



Syllabus for PSYCH 33 (053634)

Course Information

Semester & Year: Fall 2022

Course ID & Section #: PSYCH 33 (053634)

Instructor's name: Stephanie S. Souter

[if synchronous] Day/Time of required meetings: Monday & Wednesday 11:40am-1:05pm.

[if in-person] Location: Sciences Building SC204

[if needed] Number of proctored exams:

Course units: 3

Instructor Contact Information

Office location or *Online:

Zoom link:

<https://humboldtstate.zoom.us/j/82764153758?pwd=N2lnS0xlUmdrOGF2UIFoYk5TK3MrUT09>

Meeting ID: 827 6415 3758

Passcode: Fall2022

Office hours:

Monday & Wednesday 2:30-4:00pm & by appointment.

Phone number:

831-291-2153 (Cell phone, not for student use)

Email address:

Stephanie-souter@redwoods.edu

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.

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

- Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective.
- Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.
- Critically analyze psychological information in the popular press.

- 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

Recommended: Completion of English 350 or assessment into 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, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes 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.

Psych 33: Personal Growth and Adjustment Fall 2022 E3634



Location: Sciences Building 232 SC 204

Time: MW 11:40am-1:05pm

Format: In Person

Instructor: Stephanie S. Souter M.A.

Office Hours and Contact Information:

Instructor Email: stephanie-souter@redwoods.edu *Include course name and course number in subject line

Office: Virtual, or make appointment to meet In-Person

Instructor Office Hours via Zoom: Monday & Wednesday 2:30-4:00pm & by appointment.

Zoom link:

<https://humboldtstate.zoom.us/j/82764153758?pwd=N2lnS0xlUmdrOGF2UIFoYk5TK3MrUT09>

Meeting ID: 827 6415 3758

Passcode: Fall2022

Required Textbook:

- Weiten, W., Hammer, E., & Dunn, D. (2014). Cengage: California. *ISBN-13: 978-1-133-59498-7*

Digital and Hard Copies Available on Amazon:

https://www.amazon.com/ADJUST-Engaging-Titles-4LTR-Press-ebook/dp/B076PXD6X8/ref=tmm_kin_swatch_0?encoding=UTF8&qid=&sr=

- There will be several supplemental readings throughout the semester. These will be posted on Canvas prior to class/due dates.

Recommended: Completion of English 350 or assessment into English 150.

Course Description:

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LEARNING OUTCOMES

It is the intent of the course that by the end of the semester the following outcomes will be met.

Course Learning Outcomes:

- Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective.
- Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.
- Critically analyze psychological information in the popular press.
- 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.

CR Associates in Psychology (AA-T):

- Utilize research methods
- Analyze the credibility of research, theories, and applications
- Understand the core concepts of psychology
- Apply psychological concepts, theoretical perspectives, empirical findings, and historical trends to questions and issues on a societal and personal level
- Understand the ethical standards in academic and applied psychology

EXPECTATIONS

Expectations of the Student:

- Check your Email at least 1-2 times per day.
- Attend class and participate in group discussions.
- Log into the course at least 3 times per week on Canvas and complete assignments and engage with supplemental reading materials.

- Learning through collaboration (defined as working with or learning from another) is an effective tool used in this class and will be useful in future employment. When I expect you to collaborate, I'll make it very clear in the assignment instructions. All other work is to be done independently.
- Review the College of the Redwoods Academic Honesty Policy and understand the importance of your academic integrity.

Expectations of the Instructor:

Teaching methods for this course will consist of introducing and reviewing reading materials (text and articles), homework, in class assignments, and more. If we all live up to our academic responsibilities, this course will be meaningful for all who participate. Please feel free to discuss these points with me at any time during the semester.

- I will prepare and review course materials to be as current and accurate as possible.
- I will be available to answer and review questions or issues that may arise for you during this course. Review my email turn-around time.
- I will utilize fair and honest evaluation techniques for each assignment required for this course.
- To the best of my ability, I will make this a valid and worthwhile learning experience.
- I will do my best to address the needs of a diverse range of learning styles in this course.

Assigned Readings:

Typically, you will be assigned to read one chapter (and supplemental reading if applicable) per week. I expect you to have read the chapters before coming to class. The assigned reading and homework for each week is posted on the course calendar which can be found at the end of this syllabus and on canvas. Over the course of the semester, we will cover a multitude of definitions, concepts, and scientific theorems. Therefore, I strongly suggest studying on a regular basis.

Accessibility:

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EVALUATION

Participation (25%):

In Class Activities

There will be approximately 10 in class activities that you will participate in throughout the semester in addition to group discussions. These will be unannounced, and you must be present in class to receive credit.

Check-Ins

You will be required to check-in with me at least 3 times throughout the semester. This is an easy points assignment designed to keep you in contact with me! I genuinely care about your success and want to hear about how things are going throughout the semester. You will email me or come to office hours with a question, example, or an update on how the course is going for you. I have set periodic deadlines for this throughout the semester, but please don't hesitate to reach out more throughout.

Quizzes (5%):

At unannounced times during the semester pop quizzes will be administered. The quizzes will be covering material assigned to that point. You will not be allowed to make these quizzes up if you are not present when they are given.

Interview a Dream Job (5%):

You will identify a person who has your dream job and interview them. The assignment includes the preparation of a set of 10 interview questions, a 1-2 page double-spaced summary of what you learned, and a brief oral presentation of your experience with the class. If you want to go to a 4-year university or graduate school, you need to think about what your final goal is after getting your degree. Do you want to be a researcher? Do you want to be a clinical psychologist? Maybe your eyes are set on a Marriage and Family Therapy practice? What is your dream job? Perhaps you want to work for a nonprofit? Human resources? Work in special education or childcare? Manage an organization that provides services to children?

Coping Paper (5%):

In this course, we will discuss how your thoughts, feelings, and behaviors regarding stressful events can impact your overall health. For this assignment, you will identify one stressor that you currently have in your life and explain how this stressor can be conceptualized using the biopsychosocial approach. You will then identify at least one (ideally more than one) coping strategy from chapter 4 that you have implemented to help you cope with the stressor. This paper should be at least 2-3 pages double spaced.

Time Management Journal / Personal Project Paper (25%):

Each student will choose a personal project. The focus of the project should be an attempt to learn something more about yourself, your community, and how psychology can inform your development. The best project will be one that you are genuinely interested in. There will be a deadline to pick your topic early in the semester. You will keep a time management and reflection journal to track your progress. Near the end of the semester, you will write a well-organized and structured paper that reflects on your experience (4-5 pages). The paper should highlight how at least two (2) psychological theories discussed in lecture or the textbook helped you understand your experience. You may choose from the following list of personal projects or

come up with your own. Projects not listed must be approved by the instructor. See the course calendar for assignment deadlines, and details regarding the assignments.

- Volunteer at an agency in your community for at least 25 hours (Experience must take place this semester.)
- Read two current self-help books and write about your reactions to them.
- Make a significant behavioral change in your life (e.g., quit smoking, dieting, starting an exercise program, or learning new skill).

Group Research Project & Presentation (20%):

An important part of learning about psychology is to learn about the research process. Early in the semester your group will choose a topic for your research assignment. The same topic will be utilized by individual group members for the following three assignments. At the end of the semester each group will do a presentation on the research they have found on their topic. The group must come up with a decision on the topic together.

There will be a group “umbrella” topic and each individual group member will have a subtopic in the area. If you have other ideas for topics please let me know. Topics for research include, but are not limited to the following list: Psychological disorders, medication of children, the stability of personality traits throughout the life span, self-esteem and relationships, social media and eating disorder, the effects of stress on health, effective coping strategies, conformity and obedience, collective action, interpersonal communication, addictions, the role of work in an individual’s life, forensic psychology (e.g., serial killers, legal issues and psychology), Relationships (types of love, choices in relationships), Marriage, Gender issues, and Therapies (types of treatments utilized, current trends).

Article Selection and Summary (5%)

Annotated Bibliography (5%)

Group Presentation (10%)

Exams (15%):

There will be two cumulative mid-term exams throughout the semester. These exams are timed, and you will not be able to stop once you begin. Be sure that you are in a location with reliable wifi, and able to sit for the entire duration of the exam(s) uninterrupted.

Extra Credit (Up to 5% of Overall Grade):

You can earn up to 5% extra credit (added to your final grade shown on Canvas) by participating in extra credit opportunities listed on canvas. You will earn 1% of extra credit for each PsychTalk report or additional assignment listed on canvas. Check out the Extra Credit Options assignment page for more details.

Letter Grades

Final letter grades will be based on the total points earned and will be distributed as follows:

A: 93-100%
A-: 90-92.99%
B+: 87-89.99%
B: 83-86.99%
B-: 80-82.99%
C+: 77-79.99%
C: 73-76.99%
C-: 70-72.99%
D+: 67-69.99%
D: 60-66.99%

Course Policies and Class Etiquette:

Census Day:

Please be aware that the last day to drop the course is **September 5th**. If you do not participate in the class before this date, I will drop you from the course.

Email:

I am most easily contacted via email. I will try to respond to your emails as quickly as possible, but cannot guarantee I will be online 24/7. Occasionally I may be up in the wee hours of the night and respond immediately, but in general you can expect responses within the 10am-6pm work day. Learning how to send an appropriate and professional email is one of the most important life skills you can gain from your University education. Always use appropriate language and be professional. I will not respond to unprofessional emails.

Respect for Others:

I will not tolerate any signs of disrespect shown towards myself, or your fellow classmates. If you act in a disrespectful fashion, you will be asked to leave the class.

Inclusivity Policy:

In this class people of all ethnicities, genders and gender identities, religions, ages, sexual orientations, disabilities, socioeconomic backgrounds, and nationalities are encouraged to share their rich array of perspectives and experiences. If you feel isolated from our classroom community in any way or if you have a specific need, please speak with me early in the semester so that we can work together to help you become an active and engaged member of our class and community.

Late Submissions:

Late submissions will be accepted for 50% up to 1 week after the deadline.

Submission Woes:

It is your responsibility to ensure that all online submissions have uploaded properly before the deadline. A corrupt file, internet issue, etc. is not a valid excuse for missing a deadline. Don't leave things until the last minute!

Extensions:

An extension for an assignment may be requested for legitimate reasons. Granting of an extension is entirely at my discretion - don't assume that just because you ask, you'll get one. Any requests for an extension must be based on University approved reasons and must include proper documentation as per University guidelines. Requests for extensions must be made *before* the assignment deadline.

Grade Changes:

"I have an 89.7 in the course. Will you round it to an A?" Nope! My hands are tied, folks. I don't give grades, I simply issue the grades that are earned - I am nothing but a glorified calculator in this respect. The good news is the grade you earn is the grade you will get. You can all get an A, and that would be great. The bad news is the grade you earn is the grade you get. Even if you are a few tenths away from the next grade up, your grade will not be rounded up. There are plenty of opportunities for you to ensure you get the grade you want to get in the class.

Plagiarism & Group Work:

You are free to discuss course material, readings, etc. with your classmates. However, for anything you submit in this course, *all* writing must be your own!

Campus Policies and 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.

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](#).

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](#).

Course Calendar

On the calendar (available through canvas), you will find the topics we'll be covering each class and the relevant readings. Each week I will update the calendar on Canvas to reflect any changes. Any changes to exams or deadlines will only be made with **at least 48 hours notice** (via both an in-class announcement and an update to the calendar on Canvas). **It is your responsibility to continuously check the course calendar throughout the semester.**

Date	Online Lecture Topic	Reading	Presentation Group	Assignments Due
Week 1				
Monday 08/22	Introduction to the Course	Syllabus		
Wednesday 08/24	Study Skills	Chapter 1		
Friday 9/2 *No Lecture				
Week 2				
Monday 8/29	Adjustment Guest - North Coast Rape Crisis Team	Chapter 1		
Wednesday 8/31	Start Psychological Research	Chapter 1		
Friday 9/2 *No Lecture				Personal Project Selection (11:59pm)
Week 3				
Monday 9/5 *NO CLASS*	VETERANS DAY			
Wednesday 9/7	Psychological Research	Chapter 1		
Friday 9/9 *No Lecture				Time Management Journal Reflection Deadline # 1 (11:59pm) Group Research Topic Selection (11:59pm)
Week 4				
Monday 9/12	Personality	Chapter 2		

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Wednesday 9/14	LIBRARY DAY??			
Friday 9/16 *No Lecture				Check In # 1 Deadline (11:59pm)
Week 5				
Monday 9/19	Stress and Health	Chapter 3 & 5		Interview a Dream Job Deadline (Beginning of class)
Wednesday 9/21				
Friday 9/23 *No Lecture				
Week 6				
Monday 9/26	Coping	Chapter 4		
Wednesday 9/28				
Friday 9/30 *No Lecture				Time Management Journal Reflection Deadline # 2 (11:59pm) Research Article Selection Check (11:59pm)
Week 7				
Monday 10/03	The Self	Chapter 6		
Wednesday 10/05				
Friday 10/07 *No Lecture				
Week 8				
Monday 10/10	Study Day? Jeopardy?			Coping Paper Deadline (11:59pm)
Wednesday 10/12	Exam Day – No class			
Friday 10/14 *No Lecture				Mid-Term & Optional Study Guide *TAKE ON CANVAS* Due 11:59pm

Week 9				
Monday 10/17	Social Thinking and Influence	Chapter 7		
Wednesday 10/19	Conspiracy Theories and Pseudoscience?			
Friday 10/21 *No Lecture				Check In # 2 Deadline (11:59pm) Time Management Journal Reflection Deadline # 3 (11:59pm)
Week 10				
Monday 10/24	Communication	Chapter 8		
Wednesday 10/26				
Friday 10/28 *No Lecture				Personal Project Paper Outline (11:59pm)
Week 11				
Monday 10/31	Friendship and Love, Marriage	Chapter 9, Chapter 10		
Wednesday 11/02				
Friday 11/04 *No Lecture				
Week 12				
Monday 11/7	TBA			
Wednesday 11/9				
Friday 11/11 *No Lecture	VETERANS DAY			Personal Project Paper (11:59pm)
Week 13				
Monday 11/14	Sexuality and Gender	Chapter 11 & 12		
Wednesday 11/16				
Friday 11/18 *No Lecture				Annotated Bibliography Deadline (11:59pm)
Week 14 FALL BREAK				

11/21 – 11/25				
Week 15				
Monday 11/28	Disorders & Treatments	Chapter 14		
Wednesday 11/30				
Friday 12/2 *No Lecture				Check In # 3 Deadline (11:59pm) Extra Credit Deadline (11:59pm)
Week 16				
Monday 12/05	Presentations			Group power-point & Group Member evaluation form (All presenters start of class)
Wednesday 12/07	Presentations			
Friday 12/09 *No Lecture				
Week 17 - FINAL EXAM - CANVAS				
Monday 12/12/2022 10:45am - 12:45am				