**TACOMA COMMUNITY COLLEGE**

PSYC& 100 HOL (Sections 1262 & 1264)

**GENERAL PSYCHOLOGY*-* 5 Credits**

| **Professor Information:** | **Class Meeting Information:** |
| --- | --- |
| **Professor:** Dr. Pamela Costa  **Office:** Building F2 Room 25  **\*Email:** [**pcosta@tacomacc.edu**](mailto:pcosta@tacomacc.edu)  **Phone:** (253) 566-5289  \**Canvas email is* ***BEST*** *way to reach me!* | Meeting Location: **L2 (Lecture Hall)**  **8:30-9:20am & 9:30-10:20am**  **Office Hours: MWF 7:30-8:30 & 10:30-1:30pm**  **Prerequisite:** ENGL 101 ready or successfully completed**.** |

**FREE REQUIRED TEXT**:Psychology from OpenStax, ISBN 1938168356   
[www.openstax.org/details/psychology (Links to an external site.)](http://www.openstax.org/details/psychology)  This is a FREE text that can be downloaded/read online via weekly Canvas modules.

# **REQUIRED SUPPLIES/TECHNOLOGY:** Canvas, 3 Scantrons Form 886-E & the Socrative App (Free- Apple or Android).

**CATALOG DESCRIPTION/OVERVIEW:** This course is an introduction to psychology, which is an academic discipline. The topics covered in this course may include, but are not limited to the scientific method, the nervous system, heredity and maturation, lifespan development, learning, remembering, thinking and personality. General Psychology is designed to provide information about the scientific study and application of psychological principles and theories. By participating in this course, students should be able to demonstrate understanding of the scientific method, and how it applies to the many academic and personal applications. Ideally, you’ll understand why psychology is more than just “common sense” and is a scientific field based on empiricism. This class provides a solid foundation for anyone interested in the fields of psychology, healthcare, teaching, or other science or liberal arts major.

**INSTRUCTIONAL METHODS:** This is a hybrid online course that meets in person every MWF, with about 90% of class activities delivered through Canvas.

# **PSYC& 100 COURSE OBJECTIVES:**

TCC has developed Degree Learning Outcomes that we expect every degree recipient to meet. These can be found at: <http://www.tacomacc.edu/catalog/14-15catalog/college-degrees.htm>. Additionally, the Social Sciences department has developed Program Learning Outcomes that we expect all students who have completed the Social Sciences distribution requirements to meet. These can be found at: <http://www.tacomacc.edu/catalog/14-15catalog/program-learning-outcomes-plo.htm>. The outcomes for this course are designed to align with the broader Social Sciences Program Learning Outcomes**. Thus, students who successfully complete this course will be able to**:

1. Identify the major psychological principles and theories and understand how they apply to real life situations. (COK)

2. Describe how psychological evidence presented in this course has been acquired through the use of the scientific method. (COK, CRT)

3. Demonstrate an awareness of human diversity and understanding that psychological explanations may vary across populations and contexts. (RES, LWC)

4**.** Demonstrate reasonable skepticism and intellectual curiosity by asking questions about causes of behavior. (CRT)

5. Demonstrate an understanding of basic processes such as neural communication, learning, memory, group processes, personality, and human development. (COK, CRT)

# **COURSE REQUIREMENTS:**

1. Attend & participate in class meetings 3 days a week, & via Canvas at least 2x/week.
2. Confirm understanding/agreement with policies via syllabus quiz/reflection.
3. Take notes on the assigned textbook chapters.
4. Take 4 exams representing various stages of the course
5. Submit weekly activities as described below:

# **TIME COMMITMENT:**

Because many activities are done online, it can be easy for time to slip away. Please avoid spending all your “online” hours on Canvas in the same day. It is important to ***distribute your practice*** with the online materials (and the text) throughout the week, especially to stay connected and on top of any messages and updates. Successful students commit to a designated amount of time every-other day (or, even every day), just to check in with the Canvas classroom and remain current with the material.

# **CLASS ACTIVITIES & GRADING:**

1. **SYLLABUS QUIZ & VIDEO REACTION SURVEY:** (5 pts each). To ensure students understand the course expectations & policies, a 5 pt. syllabus “quiz” is required the first week, with successful submission “unlocking” future course activities. Psychology is often misunderstood as an “easy” discipline in which students frequently enter with unrealistic expectations of rigor, especially with respect to reading and writing requirements. The “*How to Study*” video is required the first week, along with a 5 pt “reaction survey”, to provide students with helpful strategies for succeeding in Psychology and other college courses.
2. **EXAMS:** Think of exams as your opportunity to show off what you’ve learned over a 3-4-week period of the class. The best way to prepare is to ***distribute your practice*** with the material throughout the week and *avoid cramming*. There are 4 exams, each worth 80 points with multiple-choice & short-answer questions, the 4th exam is cumulative. Make-up exams are not permitted; however, the cumulative final score can replace a previously missed exam IF you contact the instructor for permission PRIOR to the missed exam.
3. **CHAPTER QUIZZES:** A 10 pt., timed quiz is taken via Canvas every week, covering 1 chapter. The lowest quiz score is dropped (indicated by shaded area in Canvas grades).
4. **PERSONAL APPLICATION QUESTION:** Each Monday, you’ll bring your response to a Personal Application Question (list found in Canvas) based on the chapter we’re covering that week. The single paragraph (more, if needed) can be typed or legibly printed, and must be turned in at the beginning of class to earn credit (late submissions are not accepted). 3 points can be earned for each, and 1 pt if submitted online (absent).
5. **SOCRATIVE QUESTIONS:** Using the Socrative App, you’ll be “quizzed” weekly on your general understanding of the related chapter. Specific “hints” (the actual questions) can be found in Canvas. If you feel the Socrative quiz did not accurately reflect your understanding, then you may turn in a 2nd Personal Application Question to make up for missed points.

**EVALUATION CRITERIA & GRADES:**

**In summary, activities in this class are weighted and credited as follows:**

| Activity | **Total Points** |
| --- | --- |
| Syllabus quiz & Video Reaction Survey- Due the 1st week | 10 (1%) |
| 10 Ch. quizzes worth 10 pts due Fridays (lowest score dropped- 2%) | 90 (2%/19%) |
| Weekly participation points via SOCRATIVE app- 5 pts ea. Mon. (1%) | 50 (1%/10%) |
| Weekly Personal Application Question Responses (3 pts) Mon (1%) | 30 (1%) |
| 3 in-class exams, 1 cumulative online final 80 points each (16%) | 320 (17%/68%) |
| **TOTAL POINTS POSSIBLE** | **500 points** |

# **COURSE POLICIES:**

1. **COMMUNICATE THROUGH CANVAS (not TCC email):** Please contact me directly, **via the Canvas /Communication tab.** I typically respond within the same day if you contact me between 7am-3pm, M-F and will respond to weekend emails the following Monday morning. Using the CANVAS Email service will ensure a faster response from me. Update your Canvas notification settings and email are current to avoid missing any important messages.
2. **MISSED WORK:** All work must be completed before the posted due dates. If an unavoidable circumstance prevents you from taking an exam at the scheduled time, you must notify the instructor (and possibly provide documentation) *BEFORE the exam* to be considered for replacement. Requests made after the due date will not be considered.Technological difficulties do not constitute valid excuses for missing exams or assignments, so plan for backup computer/internet resources (i.e. TCC Info. Commons, Library, public libraries, etc…).
3. **ACADEMIC INTEGRITY:** As stated in the TCC catalog, "Students are expected to be honest and forthright in their academic endeavors. Cheating, plagiarism, fabrication or other forms of academic dishonesty corrupt the learning process and threaten the educational environment for all students." Thus, all submitted work (Quizzes, Exams, Discussions, etc..) must be the student's own work. Plagiarism (copying answers for Discussions) and cheating (copying answers on quizzes) will not be tolerated and will result in a grade of zero for that assignment (as well as forfeiture of opportunity to displace the lowest grade if applicable), and a reduction to overall grade equivalent to the value of the assignment (to be applied at the end of the course). Further penalties, up to and including failing the course, may be applied. The complete [Administrative Process for Academic Dishonesty](http://www.tacomacc.edu/abouttcc/policies/codeofstudentconduct/) is available on the TCC website. A basic rule to follow is ***that if the idea is not your own, then always reference the author and give credit where credit is due***. Refresh your understanding of the [TCC Student Code of Conduct](http://www.tacomacc.edu/abouttcc/policies/codeofstudentconduct/).
4. **ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:**

Students are responsible for all requirements of the class, but the way they meet these requirements may vary. If you need specific auxiliary aids or services due to a disability, please contact the Access Services office. They will require you to present formal, written documentation of your disability from an appropriate professional. When this step has been completed, arrangements will be made for you to receive reasonable auxiliary aids or services. The disability accommodation documentation prepared by Access Services must be given to me before the accommodation is needed so that appropriate arrangements can be made. If you need specific auxiliary aids or services due to a disability, please contact Access Services, Build. 7 (253-566-5328). ***\*Please contact me within the first week of class if you need course adaptations or accommodations because of a disability, or other specific needs***

1. **ATTENDANCE/PARTCIPATION:** Log-in to our CANVAS class **at least** ***3 days a week***, to submit work and especially keep abreast of announcements or changes regarding course materials (test hints, videos, grade feedback, etc.). Due dates may change and will be announced in CANVAS.
2. **INCOMPLETE GRADE:** The “I” grade is given at my discretion when the student has completed a sufficient amount of course work (at least 80%) but cannot complete course requirements during the quarter due to circumstances beyond their control. A contract form which contains the specific requirements to be completed must be signed by the student and instructor, must be signed for an “I” grade to be assigned. Failure to meet with me to discuss your circumstances and sign a contract may result in a failing grade.
3. **DROPPING THE COURSE:** Consequences of dropping a course vary depending upon both the time frame in which the drop occurred and any special obligations the student may have relating to financial aid awards. A completed add/drop form must be submitted to Registration to complete drops between the 11th and 55th calendar day of the quarter. After the 55th class day, students will not qualify for a “WI” and must accept the grade earned in the class. For GRADE purposes, be sure to abide by the college dates and guidelines (found on the TCC Portal) to avoid receiving an F/E on your permanent academic record. Withdrawal dates are available at [Link to TCC Important Dates](http://www.tacomacc.edu/areasofstudy/academiccalendar/)
4. **GRADE ISSUES:** The first person to contact with any concern about grades is your instructor. If you feel the issue is unresolved, despite direct communication, then the student may contact the program chair, Dr. Cowden (253-460-4327). Students who believe they have received a final course grade that has been awarded in a capricious manner may grieve or appeal the grade. Details of the process are located in the TCC Portal (Student Resources).

| **Grading Scale** | | | |
| --- | --- | --- | --- |
| **A** | **100 – 94%** | **C+** | **<80 – 77%** |
| **A-** | **<94 – 90%** | **C** | **<77 – 74%** |
| **B+** | **<90 – 87%** | **C-** | **<74 – 70%** |
| **B** | **<87 – 84%** | **D+** | **<70 – 67%** |
| **B-** | **<84 – 80%** | **D** | **<67 – 65%** |
|  |  | **E** | **<65** |

| **Recurring Due Dates:** |
| --- |
| **Mondays *(except holiday weeks):*** Personal App Questions-due in class |
| **Wednesdays:** In-class Socrative Quiz |
| **Fridays**: Canvas Chapter Quizzes |
| **Saturdays:**New ch/week opens in Canvas with hints for Socrative quiz |

**WHERE TO GO FOR HELP/LEARNING RESOURCES:**

**TECHNOLOGICAL HELP:** Failure to use browsers other than CHROME may result in a loss of important material or even options on an assessment**. Do NOT rely on mobile devices for submitting any assignments in CANVAS, especially for anything with points attached to it!**

**CANVAS HELP:** Call **253-566-5176** for live phone support or visit https://my.tacomacc.edu/elearningsupport for an extensive knowledge base and support ticketing system. You can also email [Direct link to eLearning's email or support](mailto:elearning@tacomacc.edu)

# **FINDING INFORMATION ABOUT PSYCHOLOGY:**

Most answers about course content can be found simply by reading **your text.** If you cannot find the answer in your text, then the next step should be to check reputable online sources, which I’ve listed below. AVOID using “*Wikipedia*” (☹-an unreliable source for college work), Google nor any general search engine, as it is difficult to discern quality sources, especially in Psychology.

1. [The TCC Library Databases: PsychArticles](http://tacomacc.libguides.com/c.php?g=370670&p=2675290) is the BEST place for finding psychology-related content.
2. The American Psychological Association website search area: [Link to APA website](http://www.apa.org/)
3. AlleyDog: A free website/search engine for psychology students. [Link to Alleydog search](http://www.alleydog.com/)

# **GENERAL CAMPUS RESOURCES:**

* [General Academic Resources](http://www.tacomacc.edu/resourcesandservices/): Enrollment, Advising, Registration, & Financial Aid, located in Build. 7
* [The Writing & Tutoring Center](http://www.tacomacc.edu/resourcesandservices/writingandtutoringcenter/), which is located on the 2nd floor of the Learning Resource Center, Bldg. 7, Room 21. **253.566.6032.** Psychology, and other discipline-specific tutors are available, in addition to on-line e-tutoring.
* [**Information Commons**](https://testtacomacc-my.sharepoint.com/personal/pcosta_tacomacc_edu/Documents/1Psych%20100/SYLLABI/IC)**:** Build 16, 1st floor: Helpline: 253-566-5176: A place to use computers with Canvas, MS Office and other software, FREE Wi-Fi, and get technical assistance with online class issues.
* [**TCC LIBRARY**](https://testtacomacc-my.sharepoint.com/personal/pcosta_tacomacc_edu/Documents/1Psych%20100/SYLLABI/Library): Building 7; Get help with finding & citing sources, accessing databases ([**PsychArticles**](https://testtacomacc-my.sharepoint.com/personal/pcosta_tacomacc_edu/Documents/1Psych%20100/SYLLABI/Psych%20Articles)) course-related technology and just a “quiet” place to study!
* [**Counseling Center**](https://testtacomacc-my.sharepoint.com/personal/pcosta_tacomacc_edu/Documents/1Psych%20100/SYLLABI/Counseling)**: Phone: 566-6091 (Building 7)** Everyone needs extra support at some point in their lives, and college can present new challenges. Our TCC counselors offer FREE and confidential counseling, in a ***safe*** environment to explore concerns such as domestic violence, LGBTQ issues, and potential stress from course-related demands, time-management and other student concerns.

# **Course Schedule for PSYC&100 HOL**

| **Week** | **\*Ch/Topic** \*Not in numerical order | **TO DO:****“Due Date” is deadline to submit.** |
| --- | --- | --- |
| Week 1  **9/24-9/28** | Ch 1: What is Psych, History, Contemporary & Careers | * + Update your Canvas profile & add your photo, download Socrative, watch “*How to Study”* video & submit Syllabus Quiz/reaction survey before **WED**   + Personal App Quest., Socrative, & Submit Ch 1 Quiz by **FRI** |
| **\*Week 2**  **10/1-10/5**  **EXAM Week!** | Ch 2: Psychological Research | * Personal App Question on Ch 2 due **Mon** * Socrative Questions on Ch. 2 in class **WED** * Submit Quiz by **FRI** * **Friday: EX #1on Chs. 1 & 2: Bring scantron & pencil!** |
| Week 3  10/8-10/12 | Ch 3: Biopsychology | * Personal App Question on Ch 3 due **MON** * Socrative Questions on Ch 3 in class **WED** * Submit Quiz by **Fri.** |
| Week 4  10/15-10/19 | Ch. 4: States of Con | * Personal App Questions for Ch 4 in class **MON** * Socrative Questions on Ch 4 in class **WED** * Submit Quiz by **FRI.** |
| Week 5  10/22-10/26  **EXAM Week!** | Ch. 6: Learning | * Personal App Quest. On Ch 6 Due in class **MON** * Socrative Questions on Ch 6 in class **WED** * Submit Quiz by **FRI.** * **Friday: EX2 Chs. 3, 4, & 6: Scantron &Pencil** |
| Week 6  10/29-11/2 | Ch. 8: Memory | * Personal App Quest. Ch 8 Due in class **MON** * Socrative Questions in class **WED** * Submit Quiz by **FRI** |
| Week 7  11/5-11/9 | Ch. 9 Lifespan Development | * Personal App Quest. Ch 9 Due in class **MON**   Socrative Questions for Ch 9 in class **WED**   * Submit Quiz by **FRI.** |
| **\*Week 8**  11/14-11/16  **\*Mon- Holiday** | Ch14:Stress, Lifestyle & Health | * Personal App Quest. Ch 14 & Socrative quiz on Ch 14 in class \***WED** * Submit Chapter Quiz by **FRI** |
| **\*Week 9**  **11/19EXAM** | **EX#3: Covers**  **Ch. 8, 9 & 14:** | * **Monday- Exam #3- Bring SCANTRON & Pencil** * **Wed-Fri. is Thanksgiving Holiday!** |
| Week 10  11/26-11/30 | Ch 12 Social Psych | * Personal App Quest. Ch 12 Due in class **MON** * Socrative Questions Ch 12 in class **WED** * Submit Quiz by **FRI** |
| \***Week 11**  12/3-12/9  **Online FINAL** | Ch15 Psych Disorders | * Personal App Quest. Ch 15 Due in class **MON** * Socrative Questions on Ch. 15 in class **WED**   Submit Quiz by **FRI**  **Cumulative Final ONLINE DUE SUNDAY by 11:59pm** |

*\*This syllabus and schedule are subject to changes, which will be posted to Canvas. It is your responsibility to check on Canvas (announcements) for any updates or relevant changes.*

***Holidays****: Mon. Nov. 12th Veteran’s Day & Nov. 21-23rd Thanksgiving Break*