

**PSYCHOLOGY 101**  
**Summer 2013**  
**INTRODUCTION TO PSYCHOLOGY**

Instructor: Robin Staton

Telephone: 355-6149; E-mail: [robin.staton@imperial.edu](mailto:robin.staton@imperial.edu) Office: Room 409

Office Hours: Appointment by Request

**COURSE DESCRIPTION:**

Twelfth grade reading level highly recommended. This is an introduction to the study of human behavior and cognition. Includes consideration of many of the major topics in psychology including, but not limited to the biology of behavior, learning, human development, sleep and consciousness, personality, mental disorders and therapy, and social processes.

**TOPICS:**

- Human Behavior
- Psychology as a Science
- Biological Response System and Behavior
- Consciousness/Sleep/Psychoactive Substances
- Human Growth and Development - Effect on Behavior
- Learning, Perception, and Processing
- Theories of Personality
- Abnormal Behavior and Treatment Modalities
- Social Affects on Individual Human Behavior
- Practical Applications of Psychology

**STUDENT LEARNING OUTCOME: Student will be able to identify the basic parts of a neuron. The student will be able to describe the basic functions of a neuron. The student will be able to identify the basic brain lobes and the functions.**

**TEXTBOOK:** Myers. Exploring Psychology, 8th ed.

**GRADES WILL BE CALCULATED ON A POINT BASIS:**

-15 Pts. - Class Participation	90 - 100 Pts. = A
-10 Pts. - Written Report	80 - 89 Pts. = B
-35 Pts. - Final	70 - 79 Pts. = C
<u>-40 Pts. - Tests</u>	60 - 69 Pts. = D
100 Pts. Possible	59 Pts. & Below = F

**ADDITIONAL INFORMATION:**

**Conduct:**

All persons must respect other students' rights and conduct themselves in an appropriate manor. Since much of psychology includes personal information use of tape recorders must be approved by the instructor.

**Attendance:**

Students are expected to attend each class lecture as scheduled and remain present for the duration of the classroom session. Attendance is crucial and highly recommended, as it counts for 15% toward your final grade. Students missing more than 3 hours worth of class may be dropped. Any student arriving late more than 3 times will be marked with one absence.

## **Attendance (Continued)**

Allowances of absence from quizzes may be made by the instructor on a "case-by-case" basis for special circumstances (i.e.: medical necessity, family/personal tragedy) provided the intent of the IVC attendance policies and the objectives of this course are adhered to. Should a student be absent from a test, proper notification to the instructor need be made via phone and email. Instructor must be contacted prior to missing an exam except in a documented emergency situation. It is the responsibility of the individual student to obtain class materials, handouts, and/or notes given during their absence. **It is the responsibility of the individual student to complete and submit the required administrative forms for withdrawing from this course.** No one is allowed to leave the room during tests (bathroom and cigarette breaks are prohibited while testing). **You must arrive on time for the quizzes/tests or you will not be allowed in the classroom after a test has started. You must be prepared with pencils and scantrons as required.**

### **Classroom Disturbances:**

Students are encouraged to participate in class. Individual talking to persons sitting next to you is a disruption to the entire class. **Please turn off mechanical devices including cell phones, pagers and iPods before coming to lecture. Students who do not comply will be asked to leave. This classroom is a GADGET FREE ZONE.**

### **DSP&S Statement:**

Any student with a documented disability who may need educational accommodation should notify the instructor or the Disabled Student Program Services (DSP&S) office at the Mel Wendrick Access Center as soon as possible.

Mel Wendrick Access Center  
DSP&S  
Room 2117  
Health Sciences Building  
(760) 355-6312

### **Cheating Policy:**

Students caught cheating or attempting to cheat on quizzes or exams will be given a zero for that exam or quiz. The student may also be referred to the Associate Dean for Student Affairs for possible further discipline. Cheating includes but is not limited to looking at another student's papers, speaking out answers or questions, the use of open books or notes, use of cell phones, finger spelling in sign language or by notes written on the skin. Hats may not be worn during quizzes or tests. **Plagiarism will not be tolerated. Do not use iPods or such music-providing devices during lecture or tests. All purses, backpacks, notebooks must be shut, zipped and under desks during quizzes.**

# Class Schedule

The following class schedule may be subject to change.

## **May 20- Introduction**

### **Wk 1- Multi Intelligences; Learning Styles; Chap 1**

- **Chap 2;** Neuron Activity Group Work
- Brain Nervous System; Film
- **Neuron Quiz**

### **Wk 2- Chap 3 Consciousness Film- Sleep;**

- Sleep Disorders
- Substance Abuse and Addiction
- **Chapter 11** Stress Related disorders and Relaxation
- **Chap 3 Quiz**
- **Chap 13 Mental health disorder assignment.**
- **Chap 5** Development- *Miracle of Life Film*
- Development through Lifespan; Birthing Information and Discussion
- Parenting Discussion
- **Development Quiz**

### **Wk 3- Chap 6 Sensation and Perception**

- Film and Activities
- **Chap 7 Learning**
- Film and Activities
- **Learning Quiz**

### **Wk 4- Group Presentations: Mental Health Disorders and Treatment**

- **Presentation Quiz;**
- Prep for Final
- **Final:**



**PSYCHOLOGY 144**  
**INTERPERSONAL RELATIONSHIPS**  
**Summer 2013**

**Instructor: Robin Staton**

**Office: Room 409 Telephone: 355-6149; E-mail: [robin.staton@imperial.edu](mailto:robin.staton@imperial.edu)**

**Office Hours: By Request**

**Course Description:**

This is an exploration of the dynamics of interpersonal relationships. Starting, developing, understanding, and improving one's relationships with self and others will be the focus of this course. Topics will include love, jealousy, acceptance, listening skills, communication skills, perception of self and others, and self-disclosure. The course involves lecture, discussion, and experiential techniques.

**Topics:**

Relationship with Self Relationship with Others Love Affair with Addiction The Inner Child Dysfunctional Families The Triangle Game Dangerous Relationships Clock and the Compass	Boundaries Affirmations Learning to Play Learning to Let Go Multi-cultural Sensitivity Messages: Verbal and Nonverbal Communication Self Actualization
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**STUDENT LEARNING OUTCOME:** Identify, create, and practice positive affirmations.

**Text:** Messages, by McKay, Davis, and Faring, 3<sup>rd</sup> ed.

**Grades will be calculated on a point basis.**

20 Class Participation	90-100 = A
20 Test and Quizzes	80- 89 = B
20 Autobiography	70- 79 = C
40 <u>Notebook</u>	60- 69 = D
100 Total Possible	59 & Below = F

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Class Schedule

Wk 1- Introduction

Introductions, Mask Exercise, bring stuffed animal or tissue

Chap. 1; Relationships film; bring blindfold

Active Listening; Affirmation Training

Wk2- Chap. 2, 3 & 4 Self Disclosure; Expressing; Body Language

Love Affair with Addiction

Film: When a Man Loves a Woman; Characteristics of Adult Children of Alcoholics

Autobiography Due; Chap 5 & 6; Sanctuary Exercise

Chap. 7 Transactional Analysis

Wk3- Clock and the Compass collage activity-Goal Setting

Relationship Improvement Check;

Power Write

Multicultural Awareness;

Wk4- **Notebook Due**

Assertiveness training; Letting go of Guilt

Heart Talk, Self-Actualization; Notebooks returned  
Final