

# Syllabus for Psychology 33

## Personal Growth & Development

### Course Information

Semester & Year: Summer 2022

Course ID & Section #: Psych 33 – V4100 (054100)

Instructor's name: Stephen Quiggle

#### Distance Education course

Course units: 3

### Instructor Contact Information

Email address: [Stephen-quiggle@redwoods.edu](mailto:Stephen-quiggle@redwoods.edu) (and my preferred method of contact is by Canvas messenger)

Phone number: (707) 223-1713

I am available through Canvas email and we can arrange to talk by phone pretty much anytime

### Catalog Description

A course focusing on applied psychology. This course surveys psychological theories and empirical research on 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 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 the psychology of adjustment.

### Recommended preparation

General Psychology; English 150

### Canvas Information

Canvas navigation instructions, tech support information, what Canvas is used for, and expectations for how regularly students should check in with the Canvas resource for the class.

Log in to Canvas at <https://redwoods.instructure.com>

Password is your 8 digit birthdate

For tech help, email [its@redwoods.edu](mailto:its@redwoods.edu) or call 707-476-4160

Canvas Help for students: <https://webapps.redwoods.edu/tutorial/>

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

## Setting Your Preferred Name in Canvas

Students can have an alternate first name and pronouns 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](#).

## 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 the 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.

## 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 class participation. College of the Redwoods wants every student to be successful.

## Admissions deadlines & enrollment policies

Summer 2022 Dates (at this link: <https://www.redwoods.edu/admissions/dates>)

- *Classes begin:* 5/31/22
- *Last day to add a class:* 5/31-6/9
- *Last day to drop without a W and receive a refund:* 6/9/22
- *Census date (or 20% into class duration):* 6/10/22
- *Last day to petition to graduate or apply for a certificate:* the last Thursday in June
- *Last day for student-initiated W (no refund):* 07/01/22
- *Last day for faculty-initiated W (no refund):* 07/01/22
- *Final examinations:* 7/18-7/21
- *The semester ends:* on 07/21/22

*Grades available for transcript release: approximately 08/01/22*

## Course Schedule

**Our course will be 100% distance education (DE) beginning on May 31<sup>st</sup>, and concluding on July 21<sup>st</sup>.** Through Canvas, each week we will address new topics of interest that will scaffold upon the prior address and engage in discussion forums (as we would in a F2F course) regarding aspects of the weekly information. Students are encouraged to review weekly resources (text materials, media, and other assigned material) ***before*** our class meetings so that we may begin each meeting with a working comprehension of the weekly topics and engage in group discussions.

Week	Topic	Read/View/Review	Assessment/Assignment Due
Week 1: 5/31	Course overview (including using Canvas)  Introduction to Psychology  Personal Learning & Growth	Instructor Video  Corey Chapter 1 – An invitation to learning about “you”.  Course resources: Notes and PowerPoint (PP) presentation  Related media  Chapter 1 <b>Spielman (OER psych text resource)</b>	<b>Discussion Forum I:</b> Let us be well met; please introduce yourself  <b>Discussion Forum II:</b> <i>What is psychology good for? How does the study of us, benefit us?</i>  <b>Syllabus quiz</b> (due by Sunday on Canvas)  <b>Assignment I:</b> Watch <i>The Social Dilemma</i> and complete a synopsis
Week 2: 6/6	Childhood & Adolescence  Adulthood & Autonomy	Corey: Chapter 2 - Childhood Chapter 3 - Adulthood  Course resources: Notes and PP  Related resources/media  <i>Academic database search overview / Writing support</i>	<b>Discussion Forum:</b> <i>Consider Erikson’s psychosocial stage theory of development</i>  <b>If you are going to drop the course, please do so by 6/9 (No “W” and a money-back guarantee!).</b>
Week 3: 6/13	Your body & Wellness  Managing Stress	Chapter 4 - Wellness Chapter 5 – Stress “not”  Course resources: Notes and PP  Related resources/media (Chapter 14 <b>Spielman</b> )	<b>Discussion Forum:</b> <i>Distress v. Eustress Strategies?</i>  <b>Assignment II:</b> Academic database search  <b>Quiz I (material to date)</b>
Week 4: 6/20		Chapter 6 - Relationships Chapter 7 - Love  Course resources: Notes and PP  Related resources/media  Academic database search overview	<b>Discussion Forum:</b> <i>What are your requisite parameters for relationships?</i>
Week 5: 6/27		Chapter 8 – Becoming the person that you want to be	<b>Discussion Forum:</b>

		Chapter 9 - Sexuality  Course resources: Notes and PP  Related resources/media	<i>Many have choices, however, some choices are not an option for all persons...</i>  <b>Quiz II (material since the last quiz)</b>  <b>Assignment III:</b> Academic database search to complete an annotated bibliography
Week 6: 7/5	Balancing work & Recreation  Creating meaning & value in our lives	Chapter 10 – Work & Rec <b>Chapter 13</b> – Meaning & Value  Course resources: Notes and PP  Related resources/media	<b>Discussion Forum:</b> <i>Where do you find purpose?</i>
Week 7: 7/11	Loneliness & (v.?) solitude... they're not the same  Transitions, loss, & death	Chapter 11 – Loneliness Chapter 12 - Death  Course resources: Notes and PP presentation  Related resources/media	<b>Discussion Forum:</b> <i>At what stage of life is loneliness the most challenging?</i>  <b>Quiz III (material since the last quiz)</b>
Week 8: 7/18  Finale	Pathways to personal growth	Chapter 14 – Pathways...  Course resources: Notes and PP  Related resources/media	<b>Discussion Forum:</b> <i>And now we are well parted... key takeaways.</i>  <b>Assignment IV:</b> Term paper  <b>All coursework is due by Thursday 7/21 at midnight</b>

## Assessments & evaluations

Your grade will be determined by the quality of your discussion forum contributions (clear rubrics provided), writing assignments, and quiz scores (there are extra credit opportunities).

### Assessment

### Point Value

Weekly participation in discussions forums (up to 10 points – see rubric) 80

(discussions may often include written artifacts or demonstrations)

3 term quizzes at 15 points each 45

Social Dilemma assignment	20
2 academic database assignments at 15 points each	45
Term paper	40
One extra credit opportunity at up to 10 points each	
	Total of 225

### Grading Scale\*

A 100% - 90%   B 89% - 80%   C 79% - 70%   D 69% - 60%   F below 60%   NP below 70%

## Evaluation & Grading Policy

Every discussion forum, quiz, written assignment, or other assessment is accompanied by a clear grading rubric that states the parameters and standards relative to the assessment type and designated point value. This course will use a standard 100% grading calculation (e.g. there are no weighted or curved grades) \*. All assessments are due by the stated date (though you may complete assessments early). Late work will not receive credit unless arrangements have been made at least three (3) days prior unless there is a legitimate, documented emergency.

**\*I'm not a BIG fan of grading. I am attenuated to completion. For all writing assignments and quizzes (not including the weekly discussion forums and the term paper – since our course will have ended) I will support you in aligning your iteration of the assessment with the rubric until it is resolved and you have mastered the assessment.**

**Stated another way: I'll work with you on your writing assignments until the formatting is completely aligned; you may take each quiz twice.**

## Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, the determination of the grade and 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 contributing their perspectives to classroom discussions. It, therefore, encourages instructors and students to use language that is inclusive and respectful.

## Community College Student Health and Wellness

Resources, tools, and training 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).

## 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](#) 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 the 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 [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

## 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 email and/or phone. Registration is not necessary 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 the College of the Redwoods to protect life and property from the effects of emergencies within its 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 at 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, cooperating 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, 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 the College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergencies within its jurisdiction.

1. In the event of an emergency, the communication shall be the responsibility of the district employees on the 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, and warnings, to ensure the school community is notified.
  - d. Contact 530-625-4821 to notify them of the situation.
  - e. Contact the Hoopa Tribal Education Administration office at 530-625-4413
  - f. Notify Public Safety at 707-476-4111.
2. In the event of an emergency, the responsible district employee on the 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 a safe location Kitchen area is the best internal location.
- e. If a police officer or higher official arrives, they will assume command.
- f. Wait until the notice that *all is clear* before unlocking doors.
- g. If safe to do so, move to the nearest evacuation point outside the building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
- h. Do not leave the site, unless it has been deemed safe by the person in command. Student Support Services (required for online classes)