



**Psychology 1300-301CL  
Psychology for Success  
Fall 2021**

**Monday – Friday, 7:05 –7:55 AM & 1:45-2:35 PM**

**Instructor Information:** Ona M. Mull, M.A., [omull1@com.edu](mailto:omull1@com.edu), 281-229-7820

**Office hours:** 2:35 – 3:20 PM, Monday, Tuesday, Thursday and by appointment, Room N-118

**Required Textbook:** *The 7 Habits of Highly Effective College Students: How to Succeed in College... and Life, 2<sup>nd</sup> Edition Essentials* by Sean Covey. Also, the *Ten Steps to Earning Awesome Grades (while studying less)* 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 life.

**Course Requirements:** See course outline and pages 3-7.

**Determination of Course Grade/Detailed Grading Formula:**

| <b>Assignment</b>   | <b>Possible Points</b> | <b>Earned Points</b>            |
|---|------------------------|---------------------------------|
| Study Guides Foundations – Ch. 3 & Textbook Activity Report outs (20X5) | 100                    | ____. ____ . ____ . ____ . ____ |
| Study Guides Ch. 4-7 & Textbook Activity Report outs (20X5)             | 100                    | ____. ____ . ____ . ____ . ____ |
| In Class Assignments  | 100                    |                                 |
| King Gimp Paper   | 100                    |                                 |
| Career Project  | 100                    |                                 |
| Attitude Paper  | 100                    |                                 |
| Campus Connections  | 100                    |                                 |
| Social Responsibility Assignment  | 100                    |                                 |
| Final Presentation  | 100                    |                                 |
| Peer Assessment   | 100                    |                                 |
| EXTRA CREDIT: Course Eval./Letter                                       | 20/20                  |                                 |
| Total Points:   | 1000                   |                                 |

**Grading Scale:**

| Grade | Points Earned |
|-------|---------------|
| A     | 900-1000      |
| B     | 800-899       |
| C     | 700-799       |
| D     | 600-699       |
| F     | 600 or below  |

**Course Evaluation:** Toward the end of the semester you will have an opportunity to complete a course evaluation. Upon completion, you will receive **20 Extra Credit Points**.

**Student Letter:** Type a 5 paragraph letter to upcoming Psychology for Success students describing five study tips you learned from Thomas Frank's website and textbook. Be sure to explain how you adapted these skills into your study regime. **20 Extra Credit Points**

**Late Work, Make-Up Policy:** No late work will be accepted even if you are absent during class or for a school sponsored activity. You may turn in your work early. Instructor reserves the right to make accommodations if the student addresses the issue with the instructor PRIOR to due date.

**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.

Upon successful completion of the course, students will:

| 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              | Study Guides                    |
| 2. Synthesize effective strategies and skills that lead to interdependence, self-awareness, lifelong learning and emotional intelligence.                                      | Critical Thinking              | Study Guides                    |
| 3. Manipulate and analyze data and observable facts to result in informed conclusions.   | Empirical and Quantitative     | Career Project                  |
| 4. Develop, interpret and express ideas through written communication.   | Communication Skills (Written) | Attitude Paper                  |
| 5. Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities. | Social Responsibility          | Social Responsibility Questions |

|   |                             |                             |
|---|-----------------------------|-----------------------------|
| 6. Develop, interpret and express ideas through oral communication. | Communication Skills (Oral) | Pay It Forward Presentation |
|---|-----------------------------|-----------------------------|

Tentative Course Outline (students are responsible for ANY instructor revisions)

| WEEK                        | TOPICS  | PREPARATION REQUIREMENT   |
|-----------------------------|---|---|
| 1<br>8/23<br>thru<br>8/27   | <ul style="list-style-type: none"> <li>• Course Expectations and Syllabus</li> <li>• Why are you in College?</li> <li>• Scavenger Hunt</li> <li>• Leadership, Responsibility, Ethics, Integrity, Professionalism, Effort</li> <li>• Fixed and Growth Mindset</li> </ul> | Purchase textbook<br>Colored pens or highlighters, index cards, folder<br>Download 10 Steps |
| 2<br>8/30<br>thru<br>9/3    | <ul style="list-style-type: none"> <li>• Introduce Study Guides, Note Taking Strategies, 10 Steps and 7 Habits</li> <li>• Start working on Foundations chapter</li> </ul>   | Bring highlighters or colored pens to class   |
| 3<br>9/7<br>Thru<br>9/10    | <ul style="list-style-type: none"> <li>• Foundations and Report Outs</li> <li>• Campus Resources</li> <li>• Video: “Attitude is Everything”</li> <li>• Campus Connections Project assigned</li> </ul>   | Complete Study Guide and Activities 1-5 for Foundations                                     |
| 4<br>9/13<br>thru<br>9/17   | <ul style="list-style-type: none"> <li>• Habit 1 Be Proactive and Report Outs</li> <li>• UT 2014 Commencement Speech (RCQ Journal)</li> </ul>   | Complete Study Guide and Activities 6-9   |
| 5<br>9/20<br>thru<br>9/24   | <ul style="list-style-type: none"> <li>• Habit 2 Begin with the End in Mind</li> <li>• Career Exploration</li> <li>• Campus Connections Assigned</li> </ul>   | Complete Study Guide and Activities 10-12   |
| 6<br>9/27<br>thru<br>10/1   | <ul style="list-style-type: none"> <li>• Habit 3 Put First Things First and Report Outs</li> <li>• King Gimp</li> </ul>   | Career Project DUE<br>Complete Study Guide and Activities 13-15                             |
| 7<br>10/4<br>thru<br>10/8   | <ul style="list-style-type: none"> <li>• Student Conferences</li> <li>• Presentation Workday</li> </ul>   | Attitude Paper DUE  |
| 8<br>10/11<br>thru<br>10/15 | <ul style="list-style-type: none"> <li>• Habit 4 Think Win-Win and Report Outs</li> <li>• Presentation Workday</li> </ul>   | Complete Study Guide and Activities 16-19   |
| 9<br>10/18 -<br>-10/22      | <ul style="list-style-type: none"> <li>• Habit 5 Seek First to Understand, then to be Understood</li> <li>• Video: King Gimp</li> </ul>   | Complete Study Guide and Activities 20-21   |

|                              |  |  |
|------------------------------|--|--|
| 10<br>10/25<br>thru<br>10/29 | <ul style="list-style-type: none"> <li>• Habit 6 Synergize</li> <li>• Final Presentation Assigned, Groups Formed and Work Day</li> </ul> | Complete Study Guide and Activities 22-23<br>King Gimp Paper DUE |
| 11<br>11/1<br>thru<br>11/5   | <ul style="list-style-type: none"> <li>• Habit 7 Sharpen the Saw</li> <li>• Assign Stress Activity</li> <li>• Stress Activity</li> </ul> | Complete Study Guide and Activities 24-26                        |
| 12<br>11/8<br>thru<br>11/12  | <ul style="list-style-type: none"> <li>• Movie Day</li> <li>• Discussion</li> <li>• Assign Oral Group Presentation</li> </ul>            |  |
| 13<br>11/15<br>thru<br>11/19 | <ul style="list-style-type: none"> <li>• Campus Connections Workday</li> <li>• Presentation Workday</li> </ul>                           |  |
| 14<br>11/22<br>thru<br>11/24 | <ul style="list-style-type: none"> <li>• Money Matters</li> <li>• Presentation Workday</li> </ul>  | Campus Connections DUE   |
| 15<br>11/29<br>thru<br>12/3  | <ul style="list-style-type: none"> <li>• Conferences</li> <li>• Work Days for Final Presentations</li> </ul>                             |  |
| 16<br>12/6<br>Thru<br>12/10  | <ul style="list-style-type: none"> <li>• Final Presentations</li> </ul>  |  |

**Attendance Policy:**

Students will be expected to attend each class, be on time and stay in the classroom during the entire class session. Attendance will be closely monitored. Students will be expected to communicate with the instructor if the need arises to miss a class. Regular attendance is a critical component to being successful in college. Multiple grades will be earned during class time.

**Tardiness Policy:**

Tardiness disrupts class and has a detrimental impact on the student's performance. Tardy students must wait in the hall for a break in lecture before entering. Passes from a source other than an administrator will not be accepted. Preparation requirements and assignments are due at the start of class. If a student enters class after items have been checked or submitted, student will not receive full credit.

**Success Tips for Students:**

1. Attend every class
2. Stay focused in each class
3. Take detailed notes
4. Study lecture notes after every class
5. Use the study guides
6. Use the study technique that works best for you (highlighting, flashcards, study groups)
7. Read the textbook carefully and for retention
8. Make use of office hours as needed
9. Take advantage of the extra credit opportunities
10. Make use of available computer labs on campus (including printing) as well as online.

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

**Academic Dishonesty:** Any incident of academic dishonesty 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. Additionally, the student will be referred to the Office of Student Conduct for the appropriate discipline action.

**Plagiarism:**

This is the practice of taking someone else's words or ideas and passing them off as one's own. This is a very serious offense. Plagiarism includes paraphrasing someone else's words without giving proper citation, copying directly from a website and pasting it into your paper, and using someone else's words without quotation marks. When in doubt – cite!! Any assignment containing plagiarized material will receive a grade of zero and the student will be referred to the Office of Student Conduct for the appropriate discipline action.

**Link(s) to resource(s) about ways to avoid plagiarism:**

<http://en.writecheck.com/ways-to-avoid-plagiarism/>  
<http://www.com.edu/computer-labs/speaking-reading-writing-center>

**Concerns/Questions Statement:** 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 Shinya Wakao, PhD, 409-933-8107, [swakao@com.edu](mailto:swakao@com.edu).

**Final Presentations Presentation:**

This class includes an oral communication in its curriculum as part of College of the Mainland's Plan on Oral Communication across the curriculum. The Oral Presentation for this course is outlined below.

## **10 Steps Presentation (Oral Communication)**

In an in-class group presentation, teach your classmates about your topics from the “10 Steps” book. You will be graded on your persuasion, effort, creativity and impact.

### **Required Elements:**

The final product for each group is a 20 to 30 minute group presentation.

Each group member will present their portion in a minimum of 3 and a maximum of 5 minutes.

Type questions and answers from classmates to include in presentation and submit to professor.

A visual aid (Power Point) must be submitted to the professor and used for presentation.

Presentation must also include a 3 to 5 minute video.

Works Cited page: at least 5 viable resources (include video) will be submitted to professor.

Be unique, persuasive, professional and prepared.

Be dressed professionally for your presentation.

PEER and SELF ASSESSMENT (p. 16) – Assess and evaluate you and your team members’ professionalism, contribution, preparation and effort of the group project and activities.

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## **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](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](https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf)

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

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

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

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

**Withdrawal Policy:** Students may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1<sup>st</sup> 8-week session is October 6. The last date to withdraw from the 16-week session is November 19. The last date to withdraw for the 2<sup>nd</sup> 8-week session is December 2.

**F<sub>N</sub> Grading:** The F<sub>N</sub> grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The F<sub>N</sub> 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<sub>N</sub> grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an F<sub>N</sub> 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](http://www.com.edu/coronavirus). In compliance with Governor Abbott's May 18 Executive Order, face coverings/masks will no longer be required on COM campus. Protocols and college signage are being updated. We will no longer enforce any COM protocol that requires face coverings. We continue to encourage all members of the COM community to distance when possible, use hygiene measures, and get vaccinated to protect against COVID-19. Please visit [com.edu/coronavirus](http://com.edu/coronavirus) for future updates.

## Psychology for Success Scavenger Hunt

|  |   |
|--|---|
| <b>TRIO Student Support Services(SC)</b>           | <b>Student Success Center (Enroll Ctr)</b>  |
| <b>Reading, Writing and Speaking Lab (TVB)</b>     | <b>Student Financial Services and Veterans Affairs (Enroll Ctr)</b>               |
| <b>Student Life/Student Recreation Center (SC)</b> | <b>Math Lab (TVB)</b>   |
| <b>Library (LRC)</b>                               | <b>Gym, Student Recreation, Club Sports, Leadership &amp; MM4E Programs (Gym)</b> |
| <b>Child Development Education (TVB 1600)</b>      | <b>Student Help Center (Enroll Ctr)</b>   |



## Social Responsibility Questions

1. What is social responsibility?
2. What social responsibilities do we have as citizens?
3. Is it possible for one idea to change the world? Why or why not?
4. Would you be willing to do something nice for someone else, with absolutely no expectation of receiving anything in return?
  - a. Give an example if you have already done this
  - b. What if the person wasn't appreciative?
5. Is there a moral duty or obligation to do good for others especially when there is little cost to oneself? Why or why not? Explain your answer.
6. Are there opportunities where we can do good for others? How can we become more aware of these opportunities?
7. If you had the power to make the world a better place in one way, what would you do?
8. Explain in your own words the meaning of the following quotes:
  - a. "If you can't feed a hundred people, then just feed one." Mother Teresa
  - b. "The only time you should look down at someone, is when you are helping them up." Jesse Jackson
  - c. "Be the change you want to see in the world." Ghandi
  - d. "All that is required for evil to prevail is for good men to do nothing." Edmund Burke
  - e. "Welcome to the seventh grade. That hellish shaky bridge you all must cross before you become members of that undyingly enviable high school elite" Eugene Simonet of Pay it Forward (Can you relate this quote to something you are going through in life currently?)
9. What do you think of the different acts of pay-it-forwardism shown in the movie?
  - a. Were they all ethical?
  - b. Does it make a difference if the act was or was not ethical?
10. There are several adults in this movie with terrible scars. For one of them, Mr. Simonet, some of the scars are on the outside. Most adult characters in this film have scars on the inside.
  - a. What characters in the story have scars?
  - b. What were the scars and how did they live with or overcome them?

Name: \_\_\_\_\_

**R-C-Q Journal and King Gimp Paper**  
**(React, Connect, Question)**

Read and reflect upon the assigned article, video clip, or chapter by completing the R-C-Q Journal that follows.

1. While reading or watching, record ideas or quotes from the text/video that elicit a reaction, connection or question for you in the left column of the R-C-Q Journal.
2. Then record those reactions, connections, or questions in the right column.
3. Continue this process throughout the assigned reading or video.

| <b>R-C-Q Journal</b><br><b>(React, Connect, Question)</b> |  |
|---|--|
| <b>Idea or Quote</b> (from the reading or video)          | <b>Reactions/Connections</b> to, or<br><b>Questions</b> regarding the assigned topic |
|   |  |
|   |  |
|   |  |
|   |  |
|   |  |
|   |  |

**Type a 2 page double spaced Times New Roman (MLA Style) paper elaborating on each idea or quote you recorded from King Gimp. Describe your reactions and connections in detail. Your paper should be at least 5 paragraphs.**

## King Gimp: A Film to Inspire

1. Think of 1 or 2 words that describe what you are feeling.
2. What particular scene or comment stands out in your mind?  
Discuss 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?

Name: \_\_\_\_\_

**R-C-Q Journal and Attitude Paper: Written Communication**  
(React, Connect, Question)

Read and reflect upon the assigned article, video clip, or chapter by completing the R-C-Q Journal that follows.

4. While reading or watching, record ideas or quotes from the text/video that elicit a reaction, connection or question for you in the left column of the R-C-Q Journal.
5. Then record those reactions, connections, or questions in the right column.
6. Continue this process throughout the assigned reading or video.

| <b>R-C-Q Journal</b><br>(React, Connect, Question) |  |
|--|--|
| <b>Idea or Quote</b> (from the reading or video)   | <b>Reactions/Connections to, or Questions</b> regarding the assigned topic |
|  |  |
|  |  |
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|  |  |
|  |  |
|  |  |

**Type a 2 page double spaced Times New Roman (MLA Style) paper elaborating on each idea or quote you recorded from Attitude is Everything. Describe your reactions and connections in detail. Your paper should be at least 5 paragraphs.**

### Career Project: Empirical and Quantitative Data

Complete the Career Planning Ability Assessment (directions on the following page) then fill out the boxes below and answer the question at the bottom of this sheet.

|                                       | Career Option 1 | Career Option 2 |
|---------------------------------------|-----------------|-----------------|
| Career Title and Description          |                 |                 |
| Median Pay                            |                 |                 |
| Education Needed                      |                 |                 |
| Work Experience                       |                 |                 |
| On the Job Training or Certifications |                 |                 |
| Job Outlook                           |                 |                 |
| Your Strengths Related to the Career  |                 |                 |

**Based upon the collected information, which career do you think is the best fit for you and why?** For additional research, visit [www.bls.gov/ooh/](http://www.bls.gov/ooh/) (Write a 5 sentence paragraph, use back if needed.)

## CAREER PLANNING WEBSITE "BRIDGES"

1. Go to [bridges.com](http://bridges.com)



bridges.com

**XAP**  
REACH FARTHER

**Student Sign In**

Portfolio Name: \_\_\_\_\_ Site ID: \_\_\_\_\_

Site ID: \_\_\_\_\_

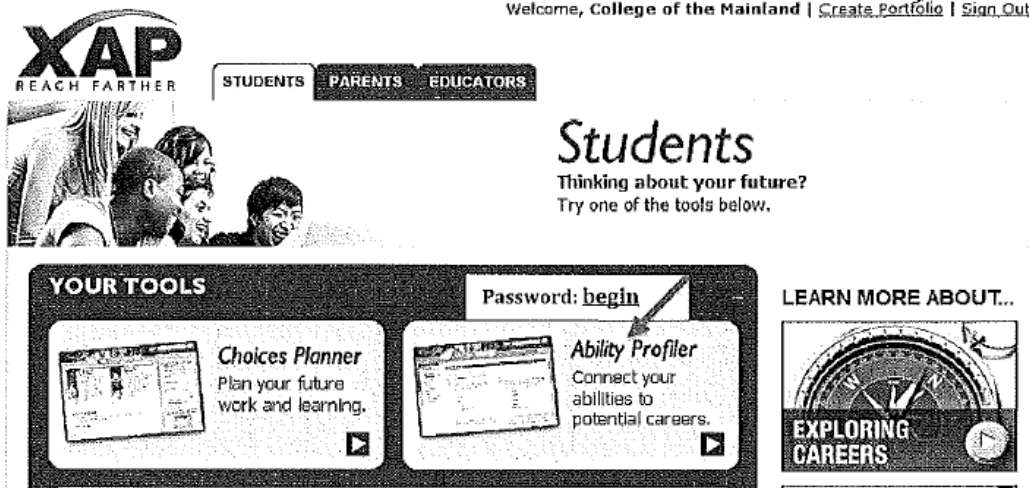
Password: \_\_\_\_\_

Remember me

Only available in the U.S. and its territories

2. Sign in under "Site ID" tab  
Site ID: 0003402  
Password: mainland

3. Go to "Create Portfolio" to create a personalized portfolio that saves assessment results and begin planning your career path.



Welcome, College of the Mainland | [Create Portfolio](#) | [Sign Out](#)

**XAP**  
REACH FARTHER

STUDENTS PARENTS EDUCATORS

## Students

Thinking about your future?  
Try one of the tools below.

**YOUR TOOLS**

**Choices Planner**  
Plan your future work and learning.

**Ability Profiler**  
Connect your abilities to potential careers.

Password: begin

**LEARN MORE ABOUT...**

**EXPLORING CAREERS**

Write down your Portfolio Name and Password

Portfolio Name: \_\_\_\_\_ Password: \_\_\_\_\_



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**CAMPUS CONNECTIONS PROJECT**

Student Name: \_\_\_\_\_

Due Date: \_\_\_\_\_

**Option 1:**

- Attend 2 tutoring sessions on campus in one of the tutoring labs or online.
- Ask your tutor to sign the Tutoring Verification form (include electronic verification).

|  |
|--|
| <b><u>Tutoring Verification Form</u></b> |
| Student Name: _____                      |
| Date of Tutorial: _____                  |
| Start Time: _____ End Time: _____        |
| Subject: _____                           |
| Tutor Name: _____                        |
| Tutor Signature: _____                   |
| Tutor E-Mail or Phone: _____             |

|  |
|--|
| <b><u>Tutoring Verification Form</u></b> |
| Student Name: _____                      |
| Date of Tutorial: _____                  |
| Start Time: _____ End Time: _____        |
| Subject: _____                           |
| Tutor Name: _____                        |
| Tutor Signature: _____                   |
| Tutor E-Mail or Phone: _____             |

**Option 2:**

- Attend an event on campus. This could include a club event, club meeting, workshop, sport event, celebration, wellness, theatre event, movie, etc. You can go online to find a calendar of events. To do this, log on to [www.com.edu](http://www.com.edu).
- After the event, ask the event leader to sign the Event Verification form.

|   |
|---|
| <b><u>Event Verification Form</u></b>         |
| Student Name: _____                           |
| Date of Event: _____ Location of Event: _____ |
| Start Time: _____ End Time: _____             |
| Title of Event: _____                         |
| Event Leader Name: _____                      |
| Event Leader Signature: _____                 |

Student Name: \_\_\_\_\_ Instructor/Peer Grade: \_\_\_\_\_

**SELF and PEER ASSESSMENT**

Evaluate your professionalism, contribution, preparation and effort on the group project and activities. Next, evaluate your peers.

|                             |        |
|-----------------------------|--------|
| Student Name:<br>Rationale: | Grade: |
| Student Name:<br>Rationale: | Grade: |
| Student Name:<br>Rationale: | Grade: |
| Student Name:<br>Rationale: | Grade: |
| Student Name:<br>Rationale: | Grade: |
| Student Name:<br>Rationale: | Grade: |
| Student Name:<br>Rationale: | Grade: |