



PSYC-1300-011-IN
Psychology for Success Online Spring 2022

Instructor Information: Stacey Henderson, 409-933-8134

E-mail: Please use the Course Messages tool in Blackboard.

As a last resort you may contact me at shenderson@com.edu

Student hours and location: LRC Suite A Office A-226 Tuesdays 9:30-12:30. Online M/W 9:00-10:45 and Thursdays 9:30-10:30. I am also available by appointment.

Technology Maintenance: College of the Mainland websites are scheduled to be down from 12:01-6:00 am on Sundays and blackboard is down from 4:00-6:00 am the first Saturday of the month. Make it a point to complete assignments around this time.

Technology Outage Policy: In the event you experience a technology problem, it is your responsibility to communicate immediately with your instructor and the DE department at College of the Mainland (COM). It is a good idea to make a screenshot of the error and email it to me as well as the Distance Education Helpdesk. Contacting COM's Distance Education department can be accomplished by submitting a ticket anytime at <http://de-support.com.edu/requests> or via live chat Monday to Friday from 8 AM to 5 PM whenever the college is open. If the issue does not clear up and if there is no way around it, you may email your assignment to me directly at shenderson@com.edu.

Required Textbook/Materials: *The 7 Habits of Highly Effective College Students: How to Succeed in College...and Life Essentials 2nd Edition* by Sean Covey

Optional but useful: download for free the *Ten Steps to Earning Awesome Grades (while studying less)* by Thomas Frank at <https://collegeinfo geek.com>

You need a reliable computer and internet access (<http://www.com.edu/computer-labs>)

Course Description: Psychology 1300 Psychology for Success A study of the psychology of learning, cognition, and motivation; factors that impact life-long learning; and application of learning strategies in college, career, and daily life.

Course requirements:

Grading Rubrics: Rubrics for coursework can be found on blackboard within each assignment.

Student Information Sheet: One of the first assignments you will submit is the Student Information Sheet which is worth **10 points**. Basic information will be asked of you for your instructor to get to know you.

Introduction Discussion Board: You will introduce yourself to your classmates using the prompt found in blackboard. Please view the rubric for grading details. Worth **10 points**

Assignments:

The following projects will be assigned this semester. Details as well as a rubric for each Assignment will be found within Blackboard. Each of the below projects are worth **50 points** for a grand total of 500:

Syllabus Scavenger Hunt, Campus Scavenger Hunt, Career (5-part assignment), RCQ Journal, Fixed Versus Growth Mindset, and Campus Connections.

Some of the above projects require advanced planning. Review the Assignment in Blackboard under Content for more information.

Methods of Evaluation/Submissions- You are held accountable for completing all assignments. All directions for assignments must be closely followed. A variety of means to evaluate student performance will be used throughout the course. **All submissions must be typed in a Microsoft Word, PowerPoint, or Excel document, and attached to the assignment submission page except for the discussion boards where you will type your response directly into the submission page dialog box.** If you have a Mac computer, saving files as **.rtf** or **.pdf** will ensure I can open them. You will attach these documents to the submission page. **If you do not have access to Microsoft products, you can download the programs for FREE by going to this link:** <https://www.com.edu/its/office-365-instructions>

Determination of Course Grade/Detailed Grading Formula:

ASSIGNMENT	Points Each	Total Points
Student Information Sheet	10	10
Introductory Discussion	10	10
Textbook Discussion Boards (8)	30	240
Study Guides (8)	30	240
Assignments (10)	50	500
GRAND TOTAL		1000

Point Breakdown for Grades
A: 900-1000
B: 800-899
C: 700-799
D: 600-699
F: 0-599

Late Work, Make-Up, and Extra-Credit Policy:

Coursework is expected to be completed and submitted on time. Late work may be accepted for up to half credit but is not guaranteed. Instructor reserves the right to make special accommodations regarding late work.

Extra Credit Opportunities: There are numerous ways to earn extra credit.

Technology Survey 1: Receive 5 Extra Credit Points. During weeks 2-4 you will be able to take this survey. It can be found in Module-Foundation.

Technology Survey 2: Receive 5 Extra Credit Points. During weeks 9-11 you will be able to take this survey. It can be found in Module 4.

Student Letter: Receive 20 Extra Credit Points

Type a 5-paragraph letter to upcoming Psychology for Success students describing five study tips you learned from Thomas Frank's website and/or free downloadable textbook. Be sure to explain how you adapted these skills into your study regime.

<https://collegeinfo geek.com>. You may work on this extra credit at any time during the semester but will only be able to submit during week 16.

Course Evaluation: Receive 20 Extra Credit Points

Please complete the online course evaluation sent to your COM e-mail at the end of the semester. Open and close dates will be announced by the college. I will be sent an email letting me know you have completed the evaluation and you will automatically receive credit.

Interviewing and Finances: Receive 20 Extra Credit Points

Go online and research what you should do to prepare for a job interview.

Select the best 5 tips that you can find.

Next, go online and research some ideas of how to save money (don't buy snacks from a vending machine) or how to make extra money (hem friends' clothes for \$5 a garment). Select the 5 best tips you can find.

Post your 5 best tips for interviewing and your 5 best tips for saving money to the discussion board. Give a brief explanation of why you chose those tips for interviewing and for money saving.

Attendance Policy: Regular attendance is a critical component to being successful in courses. If you want to pass, "attend" class. This course is completely online. You must log on to this course at least **TWICE** a week on separate days. For each week that you do not log in twice this semester, **15 points will be deducted** from your overall points total.

Communicating with your instructor: ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means. I make every effort to return messages (email, phone, etc.) within 24 hours (except for weekends and holidays). I generally post new grades twice a week-except discussion questions which are graded at the END of each module. Use email messages in blackboard to contact me. If necessary, you can email me at my campus email address. Put "online student" in the subject area if emailing me via campus email. *Classwork feedback will be provided via rubric scores and comments left on each assignment.*

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
1. Synthesize effective strategies and skills that lead to personal success, personal responsibility, self-motivation, and self-management.	Critical Thinking: Students will demonstrate creative thinking, innovation, and the ability to analyze,	Career Project Pt. 4 Related to strategies and skills leading to personal success

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
	evaluate, and synthesize information.	
2. Synthesize effective strategies and skills that lead to interdependence, self-awareness, lifelong learning and emotional intelligence.	Critical Thinking	Career Pt. 4 Related to strategies and skills leading to personal success
3. Manipulate and analyze data and observable facts to result in informed conclusions	Empirical and Quantitative Skills: To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.	Career Pt. 1 Occupational Outlook Handbook Chart
4. Develop, interpret, and express ideas through written communication	Communication Skills (Written): Develop, interpret, and express ideas through written, oral, and visual communication.	Career Pt. 2 Compare/ Contrast Paper
5. Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.	Social Responsibility: Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.	Career Pt. 3 Soc. Resp. directly related to chosen career
6. Develop, interpret, and express ideas through oral communication.	Communication Skills (Oral)	Career Pt. 5 Presentation

Academic Dishonesty/Plagiarism: Any incident of academic dishonesty or plagiarism will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty – such as cheating on exams is an extremely serious offense. Plagiarism includes paraphrasing someone else’s words without giving proper citation, copying directly from a website and pasting it into your paper, using someone else’s words without quotation marks, or using your own work over again in a different assignment. Both will result in a **grade of zero** on that exam or assignment and the student will be referred to the Office of Student Conduct for the appropriate discipline action.

The Tutoring Center provides free tutoring services to students, staff and faculty seeking assistance for writing, reading and oral presentations for academic and non-academic assignments/projects. Located in the Technical Vocational Building, Room

1306, the center provides face-to-face and online tutoring sessions in a welcoming environment. Appointments can be made in person, or on the center scheduler at com.mywconline.com, or by clicking the Tutoring icon on the COM website.

Preventing Plagiarism Links:

https://owl.purdue.edu/owl/teacher_and_tutor_resources/preventing_plagiarism/avoiding_plagiarism/index.html
<https://www.com.edu/tutoring/writing-resources.html>

Student Concerns: If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact Dr. Shinya Wakao at 409-933-8212.

TENTATIVE COURSE OUTLINE-You are responsible for any changes

NOTE: It will be to your advantage to post your original discussion postings early in the module to give other students the chance to comment on your post. If the class decides to wait until the last minute to post I will create a due date for the original post.

All modules will open on Mondays at 12:01am and close Sundays at 11:59 pm. However, Module-Conclusion will close **Wednesday, May 11th** at 11:59pm

Week(s) Dates	Module	Class Topics	Things To Do	Due At the End of This Module
1 1/17- 1/23	Module- Introduction	Welcome to the Course!	<ul style="list-style-type: none"> ○ Read the “Read Me First” File ○ Read the syllabus carefully ○ Explore Blackboard ○ Read Introduction Discussion Board 	<ul style="list-style-type: none"> ○ Student Information Sheet ○ Introduction Discussion ○ Syllabus Scavenger Hunt Assignment
2-4 1/24- 2/13	Module- Foundation	Setting Foundations	<ul style="list-style-type: none"> ○ Read Foundations, watch video clips in blackboard and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board Foundation ○ Study Guide ○ Campus Scavenger Hunt Assignment ○ E.C.-Tech Survey 1
	Module 1	Habit 1: Be Proactive	<ul style="list-style-type: none"> ○ Read Habit 1, watch video clips and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board 1 ○ Study Guide ○ Career Assignment Pt. 1-OOH

Week(s) Dates	Module	Class Topics	Things To Do	Due At the End of This Module
5-7 2/14-3/6	Module 2	Habit 2: Begin with the End in Mind	<ul style="list-style-type: none"> ○ Read Habit 2, watch video clips and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board 2 ○ Study Guide ○ Fixed vs. Growth Mindset Assignment
	Module 3	Habit 3: Put First Things First	<ul style="list-style-type: none"> ○ Read Habit 3, watch video clips and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board 3 ○ Study Guide ○ RCQ Journal
8 3/7-3/13	Module: Paper	Habit 3: Put First Things First	<ul style="list-style-type: none"> ○ Continue analyzing future career 	<ul style="list-style-type: none"> ○ Career Assignment Pt. 2: Paper
Spring Break March 14-20 College Closed				
9-11 3/21- 4/10	Module 4	Habit 4: Think Win- Win	<ul style="list-style-type: none"> ○ Read Habit 4, watch video clips and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board 4 ○ Study Guide ○ Career Assignment Pt. 3: Social Responsibility ○ E.C.-Tech Survey 2
	Module 5	Habit 5: Seek 1 st to Understand Then to be Understood	<ul style="list-style-type: none"> ○ Read Habit 5, watch video clips and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board 5 ○ Study Guide ○ Career Assignment Pt. 4: Success Strategies
12-14 4/11-5/1	Module 6	Habit 6: Synergize	<ul style="list-style-type: none"> ○ Read Habit 6, watch video clips and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board 6 ○ Study Guide
	Module 7	Habit 7: Sharpen the Saw	<ul style="list-style-type: none"> ○ Read Habit 7, watch video clips and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Textbook Discussion Board 7 ○ Study Guide ○ Career Assignment Pt. 5: Presentation (upload video to discussion board)

Week(s) Dates	Module	Class Topics	Things To Do	Due At the End of This Module
15 5/2-5/8	Module: Campus Connections	Habit 6: Synergize	<ul style="list-style-type: none"> ○ Meet with your advisor and utilize campus resources 	<ul style="list-style-type: none"> ○ Campus Connections Assignment
16 5/9- 5/11*	Module: Conclusion	Putting It All Together	<ul style="list-style-type: none"> ○ Read Putting It All Together and complete activities found within the readings for personal self-assessment 	<ul style="list-style-type: none"> ○ Optional: Extra Credit

*All modules will open on Mondays at 12:01am and close Sundays at 11:59 pm. However, **Module-Conclusion will close WEDNESDAY, May 11 at 11:59pm.**

Institutional Policies and Guidelines

Grade Appeal Process: Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student

handbook. <https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf. *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.*

https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf

Academic Success & Support Services: College of the Mainland is committed to providing students the necessary support and tools for success in their college careers. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

ADA Statement: Any student with a documented disability needing academic accommodations is requested to contact Holly Bankston at 409-933-8520 or hbankston@com.edu. The Office of Services for Students with Disabilities is in the Student Success Center.

Counseling Statement: Any student needing counseling services is requested to please contact Holly Bankston in the student success center at 409-933-8520 or hbankston@com.edu. Counseling services are available on campus in the student center for free and students can also email counseling@com.edu to set up their appointment. Appointments are strongly encouraged; however, some concerns may be addressed on a walk-in basis.

Textbook Purchasing Statement: A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Withdrawal Policy: Students may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1st 8-week session is March 2nd. The last date to withdraw from the 16-week session is April 25. The last date to withdraw for the 2nd 8-week session is May 4.

F_N Grading: The F_N grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The F_N grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the F_N grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an F_N grade.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer for you to meet your academic goals.

COVID-19 Statement: All students, faculty, and staff are expected to familiarize themselves with materials and information contained on the College of the Mainland’s Coronavirus Information site at www.com.edu/coronavirus. In compliance with [Governor Abbott’s May 18 Executive Order](#), face coverings/masks will no longer be required on COM campus. Protocols and college signage are being updated. We will no longer enforce any COM protocol that requires face coverings. We continue to encourage all members of the COM community to distance, when possible, use hygiene measures, and get vaccinated to protect against COVID-19. Please visit com.edu/coronavirus for future updates.

Classroom Conduct Policy: College of the Mainland requires that students enrolled at COM be familiar with the Standards of Student Conduct, which can be found in the on-line Student Handbook. <http://www.com.edu/student-services/student-handbook> . Students are expected to be familiar with and abide by the Student Code of Conduct. Any violations of the Code of Conduct will result in a referral to the Dean of Students and may result in dismissal from this class.

Students should always act in a professional manner. Professionalism, which includes preparedness, a positive attitude, commitment, interaction, and RESPECT is expected and graded via discussion boards and student log-ins. As this is an online course, you must be extremely dedicated, motivated, and persistent. It is up to you to read all chapters and learning modules and complete all assignments before the set deadlines.