College of Alameda

**Arts and Letters Department**

# Spring 2015

Mrs. Peterson-Guada Psychology 12

speterson@peralta.edu Human Sexuality

## Website: www.alameda.peralta.edu/sarah-peterson-guada Class Code 22627

## Office location: C106-107 MW 8:30 – 9:45 a.m.

Office hours: MW 11:15 a.m. - 1:00 p.m. Room C-105

 F 11:50 a.m. -12:20 p.m.

Office phone: 748-2269

**COURSE OVERVIEW:**

**Course Objective:** This course explores the many aspects of physiology and psychology in order to gain knowledge, awareness, comfort, and compassion with human sexuality through films, dialogue, activities and assignments to ultimately help us understand and celebrate our sexual being.

**Student Learning Outcomes (SLOs):**

After completing this course, you should be able to:

1) Apply different cultural perspectives to increase understanding of the complexity of how sexual identity, beliefs and behaviors are formed.

2) Demonstrate effective communication skills in intimate relationships utilizing healthy communication techniques.

3) Increase self-awareness so that one’s sexual expression is more authentic and healthy.

**Required Text:** Crooks, R.& Baur, K.(2005). *Our Sexuality (12th edition).* Belmont, CA: Thomson Learning, Inc. **Any edition is fine.**

The book is available for purchase in the campus bookstore, or you can check it out to use in the library for 2 hours by going to the Reserve Desk (go to the end of the counter on the left side of the library). Ask for the book by its title: *Our Sexuality.*

**Other Reading:** The instructor will periodically pass out separate reading assignments that will complementthe subject matter.

**COURSE POLICIES:**

1. **Get assignments and study guides from website:** http://alameda.peralta.edu/sarah-peterson-guada

**2. Absences: IF YOU MISS MORE THAN SIX (6) CLASS SESSIONS, THE INSTRUCTOR MAY DROP YOU. SHOULD EMERGENCY SITUATIONS ARISE, IT IS *YOUR* RESPONSIBILITY TO PROVIDE DOCUMENTATION OR CONTACT HER VIA EMAIL OR VOICE MAIL.** *If you decide to drop the class prior to this, you must file a drop form with the Admissions & Records Office. The last day to drop without receiving a “W” on your transcript and receive a refund is Sunday, February 1st. The last day to drop and receive a “W” on your transcript is Saturday, April 25th.*

**3. Punctuality:** Roll will be taken in the beginning of class. **IF YOU COME *15 MINUTES PAST THE START OF CLASS*, YOU WILL BE MARKED ABSENT.**

**4. Leaving Early:** There must be a valid reason, and this must be approved by the instructor prior to class.  **OTHERWISE YOU WILL BE MARKED ABSENT.**

**5. No cell phone usage:** Please have cell phones in **OFF** mode, as they keep us from being fully present and engaged with our learning and interactions with one another. If you receive an important call, please take it outside. *There is no texting permitted in class. If caught using your cell phone, you will be asked to leave the class and will be marked absent for that day. You may return to class the next session.* **THIS IS YOUR FIRST AND ONLY WARNING!!!!!!!**

**6. No “side” talking to classmates:** If talking occurs, the instructor will give student(s) one reminder of the “no talking policy”. If talking continues, the student(s) will be asked to leave class to visit the Division Dean and must speak with the Division Dean before returning to class. If talking continues, students will speak with Vice President of Student Services with the possibility of being dropped from class.Any conversation that occurs is contributed to the entire class discussion.

**7. Participation and Presence:** Everyone is encouraged to speak up in class so that we are able to learn more from each other, which will yield a more interesting and fun class. We can only learn from each other when everyone is present to discuss issues, listen to each other, and share thoughts. In order to have the classroom be a comfortable setting where people want to talk, it is important at all times to respect each other’s point of view, even when we disagree.

**8. Confidentiality:** Psychology is a subject where people tend to disclose personal information. It is essential that this information and the associated names remain in the classroom. If discussion of information occurs outside of the class, please omit names. This will allow us to build a trusting classroom environment.

**9. Student Conduct:** The instructor respects each of you as a person and expects that you each extend this same respect towards your fellow classmates and her. If the instructor feels disrespected in any way, you will be referred to the Division Dean before you’re able to return to the class and also referred to the Vice President of Student Services. For further school guidelines please refer to the “Student Conduct and Due Process Policy” section located in the College of Alameda Catalog.

**10. Mediation:** The policy for handling difficult behavior will include the utilization of the Division Dean and Vice President of Student Services that may lead to a written student behavioral agreement.

**11. Plagiarism:** If a student copies writings from another student or author that is considered plagiarism. Cheating or committing plagiarism may lead to such consequences as reduction in grade, suspension from class, course failure, or expulsion from the college. For details of student disciplinary procedures and the student complaint/grievance policy, see the College of Alameda Catalog.

**12. Other Course Information:** Psychology 12 is a 3-unit transferable course and can be applied to your Associate Degree. This means that each week, you are expected to do 6 hours of work for the class *in addition* toattending class. Credit/No Credit is not available. Consult your academic advisor with further questions.

**13. Programs & Services for Students with Disabilities:** If you have a disability which may require classroom or test accommodations, please contact DSPS in Room D117 or call 510-748-2328. You will need to provide written documentation of your disability. If you think you have a disability but currently have no documentation, DSPS may be able to help you. All information will be kept confidential.

**14. Receiving an Incomplete in the Class:** An incomplete is designed for students who are unable to complete the course due to an unforeseen circumstance and are missing one or two major course assignments. If you feel that you are not going to complete the course successfully, due to not doing well on tests, not submitting course assignments on time or at all, then receiving an Incomplete will not be permissible. Additionally, if you feel that you would like to discuss the options for an Incomplete, this must be done prior to the last day of instruction and before finals week.

**Disclaimer:**

It is important to be aware that this class deals with a large variety of human sexual behavior, and in order to treat this subject matter as completely as possible, there will be graphic videos shown depicting sexual organs and various aspects of human sexual behavior. If you are uncomfortable with watching these videos in class, let your instructor know and arrangements can be made for you to see the videos in the library or opt not to view them. Also, each of you is an adult and must take care of yourself. Participate in class exercises and share information about yourself to the extent you feel comfortable. Confidentiality is imperative; please share what you learn in the class, however, omit names to protect privacy. Laughing or making jokes about homosexuality or other topics covered in this class will not be tolerated. This class is intended for mature adults ONLY.

**COURSE PROJECTS** (Your overall grade will be calculated according to the following)**:**

|  |  |
| --- | --- |
| **Course Projects** | **Points** |
| Journal | 90 |
| Sex History Paper | 100 |
| Final Paper | 100 |
| Quizzes | 300 |
| Student Presentation | 100 |
| **TOTAL** | **690** |

***\*\*\*NOTE 1:* All late work and extra-credit must be submitted by the last day of instruction. Work will not be accepted during the final exam week.**

***\*\*\*NOTE 2:* All work must be submitted in person. Work submitted via email or in instructor’s mailbox will not be accepted.**

**1. Journal (90 points):** The journal entries are an opportunity for you to personalize the information covered in the class and become more deeply aware of yourself (including habits, tendencies, unconscious drives, past influences, emotional life, thought processes, bodily sensations, desires, personality, behavior, etc.). This assignment measures Student Learning Outcome 3.

1. **You must use the provided form located on the last page of this syllabus to write or type your journal entries either by photocopying it or copying and pasting it in a word document. *Other forms and free writing without the usage of this form will not be accepted.***
2. **Number each entry in space provided on form (instructor is not responsible for counting your entries and *you will not receive credit if they are not numbered*), and place in chronological order.**
3. **You only need to complete one side of the form to count as a journal entry; not both sides. Use one form per entry.**
4. **An adequate journal entry is where each section or question is at least ¾ full using normal writing font. When submitting them on the due date, please collate them either in a three ring binder or with a binder clip in upper left hand corner. *Journals loosely held in a folder will not be graded.***
5. **Each week you will write *approximately* three journal entries. The entries do not have to correlate with class meeting times, quiz dates or holidays. For full credit, 45 journal entries are needed in an entire semester (worth 2 points each). Start journal entries this week in order to maximize the emotional and psychological benefits of this assignment. If you hold off until the end of the semester, it will be a massive project with much less personal awareness and gain. Late journals will receive half credit.**

**2. Sex History Paper (100 points):** This paper is a chance for you to explore the messages and information you received growing up and your current beliefs and values you hold regarding your own sexuality. You will answer a list of questions that is available on instructor’s website. Paper length: 4-5 pages. Paper format: 1 inch margins, 12 point font, and double-spaced. Along with paper content, grammar, spelling, and paper format will affect your grade. **LATE PAPERS WILL RECEIVE A MAXIMUM SCORE OF 60 (LETTER D- GRADE).** Assignment is available on instructor’s website.

**3. Final Paper (100):** This paper is an opportunity for you to reflect on the information that you learned over the course of the semester that you were able to apply to your life or made the greatest impression on you. A more detailed description of the paper’s guidelines and expectations is available on instructor’s website. Paper length: 4-5 pages. Paper format: 1 inch margins, 12 point font, and double-spaced. Along with paper content, grammar, spelling, and paper format will affect your grade. **LATE PAPERS WILL RECEIVE A MAXIMUM SCORE OF 60 (LETTER D- GRADE).** Assignment is available on instructor’s website.

**4. Quizzes (300 points):** There are a total of SEVEN quizzes (the last one is a take-home exam). The lowest quiz grade will be dropped. The quizzes will assess your retention and understanding of the material covered. Quizzes are multiple-choice (approximately 27 to 28 questions each quiz and worth 25 points, which means there are 2-3 extra-credit questions and each question is worth 2 points). Quizzes will be administered at the beginning of class and will last approximately 30 minutes. Once the exam is over, you will not be able to take the exam. Make-up quizzes will ***be given in documented emergency situations only with* PRIOR *notification before exam. NO EXCEPTIONS!*** You must contact the instructor via email, voicemail or in person. Study guides are available on instructor’s website. **Scantron form #882E** is required FOR ALL EXAMS. You can purchase scantrons in the COA bookstore. Please also bring #2 pencil with eraser. Study guides are available on instructor’s website.

After the exam, we may continue to hold class per instructor’s notification.

**5. Student Presentation (100 points):** Early in the semester, we will form groups on a chapter you choose. Presentations are to last no more than 40 minutes. Presentation will be cut off at 40 minutes. Make sure you know approximately how long each member’s section will take, which means you must consult with each other and work together. Be sure to use study guide to focus on what will be covered on the quiz and to help you narrow topics presented. Remember the chapters are lengthy and there is NO possible way to cover all the material. Make this interesting and memorable five years from now!! You will be graded individually and as a group. Your personal total score will be a result of adding your individual score with your group score and dividing the sum by 2. **See separate Student Presentation Guidelines on instructor’s website for full assignment and grading rubric.**

**6. Extra-Credit (30 points):** Various extra-credit options are available. Each extra-credit option (aside from the student presentation) involves writing a two page write up. First half of write up should include description of movie, literature, or activity. **Second half of write up should describe how the information or activity impacted you and what you learned from it.** **If you do not do the personal application component, you will not receive full credit.**

Some options include:

1. Read an article regarding some aspect of human sexuality (outside articles instructor passes out to you count!!)
2. Watch a film on human sexuality
3. Visit Good Vibrations or Planned Parenthood
4. Read a book on gender or other human sexuality topic
5. Present to the class a topic that interests you regarding human sexuality. Presentation length is ten minutes. Please include two modes of presentation (lecture, poster board, handout, class activity, etc.).

**7. Grades**

A – 90% and above

B – 80% - 89%

C – 70% - 79%

D – 60% - 69%

F – 59% and below

**Course Calendar:** (Subject to slight variations)

**\*Reading is to be completed *prior* to each class session. We will cover approximately one chapter each week.**

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| --- | --- | --- |
| WEEK | DATE | READING/ASSIGNMENT |
| 1 | W JAN 21 | Review Syllabus/Introduction  |
| 2 | M JAN 26 | Chapter 1 – Perspectives on Sexuality (Ice Breaker **)** |
|  | **W JAN 28** | Chapter 1 (continued) **TEXT BOOKS NEEDED BY THIS DAY!!** |
| 3 | M FEB 2 | Chapter 2 – Sex Research: Methods and Problems |
|  | **W FEB 4** | Chapter 2 (continued) (Video: “Kinsey”) REVIEW SEX HISTORY PAPER ASSIGNMENT; |
| 4 | **M FEB 9** | QUIZ 1 (Chs. 1 & 2); FORM STUDENT PRESENTATION GROUPS |
|  | W FEB 11 | Chapter 5 – Gender Issues (Terms and Analogous Parts) |
| 5 | **M FEB 16** | WASHINGTON’S BIRTHDAY – HOLIDAY OBSERVANCE  |
|  | W FEB 18 | Chapter 5 (continued) (Fishbowl) |
| 6 | M FEB 23 | Chapter 5 (continued) (video: “Transgeneration”) |
|  | **W FEB 25** | Chapter 9 – Sexual Orientations;SEX HISTORY PAPERS DUE |
| 7 | **M MAR 2** | QUIZ 2 (Chs. 5 & 9); Sexual Orientations Class Activity  |
|  | W MAR 4 | Chapter 3 – Female Sexual Anatomy (Lecture) |
| 8 | MMAR 9 | Chapter 3 (continued) (Video: “Vagina Monologues”); Chapter 3 (continued) (Vulva Art Work) |
|  | W MAR 11 | Chapter 4 – Male Sexual Anatomy (Lecture) |
| 9 | M MAR 16 | Chapter 4 (continued) (Video and Class Activity) |
|  | **W MAR 18** | QUIZ 3 (Chs. 3 & 4); Chapter 6 – Sexual Arousal and Response (Class discussion: “How to enhance orgasms?”) |
| 10 | **M MAR 23** | Chapter 6 – Sexual Arousal and Response; STUDENT PRESENTATION |
|  | **W MAR 25** | Chapter 8 – Sexual Behaviors; STUDENT PRESENTATION |
| 11 | **M MAR 30** | QUIZ 4 (Chs. 6 & 8); Chapter 7 – Love and Communication in Intimate Relationships |
|  | **MAR 30-APR 5** | SPRING BREAK RECESS AND CESAR CHAVEZ HOLIDAY OBSERVANCE – NO SCHOOL |
| 12 | M APR 6 | Chapter 7 (continued) |
|  | W APR 8 | Chapter 7 (continued) (Role plays) |
| 13 | **M APR 13 – APR 19** | Chapter 14 – Sexual Difficulties and Solutions; STUDENT PRESENTATION |
| 14 | **M APR 20** | QUIZ 5 (Chs. 7 &14); Chapter 14 (continued) (Video Clips and Class Discussion) |
|  | **W APR 22** | Chapter 10 – Contraception; STUDENT PRESENTATION |
| 15 | **M APR 27** | Chapter 11 – Conceiving Children: Process and Choice; STUDENT PRESENTATION; |
|  | **W APR 29** | Chapter 11 (continued); JOURNALS DUE |
| 16 | **M MAY 4** | QUIZ 6 (Chs. 10 & 11); Chapter 15 – Sexually Transmitted Infections; STUDENT PRESENTATION |
|  | **W MAY 6** | Chapter 17 – Sexual Coercion; STUDENT PRESENTATION; FINAL PAPERS DUE |
| 17 | **M MAY 11** | Chapter 17 (video);TAKE HOME QUIZ 7 DUE (Chs. 17 & 18; Late quizzes receive ½ credit) |
|  | **W MAY 13** | Chapter. 18 – Sex for Sale; STUDENT PRESENTATION; CLOSING REMARKS |

 **PSYCH 1B—INTRO TO GENERAL PSYCHOLOGY DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_ Reflection #: \_\_\_\_\_\_\_**

 **PSYCH 12—HUMAN SEXUALITY**

 **NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **COURSE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TIME:\_\_\_\_\_\_\_\_**

**PHOTOCOPY THIS FORM AND USE THREE FOR EACH WEEK. ONE SIDE QUALIFIES FOR ONE JOURNAL ENTRY. YOU CHOOSE WHICH SIDE TO COMPLETE AND YOU CAN MIX AND MATCH. FOR FULL CREDIT, 45 JOURNAL ENTRIES ARE NEEDED IN AN ENTIRE SEMESTER (WORTH 2 POINTS EACH/TOTAL OF 90 POINTS). THIS FORM MUST BE USED TO RECEIVE CREDIT. NUMBER EACH ENTRY FOR CREDIT. PLACE EACH ENTRY IN CHRONOLOGICAL ORDER. IN ORDER TO RECEIVE CREDIT, PLEASE SUBMIT IN A THREE RING BINDER OR BINDER CLIP IN UPPER LEFT CORNER. JOURNALS WITH PAPER CLIPS WILL NOT BE ACCEPTED.**

* From what you learned this week, choose one principle of psychology that stood out to you the most and share why.

* How has this principle helped change your thinking and impact you in your everyday life as a person?
* How might this principle affect how you perceive or interact with others?

 **PSYCH 1B—INTRO TO GENERAL PSYCHOLOGY DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_ Reflection #: \_\_\_\_\_\_\_**

 **PSYCH 12—HUMAN SEXUALITY**

 **NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **COURSE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TIME:\_\_\_\_\_\_\_\_**

**PHOTOCOPY THIS FORM AND USE THREE FOR EACH WEEK. ONE SIDE QUALIFIES FOR ONE JOURNAL ENTRY. YOU CHOOSE WHICH SIDE TO COMPLETE AND YOU CAN MIX AND MATCH. FOR FULL CREDIT, 45 JOURNAL ENTRIES ARE NEEDED IN AN ENTIRE SEMESTER (WORTH 2 POINTS EACH/TOTAL OF 90 POINTS). THIS FORM MUST BE USED TO RECEIVE CREDIT. NUMBER EACH ENTRY FOR CREDIT. PLACE EACH ENTRY IN CHRONOLOGICAL ORDER. IN ORDER TO RECEIVE CREDIT, PLEASE SUBMIT IN A THREE RING BINDER OR BINDER CLIP IN UPPER LEFT CORNER. JOURNALS WITH PAPER CLIPS WILL NOT BE ACCEPTED.**

1. What is going on for you in your life now? Consider emotions, thoughts, your body and heart.