

Psychology 1A: Introduction to Psychology, Spring 2018

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Office Hours: TTh 10:30 am – 12:00 Noon

Course Description

This course provides an introduction to the scientific study of human behavior, including emotions, thinking, heredity, environment, learning, intelligence, and human diversity; while at the same time offering various ways in which you can apply psychology to your own life.

This class not only offers the opportunity to explore what current scholarly knowledge in psychology is, but also an invitation to connect that knowledge with your own life story and the opportunities for self-understanding that may arise within you. This class also pays particular attention to critical thinking and cross-cultural issues in order to allow you the opportunity to engage in transformative learning and impact patterns of thinking and feeling.

Student Learning Outcomes

- Use major psychological theoretical perspectives to explain human behavior.
- Identify the major scientific research methods, and use the critical thinking process to assess research materials and methods.

Diversity

Diversity is interwoven throughout the world in which psychologist practice. Although you may not be interested in becoming a psychologist, understanding issues of diversity and *gaining a mutual respect among diverse groups of people and opinions is of the utmost importance*. Throughout the course, diversity will be addressed to ensure that students' understanding of psychology is enriched by an appreciation of the diversity of all participants.

Required Textbook

Psychology, 5th Edition by Ciccarelli and White is required. Printed and E-Textbooks are available for purchase at the SRJC Bookstore or online. ISBN-13: 9780134623535

Printed and E-Textbooks \$75.95 Online Cost at Pearson:

<https://www.pearson.com/us/higher-education/program/Ciccarelli-Psychology-Plus-My-Psych-Lab-Access-Card-Package-5th-Edition/PGM333811.html?tab=resources>

A printed copy is also on reserve at the Doyle Library Reserve Desk, 4th Floor. Please use Call No. BF121 .C52 2015 PC Flyswithhawks to expedite your request to check out reserved textbook.

Office Hours

Students are encouraged to stop by my office to talk about assignments, raise questions, and address concerns. Scheduling an appointment will guarantee your time with me but is not required. I am also available via email and telephone consultation.

Course Expectations for Students

- *Completing required reading and written assignments* prior to class.
- *Actively contributing and participating fully in class discussions* by listening, asking relevant questions and/or introducing a personal perspective and experience related to the material. Please raise your hand to contribute.
- *Attending class on a regular basis.* Attendance is taken at the beginning of each class. Any student with excessive absences may be dropped from the course. SRJC Attendance Policy 8.1.5P states a student may be dropped when absences exceed 10% of the total class hours. For this class, that means *a student may be dropped after 4 absences during the semester*. Students who provide medical or legal documentation for illness, injury, court hearings, accident, etc. *may* be able to receive an excused absence.
<http://www.boarddocs.com/ca/santarosa/Board.nsf/Public?open&id=policies#>
- *Coming to class prepared.* If you have to miss a class, make arrangements to get assignments and lecture notes from one of your colleagues.
- *Turning in assignments on time.* All assignments are due on the date specified on the course outline at the beginning of class, even if you are absent from class. *Late work is not accepted.*
- *Checking student SRJC email* through the Student Cubby Portal system. Please check your email on a regular basis and keep your contact information current in order to receive course materials, grades, extra credit, and other course related documents.
- *Practicing academic honesty and integrity* is your responsibility as a student at Santa Rosa Junior College. Cheating, plagiarism, impersonation, misrepresentation of an idea or fact for the purpose of defrauding, use or unauthorized aids or devices, falsifying attendance records, violation of testing protocol, and/or inappropriate course assignment collaboration in any form will not be tolerated and are subject to disciplinary actions according to the Student Conduct Policy 8.2.8P. Do not jeopardize your grade in this class or your college career by engaging in academic dishonesty.
<http://www.boarddocs.com/ca/santarosa/Board.nsf/Public?open&id=policies#>

Guidelines for Appropriate Classroom Behavior

- *Respect* is highly valued and expected. Conduct yourself in a manner that encourages mutual respect, honorable behavior, learning, and student success.
- *Be on time.* Be in your seat and ready to begin promptly according to the schedule start time for this class. Tardiness is disruptive and disrespectful to both professor and other students and is not tolerated. Late arrivals will sign in on the roster at the

front of the classroom before entering the lecture hall. *Points are deducted for consistent tardiness and student risks being dropped.*

- *Practice Listening.* No talking to your peers when the professor is lecturing. Side talking distracts others from concentrating and is disruptive to the learning process. Consistent disruptive talking will result in a warning, dismissal from classroom, and/or other action outlined in SRJC Student Conduct Standards.
- *Zero tolerance is practiced for disruptive behavior.* Student's exhibiting disruptive behavior will receive a warning and asked to stop the behavior. If the student's behavior continues to be disruptive, s/he will be asked to leave the classroom and will not be permitted back into class until they have met with the professor. Students who do not comply may be subject to removal by Campus Police. Please familiarize yourself with SRJC Student Conduct Standards, Section 2 and SRJC Policy 8.2.8.
<http://www.boarddocs.com/ca/santarosa/Board.nsf/Public?open&id=policies#>
- *Zero tolerance is practiced for vulgarities, prejudicial comments or discriminative acts.* Student's exhibiting this behavior will be ask to leave the classroom and will be subject to academic discipline according to SRJC policy.
- *Zero tolerance is practiced for text messaging, twittering, emailing, or other electronic communicating during class.* Turn off *all* electronic devices for the duration of class. Don't risk having your electronic devices confiscated for the duration of the class or semester by the professor.
- *Zero tolerance for using iPods or other personal listening devices in class,* this includes during exams. Only Disability Resource Department (DRD) approved listening devices are allowed.
- Use of laptop, iPad, or other electronic devices for *note taking* is NOT allowed.
- No audio, video, or other *electronic recording of lectures* is allowed. Only DRD approved audio recording allowed per discussion with professor.
- *Leaving class early is highly discouraged;* however, if there are circumstances that warrant this action, notify the professor before class, sit near the door, and exit the classroom quietly when it is least disruptive to the learning process. Students who consistently need to leave before the end of class will be graded down and/or could receive a failing grade.

Recommended Study Time

The recommended study time for this course is 6 hours per week. The following formula determines the number of hours needed per week to be successful in a college course:

1 unit = 2 hours/student preparation time or 3 units x 2 hours = 6 hours study/week

Attendance and Participation

- *Attendance is essential* for your contribution to class process and student's grade will be affected by absences and tardiness.
- Students have the opportunity to *receive 20 points for attending and participating* in class. You are allowed 3 absences and still get the full 20 points. The 4th absence will result in 0 points for attendance/participation. Use your absences wisely.
- 0, 1, 2, or 3 absences = 20 points
4 or more absences = 0 points
2 tardies = 1 absence

Withdrawing from Class

The professor does not automatically drop students who “disappear” or stop coming to class. There are both financial and grading penalties for not withdrawing in a timely manner.

Withdrawal Deadlines

The last day to drop the course *without a “W”* symbol is February 4. The last day to drop the course *with a “W”* symbol is April 22. Last day to drop semester length class and be eligible for a refund is January 28.

Accommodation Needs

- Students needing disability related accommodations for this class, such as a note taker, test-taking services, special furniture, etc., must provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the professor before the first scheduled quiz, exam, or assignment.
- Students may also *speak with professor privately during office hours* about accommodation needs. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located in Analy Village on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.
<http://online.santarosa.edu/presentation/?4928>

Emergency Evacuation Plan

- In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly.
- Our class will meet at the northwest corner of the Emeritus Parking lot to make sure everyone got out of the building safely and to receive further instructions.
- If you are a student with a disability who may need assistance in an evacuation, please see professor during office hours as soon as possible to discuss an evacuation plan.

Safety Awareness

- SRJC is not a crime-free College. *Practice safety awareness procedures*, such as using the buddy system, and being vigilante in closed areas like restrooms, locker rooms, and in parking lots when going or coming from your car.
- In case of *emergency*, call campus police at **527-1000** (On campus phone: ext.1000), or call the Police at 911.
- *You can sign up* on our website for AlertU, SRJC's Emergency Text Messaging System, and Nixle, which provides alerts from SRJC Police and other public safety agencies in our area. For information, please go to <http://www.santarosa.edu/administration/college-safety/district-police/index.shtml>.

Active Shooter Response

If you hear gunfire, the first course of action is to take cover. Your best chance to avoid injury is for you to remove yourself from sight. This can be done in several ways:

- If you are confronted while sitting or standing, immediately fall to the floor.
- Walking down a hallway move around a corner and look for an open door in which to hide.
- When outdoors, get behind a tree and don't leave it until police tell you it's okay.
- Should you be in a parking lot, get down behind the engine area of a car near the front wheel.
- Close, lock, barricade if possible, all doors leading to where you are hiding.
- If a classroom is equipped with blackout curtains or shades, close them and turn off lights.

Use a telephone or your cell phone to contact the police at 527-1000 and report the situation. Be prepared to provide five pieces of information:

- Your name
- Location
- Describe the shooter's clothing - if seen (think hair or hat, shirt, pants and shoes)
- Where was the shooter(s) and where was the shooter(s) headed?
- Injuries to yourself or others around you

If you are wounded, stay calm and apply pressure to slow down the bleeding. Call out for help when you hear the police searching your area.

The Sonoma County Junior College District's Police Department has adopted a countywide protocol that deals directly with response to such situations and will send its own specialized Active Shooter Response Team to the scene. District Police are prepared to directly intervene with the actions of the shooter to mitigate the situation while conducting simultaneous rescue operations.

Quizzes

- There will be five True/False quizzes, each valued at 20 points for a total of 100 points. You will need a scantron sheet and a number-2 pencil for each quiz, both may be purchased at the bookstore.
- *Late arrivals* will not be allowed to take the quizzes. No make-up quizzes.

Quiz Dates: 2/1, 3/1, 4/4, 5/3, 5/17.

Exams

- There will be three major exams and one final exam covering the required reading and lecture discussions. All exams are objective/multiple choice questions and will require a scantron sheet and a number 2 pencil for each exam. Scantron sheets can be purchased at the bookstore and will not be provided by the instructor.
- **Students are *required* to show a recent photo ID on day of exams.** Acceptable forms of ID: SRJC Student ID, Driver's License, Passport, Military ID, or Photo Credit Card. To purchase an SRJC Photo ID, go to the CyBear Center located in the Lawrence A. Bertolini Student Services Center, First Floor. 707-522-2638.
- *Late arrivals* will not be allowed to take exams. No makeup exams.
- **Exam Dates: 2/8, 3/13, 4/10 and 5/24.**

Academic Crossword Puzzles

Students will have the opportunity to complete four academic crossroad puzzles that address four specific areas of psychology. The puzzles are designed to allow students to review, reinforce, and become more familiar with the material. *Typed Answer Sheets*.

Due dates: 1/25, 2/22, 3/29, 4/26.

Writing Assignments

Response Papers are required for all SRJC Art Lecture Series, Work of Literary Art (WOLM) Lectures, SRJC Student Health Services Seminars, Multicultural Committee Lectures, and Community Seminars attended. Papers will include what you came away from the lecture thinking about and specifically what new information you learned about yourself, psychology, and life in general. APA Format is required, typed, double-space.

Extra Credit

- Students will have the opportunity throughout the semester to *earn credit points beyond the required number of points to pass the course*. Points will be earned through attending and participating in SRJC Art Lecture Series, Work of Literary Art (WOLM) Lectures, SRJC Student Health Services Seminars, Multicultural Committee Lectures, and Community Seminars. Instructor will distribute extra credit events and dates.

- *Multiple opportunities* will be made available and at various times in order for all students to have access to extra credit. Students may attend up to two events for a total of 20 extra points at 10 points each. A *500-word double-spaced typed response paper* is required for each extra credit attended and is *due the class period following the day of the extra credit* lecture, seminar, or event. Students *must provide word count and signed attendance slips* attached to the back of response papers.
- *Focus of response papers* will include what you came away from the lecture thinking about and specifically what new information you learned about yourself, psychology, and life in general.

Grades

The following are the distribution and total points available for this course:

Attendance and Participation	20 points	January 17 to May 17
T/F Quizzes (5@ 20 points each)	100 points	2/1, 3/1, 4/4, 5/3, 5/17
Exams 1, 2, 3 (75 points each)	225 points	2/8, 3/13, 4/10
Academic Crossword Puzzles (4)	55 points	1/25, 2/22, 3/29, 4/26
Final Exam	<u>100</u> points	May 24
Total Points Available	500 points	

The total possible points are 500. Final class grade equals the total number points divided by five. **A** = 90-100, **B** = 80-89, **C** = 70-79, **D** = 60-69, **F** = 0-59.

Lecture and Text Reading Outline

Week 1/January 18

January 18: Course Introduction and Lecture/Chapter 1: The Science of Psychology

Week 2/January 23 and 25

January 23: Chapter 1: The Science of Psychology

January 25: Chapter 2: The Biological Perspective (**Chapter 1 Crossword Puzzle 1 Due**)

Week 3/January 30 and February 1

January 30: Chapter 2: The Brain and Dr. Jill Bolte Taylor

February 1: Chapter 4: Consciousness (**Quiz 1: Chapters 1 and 2**)

Week 4/February 6 and 8

February 6: Chapter 4: Consciousness

February 8: Exam 1: Chapters 1, 2, and 4

Week 5/February 13 and 15

February 13: Chapter 5: Learning

February 15: Faculty Professional Development Activity Day/No Class

Week 6/February 20 and 22

February 20: Chapter 5: Learning

February 22: Chapter 6: Memory (**Chapter 5 Crossword Puzzle 2 Due**)

Week 7/February 27 and March 1

February 27: Chapter 6: Memory

March 1: Chapter 8: Life Span Development (**Quiz 2: Chapters 5/6**)

Week 8/March 6 and 8

Chapter 8: Life Span Development

Week 9/March 13 and 15

March 13: Exam 2: Chapters 5, 6, and 8

March 15: Chapter 9: Motion and Emotion

Week 10/March 20 and 22: Spring Break/No Classes

Week 11/March 27 and 29

March 27: Chapter 9: Motion and Emotion

March 29: Chapter 10: Sexuality and Gender (**Chapter 9 Crossword Puzzle 3 Due**)

Week 12/April 3 and 5

Chapter 11: Stress and Health (**April 3: Quiz 3: Chapters 9 and 10**)

Week 13/April 10 and 12

April 10: Exam 3: Chapters 9, 10, and 11

April 12: Chapter 12: Social Psychology

Week 14/April 17 and 19

Chapter 12: Social Psychology

Week 15/April 24 and 26

Chapter 13: Theories of Personality (**April 24: Chapter 12 Crossword Puzzle 4 Due**)

Week 16/May 1 and 3

May 1: Chapter 13: Theories of Personality

May 3: Chapter 14: Psychological Disorders (**Quiz 4: Chapters 12 and 13**)

Week 17/ May 8 and 10

Chapter 14: Psychological Disorders

Week 18/May 15 and 17

Chapter 15: Psychological Therapies (**May 15: Quiz 5: Chapter 14**)

Week 19/May 20 through 26: Final Examinations Week

Final Exams are given this week. Do not make plans to leave for Summer Break until after May 26. No early final exams will be given; please do not ask.

Final Exam Schedule: Schedule of Classes, Page 168 or Online

Final Exam: Thursday, May 24, 7:00 am-9:45 am, Chapters 12, 13, 14, and 15.

This syllabus in an agreement between the student and instructor and continued registration in this course means you agree to the policies and procedures outlined in this syllabus.

The course syllabus is intended to give the student guidance in what may be covered during the semester and will be followed as closely as possible. At the same time, the instructor reserves the right to modify, supplement and make changes as the course needs arise. Students will be informed in a timely manner should any changes be necessary.

The above syllabus is subject to change at the discretion of the instructor.

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