

## Psychology 101: General Psychology / Spring 2012

Mondays (6:30 – 9:30 p.m.) / Room 1402, Fremont Campus

Instructor: Sarah Daniels, M.A.

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This course is structured to give you a general idea of what psychology is, how information is processed in humans, and how psychology is applied in everyday life. The semester is organized so that you can get a better idea of how psychology works; including basic theories and principles, psychological research, and the application of psychological techniques.

This class is not intended to make you a psychologist. It is presented as an overview so you will gain a general understanding of all of the major concepts in psychology. If you were to major in psychology as an undergraduate, each chapter of the book we'll be reading would likely be a separate course!

You will learn a lot this semester and hopefully this class will increase not only your knowledge base, but also contribute to your interest in the theory and practice of psychology.

- **Instructor Information:** As a part-time instructor, I do not have a faculty office and cannot hold regular office hours. Please use e-mail as your primary method of contact with me, include "101" as part of your subject line, and begin each message by indicating which class you are in. On a regular basis, I will arrive at least 15 minutes early to assist with quick questions. Otherwise, please e-mail me with questions or to schedule a longer time to meet. (Note: I do have a mailbox in the mailroom on the Fremont Campus – Building 1 / 2<sup>nd</sup> Floor).

**Required Text:** The required textbook for this course is Hockenbury & Hockenbury's *Discovering Psychology*, Fifth Edition (ISBN 13: 978-1-4292-1650-0). Be sure that the reference is a perfect match before you buy it (5th edition and the matching ISBN # from above). You may find some book sellers have the book packaged with a study guide or online access code so that you can use the publisher's online study resource center. You do not need these.

**E-book access:** The e-book version of *Discovering Psychology* is available for purchase at <http://ebooks.bfwpub.com/>

In addition to the assigned text, there will occasionally be supplemental articles or materials covering relevant topics.

- **Instructor Blog:** Weekly updates, links, and your grades status will be posted on my blog <http://psysdaniels.typepad.com/>.
- **Course Format & Methods of Instruction:** This course format will include lecture; audio/visual; discussion and collaborative learning (pairs & small groups). Please note that some video clips are being piloted this semester and they are not yet captioned. Contact me if you require assistance.
- **Required Supplies:** You will need five (5) Scantron 882-E forms, #2 pencils, and a good eraser that does not smudge. No points will be given for test answers marked wrong due to erasure problems. Wrinkled or hole-punched Scantron forms cannot be processed.
- **Add/Drop Policy:** If you don't attend the first or second class and do not contact me with a reasonable explanation in advance, you will be dropped to make room for waitlisted students. Some students who want this class may need to be turned away, so priority is given to those who show up.

**NOTE:** Once you are registered, it is the student's responsibility to drop this class. If you wish to drop, you must do so according to the Schedule of Classes calendar. Failure to do so will result in a grade of "F" for the semester so please keep track of the academic calendar!

- **Course Content and Objectives (Student Learning Outcomes):** This class is a basic introduction to the major principles of human behavior and mental processes. You will be introduced to a variety of topics including Neuroscience, Learning, Memory, Lifespan Development, Personality, Social Psychology, Psychological Disorders, and Therapies. These subjects emphasize the relationship between basic psychological principles and their application in everyday life. You will be encouraged to use critical thinking and to apply psychological concepts to your own experience.

By the end of this course, among other things, you will be able to:

- Demonstrate knowledge and understanding of the selected content areas of psychology
- Describe the nature of psychology as a science
- Explain the major theories, practices, and perspectives of psychology
- Reflect on your personal experiences and apply the principles of psychology to your life
- Develop sensitivity to culture, race, gender, and other forms of diversity

### **CLASSROOM COMMUNITY**

- **Cell Phones & Other Electronic Devices:** Keeping distractions to a minimum is important -- for your sake and mine! Please turn off your cell phone and any other electronic devices and keep them out of sight during class. If you wish to use a laptop computer for note-taking, please speak with me for conditions and approval.
- **Participation, Questions & Comments:** Questions are welcome in class, but please raise your hand. If you are an active participant, please self-monitor in order to give other students the opportunity to participate as well. Although I will try to answer all relevant questions in class, there may be occasions when time is limited or I may have to get back to you with an answer I don't have at the moment.
- **Packing-up Early:** As class comes to an end, it's tempting to begin packing up your things early. I commit to ending class on time in exchange for your full attention while class is in session.
- **Children & Guests:** The topics covered in the course can contain inappropriate material for children and, as such, it is unacceptable to bring children to class. In addition, children can be a potential liability to the college. Adult guests are not normally allowed in class without prior approval, and only under special circumstances.
- **Appropriate Conduct & Behavior:** Your behavior as a student in this class must support our learning environment. It is expected that you will be mature and polite, actively participate in discussions, and stay focused. As a courtesy to me and the other students in this class, I expect you to refrain from any unnecessary or inappropriate talking during class.

Your final course grade may be reduced for classroom behavior that is disruptive or notably unacceptable.

## GRADING: PSY-101

Grading in this course will be based on a point/percentage system, as follows:

Description	Points Possible	Percent of Grade
Student Information Sheet ( <i>on time</i> )	25	5%
Four Tests (3 chapters each) @ 50 points	200	40%
Course Paper / Project	100	20%
Reaction Paper (10) and Group Presentation (15)	25	5%
Final Exam	100	20%
Participation & Attendance**	50	10%
<b>TOTAL</b>	<b>500</b>	<b>100%</b>

### Final Grading Scale:

A	450 – 500
B	400 – 449
C	350 – 399
D	300 – 349

*\*\*Participation, attendance, and attitude will also be taken into account for borderline grades*

- **Tests & Class Paper/Project:** Your grade will include a combination of four tests covering three chapters each and a cumulative final exam. In addition to the tests given in class, there will be one class paper/project worth 100 points and two brief presentations, to be discussed in detail at a later time.

On tests and the final exam, you will be responsible for material covered both in class and in assigned readings. Make-up tests will not be given except in highly unusual, documented circumstances. The decision to allow make-up tests is at my discretion and will be considered on a case-by-case basis. Please note that a make-up test is likely to be different from your peers.

The cumulative final is scheduled for Monday, May 14<sup>th</sup> (7:30 – 9:30 p.m.). If you cannot take the final at that date and time, you must contact me at least two weeks in advance to discuss your situation and make other arrangements.

If you need special testing accommodations at any time, you are responsible for making sure all arrangements are made in advance through DSPS.

- **Late Work:** Late work is typically not accepted nor are make-ups given for assignments or quizzes. It is your responsibility to track due dates for assignments and to be in class for tests.
- **Returning of Tests and Assignments:** You will normally be informed of your test scores prior to our next class meeting. It is your responsibility to retain your completed tests until the end of the semester. These tests will serve as your study guide for the final. When you turn in your final exam, you will also return all tests given during the semester. If you fail to do so, 25 points will be deducted from your final exam.
- **Class Attendance:** Please keep in mind that this class meets only once per week and, as such, is the equivalent of three 1-hour class meetings. I understand the challenges of attending class in the evening, but due to the amount of material covered each week, you will receive zero points for attendance/participation if you miss three or more classes this semester. Excused absences require documentation from a doctor.

- **Illness:** If you are having symptoms that resemble the flu (or any other communicable disease), please do not come to class. However, please keep me informed of illness to avoid being dropped.
- **Instructor absence:** If I am unexpectedly ill, I will send an e-mail, post a note on my blog, and also have someone post a note on the classroom door. Although it is very unlikely, if I do not show up after the first 15 minutes of class (6:45 p.m.), you may leave. If class is ever cancelled, please follow up by checking for an e-mail from me and/or visit my blog for instructions indicating what you need to do prior to the next class. I don't plan to miss any classes this semester, however, so these are "just in case" instructions.
- **One note about grades:** In order to do well, you'll need to come to class, take thorough notes, read and study the textbook, and complete all assignments. Please do not think that you will receive a passing grade by simply showing up. You will receive the grade that you earn based on your performance and participation. If you are struggling, please e-mail or meet with me as early in the semester as possible to discuss your concerns and I will do my best to help keep you on track. Ultimately, your grade is your responsibility.

If you are not academically ready to take this course or if you have concerns about the number of obligations you are managing, please consider taking this class when you are more prepared.

- **Resources:** The Ohlone Library provides many resources, both in print and on-line, to help you study or prepare papers. Many of these are listed on the Library's website, <http://www2.ohlone.edu/org/library/studres.html>. If you need help with writing, please visit the Writing Lab on the second floor of Hyman Hall.

Again, students requiring special services or arrangements because of hearing, visual, or other disabilities should contact the Disabled Student Services Office located in Building 7, Room 7217 (second floor / 659-6079).

- **Academic Dishonesty:** It would seem to go without saying that cheating is not acceptable. The penalty for cheating on an assignment or a test is an automatic **F** for that assignment. Depending on the nature of the incident, you may also receive an **F** in the class. Any form of academic dishonesty will be reported to the Vice President of Student Services for disciplinary action (which may include suspension or expulsion from the college).

Some examples of cheating include:

- Copying from another person's test, or obtaining answers from another person during a test;
- Submitting work previously presented in another course, without prior approval;
- Consulting unauthorized materials or electronic devices during a test (including translation aids);
- Taking an examination for someone else, or having someone else take an examination for you.

**Plagiarism** is the act of representing someone else's work as your own. Avoiding plagiarism does not mean that you need to avoid using other people's work for research -- it *does* require you to give proper credit to the source of the material. Copying material verbatim or in substance from published sources without giving the original author appropriate credit is plagiarism. Please be aware that copying from Websites without giving credit is also plagiarism, just as much as copying from a book or from another student's paper. Claiming you did not understand this definition is not a reasonable excuse for plagiarism.

Take some time to review Ohlone' Academic Dishonesty policy here:

<http://www.ohlone.edu/org/student-services/academic-dishonesty.html> or you can obtain a copy in any Division Dean's office or the Office of Student Services (Building 7, 1<sup>st</sup> Floor).

- **Student Information Sheet:** To assist me in getting to know you better, you will turn in a student information sheet. When turned in on time and complete, you will receive 25 points. Those who turn it in late will not receive points; however, you must return this completed sheet in order to take the first test.
- **CLASS SCHEDULE:** *The semester schedule that follows is subject to change.*

**Course Schedule (subject to change): PSY-101 / Spring 2012**

<b>Date</b>	<b>Chapter</b>	<b>Topic(s)</b>	<b>For the Following Class</b>
January 23		<ul style="list-style-type: none"> <li>Syllabus Review                             <ul style="list-style-type: none"> <li>Course Overview and Expectations</li> </ul> </li> <li>Introductions: <i>Who are these people?</i></li> </ul>	<ul style="list-style-type: none"> <li>Learning Styles Questionnaire: <a href="http://www.engr.ncsu.edu/learningstyles/ilsweb.html">http://www.engr.ncsu.edu/learningstyles/ilsweb.html</a></li> <li>Student Info Sheet</li> <li>Read Chapter 1</li> </ul>
January 30	1	<ul style="list-style-type: none"> <li>Learning Styles</li> <li>History of Psychology</li> <li>Research Methods</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 2</li> </ul>
February 6	2	<ul style="list-style-type: none"> <li>Neuroscience &amp; Behavior</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 3</li> </ul>
February 13	3	<ul style="list-style-type: none"> <li>Sensation &amp; Perception</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 5</li> <li>Test / Ch. 1 – 3</li> </ul>
February 20		<b>Holiday – PRESIDENT’S DAY</b>	
February 27	5 <b>(test)</b>	<ul style="list-style-type: none"> <li>Learning</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 6</li> </ul>
March 5	6	<ul style="list-style-type: none"> <li>Memory</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 7</li> </ul>
March 12	7	<ul style="list-style-type: none"> <li>Thinking, Language, &amp; Intelligence</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 8</li> <li>Test / Ch. 5 – 7</li> </ul>
March 19		<b>SPRING BREAK</b>	
March 26	8 <b>(test)</b>	<ul style="list-style-type: none"> <li>Motivation &amp; Emotion</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 9</li> </ul>
April 2	9	<ul style="list-style-type: none"> <li>Lifespan Development</li> </ul>	<ul style="list-style-type: none"> <li>Read Ch. 10</li> <li><b>Papers / Projects Due Next Week</b></li> <li>Myers-Briggs Test: <a href="http://www.humanmetrics.com/cgi-win/JTypes1.htm">http://www.humanmetrics.com/cgi-win/JTypes1.htm</a></li> </ul>
April 9	10	<ul style="list-style-type: none"> <li>Personality</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 12</li> <li>Test / Ch. 8 – 10</li> </ul>
April 16	12 <b>(test)</b>	<ul style="list-style-type: none"> <li>Stress, Health, &amp; Coping</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 13</li> <li><b>Reaction Paper</b></li> </ul>
April 23	13	<ul style="list-style-type: none"> <li>Psychological Disorders</li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 14</li> <li><b>Group Presentations</b></li> </ul>
April 30	14	<ul style="list-style-type: none"> <li>Therapies / <b>Group Presentations</b></li> </ul>	<ul style="list-style-type: none"> <li>Read Chapter 11</li> <li>Test / Ch. 12 – 14</li> </ul>
May 7	11 <b>(test)</b>	<ul style="list-style-type: none"> <li>Social Psychology</li> </ul>	<i>Study for Final Exam</i>
<b>May 14</b>		<ul style="list-style-type: none"> <li><b>Final Exam / 7:30 – 9:30 p.m.</b></li> </ul>	

# SPRING 2012 ACADEMIC CALENDAR

## SCHEDULE FOR REGISTRATION

**Continuing students** are assigned the earliest registration times and appointments based on having a declared academic program (major) and by the number of Ohlone units earned toward that program.

**New and former students** receive the next opportunity to register but do not receive specific appointments.

**10th-12th grade students** register starting approximately two weeks prior to the beginning of the term.

**Kindergarten-9th grade students** receive the last opportunity to register, starting on the first day of the term.

Registration begins for continuing students	Monday, November 21
Priority date for new student applications in order to ensure earliest possible registration times	Wednesday, November 23
Registration begins for new and former students with a completed application	Monday, December 5
Priority date for 10th-12th grade applications in order to ensure earliest possible registration times	Friday, January 6
Deadline for Kindergarten-9th grade applications; no exceptions	Friday, January 13
Registration begins for 10th-12th grade students with a completed application	Friday, January 13
Holiday/Martin Luther King Jr. Day	Monday, January 16
Last day that students are added into classes from the waitlist	Friday, January 20
<b>SPRING SEMESTER INSTRUCTION BEGINS (Read Note 1 on Page 3)</b>	Monday, January 23
Registration begins for Kindergarten-9th grade students	Monday, January 23
→ Last day to drop full-term class and be eligible for a refund	Tuesday, January 31
Last day to add full-term class without instructor's signature	Wednesday, February 1*
Last day to add full-term class with instructor's signature	Sunday, February 5**
Last day to drop full-term class without a W grade	Sunday, February 5**
→ Holiday/Presidents' Day (weekend classes do not meet)	Friday, February 17- Monday, February 20
Last day to submit petition to audit full-term class	Thursday, February 16
Last day to petition to complete class on a pass/no pass basis	Thursday, February 16
Last day to apply for Spring 2012 graduation or Certificate of Achievement	Friday, March 2
→ Spring Break (weekend classes do not meet)	Monday, March 19- Sunday, March 25
→ Last day to drop full-term class with a W grade	Friday, April 20
Last day of instruction	Friday, May 11
Final exam period	Saturday, May 12- Friday, May 18
Commencement	Friday, May 18