



Psychology 2301-012 IN
General to Psychology PSYC 2301
Fall 2021
Online

Instructor: Julie Payne, M.A., LMFTS

Phone: 310-936-1324

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Website: www.JuliePayneMFT.com

COM Office Phone number: Kerry Kloesel 409-933-8212

Course Communication *Contact via email. Will reply within 24 hours. If it is an urgent matter please call or text me.* 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.

Office Hours:

Hours will be Monday 5-6pm CST and Wednesday 12-1pm CST and by appointment. Meetings will be done by phone or by video at my virtual office <https://doxy.me/juliepaynemft>

Required Textbook:

Psychology in Everyday Life 5th Edition by David G Myers & C.N. DeWall

Text Book 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.

Course Description:

General Psychology is a survey of the major psychological topics, theories and approaches to the scientific study of behavior and mental processes including scientific method and theories, perception, consciousness, learning, memory, intelligence, motivation, emotion, stress, personality, psychological disorders, and therapy.

Prerequisites: ENGL 1301 or TSI Reading 351 or equivalent developmental course. This is an academic transfer course.

Course Requirements:

Requirements of this course are attendance, assignment, quizzes, discussion posts, exams, and presentations.

There will be NO MAKE UPS and no late assignments accepted without clearance by me prior to the due date and for major exceptions only! Please see the Methods of Evaluation section of Course Outline Syllabus for details regarding each of the required areas.

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 only permitted to withdraw six times during their college career by State law. The last day to withdraw for the 1st 8 week session is October 6th, November 19th for 16 week courses and December 2nd for the 2nd 8 week session.

Course Outline:

| Week | Due Date | Topics | Quizzes/Assignments |
|--|----------|--|-----------------------|
| 1 | 8/29 | Course Introduction, Syllabus, chapter 1 Psychology’s Roots, Critical Thinking, and Self-Improvement Tools | Syllabus quiz |
| 2 | 9/5 | Chapter 1 Psychology’s Roots, Critical Thinking, and Self-Improvement Tools | CH 1 Discussion Post |
| 3 | 9/12 | Chapter 2 The Biology of Behavior and Consciousness | CH 2 Discussion Post |
| | | | Assignment 1 Due |
| 4 | 9/19 | Chapter 3 Developing Through the Life Span | CH 3 Discussion Post |
| 5 | 9/26 | Chapter 4 Sex, Gender, and Sexuality | CH 4 Discussion Post |
| | | | Extra Credit 1 Due |
| Exam 1 (CH 1-4) Due by 9/26 by Midnight | | | |
| 6 | 10/3 | Chapter 5 Sensation and Perception | CH 5 Discussion Post |
| 7 | 10/10 | Chapter 6 Learning | CH 6 Discussion Post |
| | | | Assignment 2 Due |
| 8 | 10/17 | Chapter 7 Memory & Chapter 8 Thinking, Language, and Intelligence | CH 7 Discussion Post |
| 9 | 10/24 | Chapter 8 Thinking, Language, and Intelligence | CH 8 Discussion Post |
| | | | Extra Credit 2 Due |
| Exam 2 (CH 5-8) Due by 10/24 by Midnight | | | |
| 10 | 10/31 | Chapter 9 Motivation and Emotion | CH 9 Discussion Post |
| 11 | 11/7 | Chapter 10 Stress, Health, and Human Flourishing | CH 10 Discussion Post |
| | | | Assignment 3 Due |
| 12 | 11/14 | Chapter 11 Social Psychology | CH 11 Discussion Post |
| 13 | 11/21 | Chapter 12 Personality | CH 12 Discussion Post |
| | | | Extra Credit 3 Due |
| Exam 3 (CH 9-12) Due by 11/21 by Midnight | | | |

| | | | |
|----|-------|------------------------------------|-----------------------|
| 14 | 11/28 | Chapter 13 Psychological Disorders | CH 13 Discussion Post |
| 15 | 12/5 | Chapter 14 Therapy | CH 14 Discussion Post |
| | | | Assignment 4 Due |
| 16 | 12/9 | Presentations & Review | Extra Credit 4 Due |

Exam 4 Comprehensive Final (CH 1-14) Due by 12/9 by Midnight

Attendance Policy: If you want to pass, come to class. In an online environment, *this means that you are expected to log into the course a minimum of two times per week and you should expect to spend at least 2 ½ hours a week in the course reviewing lessons and other course material.* The online material goes beyond the material presented in the text, and you will be held accountable for this material on the exams and course assignments. The discussion component of the course also requires you to engage your fellow students in “conversation,” which requires you to regularly read and respond to posts. Due to the online nature of this course, it is up to the student to provide thoughtful and elaborate responses to discussion posts in order for the instructor to measure the students’ understanding of the material. In addition, any aggressive, rude, degrading, etc., posts may be deleted without notice to the student. All such responses will receive a grade of 0 for the deleted thread.

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.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention is 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.

Academic Dishonesty: Any incident of academic policy 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 and will result in a grade of zero on that exam 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 Stacey Henderson at 409-933-8212.

Student Learner Outcomes: Upon completion of the course, students will:

1. Identify various research methods and their characteristics used in the scientific study of psychology.
2. Describe the historical influences and early schools of thought that shaped the field of psychology.
3. Describe some of the prominent perspectives and approaches used in the study of psychology
4. Use terminology unique to the study of psychology.
5. Describe accepted approaches and standards in psychological assessment and evaluation.

6. Identify factors in physiological and psychological processes involved in human behavior.
7. Develop, interpret, and express ideas through written communication.
8. Develop, interpret, and express ideas through oral communication.
9. Demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.

General Education Core Objectives:

Students successfully completing this course will demonstrate competency in following Core Objectives (*Mandatory):

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 Outcomes (SLO) | Maps to Core Objective (CO) | Assessed via this Assignment |
|---|--------------------------------|--|
| 1. Identify various research methods and their characteristics used in the scientific study of psychology | Empirical and Quantitative | Exams & Assignments |
| 2. Describe the historical influences and early schools of thought that shaped the field of psychology | | Exams & Assignments |
| 3. Describe some of the prominent perspectives and approaches used in the study of psychology | Critical Thinking | Discussion Posts & Exams & Assignments |
| 4. Use terminology unique to the study of psychology | | Exams Presentation |
| 5. Describe accepted approaches and standards in psychological assessment and evaluation | Empirical and Quantitative | Assignments & Exams |
| 6. Identify factors in psychological and psychological processes involved in human behavior | Critical Thinking | Discussion Posts & Exams & Assignments & Presentations |
| 7. (CS1) Develop, interpret and express ideas through written communication | Communication Skills (written) | Exam (short answer) & Discussion Posts & Presentation |
| 8. (CS2) Develop, interpret and express ideas through oral communication | Communication Skills (oral) | Presentation |
| 9. (SR) Demonstrate intercultural competence, knowledge of civic responsibility and the ability to engage effectively in regional, national, and global communities | Social Responsibility | Discussion Posts & Exams & Assignments |

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. Angie Tuel is the Academic Advisor for our department and can be reached at atuel@com.edu

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.

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 which 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](#).

QEP (Quality Enhancement Plan) (PSYC 1300, 2301; HIST 1301, 1302):

This class has been selected to include oral communication in its curriculum, as part of College of the Mainland's Quality Enhancement Plan (QEP) on oral communication across the curriculum. A small percentage of classes will also be video recorded for institutional purposes.

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| Grading Scale | |
|---------------|---------------|
| Grade | Points Earned |
| A | 900-1100 |
| B | 800-899 |
| C | 700-799 |
| D | 600-699 |
| F | 599 or below |

| Attendance Points | |
|-------------------|---------------|
| Log in # | Points Earned |
| 32+ | 40 |
| 28-31 | 35 |
| 25-27 | 30 |
| 21-24 | 25 |
| 16-20 | 20 |

| Assignment | Due Date | Possible Points | Earned Points |
|-----------------------|----------|-----------------|---------------|
| Quiz Syllabus | | 20 | |
| Discussion Post CH 1 | | 10 | |
| Discussion Post CH 2 | | 10 | |
| Discussion Post CH 3 | | 10 | |
| Discussion Post CH 4 | | 10 | |
| Discussion Post CH 5 | | 10 | |
| Discussion Post CH 6 | | 10 | |
| Discussion Post CH 7 | | 10 | |
| Discussion Post CH 8 | | 10 | |
| Discussion Post CH 9 | | 10 | |
| Discussion Post CH 10 | | 10 | |
| Discussion Post CH 11 | | 10 | |
| Discussion Post CH 12 | | 10 | |

| | | | |
|-----------------------|-----|------|--|
| Discussion Post CH 13 | | 10 | |
| Discussion Post CH 14 | 160 | 10 | |
| Assignment 1 | | 50 | |
| Assignment 2 | | 50 | |
| Assignment 3 | | 50 | |
| Assignment 4 | 300 | 150 | |
| Exam 1 | | 100 | |
| Exam 2 | | 100 | |
| Exam 3 | | 100 | |
| Final Exam | 500 | 200 | |
| Attendance | | 40 | |
| Extra Credit 1 | | 25 | |
| Extra Credit 2 | | 25 | |
| Extra Credit 3 | | 25 | |
| Extra Credit 4 | | 25 | |
| Total | | 1100 | |

Success Tips for Students:

- Read your syllabus, re-read your syllabus, and don't lose your syllabus
- Come to every class on time (communicate with your instructor if you have to be absent or late)
- Be prepared (read ahead and take good notes)
- Participate in every class (make it a point to ask at least one question per class, ask for clarification)
- Attend an alternate class time if you miss your scheduled class time (notify instructor so you get credit)
- Take advantage of any extra credit that is offered
- Follow all the directions and don't skip anything
- APA Citation: <http://www.apastyle.org/learn/tutorials/basics-tutorial.aspx>
- COM libguides for Psychology: <http://libguides.com.edu/content.php?pid=388469&sid=3183351>

Methods of Evaluation

Quizzes:

There will be one syllabus quiz the first week of school that will be completed online.

Chapter Discussion Posts

There will be a total of 14 chapter discussion posts, with each having a maximum of 10 points. Discussion posts must be at least 100 words and reflect thoughtful reflection of the chapter and lecture materials. Additionally you will need to comment to at least one of your classmates discussion posts.

Research Project:

Each student will be required to complete a research project. The project will include a written and an oral component. This assignment will help students examine some of the ethical issues within psychology and identify how these impact our society on the community, state, and national level. Further, this presentation will allow students to examine the importance of being knowledgeable of their own personal biases and/ or stereotypes, and how they can be more informed in their future interactions. Students will select a movie from a list provided by the instructor. The instructor will assign a due date. Grading Rubric and more detailed information will be provided after according to the course schedule/calendar.

Exams:

There will be a total of 3 Semester Exams with each exam having a maximum of 100 points, and a and 1 Final Exam worth 200 points. Exams will be broken into sections containing between 2 and 4 chapters, and each exam will consist of a total of 100 questions. Exams may include a combination of true/false, multiple choice, matching, and/or short answer questions. Exams will be open for a duration of 3 days. Each exam will be timed and you will have a total of 2 hours (120minutes) to complete each exam. **Exams are open book/note!**

NOTE: Please be aware that although you have 3 days to take the exam, at midnight on the 3rd day you will not be able to open/reopen the exam. Please be sure to make time to complete the exam before the due date.

Extra Credit (Optional):

Each student can earn up to a total of 100 points of Extra Credit to be added on to their final grade. Please see options for Extra Credit and their due dates. All Extra Credit assignments must be turned in by the due date. There will be no credit given for Extra Credit turned in late. All assignments must be turned in following the same guidelines as assignments.

Assignments:

Below are the 4 assignments that will make up 300 of your 1000 points. You must do all 4 assignments. All papers must be typed using **Times New Roman 12 point font double spaced with 1 inch margins**. Make sure you fully address each bulleted item to receive full credit. **Assignments must be submitted online via blackboard by midnight on the due date.** No credit will be given for late assignments.

All assignments for this class MUST be in APA 7th edition format!!!

1. Research Article - Due 9/12/21
 - a. Gather an article about current research and identify various research methods. (This should be 2-3 pages of written content) You can COM online Library <https://libguides.com.edu/AllArticles> or scholar.google.com
 - b. Save the article and turn it in with your paper
 - c. Summarize the research and the results
 - d. Identify if the research method was a survey, case study, observation, or an experiment
 - e. Identify the independent and dependent variables.
 - f. Does it state who funded the research? Do you think there is any bias or any variables that could have altered the results?
 - g. Identify if you think the research is valid based on the research methods.
 - h. Include in text APA citation or quote and reference section**

2. TED talk - Due 10/10/21
 - a. Browse around the site and find a “TED Talk” that really interests you. Type a 2 page paper answering the following questions. (www.TED.com)
 - b. What is the URL link
 - c. What is the title of the video
 - d. Who is the speaker in the video
 - e. Discuss the main idea of the video
 - f. Discuss what interested you in the video
 - g. Discuss what the message was that the speaker tried to convey
 - h. Discuss how this video relates to the field of psychology and what you have learned so far in this class.

3. Stress and your life - 11/7/21
 - a. Write a 3-5 page paper discussing the impact stress has had on your life
 - b. Include a brief description of how stress effects the body from what you have learned in class.
 - c. What is something that you have learned in class that really surprised you about your own stress?
 - d. What are some of the stressors in your life now and growing up?
 - e. How have you coped with stress (healthy and unhealthy ways). How has your coping changed from when you were younger to now?
 - f. What could you do more of to help manage your stress?
 - g. What do you want to do or change based on what you have learned in this class?
 - h. Include 1 additional outside resource other than your text book (book, website, article)
 - i. **Include in text APA citation or quote and reference section**

4. Movie Presentation 12/5/21
 - a. Watch a movie from the list provided at the end of this syllabus. **(You will need to pick a movie by 10/24 on the signup genius link provided in the course)**. Each student must pick a different movie so have a few options in mind. Research the disorder(s) using the DSM IV-TR or DSM 5 <https://www.behavenet.com>
 - b. Your presentation should include the following information:
 - i. State the movie you watched
 - ii. State the Character that you are focusing on
 - iii. Describe your character symptoms
 - iv. Discuss which disorder(s) your character most likely suffers from and explain why (since this is an into class to psychology you will not be deducted for having the wrong diagnosis, I am looking to see what you are thinking and how you justify your diagnosis)
 - v. Discuss at least 2 scenes that best portray the disorder(s) (or show a brief 30 second clip)
 - vi. Discuss if the disorder is likely due to genetics and/or environmental factors (Biopsychosocial)
 - vii. Discuss what you believe would be the best treatment option for your character and why (medication, therapy, hospitalization, 12 step, support group, etc.)
 - viii. Discuss the likelihood of recovery or treatment outcome for your character
 - ix. Discuss the impact your character and their disorder has on society, the individual, their family/friend, career/school
 - x. Include your personal thoughts on the disorder and a reflection of watching the movie
 - c. **You must watch and comment 5-10 of your classmates videos to receive full credit. Due 12/9/21 (You will receive an extra 25 points for watching and commenting on all of your classmates presentations)**

MOVIE LIST

Please select 1 movie from the list below for Assignment 7

- 12 Monkeys (1995)
- A Beautiful Mind (2001)
- A Star Is Born (2018)
- Analyze This (1999)
- As Good as It Gets (1997)
- August: Osage County (2013)
- Beautiful Boy (2010)
- Benny & Joon (1993)
- Black Swan (2010)
- Blow (2001)
- Bohemian Rhapsody (2018)
- Boys Don't Cry (1999)
- Cake (2014)
- Catch Me If You Can (2002)
- Crash (2004)
- Crazy/Beautiful (2001)
- Cruel Intentions (1999)
- Dallas Buyers Club (2013)
- Don't Say a Word (2001)
- Fatal Attraction (1987)
- Fear & Loathing in Las Vegas (1998)
- Fight Club (1999)
- Forrest Gump (1994)
- Garden State (2004)
- Girl, Interrupted (1999)
- Gone Baby Gone (2007)
- Gone Girl (2014)
- Good Will Hunting (1997)
- Her (2013)
- I Am Sam (2001)
- Identity (2003)
- Little Miss Sunshine (2006)
- Matchstick Men (2003)
- Melancholia (2011)
- Memento (2000)
- Mommie Dearest (1981)
- Monster (2003)
- My Sisters Keeper (2009)
- No Letting Go (2015)
- One Flew Over the Cuckoo's Nest (1975)
- Ordinary People (1980)
- Psycho (1960 or 1998)
- Pulp Fiction (1994)
- Rain Man (1988)
- Rocketman (2019)
- Room (2015)
- Scarface (1983)
- Shutter Island (2009)
- Silver Linings Playbook (2012)
- Sliding Doors (1998)
- Sling Blade (1996)
- Single White Female (1992)
- Still Alice (2014)
- Sybill (2007)
- The Aviator (2004)
- The Big Lebowski (1998)
- The Glass House (2001)
- The Hours (2002)
- The Other Sister (1999)
- The Perks of Being a Wallflower (2012)
- The Soloist (2009)
- The Tribes of Palos Verdes (2017)
- The Wolf of Wall Street (2013)
- Three Faces of Eve (1957)
- Welcome To Me (2014)
- What about Bob? (1991)
- What's Eating Gilbert Grape (1993)

EXTRA CREDIT OPTIONS

Extra credit options can add an additional 100 points to your grade if you complete all 4 options. Make sure you fully address each bulleted item to receive full credit. Assignments must be submitted online via blackboard by midnight on the due date. No credit will be given for late assignments.

1. Do your own research by collecting data and analyze it - Due 9/26/21
 - a. Pick something that you want to further investigate about yourself or someone else
 - b. Keep track of your data for 1 week and include a spreadsheet with your data
 - c. Collect data by using a survey, case study, observation, or by conducting an experiment
 - d. Type a 1 page report on your research and how you collected data
 - e. Include if there were any extraneous variables that skewed your results Identify if you think your data collection methods are valid and explain why or why not
 - f. Include the data you collected (can be a photo if you used a notebook)

2. Complete 5 psychological tests from the links provided and type a 1-2 page paper - Due 10/24/21
 - a. Discuss how physiological factors (ex: how your body functions, emotions, sleep patterns, diet and exercise) and Psychological factors (ex: how your mind interprets things, thoughts, behaviors, personality) in your life have influenced your behavior
 - b. Include a closing paragraph if you agree or disagree with the results
 - c. The 5 tests must cover each of the following topics
 - i. Sleep, <https://www.webmd.com/sleep-disorders/sleep-habits-assessment>
 - ii. Personality test, <https://www.16personalities.com>
 - iii. Locus of Control <https://personalitytest.net/questionnaires/locusofcontrol/index.html>
 - iv. Emotional Intelligence <https://www.mindtools.com/pages/article/ei-quiz.htm>
 - v. Relationship <https://www.5lovelanguages.com/quizzes>

3. Put yourself in an actual situation that is unfamiliar and of different view to you for at least 2 hours (example different kind of church, AA meeting, lecture, political rally, concert, elderly home, volunteer at homeless shelter). Due to Covid-19 there might be limitations on participating in live events, if this is the case please try to find something online (**Instructor must Pre-Approve your event**) - **Due 11/21/21**
 - a. You must show proof of attendance
 - b. Type a 1 page paper about your experience (include the following)
 - i. Type of event you attended
 - ii. Describe your personal stand on the issue
 - iii. How does this impact our society (community, state, and national level)

4. Choose a movie addressing systemic racism and write a 2-4 page paper (Just Mercy, The Hate You Give, I Am Not Your Negro, BlackKkKlansman, Fruitvale Station, Get Out, Gook, If Beale Street Could Talk, Malcom X, The Visitor, Moonlight, To Sleep With Anger, To Kill A Mockingbird, Hidden Figures, Precious, Stand and Deliver, Dangerous Minds, 13th, or American History X) - Due 12/9/21
 - a. State the movie you watched and the character that you are focusing on and a description about who they are.
 - b. Discuss dynamics of their life and their Socioeconomic status.
 - c. How are they treated during the movie, how would life be different if they were of a different race?
 - d. At least 1 paragraph of your paper should include your personal thoughts on systemic racism and your reflection after watching the movie
 - e. At least 1 paragraph about what you can do to change systemic racism within your life or community.