



Psychology 1300.101CL – Spring 2024
PSYCHOLOGY FOR SUCCESS
Monday/Wednesday 8:00-9:20 AM (ICB Building #23, Room 228)

Instructor Information: Kristin O’Brien, M.A. | kobrien4@com.edu | 409-933-8955

Student Hours and Location: LRC Suite A-Office 217
M 9:30 AM-12:30 PM, Tues 11:00 AM-12:30 PM, W 9:30 AM-12:30 PM (& by appointment)

Required Textbook/Materials: *The 7 Habits of Highly Effective College Students: How to Succeed in College...and Life Essentials 2nd Edition* by Sean Covey, ISBN 9781936111916. The text is available for purchase at the COM bookstore and online. You may also borrow portions of the text for free at the COM Library.

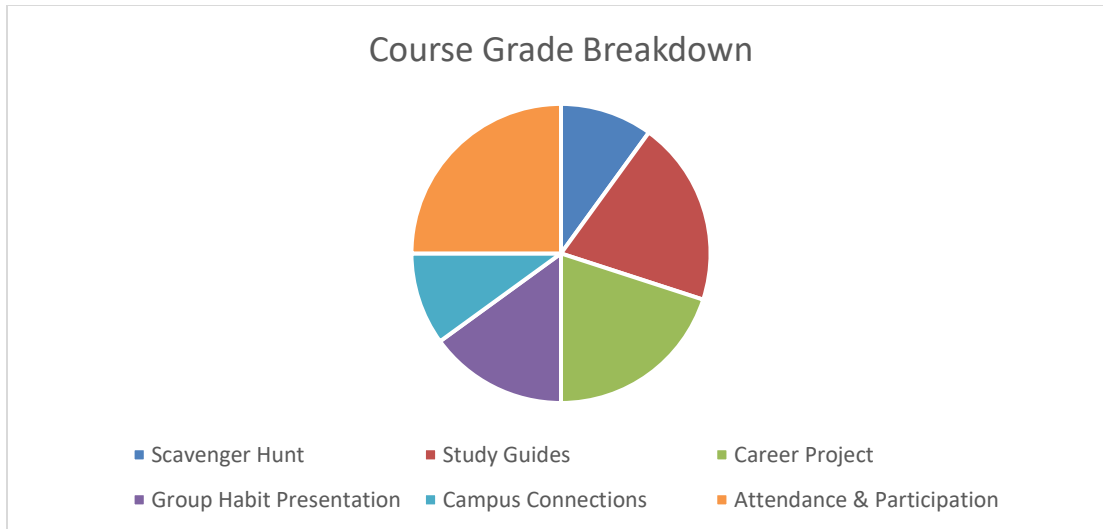
Course Description: A study of the psychology of learning, cognition, and motivation; factors affecting life-long learning; and application of learning strategies in college, career, and life.

Course Requirements: Grades are based on points accumulated throughout the semester. There is the possibility of earning 1,000 total points from assignments and assessments. You are held accountable for completing all assignments. Instructions for assignments must be closely followed. Specific details and directions for each assignment will be on the actual assignment in D2L. If you do the minimum work for assignments, expect to receive the minimum grade.

Determination of Course Grade/ Detailed Grading Formula:

Assignment	Max Points	Earned Points
Scavenger Hunt	100	
Study Guides: F, 1, 2, 3, 4, 5, 6, 7 (25 Pts. Each)	200	
Career Project Pt. 1: Career Research	25	
Career Project Pt. 2: Compare/Contrast	25	
Career Project Pt. 3: Social Responsibility	25	
Career Project Pt. 4: Personal Success	25	
Career Project Pt. 5: Presentation	100	
Group Habit Presentation	150	
Campus Connections	100	
Class Participation (minus 25 points per absence)	250	
Total Points:	1000	
EXTRA CREDIT: Course Evaluation	25	

GRADING SCALE	
Grade	Points Earned
A	900-1000
B	800-899
C	700-799
D	600-699
F	600 OR BELOW



HOW TO CALCULATE YOUR GRADE: (Points Earned / Points Possible) X 10

Example: You have earned 180 out of 200 possible points so far in the class. You would calculate your current numeric grade by dividing 180 by 200 and then multiplying the result by 100: $180/200 = 0.9 \times 100 = 90 \rightarrow$ Your current numeric grade would be 90%

Assignment Submission Policies: Deadlines can be found in the Tentative Course Schedule at the end of the syllabus and will also be posted to D2L Brightspace. **Assignments will always be due on D2L Brightspace by 11:59 PM on the date given unless otherwise specified.**

Assignments must be submitted as .PDF, .DOC, or .JPEG formats to be accepted. It is good practice to double-check after submitting an assignment (you may re-submit or email your instructor with the correct document if you realize that you made an incorrect submission).

NOTE: If for any reason the college closes, continue to work on the assignments as spelled out in your syllabus and on D2L. You are accountable for the work upon the re-opening of the college.

Late Work & Make-Up Policies: Assignments submitted after the deadline will incur a 10% deduction per day late (e.g., 2.5 points will be deducted each day for a late study guide). Please note that technological issues are not an acceptable excuse for a late assignment. **Be aware that assignments will become an automatic zero at the point of 10 or more days late with no exceptions. Additionally, late assignments will NOT be accepted after Sunday, May 5th.**

In the event of illness or emergency, exceptions may be made on a case-by-case basis at the discretion of the instructor (a doctor's note may be requested in the case of an illness). **If you anticipate missing any assignment deadlines for a potentially excusable reason, contact me at kobrien4@com.edu as soon as possible.**

Attendance Policy: Regular attendance and participation is a critical component to being successful in this course. Students are expected to arrive on time for each class and stay for the duration of the class. **Each class, students will complete activities for the Class Participation grade. In-class participation cannot be made up for any reason (including being sick or for emergencies). However, students can miss up to two class days without penalty; after two**

missed class days, each additional day's absence or lack of participation will incur a 25-point deduction from the Class Participation grade. Additionally, if you incur four or more tardies throughout the semester, you will be deducted 25 points total from your Class Participation grade (therefore, 4+ tardies = 1 absence). If you miss class, you are responsible for checking the syllabus and familiarizing yourself with the content covered (ask questions as needed).

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. **Students are expected to check their COM email and D2L course page (for announcements) regularly.** Communicate with your instructor about any questions or concerns related to the course in a timely manner so that your instructor can best help you. Your instructor should respond within 24-48 business hours (when the college is open).

Classroom Conduct: It is expected that everyone treats each other with mutual respect. Students demonstrate respect to their instructor by arriving on time for class, staying for the duration of class and participating in class activities, and listening attentively while the instructor is speaking. The instructor will demonstrate respect to students by arriving on time for class, being prepared with quality learning materials and activities, and listening attentively while students are speaking. Class discussions may include sensitive topics. It is ok to disagree with others, but it is not ok to verbally (or physically) attack another person because of their ideas and beliefs.

Academic Dishonesty: Plagiarism includes, but is not limited to, deliberately copying word-for-word another person's work without proper quotation and attribution (direct plagiarism), submitting your own work from another class (self-plagiarism), and failing to correctly cite sources or unintentionally using the same groups of words as another source without proper quotation and attribution (accidental plagiarism). Academic dishonesty also includes the unauthorized use or attempted use of material, information, devices/technology (e.g., Artificial Intelligence), or communication during an academic exercise (i.e., an assignment, paper, or exam). **Any form of academic dishonesty may result in a reduction of points (up to a zero with no make-up) at the discretion of the instructor.** Additionally, an academic dishonesty report may be filed.

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 Department Chair, Shinya Wakao at 409-933-8107 or swakao@com.edu.

Core Objectives

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. **Social Responsibility*:** Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.
4. **Empirical and Quantitative Skills*:** To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.

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

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://www.com.edu/student-services/docs/Student_Handbook_2023-2024_v2.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.*

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 Kimberly Lachney at 409-933-8919 or klachney@com.edu. The Office of Services for Students with Disabilities is located in the Student Success Center.

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 February 28th. The last date to withdraw from the 16-week session is April 22nd. The last date to withdraw for the 2nd 8-week session is May 1st.**

FN Grading: The FN grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The FN 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 FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN 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.

Resources to Help with Stress: If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at deanofstudents@com.edu or communityresources@com.edu.

TENTATIVE COURSE SCHEDULE


WEEK	MON	Class Topic	WED	Class Topic	Assignments
1	1/15	College Closed – MLK Day	1/17	Course Orientation	
2	1/22	Success Teams	1/24	Stress & Emotional Intelligence	
3	1/29	Campus Scavenger Hunt	1/31	Campus Scavenger Hunt*	Foundations Study Guide due 2/4
4	2/5	Career Project Part 1* Meet in STEAM 134	2/7	RCQ Journal: 2014 UT Commencement Speech	Habit 1 Study Guide due 2/11
5	2/12	Foundations, Fixed & Growth Mindset	2/14	Habit 1: Be Proactive	Habit 2 Study Guide due 2/18
6	2/19	Habit 2: Begin with the End in Mind	2/21	Habit 3: Put First Things First	Habit 3 Study Guide due 2/25
7	2/26	Social Responsibility	2/28	Group Presentation Workday 1	Habit 4 Study Guide due 3/3 Habit 5 Study Guide due 3/3
8	3/4	Group Presentation Workday 2	3/6	Group Presentation Workday 3	Group Habit Presentation (PowerPoint) due 3/17
<i>College Closed 3/11-3/15: Enjoy your Spring Break</i>					
9	3/18	Habit 4: Think Win-Win Group Presentation	3/20	Habit 5: Seek First to Understand... Group Presentation	Habit 6 Study Guide due 3/24 Habit 7 Study Guide due 3/24
10	3/25	Habit 6: Synergize Group Presentation	3/27	Habit 7: Sharpen the Saw Group Presentation	Career Project Part 2 due 3/31 Campus Connections due in class 4/1
11	4/1	Campus Connections* Guided Registration	4/3	Discussion: <i>King Gimp</i>	Career Project Part 3 due 4/7
12	4/8	Financial Literacy	4/10	Financial Literacy	Career Project Part 4 due 4/14
13	4/15	Professionalism	4/17	Career Presentation Workday	
14	4/22	Movie Analysis	4/24	Movie Analysis	Career Project Part 5 (PowerPoint) due 4/28
15	4/29	Career Presentations	5/1	Career Presentations	
16	5/6	Career Presentations	5/8	NO CLASS	


All assignments due to D2L Brightspace by 11:59 PM on due date unless otherwise specified.

(indicates assignments due in class)*

The instructor reserves the right to make changes to this course schedule. Any changes will be announced in class and through D2L Brightspace and COM student email.

Psychology for Success Scavenger Hunt

<p>Student Center, Organizations, Clubs, MM4E, Recreation Room (BLDG 1)</p>	<p>Welcome Desk (BLDG 2)</p>
<p>TRIO Student Support Services (BLDG 1)</p>	<p>Student Success Center: Advising (BLDG 2)</p>
<p>Community Resource Center (BLDG 1) Identify four resources available through the Community Resource Center</p> 	<p>Student Financial Services and Veterans Affairs (BLDG 2)</p>

<p>Gym, Workout Facility, Recreation, Club Sports (BLDG 4)</p>	<p>Library (BLDG 8)</p>
<p>Tutoring Center (ICB BLDG 23)</p>	
<p>COM Police (BLDG 16) Take a picture of the information posted inside</p>	<p>STEAM (BLDG 22) Take a group picture in the snack/study/porch area on the 1st floor</p>
<p>Conference Center (BLDG 21) Take a group selfie with your success team (outside if the building is locked)</p>	<p>Fine Arts and Theatre (BLDG 3) Take a group selfie with your success team in front of one of the murals on the wall</p>
<p>STEAM (BLDG 22) Take a group picture in the study area with the molecule lights (H₂O) on the 3rd floor</p>	<p>Lake Eckert Walking Trail (By BLDG 1) Take a group selfie with your success team</p>
<p>Find your instructor's office located in LRC Suite A (BLDG 8) Meet briefly with your instructor. <i>THIS SHOULD BE YOUR LAST STOP.</i></p>	<p>Welcome to COM!! You are off to a great start!!</p> 

Total Points: 100

Career Project Part 1 (25 points)

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 (Education, Certification)		
List 3 skills that need strengthening (Important Qualities)		
Pay		
Job Outlook (Increasing or Declining?)		
List 3 similar occupations		
Your Career Choice	After analyzing the above data, indicate which career is the best fit for you:	

Career Project Part 2 (25 points) Submit in D2L

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 from the Occupational Outlook Handbook as well as other sources. 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)

Career Project Part 3 (25 points) Submit in D2L

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 5-10 sentences, 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 but is not required.

Career Project Part 4 (25 points) Submit in D2L

Indicate how you will use each of the following habits in your chosen career. Be very specific and use examples.

My Career Choice:

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:

Example:

Put First things First: I will prioritize and achieve my most important goals instead of constantly reacting to urgencies. To do this I will prioritize my qualified buyers, document deadlines and meetings and prioritize goals that propel my career. My job will require me to complete many tasks on a regular basis. I will keep an electronic calendar so I will always have a clear idea of what each week will look like and demands that must be met.

Career Project Part 5 (100 points)

Using the information from the previous parts of this project, prepare a 5-minute presentation about your career choice. Describe your career and how you will obtain a position in that career. Refer to Career parts 1-4 while building your slideshow. Get creative! Ex: props, dress the part, tell a relevant story, reference current events, audience interaction, etc.

Build a PowerPoint Presentation of 5 slides using bullet points only. During your presentation you will elaborate on the bullet points in your PowerPoint.

Slide 1: Your Name with Chosen Career and various pictures of career

Slide 2: OOH information on your chosen career. Bullet the following:

- What they do

- Work environment

- Training/education

- Pay

- Job outlook

- Fun Facts

Slide 3: Indicate what career you chose and why.

- State three (3) or more personal strengths you have that will support your career choice, or list qualities you are working on strengthening for your career.

Slide 4: List 3 bullet points describing how your career positively impacts society.

Slide 5: Bullet point each habit and how it pertains to your career. See example below:

College Professor

- Be Proactive: colleagues

- Begin With the End in Mind: syllabus

- Put 1st things 1st: grading

- Think Win-Win: student conferences

- Seek 1st to Understand then to be Understood: Discussions

- Synergize: Class activities

- Sharpen the Saw: Professional development

Be prepared.

2014 UT Commencement Speech

R-C-Q Journal (React, Connect, Question)	
Idea or Quote If you want to change the world...	Reactions, Connections, or Questions regarding the topic (R -when he said this I..., C -this made me think of when I..., Q -I wonder if I can use this to...)
Make your bed.	
Find someone to help you paddle.	
Measure a person by the size of their heart.	
Get over being a sugar cookie and keep moving forward	
Don't be afraid of the circuses.	
Slide down the obstacle headfirst	
Don't back down from the sharks	
Be your very best in the darkest moments	
Start singing when you're up to your neck in mud	
Don't ever, ever ring the bell	

Chapter Presentations Points: 150 total

Each success team is required to develop a presentation on an assigned chapter/habit from the textbook. This will allow each student to get a unique perspective of the teaching/learning process. All team members must have a speaking part. No student(s) should dominate the presentation. Students should include the following components in their presentation:

1. Working together, identify the main learning points of the chapter. Each student should complete a detailed **Study Guide** in one of the assigned formats and submit it when completed. Do not move forward with this assignment until everyone in your team has submitted their individual study guide.
2. Refer to your completed study guide and create a **PowerPoint** presentation that allows each student in the class to gain insight into the course material. Your PowerPoint should be short, bulleted words/phrases. You will use the PowerPoint as a guide. You will elaborate on the bullet points in your presentation. Become an expert on your habit.
3. Have a minimum of one in-class **game** to help strengthen the material. Be creative! You must describe how this activity relates to your habit in your presentation.
4. Choose one **activity** from the chapter to have the class complete and discuss.
5. Find a **TED Talk** or instructor-approved video pertaining to your topic to show to the class. (20-minute max). You may show two clips adding up to no more than 20 minutes.
6. Go to <https://collegeinfo geek.com/> and find helpful topics such as reading tips, writing tips, memorizing study materials, test taking tips, morning routines, habits, increasing energy/focus or productivity or pick any topic related to your habit. Do not show the clip or article to the class. You will summarize and elaborate on the information you gather.
7. **Optional:** include the following topic in your presentation and relate it to your habit. Habit 4-[love languages](#), Habit 5-[body language meanings](#), Habit 6-[cultural differences around the world when interacting with others](#), Habit 7-[preventing alzheimer's](#)

Point Breakdown: 20-presentation content and PPT, 20-presentation skills (eye contact, oral communication, tone, volume, enthusiasm, etc.), 10-activities, 20-video, 20-game, 10-College Info Geek, 50 points for attendance during workdays and habit presentations.



King Gimp

1. What are 1 or 2 words that describe what you are feeling?
2. What scene or comment stands out in your mind? Why?
3. What insights or knowledge did you get from this film?
4. What qualities does Dan possess that you admire and how can you apply that quality to your role as a student?
5. How does this film deepen your understanding of prejudice and challenge your assumption about people with disabilities?
6. How can you use Dan's story to increase your level of motivation?

Movie Analysis

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. In addition, answer the questions on the following page and be prepared to discuss.

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>		

1. Which character displayed leadership skills? How did they display leadership?
2. Which character displayed the most integrity and/or was most ethical? Explain.
3. Which character had a fixed mindset? Give examples.
4. Which character had a growth mindset? Give examples.
5. Which character had the best attitude? Explain.
6. Which character had the worst attitude? Explain.
7. Give an example of a time when a character displayed social responsibility.
8. Who dealt with a stressful situation in a positive way? Give examples.
9. Who dealt with a stressful situation in a negative way? Give examples.
10. Which character had a career or role that they enjoyed? Explain.

CAMPUS CONNECTIONS PROJECT

Student Name: _____

Due Date: _____

POINTS				
Advising	Student Letter	Tutoring	Campus Event	TOTAL
40	20	20	20	100

NOTE: You cannot earn points for the letter, tutoring or event unless you have completed your advising visit. You can work on this project in any order. This assignment spans two pages.

MANDATORY ADVISING: 40 points

- Attend an advising session with your assigned advisor in person or via TEAMS.
- Ask your advisor to sign the Advising Verification form or attach a verification email

Advising Verification Form

Date of Advisement: _____

Start Time: _____ **End Time:** _____

Advisor Name: _____

Advisor Signature: _____

Student Letter: 20 points

Write a letter to next semester's Psychology for Success students. Give them a preview of what the class is all about. You should include information about things like:

- The textbook
- Study guides
- Activities
- Information you learned
- Some of the 7 Habits
- What they should expect
- How you will apply what you have learned
- What was helpful for you in the class
- Career assignments

Think about how you felt the first day of class and what you would have liked to have known.

You can start your letter with something like: Dear future student. You can end your letter with your name if you would like.

- Print your student letter and bring it to class on the due date.

Tutoring: 20 points

- Attend a tutoring session on campus in the Tutoring Center, in your professor's office, with a librarian or online tutoring.
- Ask your tutor/professor to sign the Tutoring Verification form. If using online tutoring, print your tutoring session or verification.

<u>Tutoring Verification Form</u>	
Date of Tutorial: _____	
Start Time: _____	End Time: _____
Subject: _____	
Tutor Name: _____	
Tutor Signature: _____	

Campus Event: 20 points

- Attend an event on campus. This could include a club event, club meeting, workshop, sport event, celebration, wellness, theatre event, etc. You can go online to find a calendar of events. To do this, log on to www.com.edu.
- Include 3 specific things you participated in and/or learned. No signature required.

<u>Event Verification Form</u>	
Date of Event: _____	Location of Event: _____
Start Time: _____	End Time: _____
Title of Event: _____	
Event Leader or Event Speaker's Name: _____	
List 3 Lessons Learned:	
1.	
2.	
3.	

