IMPERIAL VALLEY COLLEGE

## Basic Course Information

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| **Semester:** | SPRING 2021 | **Instructor Name:** | **Brenda Estrada** |
| **Course Title & #:** | **PSY 101: Intro to Psychology** | **Email:** | **Brenda.estrada@imperia.edu** |
| **CRN #:** | **20604** | **Webpage (optional):** | **www.imperial.edu** |
| **Classroom:** | **RT-ONLINE (ZOOM)** | **Office #:** | **N/A** |
| **Class Dates:** | **Feb 16, 2021- Jun 11, 2021** | **Office Hours:** | **By Appointment only** |
| **Class Days:** | **Tuesday- Thursday** | **Office Phone #:** | **760-997-6048** |
| **Class Times:** | **08:00 am- 09:25 am** | **Emergency Contact:** | |
| **Units:** | **3.0** | **Class Format:** | **RT-ONLINE(ZOOM)** |

## Course Description

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. (C-ID PSY 110) (CSU/UC)

## Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Identify basic parts and functions of the neuron and lobes of the brain (ILO1; ILO2; ILO3)
2. Identify different parenting styles and their effect on human development (ILO1; ILO2; ILO3)
3. Identify major psychological disorders, key symptoms, and the main strategies used for treatment (ILO1; ILO2; ILO3; ILO5)

## Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Discuss the development of psychology as a science.
2. Identify the major biologic response systems of the human body and discuss their influence on behavior.
3. Discuss the difference between sensation and perception, giving one illustration of each.
4. Define consciousness and describe how sleep, psychoactive substances and other stimuli affect consciousness.
5. Identify and describe the major theories of human development and discuss how growth and development affect behavior.
6. Discuss the processes by which humans learn and store skills and information.

7. Discuss major theories of personality, their assumptions and implications.
8. Outline the nature, causes, and treatments of abnormal behavior.
9. Discuss the ways in which the social milieu affects human behavior
10. Identify major theories of emotion and motivation.

## Textbooks & Other Resources or Links

*Introduction to Psychology 11th edition, by David G. Myers and C. Nathan Dewall* ISBN-13: 978-1319104191
ISBN-10: 1319104193

## Course Requirements and Instructional Methods

Students are expected to comply with the following classroom norms even though it is completed online.:

1. Arrive to class (Zoom meeting) on time

2. Remain in the classroom during each class session until excused by the instructor.

3. Be respectful of fellow students, the instructor, and any guests.

4. Maintain confidentiality of information shared by fellow students.

5. Actively listen during class and participate in class activities and/or discussion.

6. Complete and Submit work on time (Canvas)

**Method of evaluation**: Exams, and Written Assignment.

**Instructional Methodology:** Audio, visual, demonstration, discussion, and lecture.

**Hours:** Even though this class is RT-online(Zoom), I am still expecting you to participate and be on Canvas as much as you can. I highly encourage you to participate in all discussions, meetings, and be proactive if anything arises.

**Exams**: There will be 4 exams, each with 25 multiple-choice and true/false questions that are worth two points each. The exams will cover 3 to 4 chapters at a time and course material throughout the semester.

**Research Paper (Mid-term):** You will complete a (1000-1200 words) research paper on a topic in Mental Disabilities. The paper must be in APA format. 12 Font. Times New Roman. More instructions will be provided in Canvas.

**Weekly Assignments:** There will be weekly questions/assignments posted on Canvas.

• **Students will have the opportunity to submit an extra credit assignment at the end of the course.**

## Course Grading Based on Course Objectives

*90-100%= A*

*80-89%= B*

*70-79%=C*

*60-69%= D*

*0-59%=F*

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| **Ice Breaker: Introduction** (Canvas) | 1@15 points. |
| **Participation** (ZOOM MEETINGS)<br><br>5 POINTS EACH WEEK<br><br>17 Weeks participation | 17@ 5 points |
| **Weekly Assignments** (Canvas) | 11@ 10 pts. |
| **Exams** | 4@ 50 pts. |
| **Research Paper** | 1@ 100 pts. |
| **Final Exam** | 1@ 100 pts. |

*TOTAL: 610 POINTS*

## Attendance

• A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.

• Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absence exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses,

students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

• Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

## Online Netiquette

What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
• Students are to comply with the following rules of netiquette:
(1) identify yourself,
(2) include a subject line,
(3) avoid sarcasm,
(4) respect others' opinions and privacy,
(5) acknowledge and return messages promptly,
(6) copy with caution,
(7) do not spam or junk mail,
(8) be concise,
(9) use appropriate language,
(10) use appropriate emoticons (emotional icons) to help convey meaning, and
(11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

**How am I expected to act in an online "classroom" (especially Zoom)?** Attending a virtual meeting can be a challenge when there are many students on one conference call. Participating in such meetings may count as class attendance, but disruptive behavior may also result in you not being admitted to future meetings. Follow the tips below for best results:

- **Be RESPECTFUL**
  - ✓ Your written, verbal, and non-verbal communications should be respectful and focused on the learning topics of the class.
- **Find a QUIET LOCATION & SILENCE YOUR PHONE (if zooming)**

  - ✓ People walking around and pets barking can be a distraction.
- **EAT AT A DIFFERENT TIME.**
  - ✓ Crunching food or chugging drinks is distracting for others.
  - ✓ Synchronous zoom times are set in advance so reserve meals for outside class meetings.
- **ADJUST YOUR LIGHTING SO THAT OTHERS CAN SEE YOU**
  - ✓ It is hard to see you in dim lighting so find a location with light.
  - ✓ If your back is to a bright window, you will be what is called "backlit" and not only is it hard on the eyes (glare) but you look like a silhouette
- **POSITION THE CAMERA SO THAT YOUR FACE AND EYES ARE SHOWING**
  - ✓ If you are using the camera, show your face; it helps others see your non-verbal cues.

- **Be READY TO LEARN AND PAY ATTENTION**

- ✓ Catch up on other emails or other work later.
- ✓ If you are Zooming, silence your phone and put it away.
- ✓ If you are in a room with a TV – turn it off.
- **USE YOUR MUTE BUTTON WHEN IN LOUD PLACES OR FOR DISTRACTIONS**
  - ✓ Pets barking, children crying, sneezing, coughing, etc. can happen unexpectedly. It's best if you conference in a private space, but if you can't find a quiet place, when noises arise MUTE your laptop.
- **REMEMBER TO UNMUTE WHEN SPEAKING**
  - ✓ Follow your instructor's directions about using the "raise hand" icon or chat function to be recognized and to speak, but make sure you have unmuted your device.
  - ✓ Do not speak when someone else is speaking.
- **REMAIN FOCUSED AND PARTICIPATE IN THE MEETING**
  - ✓ Especially when the camera is on YOU, we can all see your actions. Engage in the meeting. Look at the camera. Listen to instruction. Answer questions when asked.
  - ✓ Do not use the Zoom meeting to meet with your peers or put on a "show" for them.
- **PAUSE YOUR VIDEO IF MOVING OR DOING SOMETHING DISTRACTING**
  - ✓ Emergencies happen. If you need to leave the room or get up and move about, stop your video

## Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

• Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.

• Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.


**How do I show academic honesty and integrity in an online "classroom"?**

• **KEEP YOUR PASSWORDS CONFIDENTIAL.**
  - ✓ You have a unique password to access online software like Canvas. Never allow someone else to log-in to your account.

• **COMPLETE YOUR OWN COURSEWORK**.
 o When you register for an online class and log-in to Canvas, you do so with the understanding that you will produce your own work, take your own exams, and will do so without the assistance of others (unless directed by the instructor).

 **Examples of Academic Dishonesty that can occur in an online environment:**
• Copying from others on a quiz, test, examination, or assignment;
• Allowing someone else to copy your answers on a quiz, test, exam, or assignment;
• Having someone else take an exam or quiz for you;
• Conferring with others during a test or quiz (if the instructor didn't explicitly say it was a group project, then he/she expects you to do the work without conferring with others);
• Buying or using a term paper or research paper from an internet source or other company or taking any work of another, even with permission, and presenting the work as your own;
• Excessive revising or editing by others that substantially alters your final work;
• Sharing information that allows other students an advantage on an exam (such as telling a peer what to expect on a make-up exam or prepping a student for a test in another section of the same class);
• Taking and using the words, work, or ideas of others and presenting any of these as your own work is plagiarism. This applies to all work generated by another, whether it be oral, written, or artistic work. Plagiarism may either be deliberate or unintentional.

## IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit http://www.imperial.edu/studentresources or click the heart icon in Canvas.

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

• CANVAS LMS. Canvas is Imperial Valley College's main Learning Management System. To log onto Canvas, use this link: Canvas Student Login. The Canvas Student Guides Site provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for students to use: 877-893-9853.

• Learning Services. There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your Campus Map for the Math Lab; Reading, Writing & Language Labs; and the Study Skills Center.

• Library Services. There is more to our library than just books. You have access to tutors in the Study Skills Center, study rooms for small groups, and online access to a wealth of resources.

## Extended Opportunity Program and Services (EOPS)

The Extended Opportunity Program and Services (EOPS) offers services such as priority registration, book grants, transportation assistance, individualized counseling, tutoring, and community referrals to eligible students. Our staff is available to assist and support students in navigating personal, psychological, academic, and/or career-related issues through empathy, cultural-competence, and a commitment to equity and social justice. Also under the umbrella of EOPS is the CARE (Cooperative Agency Resources for Education) Program, designed to serve single parents and assist with addressing issues that are particular to this population. Students that are single parents receiving TANF/Cash Aid assistance may qualify for our CARE program. For additional information about the EOPS or CARE Programs please contact our Program Office 760.335-6407 and/or visit our Program website www.imperial.edu/students/eops for eligibility criteria and application procedures. We look forward to serving you! - EOPS/CARE Staff

## Anticipated Class Schedule/Calendar

| Date or Week | Activity, Assignment, and/or Topic | Pages/ Due Dates/Tests |
|---|---|---|
| Week 1<br><br>February 16th -18th | Syllabus & Introduction<br><br>Chapter 1: Thinking Critically with Psychological Science | Canvas Assignment- Ice Breaker<br>Weekly Assignment |
| Week 2<br><br>February 23rd -25th | Chapter 2: The Biology of Behavior | <br><br><br>Weekly Assignment |
| Week 3<br><br>March 2nd -4th | Chapter 3: Consciousness and the Two- Track Mind | <br><br>Weekly Assignment |
| Week 4<br><br>March 9th-11th | Chapter 4: Developing Through the Life Span | <br><br>**Exam #1**(Chapters, 1, 2, 3) |
| Week 5<br><br>March 16th-18th | Chapter 5: Sex, Gender, and Sexuality | <br><br>Weekly Assignment |
| Week 6<br><br>March 23rd-25th | Chapter 6: Sensation and Perception | <br><br><br><br>Weekly Assignment |
| Week 7<br><br>March 30th-April 1st | Chapter 7: Learning<br>Mid-term: Research Paper | **Research Paper DUE**<br><br>**Exam #2** (Chapters 4, 5, 6) |
| Week 8<br>April 5th-10th | **SPRING BREAK**<br>**NO CLASSES: BE SAFE!!** | |
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| Date or Week | Activity, Assignment, and/or Topic | Pages/ Due Dates/Tests |
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| Week 9<br><br>April 13rd-15th | Chapter 8: Memory | Weekly Assignment |
| Week 10<br><br>April 20th-22nd | Chapter 9: Thinking, Language, and Intelligence | Weekly Assignment |
| Week 11<br><br>April 27th- 29th | Chapter 10: Motivation and Emotion | **Exam #3** (Chapters 7, 8, 9) |
| Week 12<br><br>May 4th-6th | Chapter 11: Stress, Health, and Human Flourishing | Weekly Assignment |
| Week 13<br><br>May 11th-13th | Chapter 12: Social Psychology | Weekly Assignment |
| Week 14<br><br>May 18th-20th | Chapter 13: Personality | Weekly Assignment |
| Week 15<br><br>May 25th-27th | Chapter 14: Psychological Disorders | **Exam 4#**<br>Chapters (10, 11, 12, 13) |
| Week 16<br><br>June 1st - 3rd | Chapter 15: Therapy | Weekly Assignment |
| Week 17<br><br>June 8th-10th | Final Exam<br>Submit Extra Credit! | **Final Exam**<br>(Chapters 1-15) |

**\*\*\*Subject to change without prior notice\*\*\***