



PSYC 1300.307 CL
PSYCHOLOGY FOR SUCCESS- Fall 2021
Texas City High School- Tue/Thur 12:30-1:50

Instructor: Lalanya Ennis Maldonado, M.A.

Phone: 409-933-8197 (Please allow 24 hours for a return phone call or email, except on weekends and holidays)

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Student hours

				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:35	am	-	8:55	am	PSYC 1300.305 Santa Fe HS	PSYC 1300.306 Santa Fe HS	PSYC 1300.305 Santa Fe HS	PSYC 1300.306 Santa Fe HS	
9:30	am	-	10:50	am	PSYC 2314.101 #8 (LRC) 213	PSYC 2301.104 #8 (LRC) 213	PSYC 2314.101 #8 (LRC) 213	PSYC 2301.104 #8 (LRC) 213	
11:00	am		12:20	pm	OFFICE HOURS	OFFICE HOURS (leave at 12:00)	OFFICE HOURS	OFFICE HOURS (leave at 12:00)	
12:30	pm	-	1:50	pm		PSYC 1300.307 Texas City HS		PSYC 1300.307 Texas City HS	
<i>Additional office hours to accommodate students will be available by appointment</i>									

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

(Optional) *Ten Steps to Earning Awesome Grades (while studying less)* by Thomas Frank Free download:

<https://collegeinfo geek.com/>

Supplies: Reliable Computer, internet access, and Computer storage device (to backup files)

Course Description 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 life.

Course Requirements Grades are based on points accumulated throughout the semester. A variety of means to evaluate student performance will be used throughout the course. There is the possibility of earning 1000 points from assignments and assessments. You are held accountable for completing all assignments. All directions for assignments must be closely followed. Specific details and directions for each assignment will be on the actual assignment in Blackboard. *NOTE: If for any reason the college closes, continue to work on the assignments spelled out in your syllabus. For example, complete chapter readings, assignments, assessments etc.*

Grade Computation	Points	Letter Grade	Numeric Grade	Points
Scavenger Hunt	100	A	90+	900 or more
Study Guides (8 chapters x 25 points each)	200	B	80-89	800-899
Career Project- Part 1 (Occupational Handbook)	40	C	70-79	700-799
Career Project- Part 2 (Compare/Contrast)	40	D	60-69	600-699
Career Project- Part 3 (Social Responsibility)	40	F	59 or less	599 or below
Career Project- Part 4 (Personal Success)	40			
Career Project- Part 5 (Presentation)	40			
Chapter Presentation	100			
RCQ Journal	50			
App Presentation	100			
Lessons Learned (10 each x 25 points each)	250			

DETERMINATION OF GRADE

Methods of Evaluation/Submissions-

- Use Google Chrome or Mozilla Firefox browser (your work will submit blank using other browsers)
- Type work in Microsoft Software (if you do not have Microsoft products, you can download the programs for FREE at <https://www.com.edu/its/office-365-instructions>)
- Save and upload work as a .PDF or using Microsoft Software (especially for a MAC or I cant open it)
- All work must be submitted on Blackboard and attached to the assignment submission page (except discussion boards where you will type directly into the submission page dialogue box.
- Use double spacing and Arial or Times New Roman, font size 12.
- Assignments with bulleted and/or numbered items should be a **separate and complete paragraph**
- Each assignment has a minimum word count or page length, but you are free to write as much as you like. If you write the "minimum", you should expect to receive the minimum grade.
- Your responses on all assignments must be well thought out with details, explanations, examples and exhibit critical thinking. I am looking for you to make a connection between the assignments, the textbook, and your personal experiences and opinions.

Grading Scale: 900-1000 points=A; 899-800 points=B, 799-700 points=C, 699-600 points=D, 599 points or less=F

Grading Rubrics: Rubrics for coursework can be found on Blackboard under MY GRADES. Click on the blue hyperlink under the assignment to review the rubric. Please read the descriptions very carefully as this will tell you how to earn full credit on each assignment.

- **Scavenger Hunt:** You will fill out information about the various areas/programs that COM has to offer
- **Study Guides 200 points:** You will create 8 Study Guides using various methods as directed in Blackboard and submit them on Blackboard. Each Study Guide is worth 25 points
- **Career Project 200 points:** This project is broken down into 5 separate assignments worth 40 points each. Each assignment relates to the entire project, so you need to be very thorough
- **Discussion Postings 270 points:** You will write 9 Discussion Postings on Blackboard (100 words). Each posting is worth 30 points each. 20 points for the original post and 10 points for the reply posting.
- **RCQ Journal 50 points:** After watching a video, you will write a paper addressing each of the given prompts
- **App Presentation 100 points:** You will share an app that can help others be more successful in life
- **Lessons Learned 250 points:** Throughout the semester, there will be 10 "pop quiz" assignments worth 25pts. These will not be announced ahead of schedule, and you may only receive credit if you are in class to participate.

Make-Up & Late Work: **There will be no make up work or late work accepted.** All assignments are time-stamped in Blackboard and Email. Work submitted after the due date deadline will not be graded. Please allow time for your assignments to upload. If your network server is slow, make sure you allow extra time and do not wait until the last minute to submit assignments. Follow your schedule in your syllabus and do not rely on Blackboard to tell you when something is due. There are computers available for students to use at COM in the library, tutoring center and computer labs if you need a computer and/or internet access.

Attendance Policy: Attendance is taken by the instructor calling roll at the beginning of the class period. If you arrive late to class, it is your responsibility to let the instructor know you are tardy. If you forget to tell your instructor that you arrived late, you will still be marked absent. Communication with your instructor is extremely important. If you are unable to attend class, call or e-mail your instructor prior to class. The instructor may withdrawal a student for excessive absences.

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. (Please allow 24 hours for a return phone call or email, except on weekends and holidays)

General Education Core Objectives (CO's): Students successfully completing this course will demonstrate competency in the following Core Objectives

1. **Critical Thinking Skills:** Students will demonstrate creative thinking, innovation, and the ability to analyze, evaluate, and synthesize information.
2. **Communication Skills:** Develop, interpret, and express ideas through written, oral, and visual communication.
3. **Empirical and Quantitative Skills:** To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.
4. **Social Responsibility:** Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.

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	Career Project part 4 Related to strategies and skills leading to personal success
2. Synthesize effective strategies and skills that lead to interdependence, self-awareness, lifelong learning and emotional intelligence.	Critical Thinking	Career Project part 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	Career Project part 1 Occupational Outlook Handbook Chart
4. Develop, interpret, and express ideas through written communication	Communication Skills (Written)	Career Project part 2 Compare/Contrast paper on two chosen careers
5. Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.	Social Responsibility	Career Project part 3 Specifically related to chosen career
6. Develop, interpret, and express ideas through oral communication.	Communication Skills (Oral)	Career Project part 5 Presentation

Academic Dishonesty: Any incident of academic dishonesty will be dealt with in accordance with college policy in the Student Handbook. Academic dishonesty – such as cheating on exams, quizzes, assignments or other assessments, presenting someone else’s work as your own or copying someone else’s work is an extremely serious offense and will result in a **grade of zero** on that assignment or assessment and the student will be referred to the Office of Student Conduct for the appropriate discipline action.

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
swakao@com.edu.

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.

Blackboard Issues: In the event you experience a technology problem, you **MUST** submit a “Help Ticket”. 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>, clicking on SUBMIT HELP TICKET on the Blackboard side menu, via live chat Monday to Friday from 8 AM to 5 PM or by calling the Distance Education Support Hotline at 409-933-8453 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.

Tentative Class Schedule

	SUN	Assignments that are due on Sunday BEFORE 11:59pm on Blackboard	TUE	Class Discussions	THU	Class Discussions
Week 1	8/22		8/24	Course Expectations, Campus Safety and Syllabus	8/26	Blackboard Overview Study Guides, Projects, Assignments
Week 2	8/29		8/31	Success Teams Fixed vs Growth Mindset	9/2	Campus Scavenger Hunt- Due in class
Week 3	9/5	Foundations Study Guide- Sentence Method	9/7	Survivor	9/9	Foundations
Week 4	9/12	Habit 1 Study Guide- Mapping Method	9/14	Habit 1 Be Proactive	9/16	Interviewing, Networking & Communication
Week 5	9/19	Habit 2 Study Guide- Outline Method Career Project Part 1 Occupational Handbook	9/21	Habit 2 Begin with the End in Mind	9/23	Video RCQ Journal: UT Speech
Week 6	9/26	Habit 3 Study Guide- Charting Method RCQ Journal Due: UT Commencement Speech	9/28	Habit 3 Put First Things First	9/30	App Presentations- in class
Week 7	10/3	Career Project- Part 2 Compare/Contrast	10/5	Assign Habit Presentations Presentation Workday (Read chapter, complete activities)	10/7	Presentation Workday (PPT, Game, TED Talk, personalize) Student Conferences
Week 8	10/10		10/12	Presentation Workday Practice Presentations	10/14	Social Responsibility within your careers (Leadership, Responsibility, Ethics, Integrity, Effort)
Week 9	10/17	Habit 4 Study Guide- Cornell Method Habit 5 Study Guide- Color Method	10/19	Habit 4 Think Win-Win GROUP 1 HABIL PRESENTATION	10/21	Habit 5 Seek First to Understand, then Understood GROUP 2 HABIL PRESENTATION
Week 10	10/24	Habit 6 Study Guide- Your choice Habit 7 Study Guide- Your choice	10/26	Habit 6 Synergize GROUP 3 HABIL PRESENTATION	10/28	Habit 7 Sharpen the Saw GROUP 4 HABIL PRESENTATION
Week 11	10/31	Career Project- Part 3 Social Responsibility	11/2	Movie Analysis	11/4	Movie Analysis (Practice in class using movie to prepare for career homework)
Week 12	11/7	Career Project- Part 4 Career Analysis of Habits	11/9	Money Matters Part 1 (Guest Speaker)	11/11	Money Matters Part 2 (Guest Speaker)
Week 13	11/14		11/16	Stress Emotional Intelligence	11/18	King Gimp
Week 14	11/21		11/23	TCHS CLOSED	11/25	TCHS CLOSED COM CLOSED
Week 15	11/28	Career Project- Part 5 Presentation	11/30	Career Presentations	12/2	Career Presentations
Week 16	12/5		12/7	Conferences	12/9	Conferences

Student Center, Organizations, Clubs, MM4E, Recreation Room (BLDG 1)	Student Success Center: Advising (BLDG 2)
TRIO Student Support Services (BLDG 1)	Welcome Desk (BLDG 2)
Tutoring Center (BLDG 5)	Student Financial Services and Veterans Affairs (BLDG 2)

Library (BLDG 8)	Gym, Workout Facility, Recreation, Club Sports (BLDG 4)
COM Police (BLDG 16)	Innovations Computer Lab (BLDG 5)
Conference Center (BLDG 21)	Find your instructor's office located in LRC Suite A (BLDG 8) Take a picture of the office hours posted on the door and briefly meet with your instructor. This will be your last stop.

Career Project Part 1- Occupational Outlook Handbook

Visit the Occupational Outlook Handbook at www.bls.gov/ooh/ and complete all the information below. Be specific and thorough.

	Career Option 1	Career Option 2
Career Title		
What they do		
Work Environment		
How to Become One		
Pay		
Job Outlook		
Similar Occupations		
More Information		
Your skills that need strengthening		
	After analyzing the above data, indicate which career is the best fit for you:	

Total Points: 40 points

Career Project Part 2- Compare & Contrast Careers

Based upon the information you collect on the two careers (from Part 1), type a 2 full page double-spaced Times New Roman (MLA Style) paper elaborating on the pros and cons of each career. Be thorough and provide details and explanations. Conclude with a paragraph stating how the career you chose is the best fit for you. Your paper should be at least three paragraphs.

- 1: Introduction (explain what two careers you are considering and why)
- 2: Second career choice (describe pros & cons and explain why you didn't choose this career)
- 3: Chosen career (describe the pros & cons and explain why you chose this career)

Total Points: 40 points

Career Project Part 3- Social Responsibility

The idea of social responsibility is built on a system of ethics, in which decisions and actions are evaluated before proceeding. If the action or decision causes harm to society or the environment, then it would be socially irresponsible. Every individual has a responsibility to act in a manner that is beneficial to society and not solely to the individual.

In a few paragraphs, describe in detail how your chosen career plays a role in social responsibility. Be sure to start your paper by stating your chosen career.

Talking to individuals in your career choice, researching common problems, and looking at current events may help you formulate your ideas.

Total Points: 40 points

Career Project Part 4- Career Analysis of the Habits

Type a paper that indicates how you will use each of the following habits in your chosen career. Be very specific and use examples.

- Be Proactive:
- Begin with the End in Mind:
- Put First things First:
- Think Win-Win:
- Seek First to Understand then to be Understood:
- Synergize:
- Sharpen the Saw:

Total Points: 40 points

Career Project Part 5- Presentation

Using the information from the previous parts of this project, prepare a 3-minute presentation about your career choice. You will present this information to the class

- Describe your career and how you will obtain a position in that career.
- How you chose your career
- Social responsibilities within your career
- Education required
- Other relevant information.

Total Points: 40 points

RCQ Journal (React, Connect, Question)

Admiral William McRaven
2014 UT Commencement Speech

After watching the video, type a paper giving your reactions, making connections to, and/or asking questions regarding the following 10 quotes from Admiral William McRaven. Be specific, thorough, and use examples. Your paper should be 1 full paragraph for each quote. Do not retell what is in the video, use your own words, your own experiences, and your own personal examples.

1. "If you want to change the world"
2. "Make your bed"
3. "Find someone to help you paddle."
4. "Get over being a sugar cookie and keep moving forward"
5. "Don't be afraid of The Circus."
6. "Slide down the obstacle headfirst"
7. "Don't back down from the sharks"
8. "Be your very best in the darkest moments"
9. "Start singing when you're up to your neck in mud"
10. "Don't ever, ever ring the bell"

Habit Chapter Presentations

Directions: Your success group will be required to teach one of the chapters from the text. This will allow each student to get a unique perspective of the teaching/learning process. Every student must equally present information during the presentation. To begin, identify the main learning points of the chapter. Next, include the following components in your group presentation:

1. Identify the main learning points of the chapter
2. Create a PowerPoint presentation that allows each student in the class to gain insight into the course material.
3. Review/Discuss one of the textbook activities from your chapter with classmates
4. Create and play 1 original game in class that helps to strengthen the material and be able to explain how this relates to your chapter.
5. Find a video (like TED Talk) pertaining to your topic to show the class (15 min. max)

How your grade will be determined:

(Each person will be graded individually; this is a group project but not a group grade)

20 points: Presentation content (thoroughness, organized, detailed)

20 points: Presentation Skill (eye contact, tone, volume, enthusiasm, etc)

20 points: Chapter Activity Discussions

20 points: Original Game

20 points: Video Clip (no more than 15 minutes)

Movie Analysis of the Habits

After viewing the movie, give an example of how a character effectively used the knowledge of the habit to handle a situation, and then give an example of how a character struggled with the habit. Repeat these steps for each of the seven habits and be prepared to report your analysis to the class.

Habit (principles)	Positive Example	Negative Example
Be Proactive <i>(responsibility and initiative)</i>		
Begin with the end in mind <i>(vision and purpose)</i>		
Put 1 st things 1 st <i>(integrity and focus)</i>		
Think win-win <i>(courage and consideration)</i>		
Seek 1 st to understand, then to be understood <i>(empathy and clarity)</i>		
Synergize <i>(diversity and collaboration)</i>		
Sharpen the saw <i>(renewal and balance)</i>		

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 career. 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 located in the Student Success Center.

Counseling Statement: Any student that is 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 setup 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 online

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 is March 3rd for the 1st 8-week session, April 26 for the 16-week session, and May 5th.

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 in order 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. Students are required to watch a training [video](#), complete the [self-screening](#), and acknowledge the safety guidance at: www.com.edu/selfscreen. In addition, students, faculty, and staff must perform a [self-screening](#) prior to each campus visit. Finally, students, faculty, or staff who have had symptoms of COVID-19, received a positive test for COVID-19, or have had close contact with an individual infected with COVID-19 must complete the [self-report tool](#).