



Basic Course Information

Semester:	Spring 2025	Instructor Name:	Nicole Rodiles
Course Title & #:	Psy 142/Cognitive Psychology	Email:	nicole.rodiles@imperial.edu
CRN #:	20792	Webpage (optional):	
Classroom:	ONLINE	Office #:	203G
Class Dates:	2/10-6/6/25	Office Hours:	Tuesday: 11:10-12:10 Wednesday: 1-2pm
Class Days:	ONLINE	Office Phone #:	760/355-6142
Class Times:	ONLINE	Emergency Contact:	760/960-3524
Units:	3	Class Format/Modality:	ONLINE

Course Description

A study of the development of effective behaviors. Focuses on individual behavior such as self-control, stress and emotional reactions; self-image, motivation, self-deception, life-span development and the major psychological theories which address these behaviors. Effective group behaviors including interpersonal relationships, marriage, sex, and society are also examined. (CSU)b

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 emotions tied to circumstances and describe healthy coping mechanisms. (ILO1, ILO2, ILO3)*
- 2. Summarize experience of keeping a journal. (ILO1, ILO2, ILO3)*
- 3. Create a "SELF" poster and present to class. (ILO1, ILO2, ILO3)*

Course Objectives

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

- 1. Define adjustment and discuss the application of the scientific method in studying effective human behavior.*
- 2. Identify the ways in which major theories of psychology define and explain behavior indicative of adjustment.*
- 3. Define and explain the significance of self-understanding, self-acceptance, and self-control to personal adjustment.*
- 4. Discuss the relationship of personal motivation and self-deception in acquiring effective behavior patterns.*
- 5. Explain how the level of personal adjustment affects the capacity to develop positive interpersonal relationships.*
- 6. Discuss the effect of personal adjustment on group and societal processes.*
- 7. Differentiate between adjustment and maladjustment when presented with scenarios of individual behavior.*



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8. Be familiar with and identify stress and health factors which influence behaviors.

Textbooks & Other Resources or Links

- *Psychology Applied to Modern Life: Adjustment in the 21st Century*. Wayne Weiten Dana S. Dunn , Elizabeth Yost Hammer .13th edition.Cengage Publishers.2024 ISBN:978-0-357-79801-0
- OER: <https://oer.galileo.usg.edu/psychology-textbooks/11/>
Psychological Adjustment

Course Requirements and Instructional Methods

This course will consist of a combination of lectures, assigned readings, classroom/group work, individual projects and performance on quizzes and exams. Participation. You will be expected to demonstrate an understanding of the assigned reading by actively participating in class discussions. Out-of-class • Assignments that apply psychological theory discussed in the classroom and text to self and real-world settings. For example, students will be given scenarios like being the manager of a shoe store or a teacher and then be required to use the behavioral theories to modify behavior.
Course Grading Based on Course Objectives

Reading and Writing • Reading assignments include assigned text readings; current articles and/or sources from the internet. Students give written and/or verbal critical analysis of the readings. Written assignments include reflective responses, sharing the students' viewpoints and opinions in regard to the major theories of cognition. An APA style literature review will be completed in regard to a topic of the students' choosing.

- *Chapter Outlines/Quizzes. For each chapter of your text, unless otherwise noted, you will be asked to produce a typed outline. This outline should include the main points of each chapter. Each class period that we start a new chapter, I will be giving a quiz on that chapter in class. You will be allowed to use your chapter outline while taking the quiz. Thus, it is up to you to produce a detailed outline of the chapter that will assist you in taking the quiz. After you take the quiz, we will grade the quiz in class and I will give you points for both the outline and the quiz. Since I will be throwing out the one lowest score for quizzes, no make-up quizzes will be given. Each outline will be worth 20 points. Each quiz will be worth 20 points.*
- *Exams. Four (4) exams will be given. Exams could consist of multiple choice, fill in the blank, short answer and essay questions from the class material. No make-up exams will be given unless you have called me PRIOR to the exam and let me know you will not be able to take the exam. If you contact me prior to the exam, you will have one week to make-up the exam. Each exam will be worth 100 points.*

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your



instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

Course Policies

What does it mean to “attend” an online class? Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of attendance are: · Student submission of an academic assignment · Student submission of an exam · Student participation in an instructor-led Zoom conference · Documented student interaction with class postings, such as an interactive tutorial or computer-assisted instruction via modules · A posting by the student showing the student's participation in an assignment created by the instructor · A posting by the student in a discussion forum showing the student's participation in an online discussion about academic matters · An email from the student or other documentation showing that the student has initiated contact with a faculty member to ask a question about an academic subject studied in the course. Logging onto Canvas alone is **NOT** adequate to demonstrate academic attendance by the student.

- *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 absences 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.*

Other Course Information

[Optionally, include other necessary information.]

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

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.

Anticipated Class Schedule/Calendar

[Provide a tentative overview of the readings, assignments, tests, and/or other activities for the duration of the course. A table format as in the example below may be used for this purpose.]



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Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 February 10	Syllabus & Introduction Chapter 1	
Week 2 February 17	Chapter 1 Continued	
Week 3 February 24	Chapter 2	
Week 4 March 3	Chapter 3	
Week 5 March 10	Chapter 4	
Week 6 March 17	Chapter 5	
March 24	Happy Easter! Enjoy your break!	
Week 7 March 31	Chapter 6	
Week 8 April 7	Chapter 7	
Week 9 April 14	Chapter 8	
Week 10 April 21	Chapter 9	
Week 11 April 28	Chapter 10	
Week 12 May 5	Chapter 11	
Week 13 May 12	Chapter 12	
Week 14 May 19	Chapter 13	
Week 15 May 26	Chapter 13	
Week 16 June 6	Final	

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