

## Course Information

Semester & Year: Spring 2024

Course ID & Section #: Psych 33 D7082

Instructor's name: Kady Pomerleau

Course units: 3

### Required Materials

Textbook title: Research Methods in Psychology

Edition: 4<sup>th</sup> Edition

Author: Jhangiani, Chiang, Cuttler, & Leighton

ISBN: 9781085976923

## Catalog Description

A course focusing on applied psychology. This course surveys psychological theories and empirical research in personal growth, personality development and adjustment. Topics covered include: personality development, self-esteem, stress and coping, health, psychology of love and sex, gender roles, mental health diagnoses, work and group behavior. Students will learn to apply psychological theories and principles to their own lives while examining personal barriers to learning, personal effectiveness and interpersonal relationships.

## Course Student Learning Outcomes

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

## Educational Accessibility & Support

### 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 library
- Klamath-Trinity: 530-625-4821 Ext 103
- Pelican Bay State Prison: Contact MS. Tory Eagles, our Scholars Program Coordinator, via a formal written letter or an Ask CR Sheet. Please send your formal letter or Ask CR Sheet to the Pelican Bay

Education Department (ATTN: CR Scholars), so that your request can be routed through our correspondence mailing system

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. If you are taking correspondence classes, DSPS will also 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 participation in class. College of the Redwoods wants every student to be successful.

## Evaluation & Grading Policy

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

### Grade Distribution:

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

### Late Policy:

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

## Spring 2024 Dates

January 12	Last day to register for classes (day before the first class meeting)
January 13	Classes begin
January 15	Martin Luther King, Jr.'s Birthday Holiday (District-wide closure)

January 19	Last day to add a class
January 26	Last day to drop without a "W" and receive a refund
January 29	Census Date (20% of class)
February 16	Lincoln's Birthday Holiday (District-wide closure)
February 19	President's Day Holiday (District-wide closure)
March 7	Last day to petition to graduate
March 29	Last day for student initiated withdrawal (62.5% of class)
March 29	Last day for faculty initiated withdrawal (62.5% of class)
March 11-16	Spring break (no classes)
May 4-10	Final Examinations
May 10	Last day to file for P/NP Option
May 10	Semester Ends
May 17	Grades due
May 24	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.

## Assignment Descriptions

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

**Research Paper:** Your research paper will be a 2-3 page paper citing literature on how you've managed stress from a time in your life. Your instructor will provide you with articles on wellness and stress for you to cite in your research paper. You may also request articles from the librarian to complement your research. This paper will be written in APA style citing at least 3 sources. You will receive a cheat sheet on how to write in APA style in week 4.

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

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

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

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

## Course Agenda

Week/Dates	Topic	Reading	Assignment Due
Week 1 Jan 27 – Feb 2	Invitation to Personal Learning and Growth	Chapter 1	Chapter Activity(2)
Week 2 Feb 3- Feb 9	Reviewing your childhood and Adolescence	Chapter 2	Chapter Activity(2)
Week 3 Feb 10 – Feb 16	Adulthood and Autonomy	Chapter 3	Chapter Activity(2)
Week4 Feb 17 – Feb 23	Your body and Wellness	Chapter 4	Chapter Activity(2)
Week5 Feb 24 – Mar 1	Managing Stress	Chapter 5	Research Paper (15)
Week5 Mar 2 – Mar 8		Review Chapter 1-5	Exam 1 (16)
Week7 Mar 9 – Mar 15	SPRING BREAK		
Week 8 Mar 16 – Mar 22	Love Relationships	Chapter 6 Chapter 7	Chapter Activity(2) Chapter Activity(2)
Mar 23 – Mar 29	Becoming the woman or man you want to be	Chapter 8	Chapter Activity(2)
Week 9 Mar 30 – April 5	Sexuality	Chapter 9 Review Chapters 6-9	Chapter Activity(2) Exam 2 (16)
Week 10 Apr 6– Apr 12	Work and Recreation	Chapter 10	Chapter Activity(2)
Week 11 Apr 13 – Apr 19	Loneliness and Solitude	Chapter 11	Chapter Activity(2)
Week12 Apr 20 – Apr 26	Death and Loss	Chapter 12	Chapter Activity(2)
Week 13 Apr 27 – May 3	Meaning and Values	Chapter 13	Personal Reflection (15)
Week 14 FINALS WEEK May 4 – May 10		Review Chapters 11-13	Exam 3 (16)

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