



PSYC-1300-125H2

Psychology for Success

Fall 2025

Monday/Wednesday 12:30p – 1:50p

Instructor Information

Name: Douglas A. Alvarez, M.A.

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Phone: (409) 933-8435

Student hours and location

Monday: 9:30am – 12:30pm

Tuesday: 7:45am – 8:00am
9:30am – 10:30am (Online)

Wednesday: 9:30am – 12:30pm

Thursday: 7:45am – 8:00am

Friday: Online by appointment or email

Weekends: By email

Office Location

Social and Behavioral Sciences Department, LRC Bldg., Suite A Room 228

OER Textbook: *SMART Start: Success Strategies for College, Career, and Life*

Additional Resource: *Ten Steps to Earning Awesome Grades* by Thomas Frank - Free download:

<https://collegeinfo geek.com/>

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 daily life.

Course Requirements: Attached at the end of this document; specific assignment directions can be located in D2L.

Determination of Course Grade/ Detailed Grading Formula:

Assignment	Max Points
Scavenger Hunt	100
SG: Chapters 1, 2, 3, 4, 5, 6, 7 (25 Pts. Each)	175
Career Project Pt. 1: Research	25
Career Project Pt. 2: Compare/Contrast Paper	25
Career Project Pt. 3: Social Responsibility	25
Career Project Pt. 4: Relate to personal success	25
Career Project Pt. 5: Presentation	100
Discussion Boards (12 @ 12.5 points each)	150
Campus Connections Part 1 (Advising)	40
Campus Connections Part 2 (letter/tutoring/event)	60
Academic Planning Worksheet	25
Attendance 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	599 OR BELOW

Make-up 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: Course Evaluation: Receive 25 Extra Credit Points

Please complete the online course evaluation sent to your COM e-mail at the end of the semester.

Attendance: Students are to attend each class, be on time and stay in the classroom during the entire class session. Students are to communicate with the instructor if the need arises to miss a class. Regular attendance is critical to being successful. Attendance points will not be awarded if the student is not present for the entire class, is off-task, or is not participating.

25 points are deducted for each absence or lack of participation.

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.

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 Research 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 Social Responsibility as related to chosen career
6. Develop, interpret, and express ideas through oral communication.	Communication Skills (Oral)	Career Project part 5 Presentation

Academic Dishonesty: Any incidents of academic dishonesty are reported in accordance with college policy and the Student Handbook. Academic dishonesty – such as cheating on exams, assignments, or papers (plagiarism) will result in a grade of zero on that exam, assignment, or paper. Use of Artificial Intelligence is prohibited unless otherwise stated by your instructor.

AI Policy: Students who use any AI (Artificial Intelligence) software like ChatGPT, Claude, Grammarly, Quillbot, Midjourney, or Walter Writes AI Humanizer to compose assignments partially or fully will face disciplinary action. The material generated by these programs may be inaccurate, incomplete, or otherwise problematic. Beware that use may also stifle your own independent thinking and creativity.

Every submission should be an original composition that the students themselves wholly created for this course unless your instructor specifically states that you may use it in a brainstorming manner on a particular assignment; in which case your instructor may want you to cite what has been AI generated. With the exception noted above, students are not allowed to use any alternative generation tool for any type of submission in this course.

Faculty reserve the right to use Artificial Intelligence (AI) detection software, compare present to past work, or require verbal explanation of your work to find instances of AI-generated writing in student submissions. The findings are binding and can be subject to student code of conduct, academic dishonesty, and plagiarism policies in the course. You will receive a grade of zero on your assignment, will be

reported to the Dean of Students, and can ultimately fail the course. Reach out to your instructor, peer or tutoring center if you are having difficulties with assignments.

Student Concerns: If you have any questions or concerns about any aspect of this course, please contact me using the contact information provided. If, after discussing your concern with me, you continue to have questions, please contact Department Chair, Shinya Wakao at swakao@com.edu.

Tentative Course Outline (students are responsible for instructor revisions)

Monday 10/13	Tues. Online 10/14	Wednesday 10/15	Thurs. Online 10/16	Due Sunday 10/19
Syllabus D2L overview	Introduction Discussion Board And Read Campus Connections Note	Success Teams Scavenger Hunt	Read directions for Study Guides and preview Note Taking Methods in Appendix	<i>Ch. 1 Your Starting Line Study Guide</i> 10/20 Census Date
Monday 10/20	Tues. Online 10/21	Wednesday 10/22	Thurs. Online 10/23	Due Sunday 10/26
Career & Advising visit, Career Pt. 1 STEAM 275	Ch. 1 Starting Line Discussion Board (Career Pt. 1)	Ch. 1 Your Starting Line	Ch. 2 Personal Responsibility Discussion Board	<i>Ch. 2 Personal Responsibility Study Guide AND Career Pt. 2</i>
Monday 10/27	Tues. Online 10/28	Wednesday 10/29	Thurs. Online 10/30	Due Sunday 11/2
Ch. 2 Personal Responsibility	Watch Boatlift and complete Discussion Board	Guided Registration & Academic Planning Wrkst.	Financial Literacy Discussion Board	<i>Ch. 3 Self-Management and Motivation S.G. AND Career pt. 3 AND Campus Connections Pt. 1</i>
Monday 11/3	Tues. Online 11/4	Wednesday 11/5	Thurs. Online 11/6	Due Sunday 11/9
Financial Literacy	Ch. 3 Self- Management and Motivation Discussion Board	Ch. 3 Self- Management and Motivation	Ch. 4 Emotional Intelligence Discussion	<i>Ch. 4 Emotional Intelligence S.G. AND Ch. 5 Interdependence S.G.</i>
Monday 11/10	Tues. Online 11/11	Wednesday 11/12	Thurs. Online 11/13	Due Sunday 11/16
Ch. 4 Emotional Intelligence	Ch. 5 Interdependence Discussion Board	Ch.5 Interdependence	Ch. 6 Career Success Discussion Board	<i>Ch. 6 Career Success S.G. AND Ch.7 Lifelong Learning S.G.</i>
Monday 11/17	Tues. Online 11/18	Wednesday 11/19	Thurs. Online 11/20	Due Sunday 11/23
Ch. 6 Career Success	Ch. 7 Lifelong Learning Discussion Board <i>Career Pt. 4</i>	Ch. 7 Lifelong Learning	College Literacy Discussion Board	<i>Career Pt. 5-Upload Career Presentation to Discussion Board</i>
Monday 11/24	Tues. Online 11/25	Wednesday 11/26	Thurs. Online 11/27	Due Sunday 11/30
Movie Analysis	UT Speech Discussion Board (Acad. Planning Worksheet)	Career Presentations ← (W-day 11/25)	Give feedback on presentations College Closed	<i>Campus Connections Pt. 2</i>
Monday 12/1	Tues. Online 12/2	Wednesday 12/3	Thurs. Online 12/4	
Career Presentations	Give feedback on presentations	Career Presentations	No class: Prof. in Office. Final grades will be posted.	

Note: You must attend class and submit an online assignment by 10/19. Failure to do these two things will result in your instructor dropping you from the course.

D2L assignments are due by 11:59pm on the date indicated, according to D2L's time. They MUST be submitted through D2L in .pdf, .doc, .docx or .jpeg format. Assignments will NOT be accepted via email.

IMPORTANT: Check your submissions in D2L and COM email! If an incorrect file type or blank document is accidentally uploaded, **immediately resubmit**, and upload the correct file. Otherwise, no credit will be awarded for incorrect/blank documents. The only time an assignment can be emailed is if your instructor asks you to do so.

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 Industrial Careers Building, Room 104, the center provides face-to-face and online tutoring sessions in a welcoming environment. Make appointments in person or online at <https://com.mywconline.com>.

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/student-handbook.html>

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, Student Accessibility Services Coordinator

Phone: 409-933-8919

Email: AccessibilityServices@com.edu

Location: COM Doyle Family Administration Building, 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 October 1. The last date to withdraw from the 16-week session is November 14. The last date to withdraw for the 2nd 8-week session is November 25.

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.

Nondiscrimination Statement:

The College District prohibits discrimination, including harassment, against any individual on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender (including gender identity and gender expression), or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.

Additional Information

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

Professionalism, which includes preparedness, a positive attitude, interaction, and respect, is expected.

Place cell phones on silent and them put away. No earphones. Laptops are only allowed as an accommodation; except on specified workdays as announced by your instructor.

NOTE: If for any reason the college closes, continue to work on the assignments spelled out in your syllabus and D2L. Check D2L for announcements.

Course Requirements:

Study Guides: Points: 175 total, 25 points each. For each chapter in your textbook, you are responsible for completing a study guide in the format indicated.

Information on each study guide method can be found in the **appendix** of the textbook starting on page 246 with the sentence method.

Study Guide	Method		Study Guide	Method
Ch. 1	Sentence		Ch. 5	Flashcards
Ch. 2	Outline		Ch. 6	Sketchnoting
Ch. 3	Concept Map		Ch. 7	Cornell
Ch. 4	Highlight			

Career Parts 1-5: You will initially choose two potential careers to investigate (Part 1; 25 points), which you will then compare and contrast in an effort to pinpoint one career that is a “best fit” for you (Part 2; 25 points). You will consider the role of social responsibility in your chosen career (Part 3; 25 points) and how you will use the information from each of the textbook chapters to be successful in this career (Part 4; 25 points). Finally, you will prepare an oral/visual (video) presentation to share with your peers (Part 5; 100 points).

Attendance and Participation: Points: 250 total, 25 points are deducted for each absence, tardy, early departure, or lack of participation.

Academic Planning: Points: 25. You will either investigate a university you are planning to transfer to or investigate how to graduate from COM.

The remaining assignments and points values can be found on the following pages.

Psychology for Success Scavenger Hunt

To be completed in class. Do not begin without your instructor's permission (100 points)

Student Center, Organizations, Clubs, MM4E, Recreation Room (BLDG 1)	Welcome Desk (BLDG 2)
TRIO Student Support Services (BLDG 1)	Student Success Center: Advising (BLDG 2)
Community Resource Center (BLDG 1) Write down 3 services that are available to students. 	Student Financial Services and Veterans Affairs (BLDG 2)

Dean of Students Office (BLDG 1) Look for table	Gym, Workout Facility, Recreation, Club Sports (BLDG 4)
Tutoring Center (ICB BLDG 23)	Library (BLDG 8)
COM Police (BLDG 16) Take a picture of the information posted inside	STEAM (BLDG 22) Take a group picture in the snack/study/porch area on the 1 st floor
Conference Center (BLDG 21) Take a group selfie with your success team (outside if the building is locked)	Fine Arts and Theatre (BLDG 3) Take a group selfie with your success team in front of one of the murals on the wall
STEAM (BLDG 22) Take a group picture in the study area with the molecule lights (H2O) on the 3 rd floor	Lake Eckert Walking Trail (By BLDG 1) Take a group selfie with your success team
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>	Welcome to COM!! You are off to a great start!! 

Career Project Part 1 (25 points)

You will complete the Focus 2 career inventory in class using your COM login credentials. Thoroughly complete the information below.

Details	Career Option 1	Career Option 2
Career Title		
Occupation Description		
Training (degree or certificate needed)		
Training (courses required for degree)		
Job Tasks (Daily work)		
Work Conditions/ Environment		
Majors/Areas of Study at COM related to this career		
Other Majors/Areas of Study beyond COM		
Earnings (Pay)		
Job Outlook (%  or )		
List 3 skills you need to strengthen		
Your Career Choice	After analyzing the above data, indicate which career is the best fit for you:	

Optional Resource: Occupational Outlook Handbook at www.bls.gov/ooh/

CAMPUS CONNECTIONS Part 1

Student Name: _____

Due Date: _____

You cannot earn points for Part 2 (the letter, tutoring and/or event) unless you have completed your advising visit.

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
- ☐ You **MUST** make a Psyc 1300 advising appointment with your advisor. Walk ins are NOT welcome for this assignment.

Advising Verification Form

Date of Advisement: _____

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

Advisor Name: _____

Advisor Signature: _____

CAMPUS CONNECTIONS Part 2

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
- Some of the topics you learned
- 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.

Tutoring Verification Form

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.

Event Verification Form

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.