

Course Information

Semester & Year: Spring 2023

Course ID & Section #: PSYCH 33 D5061

Instructor's name: Kady Pomerleau

Course units: 3

Textbook: I Never Knew I had a Choice (11th ed) by Gerald Corey, Marianne Corey, and Michelle Muratori

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 psychological theories including evolutionary, psychodynamic, behavioral, cognitive and humanism.
2. Analyze the concept of environment vs biology.
3. Identify the differences between obtaining information in a scientific and non-scientific manner.
4. Explain the scientific method.
5. Evaluate ethical standards in psychological research.
6. Understand the peer review process in academic research.
7. Understand that APA is used in Psychology, and that academic writing in the field provides the reader with citations to research.
8. Analyze peer reviewed research.
9. Explain how culture and society affect behavior.
10. Analyze concepts of self, self-image and self-esteem.
11. Identify qualities of the personal growth process.
12. Define of ethnicity, culture and social groups.
13. Differentiate between gender, sex, gender roles and sexual orientation.

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.

Evaluation & Grading Policy

There are 100 points in this course. This makes calculating grades very simple using the grading distribution below. Since there are 100 points, the points that you earn in the class directly reflects the percentage which corresponds to the letter grade. No tricky math here. For example. If you have 78 points at the end of the semester, you will have earned 78% which is a C+ according to College of the Redwoods grading distribution. You can keep track of your assignment scores using the assignment checklist at the end of this syllabus.

Grade Distribution:

| | |
|-----------|-----------|
| A=93% | C+=78-79% |
| A-=90-92% | C=70-77% |
| B+=88-89% | D=60-69% |
| B=83-87% | F=59% |
| B-=80-82% | |

Late Policy:

You are expected to submit work monthly. Late work will only be accepted with prior approval from your instructor. If your assignment will be later than the last day of the month, please notify your instructor in writing. If your request for turning in an assignment late is approved, You will receive a pass to attach to your assignment when you submit it.

Admissions deadlines & enrollment policies

- *Spring 2023 Dates*
- *Classes begin: 01/14/23*
- *Martin Luther King's Birthday (all campuses closed): 01/16/23*
- *Last day to add a class: 01/20/23*
- *Last day to drop without a W and receive a refund: 01/27/23*
- *Census date: 01/30/23 or 20% into class duration*
- *Last day to petition to file P/NP option: 02/10/23*
- *Lincoln's Birthday (all campuses closed): 02/17/23*
- *President's Day (all campuses closed): 02/20/23*
- *Last day to petition to graduate or apply for certificate: 03/02/23*
- *Spring Break (no classes): 03/13/23 – 03/18/23*
- *Last day for student-initiated W (no refund): 03/31/23*
- *Last day for faculty-initiated W (no refund): 03/31/23*
- *Final examinations: 05/06/23 – 05/12/23*
- *Commencement: 05/15/23*
- *Semester ends: 05/12/23*
- *Grades available for transcript release: approximately 05/26/23*

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.

Assignment Descriptions

Chapter Activity: Chapter activities will be assigned weekly along with the chapters. They are worth 2 points each. The activities will include either one of the reflection activities from the end of your chapter or a chapter quiz. Your weekly letter will inform you what your chapter activity is for the week.

Research Paper: Your research paper will be a 2-3 page paper citing literature on managing stress. Your instructor will provide you with articles on wellness and stress for you to cite in your research paper. This paper will be written in APA style citing at least 3 sources. You will receive a cheat sheet on how to write in APA style in week 4.

Exam 1: The first exam covers chapters 1-5. It will be worth 16 points. The exam consists of 32 questions, worth ½ pt each. The questions will test your understanding of key terms, definitions and application of concepts.

Exam 2 The second exam covers chapters 6-9 It will be worth 16 points. The exam consists of 32 questions (1/2 pt each). The questions will test your understanding of key terms, definitions and application of concepts.

Personal Reflection Your personal reflection paper will be a 3-5 page essay reflecting on the valuable concepts you learned throughout the semester in this course. You are encouraged to use your chapter activities to inform your essay. This paper does not need to be written in APA style.

Final Exam The final exam will cover chapter 10-13. It will be worth 16 points. The exam consists of 32 questions (1/2 pt each). The questions will test your understanding of key terms, definitions and application of concepts.

Course Agenda

| Week/Dates | Topic | Reading | Assignment Due |
|-------------------|--|------------------------|--|
| Jan 30 – Feb 5 | Invitation to Personal Learning and Growth | Chapter 1 | Chapter Activity(2) |
| Feb 6 - Feb 12 | Reviewing your childhood and Adolescence | Chapter 2 | Chapter Activity(2) |
| Feb 13 – Feb 19 | Adulthood and Autonomy | Chapter 3 | Chapter Activity(2) |
| Feb 20 – Feb 26 | Your body and Wellness Managing Stress | Chapter 4 Chapter 5 | Chapter Activity(2) |
| Feb 27 – Feb 28 | | Review Chapter 1-5 | Research Paper (15) Exam 1 (16) |
| March 1 - March 5 | Love Relationships | Chapter 6 Chapter 7 | Chapter Activity(2) Chapter Activity(2) |
| Mar 6 - March 12 | Becoming the woman or man you want to be | Chapter 8 | Chapter Activity(2) |
| Mar 13 – Mar 19 | SPRING BREAK | | |
| Mar 20 – Mar 26 | Sexuality | Chapter 9 | Chapter Activity(2) |
| Mar 27 – March 31 | | Review Chapters 6-9 | Exam 2 (16) |
| Apr 3 – Apr 9 | Work and Recreation | Chapter 10 | Chapter Activity(2) |
| Apr 10 – Apr 16 | Loneliness and Solitude | Chapter 11 | Chapter Activity(2) |
| Apr 17 – Apr 23 | Death and Loss | Chapter 12 | Chapter Activity(2) |
| Apr 24 – Apr 30 | Meaning and Values | Chapter 13 | Personal Reflection (15) |
| May 1 – May 7 | | Review Chapters 10-13 | Exam 3 (16) |
| May 8- May 12 | | | |

| ASSIGNMENT CHECKLIST | | | |
|--------------------------|----------------|---------------|---------------------|
| ASSIGNMENT | DATE SUBMITTED | DATE RETURNED | GRADE RECEIVED |
| Chapter 1 Activity(2) | | | _____/2 |
| Chapter 2 Activity(2) | | | _____/2 |
| Chapter 3 Activity(2) | | | _____/2 |
| Chapter 4 Activity(2) | | | _____/2 |
| Research Paper (15) | | | _____/15 |
| Exam 1 (16) | | | _____/16 |
| Chapter 6 Activity(2) | | | _____/2 |
| Chapter 7 Activity(2) | | | _____/2 |
| Chapter 8 Activity(2) | | | _____/2 |
| Chapter 9 Activity(2) | | | _____/2 |
| Exam 2 (16) | | | _____/16 |
| Chapter 10 Activity(2) | | | _____/2 |
| Chapter 11 Activity(2) | | | _____/2 |
| Chapter 12 Activity(2) | | | _____/2 |
| Personal Reflection (15) | | | _____/15 |
| Exam 3 (16) | | | _____/16 |
| | | | TOTAL POINTS EARNED |
| | | | _____/100 |