



Course Information

Semester & Year: Spring 2023

Course ID & Section #: PSYCH 1 – E4847

Instructor's name: Julia Kandus

Day/Time of required meetings: Tuesdays & Thursdays 10:05-11:30AM

Location: Humanities Building, Room HU112 – Eureka Main Campus

Number of exams: 3

Course units: 3

Instructor Contact Information

Instructor: Julia Kandus, M.A.

Personal Pronouns: She/her/hers

Email*: Julia-Kandus@redwoods.edu - Canvas inbox work also

Office Hours & Location: By appointment – Email me or chat after class to schedule

*I usually respond to email messages within 2 school days. I check my email on a daily basis, but sometimes the volume of messages I receive may result in a delayed reply to your message. Please have patience; I will return your message as soon as I am able. If you don't receive a response within two school days, send a reply to the email. If it is urgent, write "URGENT:" before the subject of the email. Be sure to include your name, class, and section number in all emails. Additionally, you must contact me using your Cal Poly Humboldt email address or the Canvas inbox. Thanks for your understanding!

Catalog Description

A course focusing on the scientific study of behavior and mental processes. The content of the course focuses on the exploration of major theories and concepts, methods, and research findings in psychology. Topics include biological foundations, perception, learning, cognition, emotion, motivation, development, personality, social psychology, psychological disorders and therapies, and applied psychology. This course is transferable to four-year colleges and is a prerequisite for most upper division psychology courses.

Prerequisite or Advisory

Advisory: English 1A – College Composition

Course Student Learning Outcomes

1. Explain concepts in areas of psychological theory and research while representing appropriate breadth and depth of knowledge within the context of historical trends in psychology.
2. Recognize and understand the impact of diversity on psychological research, theory and application, including (but not limited to): age, race, ethnicity, culture, gender, socio-economic status, disability, and sexual orientation
3. Demonstrate critical thinking skills and information competence as applied to psychological topics.
4. Analyze how experience, culture, learning and biology affect behavior and cognitive processes.

Course Format

This class is being taught in a face-to-face format but you will use Canvas to explore resources, download and access course materials (i.e., PowerPoint slides), take online quizzes, and submit assignments electronically. You should be visiting Canvas several times a week and receiving announcements. You can download the Canvas app for convenience.

Please upload a photo of yourself! For technical questions, contact the [CR Technical Support](#) at it@redwoods.edu or by calling 707-476-4160.

Please note that the course format is subject to change according to university guidelines as conditions around the COVID-19 pandemic change. Due to the higher risk in the classroom setting, face coverings are highly recommended for classrooms/labs. If you are sick, DO NOT come to class! Contact Professor Kandus so we can keep you caught up from home while you recover. Please refrain from eating while in class. If you need to eat, sneeze, blow your nose, etc, please step outside. During the semester you can check this website (<https://www.redwoods.edu/Covid-19>) for information regarding the needs and requirements of the campus as it relates to the pandemic.

Please do not come to class if you are experiencing any symptoms.

Required Textbook and Materials

We'll be using Canvas and a free online textbook called NOBA.

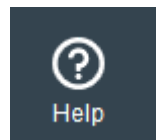
Canvas: The syllabus, course calendar, readings & videos, grades, assignments, and lecture materials/assignments can be found on our Canvas course page. Course changes and class cancellations will all be posted on Canvas as announcements; be sure to set your email notifications as "ON" for 'Announcements' so you don't miss any important information. [Click here for a Canvas guide on how to change your notification settings.](#) You can view your progress in the gradebook. You can download the Canvas app on your cell phone, which will notify you of upcoming due dates, posted grades, and announcements.

Computers are available to use in the library while it is open, or you can borrow a library to use at home. Check out this website for more information: https://redwoods.libguides.com/about-the-library/laptop_loans

Questions?

- About **course content or requirements**, contact Professor Kandus.
- About Canvas, use the Help button in the main Canvas navigation bar, 24/7.

It looks like this →



NOBA Textbook: In the interest of keeping your education affordable, your textbook is free! To access NOBA, click on the link on the Canvas Course Materials page (<http://noba.to/qyh367m2>). Be sure to view our course textbook and not the entire textbook, as the entire textbook has about twice as many modules. Our course textbook is titled "Introduction to Psychology" with my name, Julia Kandus, below the title. Bookmark this page for easier access throughout the semester. Utilize the optional ungraded quizzes at the end of each module for extra practice. Reading quizzes posted to Canvas are graded.

Scantrons: You'll need 4 Scantron Form 882-E. These are the long skinny forms, with 50 multiple choice questions on each side. Other forms aren't compatible. They can be purchased at the bookstore. Please keep these forms flat and unwrinkled.

You will also need a #2 pencil for the exams.

Evaluation & Grading Policy

<u>Assignments</u>	<u>Points</u>	<u>Approx. %</u>
Exams	250 points total	
Exam 1	50 points	
Exam 2	50 points	
Exam 3	50 points	
Final Exam	100 points	
Reading Quizzes	100 points total	18% of grade
Out-of-Class Assignments	200 points total	23% of grade
Attendance & Participation	50 points total	14% of grade
Total Points	600 points possible	100% total

A- to A = 90%-100% of possible points

C- to C+ = 70%-79% of possible points

B- to B+ = 80%-89% of possible points

D to D+ = 60%-69% of possible points

F = <60% of possible points

Final Course Grade: The percentage in your Canvas grade book at the end of the semester is the grade you earned in this course. The corresponding letter grade will be documented on your transcript. Be sure to put time and effort into this course to attempt to earn the grade you desire. Professor Kandus simply inputs the grade you earned in this course.

Explanation of Course Components

Exams

There are 4 exams scheduled throughout the semester, 3 midterms and a cumulative final. The midterms are worth 50 points each, and cover the material covered in that section (see course calendar for chapters and sections). The final is worth 100 points, and is cumulative, covering all the material from the semester. The exams total 250 points of your final course grade. There will be 50 questions on the midterms and 100 questions on the final. Questions include true/false, multiple choice, matching, and labeling. Exam dates and topics are shown on the course calendar. You will need a Scantron SC882-E and a #2 pencil for **each** exam (so 4 Scantrons total). Exams are taken in class, and **must** be taken on the day they are scheduled. To reduce academic

dishonesty, exams will not be returned to students, but you can visit your exams during office hours. We will also go over the most-missed questions after each exam. Scores will be posted to Canvas as soon as they are evaluated. Missed exams cannot be made up, except in the most serious of circumstances. In those events, documentation may be required. The final exam cannot be made up.

Accommodations for Students via DSPS:

If you have documentation from DSPS that shows you need testing extensions or other accommodations, please let Professor Kandus know **during the first week of class** so we can better support you in accessing those accommodations.

Reading Quizzes

These reading quizzes contribute 100 points toward your course grade. **The reading quizzes can be found under the “Reading Quizzes” section in the Assignments tab on Canvas.** Before I lecture on each topic, read the chapter on NOBA that corresponds with the quiz that week (see the course calendar) and begin studying using the quiz. Then, review the material often, making sure you have reached mastery of the material before the due date. After you’ve reviewed the chapter(s), retake the quiz to test your retention of the material. You can take each quiz 2 times, and your highest score will be recorded in the gradebook.

You will complete 10 chapter quizzes for select sections of the NOBA textbook. Quizzes open at the start of each week and are due by the end of each week, after you’ve already read the chapter, and we’ve gone over the material in lecture. They are due on Sundays by 11:59 p.m. on the weeks that the quizzed material was covered. As stated above, you can take the quizzes up to 2 times within the week they are available to ensure retention of the material. Your highest score for each quiz will be recorded in the gradebook. See the quiz schedule on the course calendar (check Canvas for updated version). Since you have an entire week and two attempts per quiz, **late quizzes are not accepted.**

Out-of-Class Assignments

There will be 5 out-of-class assignments due throughout the semester. These assignments supplement what we are working on in class, and will further your understanding of the concepts and material covered in class. See the course calendar for due dates. Some details of assignments are below, but you can find more details on the assignments’ page on Canvas and we’ll discuss them in class. Late Out-of-Class Assignments lose 10% of their total points per day late.

1. **Welcome Survey (5 points):** This assignment is designed so I can get to know your names, a bit more about you, and to ensure you know how to upload assignments to Canvas. Upload a document (Word, pages, etc...) to the All-About-You assignment page under the Assignment tab on Canvas. See the assignment page on Canvas for more details and due dates.
2. **Analyzing Research & APA Formatting (60 points):** We utilize the American Psychological Association (APA) formatting while writing reports, articles, etc in the field of psychology. This is different than the MLA formatting you may be used to. We will go over APA formatting in class, then you will complete this assignment in which you will read an empirical article, summarize it in your own words, and provide citations. APA formatting is used in all psychology courses and careers, so it is incredibly important that you become familiarized with it.
3. **Make A Brain! (60 points):** You will gain experience with brain anatomy and functions by making your very own brain using household items. Be creative and have fun with it! You will share your brain with the class. We will discuss this in more detail in class, and instructions will be provided on Canvas.
4. **Stress Reduction Activity (25 points):** After learning about stress reduction techniques, including self-care activities, you will participate in a self-care activity outside of class. You will then write a brief write-up of the activity for points, since the activity itself is really the beneficial part. More details in class and on Canvas.

5. **Psychological Disorders Assignment (50 points):** We do not diagnose ourselves, friends, family members, etc while we are learning about psychological disorders in this or any of your undergraduate courses. We need to leave that to the trained professionals. However, it is great practice to apply these disorders to fictional characters from movies, TV shows, and books. You will create a presentation (PowerPoint, Keynote, etc) with examples of 10 different characters depicting 10 different psychological disorders. More details in class and on Canvas.

Attendance & Participation

You can earn a total of 50 points from Attendance & Participation. These activities and discussions are designed to supplement the material you've read, watched, and learned during the semester. You will complete these activities and discussions during class, and the points cannot be made up if you are not present, so attendance is mandatory to earn these points. If you cannot attend class for an unavoidable reason (illness, injury, emergency, etc), contact me as soon as possible so we can make alternative arrangements if possible.

Your participation is sincerely welcomed in this class. The guidelines for this are simple. You are welcome to have your own thoughts on any subject we cover, and so are your classmates. Please don't pick on anybody in here. Back up claims with science and empirical evidence if needed. Respect one another and basic human rights. Racism, sexism, or any other discrimination will never be tolerated.

Extra Credit

You can earn up to a 2% bump in total grade, so 12 points max, from extra credit. All extra credit needs to be uploaded to the Extra Credit Assignments page on Canvas by the last day of instruction.

Out-of-Class Activities and Event Write-Ups (~2 points each): Throughout the semester I will announce activities and events that count for extra credit points. Many include online activities and workshops, since most of us are not able to attend public events yet. If you attend one of these, complete a one-page write-up including: a summary of the activity or event, something you learned or a new experience, and relate back to a concept from class. You can receive 2 points per write-up for most events; I will announce if an event is worth more points.

Movie Reviews: There are opportunities to watch movies/documentaries outside of class, then complete a one-page write-up summarizing the movie in your own words, relate back to the course, and discuss what you learned. Each movie review is worth 2 extra credit points.

Other options: There are sometimes other options for extra credit that come up throughout the semester. I will post all extra credit options under the "Extra Credit" section in the "Assignments" tab in Canvas.

Absence Policy

Attendance is important, you will do better if you come to class, so thank you for being here!

Four or more absences throughout the semester may result in a drop from the course. If you are going through an emergency, illness, etc that is interfering with your ability to come to class, reach out to me as soon as possible so I can work with you to figure out the best plan of action for your education.

IF YOU ARE SICK, DO NOT COME TO CLASS! Email Professor Kandus and we will make alternative arrangements that will not penalize your grade or result in a drop from the course.

Important Information

Plagiarism: JUST DON'T DO IT! Plagiarism is presenting someone else's words, ideas, work, concepts, and/or beliefs as your own. Plagiarism is not tolerated in this course or at any college. If you plagiarize, you will receive a 0 on that

assignment. If work is shared or copied from classmates, everyone involved will receive a zero. Read and analyze your sources, think critically, then paraphrase the material using your own words. Emphasis on writing in your own words! And do your own work.

Here are some good paraphrasing tips: <https://awc.ashford.edu/cd-guidelines-for-paraphrasing.html>

Cell Phones and Headphones: Use of cellular phones and headphones are never allowed during our class meetings. If you use your cell phone and/or headphones during class you may be asked to leave.

Recording and photos: Please do not record or take photos during class. If you have an accommodation from SDRC that allows you to record lectures, talk with Professor Kandus during the first week about those accommodations.

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 as soon as possible so we can work together to help you become an active and engaged member of our class and community.

Use Appropriate Email Etiquette: When emailing, be polite! Use complete sentences, and address emails to professors and staff members using appropriate language. Remember to include your name and contact information, course information, and which section you are in if there is more than one section of the course being taught that semester. Use your school email account or the Canvas Inbox; do not email professors using your personal email.

Classmates as a Resource: Classmates are among your best learning resources. Help each other, challenge each other, and have fun learning with each other! You will have plenty of opportunities to interact with your classmates. Get each other's contact information and build a learning network for yourself. But remember to complete your work on our own.

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.

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.

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

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

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 [My CR Portal](#)

For help logging in to Canvas, visit [My CR Portal](#).

For help with Canvas once you're logged in, click on the Help icon on the left menu.

For tech help, email its@redwoods.edu or call 707-476-4160

Canvas online orientation workshop: [Canvas Student Orientation Course \(instructure.com\)](#)

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.

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 [CR Police Department-Public Safety](#) 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.

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](#)
- [Online Tutoring Resources](#)

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

Learning Resource Center includes the following resources for students

- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)
- [Academic Support Center](#) – offers tutoring and test proctoring for CR students.
- [Student Tech Help](#) – provides students with assistance around a variety of tech problems.

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.
- [CalWORKS](#) – assists student parents with children under the age of 18, who are receiving cash assistance (TANF), to become self-sufficient.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821