

TACOMA COMMUNITY COLLEGE
PSYC& 100 ONLINE (Sections 1257/1280) **WINTER, 2019**
GENERAL PSYCHOLOGY- 5 Credits

Professor Information:	Class Meeting Information:
Professor: Dr. Pamela Costa *Email: pcosta@tacomacc.edu <i>*Canvas email is BEST way to reach me!</i>	Meetings: Online only Prerequisite: ENGL 101 ready or successfully completed.

FREE REQUIRED TEXT & TECHNOLOGY: *Psychology* from OpenStax, ISBN 1938168356
www.openstax.org/details/psychology. This is a FREE text that can be accessed online via weekly Canvas modules or downloaded. Internet access and familiarity with Canvas are also required.

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.

PREPARING FOR CLASS

PSYC&100 is one of the most challenging Psychology courses. It is common to underestimate the difficulty of the material, or the time it takes to be successful. Studying is an ACTIVE process, requiring interaction with the material, not just passively reading the text. Here are some tips for success:

- **Space/Time:** Designate a special place in your home just for studying, where you can devote **at least 45 minutes a day** of uninterrupted time to focus on the course materials (just for Psychology). Make sure you have plenty of workspace for note-taking & other materials, especially good lighting and freedom from distractions (cells, kids, TV, family conversations, etc....). "Distribute your practice" with the material over the entire week!
- **Notes:** Taking notes on the text, is key to your success! Start by preparing an outline of the section, as our book is divided by smaller, subsections of each larger chapter (Ch.1a, Ch1b. etc..). Use the book's formatting for your own outline by listing the titles of each section/subsection in your notebook. Use your own words to describe what you read.
- **Review:** Engage in review testing! This is one of the most effective methods for improving your memory for what you read. It is too easy to assume you understand familiar material, underestimating the amount of energy needed to really learn the concepts. Each section of our text is followed by "Review" questions, so pause and take the time to respond to these.

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. **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. Confirm understanding/agreement with policies via syllabus quiz/reflection.
2. Take notes on the assigned textbook chapters.
3. Take 4 exams representing various stages of the course
4. Submit weekly activities, such as quizzes as described below

CLASS ACTIVITIES & GRADING

- A. SYLLABUS QUIZ:** To ensure understanding of the course expectations & policies, a 10-point quiz is required the first week, with successful submission “unlocking” future course activities. Included in the quiz are questions from the “How to Study” video.
- B. 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).
- C. 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, with multiple-choice & short-answer questions, the 4th exam is cumulative.
- D. PERSONAL APPLICATION QUESTION:** Each Monday, you’ll submit a response to 1 Personal Application Question (list found in Canvas) based on the chapter we’re covering that week.
- E. DISCUSSION BOARDS:** Discussions worth 10 points each are used to support peer-to-peer learning and should be approached as formal writing assignments. Responding to the posted questions and then, to at least 2 peers, using college-level writing (spelling, grammar, & syntax all count) is expected.
- F. VIDEO ACTIVITIES:** There are 8, 5 point activities used to deepen student understanding of the more complex concepts, in addition to applying psychological concepts to “real-life” scenarios. Most of the videos are Ted Talks, followed by 5 multiple-choice questions.

EXTRA CREDIT

Throughout the quarter, I will offer a few opportunities for you to earn extra credit points. One reason that there are so many assignments over the course of the quarter is so that you have multiple chances to accumulate points, and no one assignment can harm you for the quarter. If you are not doing well, I will be glad to work with you to improve your study skills, but you need to reach out to me as soon as problems arise, not ask for special treatment or additional extra credit, later on or after the fact.

Grading

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

Activity	Total/Weight
Syllabus quiz & Video Reaction Survey- Due the 1 st week	10 (2%)
10 Ch. quizzes worth 10 pts due Fridays (lowest score dropped)	90 (2/18%)
Weekly Personal Application Question Responses (3 pts) Monday	30 (.6%/6%)
4 exams: 1 st 3 are worth 70 pts; Cumulative final is worth 90 pts	300 (60%)
3 Discussion Boards: 10 pts each	30 (2%/6%)
8 Video activities: 5 pts each	40 (1%/8%)
TOTAL POINTS POSSIBLE	500 points

Recurring Due Dates:
Mondays: Personal Application Questions
Fridays: Chapter Quizzes, DB's & Video Activities
Saturdays: New chapter opens & Exams are due

TCC 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

COURSE POLICIES

- A. 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. Relying on the Canvas/Inbox will ensure a faster response from me. Update your Canvas notification settings and email are current to avoid missing any important messages.
- B. 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...).
- C. ACADEMIC INTEGRITY/CHEATING:** Per 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.*" All work (Quizzes, Exams, Discussions, etc..) must be the student's own work. Plagiarism (copying answers for Discussions) and cheating (using the book for quiz/exams) 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](#) 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](#).
- D. 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***
- E. ATTENDANCE/PARTICIPATION:** Log-in to CANVAS class **at least 4 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.
- F. 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.
- G. 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](#)

- H. **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).

WHERE TO GO FOR HELP/LEARNING RESOURCES:

- In addition to asking me for assistance, there are many other ways in which you can get free help for this class. **Do NOT rely on mobile devices (App) for submitting any assignments in CANVAS, especially for anything with points attached to it!**

TECHNOLOGY HELP: Helpline for Canvas/Any tech issue: 253-566-5176.

Information Commons: Build 16, 1st floor: A place to use computers with Canvas, MS Office and other software, FREE Wi-Fi, and get technical assistance with online class issues.

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](#) is the BEST place for finding psychology-related content.
- 2) The American Psychological Association website search area: [Link to APA website](#)
- 3) AlleyDog: A free website/search engine for psychology students. [Link to Alleydog search](#)

GENERAL CAMPUS RESOURCES

- [General Academic Resources](#): Enrollment, Advising, Registration, & Financial Aid, located in Build. 7. Phone: 253-566-5325
- [The Writing & Tutoring Center](#), 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.
- [TCC LIBRARY](#): Building 7; Get help with finding & citing sources, accessing databases ([PsychArticles](#)) course-related technology and just a “quiet” place to study!
 - [Counseling Center](#): Phone: 566-6091 (Building 7) Our TCC counselors offer FREE and confidential counseling, in a *safe* environment to explore personal and academic concerns.

Course Schedule for PSYC&100 Online

Date/Week	*Ch/Topic <i>*Not in order</i>	TO DO “Due Date” is deadline to submit before 11:55pm.
*Week 1 1/2 to 1/11 *Extended week!	Ch 1: What is Psych, History, Contemporary & Careers DB Week!	<ul style="list-style-type: none"> Update your Canvas profile & add your photo, Watch “How to Study” video & submit Syllabus Quiz/reaction survey before FRIDAY, 1/4 Personal App Quest due MON, 1/7 Post to the 1st Discussion Board by SUN 1/6 Submit Ch 1 Quiz by FRI, 1/11
*Week 2 1/14-1/19 EXAM Week!	Ch 2: Psychological Research Video Activity!	<ul style="list-style-type: none"> Personal App Question on Ch 2 due Mon, 1/14 Submit Quiz & Video Activity 1 by FRI SATURDAY: EX #1 on Chs. 1 & 2 due before 11:55pm
Week 3 1/21-1/25	Ch 3: Biopsychology Video Activity!	<ul style="list-style-type: none"> Personal App Question on Ch 3 due MON, 1/21 Submit Video Activity 2 & Quiz by Fri.
Week 4 1/28-2/1	Ch. 4: States of Con Video Activity!	<ul style="list-style-type: none"> Personal App Questions for Ch 4 due MON, 1/28 Submit Quiz & Video Activity 3 by FRI.
Week 5 2/4-2/8 EXAM Week!	Ch. 6: Learning Video Activity!	<ul style="list-style-type: none"> Personal App Quest. On Ch 6 Due MON, 2/4 Submit Quiz & Video Activity 4 by FRI. SATURDAY: EX2 Chs. 3, 4, & 6 is due before 11:55pm
Week 6 2/11-2/15 DB WEEK!	Ch. 8: Memory Video Activity!	<ul style="list-style-type: none"> Personal App Quest. Ch 8 Due MON, 2/11 Submit Quiz & Video Activity 5 by FRI DB: Initial post due WED; Posts to peers; FRI
Week 7 2/18-2/22 EXAM Week!	Ch. 9 Lifespan Development Video Activity!	<ul style="list-style-type: none"> Personal App Quest. Ch 9 Due MON, 2/18 Submit Quiz & Video Activity 6 by FRI. SATURDAY: EX3 Chs. 8 & 9 is due before 11:55pm
Week 8 2/25-3/1	Ch. 12 Social Psych Video Activity!	<ul style="list-style-type: none"> Personal App Quest. Ch 12 due MON, 2/25 Submit Quiz & Video Activity 7 by FRI
Week 9 3/ 4-3/8	Ch 14: Stress, Lifestyle & Health Video Activity!	<ul style="list-style-type: none"> Personal App Quest. Ch 14 due MON, 3/4 Submit Quiz & Video Activity 8 by FRI
Week 10 3/11-3/15 EXAM & DB WEEK!	Ch 15 Psych Disorders Final DB	<ul style="list-style-type: none"> Personal App Quest. Ch 15 due MON, 3/11 Submit Quiz & Post to DB by FRI CUMULATIVE EXAM #4: All previous chapters with focus on Chs. 12, 14 & 15 - DUE SATURDAY (11:55pm)!

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