College of Alameda

**Arts and Letters Department**

# Spring 2016

Mrs. Peterson-Guada Psychology 1B

speterson@peralta.edu Introduction to General Psychology

## Website: www.alameda.peralta.edu/sarah-peterson-guada Class Code 21277

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

Office hours: MW 9:45 am – 11:45 am or by appointment Room C-105

Office phone: 748-2269

**COURSE OVERVIEW:**

**Course Objective:** This course is an overview of selected topics in the scientific study of behavior and mental processes. Such topics include understanding human consciousness, personality theory, stress and its implications to our health, along with sensing and perceiving the world and how this helps to create our reality. Likewise, we will apply many of the psychological concepts covered in this course to our relationship with money.

**Student Learning Outcomes:**

After completing this course, you should be able to:

1. Discover personal intentions and align them with goals, and identify perceived road blocks in order to manifest intentions and goals into reality.
2. Describe the healthy and unhealthy qualities of one’s personality type.
3. Increase awareness of a self-destructive or unhealthy behavior and implement a behavioral modification plan for healthier and more authentic self-expression.

**Required Texts:**

1. Hockenbury, S. & Hockenbury, D.(2013). *Discovering psychology (6th edition).* New York, New York: Worth Publishers. **Any edition is fine.**

The text 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: *Discovering Psychology.*

1. Nemeth, M. (1999). *The energy of money: a spiritual guide to financial and personal fulfillment.* New York: The Ballantine Publishing Group.

**Other Reading:** I will periodically pass out separate reading assignments that will complement the subject matter and will be needed to write your reflection papers.

**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 7th. The last day to drop and receive a “W” on your transcript is Saturday, April 23rd.*

**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. Cell phone usage:** Please have cell phones on silent or vibrate 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 you use your cell phone to text, you will be asked to leave the class and will be marked absent for that day. You may return to class the next session.*

**6. No “side” talking to classmates:** Conversations are encouraged in class and must contribute to the entire class discussion. If talking to others about non-course related material occurs, the instructor will give student(s) one reminder of the “no side talking policy”. If talking continues, students will be separated. If the dynamic proceeds, 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 the issue needs further attention, they will speak with Vice President of Student Services with the possibility of being dropped from class.

**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 1B 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.

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

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| --- | --- |
| **Course Projects** | **Points** |
| Energy of Money Project  | 250 |
| Reflection Papers | 150 |
| Online Quizzes | 75 |
| Behavioral Modification Presentation | 100 |
| Sensation Group Presentation  | 25 |
| **TOTAL** | **600** |

**1. Energy of Money Project (250 points):** Exercises are located in the *Energy of money* book. Please have a separate notebook specifically for answering the questions located in this book and bring the notebook to class on dates specified “Energy of Money” in our course calendar. If you know that you will not be in class when we are sharing our answers to the exercises or you are unable to attend class and inform the instructor, please see instructor to make separate arrangements. Late assignments receive ½ credit.

**2. Reflection Papers (150 points):** There are a total of three paper assignments. Each paper assignment has specific questions to answer that can be found on instructor’s website. Some of these papers will be based on outside articles. **LATE PAPERS WILL RECEIVE A MAXIMUM SCORE OF 30 OUT OF 50 (LETTER D GRADE).** Along with paper content, grammar, spelling, and paper format will affect your grade. Paper length: approximately 2 pages; 12 pt. font; 1 inch margins. More detailed assignment guidelines and grading rubric are available on instructor’s website. In order to receive full points, you will need to visit the Writing Center or Learning Resource Center, prior to submitting your paper and attach your rough draft with writing tutor’s signature. Papers may be rewritten and resubmitted for an additional five points.

**3. Online Quizzes (75 points):** Quizzes will be taken on Moodle. They are worth 25 points each and will consist of 25 multiple choice and T/F questions with 2-3 extra-credit questions. Students may use notes or their textbook to complete the quizzes. Quizzes will be available until 11:45 pm the Friday after the two chapters are covered. You will have 30 minutes to complete the quiz from the time you begin.

**4. Behavioral Modification Presentation (100 points):** Assignment and grading rubric on website. We will review the assignment in class.

**5. Sensation Group Presentation (25 points):** Each group will teach one of the five senses using “Sensation Group Presentation Guidelines” on Moodle. Student’s grade will be based on group and individual performance. Presentation duration 15 minutes.

**6. Extra-Credit (30 points):** Various extra-credit opportunities exist. Some suggestions include the following: watch a movie, volunteer at a humanitarian organization, read a book or article related to psychology. You can do a student presentation on a psychology related topic that interests you. Each extra-credit option (aside from student presentation) requires a two page write up. First half of write up should include description of movie, organization, or literature. **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.*** If you choose to volunteer at an organization, please see instructor for mandatory volunteer assignment sheet. Format: double-spaced, 1 inch margins, 12 point font. Please speak with instructor if you are unsure whether your topic qualifies.

**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 class meeting

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| WEEK | DATE | READING/ASSIGNMENT |
|  |  |  |
| 1 | M JAN 25 | Overview of syllabus; Ice Breaker |
|  | W JAN 27 | Chapter 10 – Personality (Freud’s Personality Structure); **Read *Energy of money* (pgs. 1-55)** |
| 2 | **M FEB 1** | Chapter 10 continued (Freud’s Ego Defense Mechanisms & Skits) |
|  | W FEB 3 | Chapter 10 continued (The Faces of the Ego) |
| 3 | **M FEB 8** | Chapter 10 continued (Enneagram); **Completed Enneagram Assessment due at the start of class (worth 10 points of Personality Paper Score)** |
|  | W FEB 10 | Chapter 10 continued (Enneagram, Jung’s Archetypes, and Karen Horney’s Personality Theory) |
| 4 | **M FEB 15** | **PRESIDENTS’ BIRTHDAY – HOLIDAY OBSERVANCE** |
|  | **W FEB 17** | Chapter 11 – Social Psychology; **Personality Paper Due** |
| 5 | M FEB 22 | Chapter 11 continued |
|  | **W FEB 24** | Chapter 11 continued (Social Psych Class Activity);**Take Quiz 1 (Chs. 10 & 11) on Moodle by this Friday at 11:45 pm** |
| 6 | M FEB 29 | Chapter 1(second half) – Research Methods |
|  | W MAR 2 | Chapter 1 continued |
| 7 | MMAR 7 | Chapter 2 – Neuroscience |
|  | **W MAR 9** | Chapter 2 continued;**Take Quiz 2 (Chs. 1 & 2) on Moodle by this Friday at 11:45 pm** |
| 8 | **M MAR 14** | **Energy of Money, Part 1: “Your Money Autobiography” (pgs. 55-58) Due;**Review Behavioral Modification Presentation Assignment |
|  | W MAR 16 | Chapter 3 – Sensation and Perception (Concepts);Read *Energy of money* (pgs. 59-67) |
| 9 | **M MAR 21-27** | SPRING BREAK RECESS – NO SCHOOL |
|  | W MAR 23 | Chapter 3 continued |
| 10 | **M MAR 28** | **Sensation Group Presentations** |
|  | **W MAR 30** | **Energy of Money, Part 2: “Your Standards of Integrity” (pgs. 68-71) and “Your Life’s Intentions – A Treasure Hunt” (pgs. 79-82) Due** |
| 11 | M APR 4 | Chapter 4 – Consciousness and Its Variations (Basic Sleep Cycle);**Read *Energy of money* (pgs. 83-91)** |
|  | W APR 6 | Chapter 4 continued (Dream Theories) |
| 12 | M APR 11 | Chapter 4 continued (Dream Interpretation) |
|  | **W APR 13** | Chapter 4 continued (Mindfulness and Meditation);**Take Quiz 3 (Chs. 3 & 4) on Moodle by this Friday at 11:45 pm** |
| 13 | **M APR 18** | **Energy of Money, Part 3: “Exercises for Creating Your Goals (parts 1-4)” (pgs. 91-96) and “The Treasure Map: A Physical Picture of Your Goal” Due** |
|  | **W APR 20** | Chapter 12 – Stress, Health, and Coping;Mindfulness Reflection Paper Due;**Read *Energy of money* (pgs. 97-127)** |
| 14 | M APR 25 | Chapter 12 continued |
|  | **W APR 27** | Energy of Money, Part 4: “Am I or Am I Not a Busyholic” (pgs. 127-129) and “Encounter with a Dragon” (pgs. 147-152) Due |
| 15 | **M MAY 2** | Behavioral Modification Presentations;Read *Energy of money* (pgs. 153-160) |
|  | **W MAY 4** | Behavioral Modification Presentations |
| 16 | **M MAY 9** | Behavioral Modification Presentations;Stress, Health, and Coping Paper Due |
|  | **W MAY 11** | Behavioral Modification Presentations |
| 17 | **M MAY 16** | Energy of Money, Part 5: “Dancing with Monkey Mind” (pgs. 160-161) and “Trials and Tributaries” (pgs. 171-172) Due |
|  | **W MAY 18** | Closing Remarks\*\*\*ALL EXTRA-CREDIT AND LATE WORK ARE DUE TODAY IN CLASS AND IN PERSON!! NO EXCEPTIONS! \*\*\***NO FINAL NEXT WEEK DURING FINALS WEEK** |