceptable)

RECOMMENDED American Psychological Association. (2019). Publication manual of the American Psychological Association. Washington DC: American Psychological Association. ISBN: 978-1433832161 (7th edition preferred, 6th edition acceptable).

Instructor Contact Information

Office location or *Online: Creative Arts, Room 109, or Online via Zoom

Office hours: TBD. Accessible at any time via phone and email. Zoom meeting by appointment.

Phone number: 707/298-8458

Email address: kaliym-butler@redwoods.edu

Catalog Description

A course focusing on applied psychology. This course surveys psychological theories and empirical research in personal growth, personality development and adjustment. Topics covered include: personality development, self-esteem, stress and coping, health, psychology of love and sex, gender roles, mental health diagnoses, work, and group behavior.

Students will learn to apply psychological theories and principles to their own lives while examining personal barriers to learning, personal effectiveness and interpersonal relationships.

Course 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.

Prerequisites/co-requisites/ recommended preparation

None

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 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 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 Course

Expectations:

Grading: You can earn a total of 450 points throughout the semester. Points will be divided as follows:

Assignment	Points Possible
Research Papers	150
Quizzes	150
Midterm	75
Final	75
Total Points Possible	450
*Extra Credit Opportunities may be Available Throughout the Semester	

Final Grading Scale:

Percentage	Approximate Point Range	Letter Grade
90-100%	405-450	A
80-89%	360-404	B
70-79%	315-359	C
60-69%	270-314	D
Below 60%	0-267	F

Research Article Questions (50 Points): This assignment is to provide you with exposure to primary research in the field of psychology. Your instructor will provide the article for you, electronically (a hard copy can be provided upon request). You need to read the article and be able to answer the questions provided here prior

to the day designated in our schedule as the date for discussion of the article. You will then need to type up your answers in a paper approximately 2 pages long, double-spaced. This paper should demonstrate your knowledge of the research process. It is worth 30 points and 5 points will be taken off for every class period it is late. Please be sure to site your article in APA format.

1. What Journal is the article in? Year and volume? Page numbers?
2. Is this experimental or correlational research? Explain why.
3. What is the author's hypothesis?
4. If this is experimental research, identify the independent and dependent variables.
5. Identify the group of individuals that are being researched. Is this a representative sample?
6. Identify some extraneous variables that could be affecting the outcome of the research.
7. Explain how the research was conducted. What was the method?
8. Explain the results of the study.
9. Do you feel that this research should be replicated? How would you change the design?
10. How do you think the results of this research can be utilized by our community/society?
11. Why did you pick this article? Does the content of this article have any connection to your life?

Annotated Bibliography (50 Points): An annotated bibliography is an organizing tool that is helpful when working on a research project. For this assignment you will need to find 3 academic resources, I recommend you use three resources that you plan to utilize for your research paper. An effective annotated bibliography is used to compile research sources in one location and provide the researcher with quick access to the information contained in each source. For this assignment you will need to find 3 academic resources, I recommend you use three resources that you plan to utilize for your research paper. More information will be provided in class, and you can find examples on Canvas.

Paper and Paper Outline (50 Points): The outline is worth 20 points and the paper is worth 30 points (basically you get 33.33% for turning in an outline so that I can make sure you're on the right track!). 1 point will be deducted for every day that a paper is turned in late. **You will have the opportunity to revise your paper, so do not turn in your first draft late!!**

You should choose a topic for the paper from the following list: (Topics that are not included on this list must be approved)

1. Research different specialty fields in psychology, pick one to discuss in your paper explaining the specialty area, history of the area and important research. If you are considering Psychology as a major this assignment may help you to explore the different career options in this discipline.
2. Research a major theorist that has contributed to the field of psychology. Give his/her history and describe their theory of counseling along with how individuals change.
3. Research a major psychological disorder. Explain the disorder and its current recommended treatments. (To narrow this topic some, you may want to look at specific subtopics of a disorder such as particular populations or treatments.)
4. Research sleep and current theories on dreaming. Historical theories can also be included.
5. Examine the current research on sex differences in the brain.
6. What is the current research on the brain's ability to repair itself after injury?
7. What are the effects of psychological medications on the brain?
8. Examine the current research on perceptual differences in individuals who have a hearing or vision deficit.

9. How effective is hypnosis at stopping addictions?
10. Research the different ways that behavior modification is being utilized to treat disorders in children.
11. What does research indicate about the correlation between scores on intelligence tests and success?
12. Discuss psychological treatments and research on the effectiveness of these treatments.
 - Make sure you fully cover the topic in an academic manner.
 - The research should be current and verifiable by author and or organization. Utilize the research tools available through the library for your research not Google/open web searching.
 - The paper needs to be written in APA format, 5-8 pages, double-spaced. You can access a handout on APA formatting on the CR library homepage. OWLS at Purdue and Diana Hacker.com are also good on-line sources for help with formatting. We will discuss formatting in class.
 - At least 3 academic sources need to be utilized including research articles and/or books. (Utilize the sources from your annotated bibliography).
 - This project including the outline and paper is worth 50 points.

Paper Rubric: Content and Organization- 10 points: The paper needs to adequately explain the topic and the research that was utilized in the discussion. Student needs to be able to analyze the research read and synthesize the research in the writing of the paper. The paper needs to be well organized in regard to paragraph structure, sentence structure and overall organization of paper topic.

Documentation/Credibility of sources – 10 points: In text citations must be utilized according to APA format. A reference page also needs to be included fully citing the verifiable sources. Sources of information utilized for this paper must be academic ones found through library databases. Sources should be verifiable and documented by an author and/or organization. Peer reviewed sources will be helpful for you to use in your research.

Utilization of APA format- 5 points: APA format needs to be utilized in the set-up of the paper including a title page, utilization of a running head, in text citations by author and date, 12 font, double space, format of reference page.

Spelling and Grammar – 5 points: One point will be deducted for each spelling and grammar mistake. Please edit carefully.

Outline – 20 Points: Turn in outline on time and follow above guidelines.

Chapter Quizzes (150 points): Each chapter has a quiz consisting of 10 multiple-choice items based on the week's lecture/discussions, lecture videos, and text readings. Quizzes will be made available at the beginning of the week and will close at the end of the week. Refer to the assignment for that week in-case you are unsure of beginning and due dates for quizzes. Each quiz will have 2 attempts allowed; your highest score will be the one that is calculated into your final grade. You need to ensure that you complete the quizzes before their due date as they will NOT be reopened except for the most extreme of circumstances (this does not include vacation or forgetfulness).

Exams (75 points each): You will only have 2 exams this semester, a midterm and a final. The final exam will NOT be cumulative and only consist of course material after the midterm. These exams will NOT be proctored or timed. You will only have one attempt per exam, please make sure you are in a quiet and comfortable area before you begin. You need to ensure that you complete both of the exams before their due date as they will

NOT be reopened except for the most extreme of circumstances (this does not include vacation or forgetfulness).

Course Schedule:

DATES (Week Start Date)	TOPIC	READING	ACTIVITY/ASSESSMENT/ ASSIGNMENT DUE
Week One: Invitation to Personal Learning and Growth			
8/22/2020	Choice and Change, Models for Personal Growth, Learning Styles	Chapter One	Introductions, Quiz 1
Week Two: Reviewing Your Childhood and Adolescence			
8/29/2020	Infancy, Early Childhood, Middle Childhood, Pubescence, Adolescence	Chapter Two	Quiz 2
Week Three: Reviewing How to Understand Research			
9/5/2020	Research Article Assignment		
Week Four: Adulthood and Autonomy			
9/12/2020	Stages of Adulthood, Early Adulthood, Middle Adulthood, Late Middle Age, Late Adulthood	Chapter Three	Quiz 3, Research Article Questions Due
Week Five: Your Body and Wellness			
9/19/2020	Wellness of Life Choices, Maintaining Sound Health Practices, Your Body Identity	Chapter Four	Quiz 4
Week Six: Managing Stress			
9/26/2020	Sources of Stress, Effects of stress, Ineffective Reactions to Stress, Sexual Exploitation, Constructive Responses to Stress	Chapter Five	Quiz 5
Week Seven: Love			
10/3/2020	Authentic and Inauthentic Love, Barriers to Loving and Being Loved	Chapter Six	Quiz 6
Week Eight: Relationships			
10/10/2020	Meaningful Relationships, Relationships in a Changing World, Gay and Lesbian Relationships, Separation and Divorce	Chapter Seven	Quiz 7, Annotated Bibliography DUE
Week Nine: Becoming the Woman or Man You Want to Be			
10/17/2020	Male Roles, Female Roles, Alternatives to Rigid Gender-Role Expectations	Chapter 8	Quiz 8, Midterm Chapters 1-7
Week Ten: Sexuality			

10/24/2019	Learning to Talk Openly About Sexual Issues, Developing Your Sexual Values, Guilt and Misconceptions about Sex, Learning to Enjoy Sensuality and Sexuality, Sex and Intimacy, The Hazards of Unprotected Sex.	Chapter Nine	Quiz 9
Week Eleven: Work and Recreation			
10/31/2020	Choosing an Occupation or Career, The Process of Deciding on a Career, Choices at Work, Retirement, The Place of Recreation in Your Life	Chapter Ten	Quiz 10, Outline DUE
Week Twelve: Loneliness and Solitude			
11/7/2020	Loneliness and Our Life Stages	Chapter Eleven	Quiz 11
Week Thirteen: Death and Loss			
11/14/2020	Death and the Meaning of Life, Suicide: Ultimate Choice, Ultimate Surrender, or Ultimate Tragedy? The Stages of Death and Loss, Grieving Over Death, Separation, and Other Losses	Chapter Twelve	Quiz 12, Initial Research Paper Due
Week Fourteen: Fall Break			
11/21/2020	No Course Scheduling, Fall Break, Enjoy Your Vacation!	None	
Week Fifteen: Meaning and Values			
11/28/2020	Our Search for Meaning and Purpose, Our Values in Action, Embracing Diversity, Making a Difference, Finding Meaning Through Growth, Counseling as a Path to Self-Understanding	Chapter Thirteen	Quiz 13
Week Sixteen: Open Office Hours and Final Exam Review			
12/5/2020	Class instruction this week will be dedicated to having open office hours to assist with final exam preparation, research paper reviews, and any general questions students may have.		Final Version Research Paper Due
Week Seventeen: Final Exams			
12/12/20	Take this time to study and prepare for the final.		Final Exam

Admissions deadlines & enrollment policies

Fall 2021 Dates

- *Classes begin: 8/21/20*
- *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): 11/22/20-11/23/20*
- *Thanksgiving (all-college holiday): 11/24/20-11/26/20*
- *Final examinations: 12/11/20-12/17/20*
- *Semester ends: 12/17/20*
- *Grades available for transcript release: approximately 1/8/21*

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](#).

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. 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 8-digit birth date

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 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.

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 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 emergency situations 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 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 4year 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