CR COLLEGE OF THE REDWOODS

Syllabus for PSYCH 20: Biological Psychology

Course Information

Semester & Year: Fall 2023
Course ID & Section #: PSYCH 20 – E5358
Instructor's name: Julia Kandus
Day/Time of required meetings: Tuesdays & Thursdays 1:15M-2:40PM
Location: Science Building, Room SC206 – Eureka Main Campus
Number of exams: 3
Course units: 3

Instructor Contact Information

Instructor: Julia Kandus, M.A.
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

This course introduces the scientific study of the biological bases of behavior and its fundamental role in the neurosciences. Physiological, hormonal, and neurochemical mechanisms, and brain- behavior relationships underlying the psychological phenomena of sensation, perception, regulatory processes, emotion, learning, memory, and psychological disorders will be addressed. The course also notes historical scientific contributions and current research principles for studying brain-behavior relationships and mental processes. Ethical standards for human and animal research are discussed in the context of both invasive and non-invasive experimental research.

Prerequisite or Advisory

Prerequisite: PSYC 1 – General Psychology
Advisory: English 1A – College Composition

Course Student Learning Outcomes

1. Analyze how biological processes affect human mind and behavior.
2. Demonstrate knowledge and understanding representing appropriate breadth and depth in selected content areas of biological psychology.
3. Analyze and/or apply biopsychological research in writing.

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, a free online textbook called Psychobiology by The Noba Project, and Required Readings provided through Canvas.

Canvas:

The syllabus, course calendar, readings and videos, grades, and all other 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. 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. ALL required and supplemental course materials can be found on our Canvas course page, so be sure to explore it to find what material you need. If you cannot find an article discussed, feel free to email me. Be sure to check Canvas frequently throughout the semester to stay on top of due dates, assignment details, extra credit event announcements, class cancellations, etc…
Questions?

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

Textbook:

- Psychobiology by The Noba Project - modified for the course by Professor Kandus
- URL to Textbook: http://noba.to/qejtpd5c
- Publisher: The Noba Project
- Cost: Free!
- This is a free Open Educational Resource (OER), which is a free online textbook. You heard that right, your textbook for this course is free! The Noba Project has a large collection of modules, which are individually written sections of a chapter. These modules are written by the best in that field, so you get to read a textbook written by a collection of researchers who are experts in that subject. I have compiled these pre-written modules into chapters that make-up the textbook for this course.
- For this reason, you need to be sure to view the textbook at that link above (http://noba.to/qejtpd5c). You will know it is the correct textbook if you see Psychobiology by Julia Kandus at the top of the page. Bookmark that page to ensure you're reading the correct textbook, and for quick access throughout the semester. If you view the entire Noba Project collection, you not only will be reading over twice as much as you need to, but it won't be separated into the correct chapters for this course.

Required Readings:

- Provided in Canvas under respective unit pages in Modules. Recommended readings are also provided, but are optional.

Scantrons & #2 Pencil:

- You'll need 3 of the form SC882-E Scantrons. These are the longer green forms with 50 multiple choice on each side, 100 total. They can be purchased at the bookstore. Please keep these forms flat and unwrinkled.
- You will also need a #2 pencil for the exams.

Access to Canvas and Internet:

- Computers are available to use in the library while it is open, or you can borrow a library laptop for up to four hours at a time. Check out this website for more information: https://redwoods.libguides.com/about-the-library/laptop_loans#:~:text=At%20the%20Eureka%20campus%3A%20Contact,arrange%20pickup%20of%20the%20computer.

Evaluation & Grading Policy

Assignments	Points
Exams	**200 points total**
Exam 1	50 points
Exam 2	50 points
Final Exam	100 points
Reading Quizzes	**100 points total**
Coloring Pages Checks	**90 points total**
Assignments	**200 points total**
Attendance & Participation	**60 points total**
Welcome Quiz	10 points
Class Participation	50 points

Total Points	650 points possible

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 3 exams scheduled throughout the semester, 2 midterms and a cumulative final. The midterms are worth 50 points each, and cover the material from that section (see course calendar for chapters and sections). The final is worth 100 points, and is cumulative, covering material from Section 3 as well as the "big picture" concepts from the first two sections. Exams total 200 points of your overall course grade. Exams are taken in class; dates and topics are shown on the course calendar in Canvas. You will need a Scantron SC882-E and a #2 pencil for each exam. I suggest getting your Scantrons at the beginning of the semester, as they tend to run out toward the end of each semester.

Exams must be taken on the day they are scheduled. If you must miss an exam for an unavoidable reason, email me as soon as possible so we can make alternative arrangements. The final cannot be made up. 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.

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.

Lecture Attendance & Participation

You can earn 60 points in the Lecture Attendance & Participation section this semester. Earn these participation points by asking questions if you have them, participate in class and group discussions, and complete the participation activities in class.

Attendance will be taken throughout this course. Material is discussed in lecture that cannot be found in the textbook, so only doing the readings and quizzes will not earn you an A in this course. Please see the Absence Policy section below for more information on attendance and absences.

The Welcome Quiz due by the end of the first week of the semester is worth 10 participation points.

Class Participation is worth 50 points. You must be present to earn these points.

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. This is a safe space for you and your classmates to learn, share, and discuss. However, prejudice, racism, and discrimination are **never** accepted in my classroom. If you display any of those, you will be asked to leave.

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 in the Noba textbook 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 Reading Quizzes for select sections of the NOBA textbook, worth 10 points each, for a total of 100 points. Your lowest Reading Quiz Score will be dropped. Quizzes open at the start of each week and are due on Sundays by 11:59 p.m. on the weeks they are assigned. 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.**

NOBA Practice Quizzes: There are ungraded practice quizzes at the end of each module on the NOBA textbook. These are to provide extra practice if you so desire, but these questions are fair game on the Canvas quizzes and exams. You must create a NOBA account using your student email in order for your progress to be saved. In order to access the textbook for this course, as well as the practice quizzes, you have to login to your NOBA account with your student email throughout the semester.

Coloring Pages Checks

You will be coloring pages from the Anatomy of the Human Brain Coloring Book (2nd Edition) throughout the semester. I will provide these coloring pages for you, so you do NOT need to purchase the entire coloring book unless you would like to. You will color 45 pages throughout the semester, worth 2 points per page, for a total of 90 points. Read the descriptions of what you're coloring on the left-hand page, then refer to that information while coloring on the right-hand page. Be sure to read the "Coloring notes" at the bottom of the left page and complete them in order to receive full points. We will have Coloring Pages Checks throughout the semester, which are the same day as exams. You will color the pages for that section, and bring your coloring pages to class on exam dates to be graded. Hand in your coloring pages BEFORE each exam. If the page is completed and correct, you will earn full credit (2 points). If there is more than one mistake, you will earn half credit (1 point), since it is important to put in effort and not just quickly color the pages. Check the course calendar for assigned chapters/sections and due dates, under the Coloring Pages section. Late Coloring Pages Checks lose 10% per day late.

Out-of-Class Assignments

You will be completing 4 Out-of-Class Assignments throughout this semester, worth 50 points each, totaling 200 points of your overall grade. These assignments will supplement your learning, and will directly relate to what we've been discussing in lecture. They will be completed out of class, and will be due on Sundays throughout the semester; see Course Calendar at the top of Modules in Canvas for due dates. These assignments will be discussed in detail in class, and details/rubrics can be found on their assignment pages on Canvas. Late assignments will lose 10% of the total points per day late.

Extra Credit

You can earn up to a 2% bump in total grade, so 13 points max, from extra credit:

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 the on-campus events. If you attend one of these, complete a no-more-than 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 if possible. All extra credit is due the last day of instruction.

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 know you will not be completing the course, it is up to you to drop by the drop date.

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 plasgiarize, 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

Fall 2023 Dates:

    August 18th: Last day to register for classes (day before the first class meeting)
    August 19th: Classes begin
    August 25th: Last day to add a class
    September 1st: Last day to drop without a "W" and receive a refund
    September 4th: Labor Day Holiday (All Campuses Closed)
    September 5th: Census Date (20% of class)
    October 26th: Last day to petition to graduate
    October 27th: Last day for student initiated withdrawal (62.5% of class)
    October 27th: Last day for faculty initiated withdrawal (62.5% of class)
    November 11th: Veterans Day (All Campuses Closed)
    November 20th-25th: Thanksgiving break (no classes)
    November 22nd-24th: No Classes, all campuses closed
    December 9th-15th: Final Examinations
    December 15th: Last day to file for P/NP option
    December 15th: Semester Ends
    December 22nd: Grades due
    January 5th: Grades available

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

**This syllabus is subject to change. The quality of your education and fairness to the course are two criteria used when determining any changes.

- Course Calendar found at the top of Modules in Canvas -