Course Syllabus: General Psychology

Course Information

Semester & Year: Fall 2023

Course ID & Section #: PSYCH 1 V5353 & V5357

Instructor's name: Philip Mancus

Day and Time: Asynchronous
Location: Online at https://instructure.redwoods.com
Number of Units: 3

Instructor Contact Information

Office location: Del Norte Main, Room 27

Office Hours: M/W, 12:00 p.m. to 12:20 p.m. or by appointment
Phone Number: 707-465-2362
Email Address: Philip-Mancus@Redwoods.edu

Preferred Method of Communication: Canvas Messenger ("Inbox"). I usually reply within 24 hours weekdays and within 48 hours weekends.

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.

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 & information competence as applied to psychological topics.
4. Analyze how experience, culture, learning and biology affect behavior and cognitive processes.

Recommended Preparation

Students should ideally be eligible for placement in ENG 1A or its equivalent when taking this class.

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related

disability
- A learning disability (e.g., dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (e.g., audio books, E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Disability Services and Programs for Students (DSPS). If you are unsure whether you qualify, please contact DSPS for a consultation: dsps@redwoods.edu.

- Eureka: 707-476-4280, Student Services Building, 1st floor
- Del Norte: 707-465-2324, Main Building, near the library
- Klamath-Trinity: 707-476-4280

Receiving Accommodations. Please ensure your written accommodation request is delivered to me at least one week before the first scored assignment so that necessary arrangements can be made. Last-minute arrangements or post-test adjustments cannot usually be accommodated except under extenuating circumstances.

Required Materials

Required Textbook: Psychology 2e, by Spielman, Jenkins, and Lovett (2020). Published by OpenStax. This is an open access textbook and is no cost to you. **The textbook is available on the Canvas course website**. You can view the book online, download a PDF, and/or order a print copy (for a fee). There are several other ways to get access.

1. Go directly to OpenStax by clicking this link: **Psychology 2e.**
2. Order from the CR Bookstore Portal. You may be charged a modest fee.
3. Find it online using the ISBN: 978-1-951693-23-7

Other Materials: None

Canvas Course Website

All class activity takes place online, on Canvas. Below are helpful links to get you logged in and working.

- 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)

Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name in Canvas. Contact Admissions & Records to request a change to your preferred first name. 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 Account Profile

All students in this class must select a Canvas profile picture for their account. Your picture must meet the standards of netiquette, as defined below. A photo, avatar, gravatar, or something else representing you will work. It cannot be a monochrome (single color) image, your initials, or violate my course policies. Students without a profile picture by Wednesday of Week 1 will be dropped from the course.

Important Fall Semester Dates

Semester Begins	08/19/23
First Day of Class	08/21/23
Deadline to Introduce Yourself to the Rest of the Class	08/23/23
Labor Day (All Campuses Closed)	09/04/23
Census Date	09/05/23
Last Day for Student or Faculty Initiated Withdrawal	10/27/23
Veteran's Day (All Campuses Closed)	11/10/23
Fall Break (No Classes)	11/20/23 – 11/25/23
Last Day of Class	12/08/23
Final Examinations	12/09/23 – 12/15/23
Semester Ends	12/16/23

Note: This Syllabus is subject to change at the instructor's discretion.

Proctored Exams

All exams for this class are taken online. However, I reserve the right to require proctored (in person) exams as needed. I will notify you well in advance of any examination dates.

Course Policies & Procedures

Semester Overview

The semester is 15 weeks long, followed by finals week (Week 16), during which time you'll take your comprehensive, written final exam. We cover one chapter unit per week. All material for a unit can be found in its module on Canvas.

Evaluation and Grading

Participation (30%)

The online class discussion forum makes up an important part of each week's activity. These are asynchronous, but there are deadlines during the week you must meet. Because discussions are focused conversations held during a specific time period, I don't allow make ups, but I will drop your three lowest scores in this category. Use these "freebies" wisely, as you may need them later in the term when the semester can get busy.

Chapter Quizzes (30%)

During the semester you will take fifteen quizzes, one per unit. Each quiz tests your reading comprehension and understanding of the unit material. A single quiz consists of 20 multiple-choice, matching, or true/false questions worth one point each. You are granted two attempts per quiz and have 40 minutes to complete each attempt. Canvas keeps the score of your most recent attempt. Each quiz opens (becomes available to take) on the Saturday before it is scheduled to be discussed in class. You must make your two attempts by the following Saturday (the due date). See the semester schedule below for due dates.

The Term Paper (20%)

This assignment is to write a brief report on a psychological topic of your choice. The report is to be completed in two stages. Stage 1 prepares you for Stage 2. Each stage is worth 50 points. Stage 1 is due at the end of Week 6. The instructions for Stage 1 are found in the Term Paper module on Canvas and are available to view at the start of the

course. Stage 2 is due at the end of Week 12. The instructions for Stage 2 are found in the Term Paper module on Canvas and will be available to view after the deadline for Stage 1 has passed. For each stage, you'll upload a PDF file using Canvas. Stage 1 is free form, but Stage 2 <u>must</u> be formatted according to **APA style** for student papers.

Final Exam (20%)

At the end of the semester (during Week 16) you will take a *Final Exam*.

- The exam consists of four questions, one for each of the major learning outcomes of the course (see the page one, above).
- Answers are in short essay format (approximately 75-150 words).
- You will have two hours to complete the exam (disability accommodations will be factored in).
- You get only one attempt.
- The link to the exam becomes available Monday, December 11 at 12:30 p.m. and stays open until Tuesday, December 12 at 12:30 p.m. You must take the exam (make your two-hour attempt) during this time period (the 'exam window'). Once you start the exam, the two-hour clock starts counting down. Start well in advance of the close of the exam window to ensure you receive your full time, because Canvas will time you out when the window closes.

 NOTE: It is mandatory that you take your final exam. Students who don't take the final exam get an automatic D in the course (or lower, depending on your score in the class), regardless of how well you do in the rest of the grading categories.

Grades

The course website will show your current score in the class as a percentage. I use the following scale in determining your final letter grade:

A = 93% and above	**A-** = 90-92%	**B+** = 87-89%
B = 83-86%	**B-** = 80-82	**C+** = 77-79%
C = 70-76%	**D** = 50-69%	**F** = 49% and below

An Incomplete (I) is given at your instructor's discretion and will only be granted to those students who continue to participate in class, have completed all prior work, and who have made arrangements with me by the end of the 15th week. This is a rare privilege and is not granted lightly.

Academic Integrity: Your Commitment to the Truth

In the academic community, we place a high value on truth. We set high expectations for ourselves and for our students. Students new to college are sometimes uncertain of what is acceptable and what is not.

Academic integrity essentially means submitting your own work on all assignments, unless specifically told to collaborate with others. This means NO essays for hire, NO machine/artificial intelligence bots writing your stuff for you, NO having a friend write for you, NO copy and paste from the internet or some other source (this includes copying, pasting, and then modifying a word or two), NO getting help or giving help on a quiz, NO sharing quiz questions with others, NO copying someone else's discussion post, etc. All of this violates the principle of academic integrity, but more importantly, **it deprives you of the opportunity to learn and to develop your own critical thinking skills.**

Plagiarism

One of the biggest problems in an online environment is plagiarism, which is using someone else's ideas, data, or text without giving proper credit to the source of those ideas, data, or text. In this class, plagiarism violates the principle of academic integrity. Here are some guidelines for how to avoid plagiarism.

- You generally don't need to cite your source in a discussion, reflection, or short essay. However, if you use original ideas from outside of class, you should cite the source.
- If you use *data* or *statistics* from any source, including your textbook, you need to make a citation.
- If it is firsthand knowledge (gained from your own experience) you don't need a citation, but you should at least identify it as such.
- If you use *text* from any source, you are *required* to enclose that text in quotation marks *and* make a citation.

You may be thinking, "Okay, but **how** do I make a citation"

For those rare times you make a citation in a discussion, reflection, or short essay, you can simply refer to the source by name and provide either a link or publication info (author names, year of publication, where it was published).

On a formal research paper or assignment where you rely on sources outside of class, use "in-text" citations (also known as parenthetical citations). Here are some examples using the manuscript style of the American Psychological Association (APA).

> Smith (2002) found that students appreciate having clear guidelines on academic integrity.

Or,

> In a recent survey, students reported appreciating having clear guidelines on academic integrity (Smith, 2002).

Or,

> Researchers found that "seventy five percent of student surveyed appreciated having clear guidelines on academic integrity" (Smith, 2002, p. 194).

Notice the author's last name and the year. If the name is part of the sentence, don't enclose it within the parentheses. If the name is not part of the sentence, then enclose it within the parentheses. And in the last one, a direct quote is made. The quotation marks enclose the text that was copied from the source and the citation includes the page number of the quote.

Once you've made a citation, the final piece on a formal paper is the *reference.* Here's an example of a reference using APA style. Notice how it includes all of the catalog information you would need to find the journal article where this information was originally published.

> Smith, J. (2002). Student attitudes toward academic integrity. *Journal of Higher Education* (36)2: 191-199.

APA style dictates that references are listed in a separate section at the end of a research or analytical report.

For more on APA style, see the term paper module on the course website.

The Rules on Plagiarism

With all that said, **I treat plagiarism as violation of academic integrity and I consider it the student's responsibility to know what it is and how to avoid it.** For a quick guide on plagiarism, the Online Writing Lab at Purdue University is a great resource. For now, here are some examples of plagiarism.

- Referring to information and ideas from someone or somewhere else without properly citing the source
- Copying and pasting someone else's text without the use of quotation marks

- Copying and pasting and then modifying the text a bit without using quotation marks
- Relying on excessive quotations or long quotations to fill in your paper or other assignments
- Using ChatGPT or some other AI system to write your paper
- Purchasing an essay, hiring a ghost writer, or simply having a friend write your paper
- Submitting someone else's paper
- Submitting a paper you turned in on an another assignment in this class or for another class

Policy on the Use of Artificial Intelligence and Machine Learning Generators in Your Work

I understand that AI is out of the box and there's no going back. And I get the appeal of having it do your work for you. However, that isn't learning what you're supposed to learn, it's learning to game the system. Would you want to rely on a doctor who relied on someone who cheated their way through med school to treat you? So why wouldn't the same principle apply to any other professional, including you?

Because of these concerns, and fully recognizing that AI is a useful tool, **my policy is that if you use generative AI (e.g., ChatGPT), you must cite it as a source. And if you use any of the actual text generated by AI, you must enclose that text in quotation marks and make a citation.**

Importantly, **this means that your use of AI should be limited to the same way you'd use any other source: as a reference, not as a substitute author.** In any academic assignment, quotations in general should be kept to a minimum. This implies that the vast majority of your work will be written by you, and not generative AI.

The Not So Nice Part

So, now that you all know, please hear me when I say that **students who are caught collaborating on an assignment without being explicitly told to do so, or who plagiarize, or commit any other form of academic dishonesty as defined by this policy, will forfeit all credit for that assignment.**

In addition to plagiarism, academic dishonesty includes but is not limited to cheating, collusion, complicity, abuse of resources, computer misuse, fabrication or falsification, unpermitted multiple submissions, and bearing false witness.

For more information on academic integrity, the Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional reading 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.

Classroom Etiquette

Interaction in the classroom requires paying attention to the way we can potentially affect others. Peaceful, logical, evidence-based, constructive, critical thinking and inquiry is encouraged. Aggressive, destructive criticism is not. Just like you wouldn't shout in someone's face in class, avoid communication that is corrosive and divisive.

Policy on Hate-Based Communication

In this class I have a zero-tolerance policy when it comes to individuals, groups, or organizations professing ideologies that target, intimidate, and/or dehumanize individuals or groups based on their perceived race, color, ethnicity, nationality, national origin, citizenship, language, religion, age, sex, sexual orientation, gender identity, body size, marital status, genetic status, veteran status, assault and trauma survivor status, and/or physical ability. Such expression is antithetical to the spirit of the academy and to the mission of the college. Individual actions that express hatred, contempt, or degradation of others will not be tolerated. Any and all speech, gestures, adornment, emblems, codes, insignias, signs, symbols, slogans, flags, propaganda, paraphernalia, or other memes that express or represent hate-based ideology, or discrimination against protected classes, or otherwise signifies identification with, sympathy for, affiliation with, or membership in a hate group are strictly prohibited from this virtual classroom. Any violation of this policy will result in the student(s) having classroom privileges suspended until compliance is assured.

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. Please let me and other students know if you have preferences for how you are addressed.

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.

Student Services

Resources

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

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.
- Counseling offers assistance to students in need of professional counseling services such as crisis counseling. Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Learning Resource Center

The LRC 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

Programs 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.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821

Emergency Procedures

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 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.

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)

Course Syllabus Subject to Change

As your instructor, I reserve the right to make changes to this syllabus and the course content. While I make every effort to follow the policies and schedule laid out herein, there may be times when changes are necessary. I will inform the class of any changes using the Canvas Announcements tool and/or in class.

Please turn to the next page.

Digital Resources for Writing your Term Paper

Entry Level Journals in Psychology

The list below includes science magazines that are readable by a general audience. You can go directly to those websites if you wish, but sometimes they'll make you pay for the article. Better to go through the Articles and Databases under the Library link portal to get the article that way.

Journals and Magazines with a Psychology Focus	
American Scientist	https://www.americanscientist.org/
BBC News Science Focus	https://www.sciencefocus.com/
Directions in Psychological Science	https://www.psychologicalscience.org/publications/cur
Discover	https://www.discovermagazine.com/
Frontiers in Psychology	https://www.frontiersin.org/journals/psychology
Monitor on Psychology	https://www.apa.org/monitor
National Geographic	https://www.nationalgeographic.com/
New Scientist	https://www.newscientist.com/
Perspectives on Psychological Science	https://www.psychologicalscience.org/publications/per
Psychology Today	https://www.psychologytoday.com/us
Quanta Magazine	https://www.quantamagazine.org/tag/cognitive-
Science	https://science.sciencemag.org/
Scientific American	https://www.scientificamerican.com/
The Psychologist	https://thepsychologist.bps.org.uk/
Wired	https://www.wired.com/

How-To Term Paper Guides

- Various Topics in Psychology
- About the Library: Library policies, services, and collections
- Copyright on Campus: Copyright law specific to college and university faculty and students
- Journal Articles: Strategies for finding, reading, understanding, and citing journal articles
- Primary Sources: Sources of primary documents in the Credo Reference database and CR Library resources
- Statistical Abstract of the United States: How to use this database to find statistical data
- Videos: Accessing & Using: Finding and using online videos for research projects and personal interest

Semester Schedule

Week	Unlock Date	Topic	Due Date
Week 1	Aug 19	1 Introduction to Psychology	Quiz 1: Aug 27
Week 2	Aug 26	2 Research Methods	Quiz 2: Sep 3
Week 3	Sep 42	3 Biopsychology	Quiz 3: Sep 10
Week 4	Sep 9	4 States of Consciousness	Quiz 4: Sep 17
Week 5	Sep 16	5 Sensation and Perception	Quiz 5: Sep 24
Week 6	Sep 23	6 Learning	Quiz 6: Oct 1
	Aug 19	Term Paper Stage 1 Due (upload on Canvas)	Sunday, Oct. 1
Week 7	Sep 30	7 Thinking and Intelligence	Quiz 7: Oct 8
Week 8	Oct 7	8 Memory	Quiz 8: Oct 15
Week 9	Oct 14	9 Lifespan Development	Quiz 9: Oct 22
Week 10	Oct 21	10 Emotion and Motivation	Quiz 10: Oct 29
Week 11	Oct 28	11 Personality	Quiz 11: Nov 5
Week 12	Nov 4	12 Social Psychology	Quiz 12: Nov 12
	Oct 1	Term Paper Stage 2 Due (upload on Canvas)	Sunday, Nov. 12
Week 13	Nov 11	14 Stress, Lifestyle, and Health	Quiz 13 (Ch. 14): Nov 19
Fall Break	M-F: Nov 20 - 24	Class Does Not Meet	
Week 14	Nov 25	15 Psychological Disorders	Quiz 14: Dec 3
Week 15	Dec 2	16 Therapy & Treatment	Quiz 16: Dec 10
Finals Week	Monday, Dec 11 at 12:30 p.m.	Final Exam	Tuesday, Dec 12 at 12:30 p.m.