



**PSYC 1300.021 IN  
PSYCHOLOGY FOR SUCCESS- Summer 2022**

Instructor: Lalanya Ennis Maldonado, M.A.

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

E-mail: [lennis@com.edu](mailto:lennis@com.edu)

Office: M-04 (located in the library on the Mezzanine)

Text Reminders: 409-440-7386 @PSYCH1300

**Student hours**

				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45	am	-	8:00	pm	<b>OFFICE HOURS online</b>	<b>OFFICE HOURS online</b>	<b>OFFICE HOURS online</b>	<b>OFFICE HOURS online</b>
8:00	am	-	9:50	am	PSYC 2314.121 LRC 252	PSYC 2314.121 LRC 252	PSYC 2314.121 LRC 252	PSYC 2314.121 LRC 252
10:00	am	-	10:30	am	<b>OFFICE HOURS</b>	<b>OFFICE HOURS</b>	<b>OFFICE HOURS</b>	<b>OFFICE HOURS</b>
<i>Additional office hours to accommodate students will be available by appointment</i>								

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

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

<https://collegeinfo geek.com/>

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

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

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

Grade Computation	Points	Letter Grade	Numeric Grade	Points
Campus Scavenger Hunt	100	A	90+	900 or more
Study Guides (8 chapters x 25 points each)	200	B	80-89	800-899
Career Project- Part 1 (Occupational Handbook)	50	C	70-79	700-799
Career Project- Part 2 (Compare/Contrast)	50	D	60-69	600-699
Career Project- Part 3 (Social Responsibility)	50	F	59 or less	599 or below
Career Project- Part 4 (Personal Success)	50			
Career Project- Part 5 (Individual Presentation)	100			
Movie Analysis	100			
Campus Connections	100			
Discussion Posts (4 posts x 50 points each)	200			

## **DETERMINATION OF GRADE**

### **Methods of Evaluation/Submissions-**

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

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

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

- **Campus Scavenger Hunt 100:** You will fill out information about the various areas/programs that COM has to offer. More details and directions are posted on Blackboard
- **Study Guides 200 points:** You will create 8 Study Guides using various methods as directed in Blackboard and submit them on Blackboard. Each Study Guide is worth 25 points. More details and directions are posted on Blackboard
- **Career Project 300 points:** This is a major project that is broken down into 5 separate assignments, Each assignment is dependent on previous parts of the assignment, therefore you need to be very thorough, detailed, and make sure you are doing each part correctly. More details and directions are posted on Blackboard
- **Movie Analysis 100 points:** You will create a project using various methods on how to budget, save, spend, and invest. More details and directions are posted on Blackboard
- **Campus Connections 100 points:** You will visit with your advisor during this term (7/11/22-8/12/22), attend a tutoring session, and attend a campus event. More details and directions are posted on Blackboard
- **Discussion Post 200 points:** You will write 4 Discussion Posts worth 50 points each. More details and directions are posted on Blackboard

**Make-Up & Late Work:** There will be no make up work or late work accepted. All course work for the entire semester is open and accessible from the first day of class. I encourage you to work ahead of schedule in case of a personal emergency, illness or any other unforeseen circumstances that would prohibit you from completing your work on time. All assignments are time-stamped in Blackboard and Email. Work submitted after the due date deadline will not be graded. Please allow time for your assignments to upload. If your network server is slow, make sure you allow extra time and do not wait until the last minute to submit assignments. Follow your schedule in your syllabus and do not rely on Blackboard to tell you when something is due. There are computers available for students to use at COM in the library, tutoring center and computer labs if you need a computer and/or internet access.

**Attendance Policy:** . You are encouraged to log into Blackboard on a daily basis to ensure that you are up to date on all class communications that may include changes to the syllabi, announcements, updates, extra credit, etc.

**Communicating with your instructor:** ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means. (Please allow 24 hours for a return phone call or email, except on weekends and holidays)

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

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

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
1. Synthesize effective strategies and skills that lead to personal success, personal responsibility, self-motivation, and self-management.	Critical Thinking	Career Project part 4 Related to strategies and skills leading to personal success
2. Synthesize effective strategies and skills that lead to interdependence, self-awareness, lifelong learning and emotional intelligence.	Critical Thinking	Career Project part 4 Related to strategies and skills leading to personal success
3. Manipulate and analyze data and observable facts to result in informed conclusions	Empirical and Quantitative	Career Project part 1 Occupational Outlook Handbook Chart
4. Develop, interpret, and express ideas through written communication	Communication Skills (Written)	Career Project part 2 Compare/Contrast paper on two chosen careers
5. Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.	Social Responsibility	Career Project part 3 Specifically related to chosen career
6. Develop, interpret, and express ideas through oral communication.	Communication Skills (Oral)	Career Project part 5 Presentation

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

**Student Concerns:** If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact Dr. Shinya Wakao [swakao@com.edu](mailto:swakao@com.edu).

**Technology Maintenance:** College of the Mainland websites are scheduled to be down from 12:01-6:00 am on Sundays and blackboard is down from 4:00-6:00 am the first Saturday of the month. Make it a point to complete assignments around this time.

**Blackboard Issues:** In the event you experience a technology problem, you **MUST** submit a “Help Ticket”. It is your responsibility to communicate immediately with your instructor and the DE department at College of the Mainland (COM). It is a good idea to make a screenshot of the error and email it to me as well as the Distance Education Helpdesk. Contacting COM’s Distance Education department can be accomplished by submitting a ticket anytime at <http://de-support.com.edu/requests>, clicking on SUBMIT HELP TICKET on the Blackboard side menu, via live chat Monday to Friday from 8 AM to 5 PM or by calling the Distance Education Support Hotline at 409-933-8453 whenever the college is open. If the issue does not clear up and if there is no way around it, you may email your assignment to me directly.

### Tentative Course Schedule

Date	Topic	Module	Assignment Due BEFORE 11:59pm
Mon 7/11	Purchase Textbook	(Task to do)	**** Purchase Textbook
Tue 7/12	Discussion Post- Introductions	Introductions	Discussion Post- 1
Wed 7/13	Campus Scavenger Hunt	Scavenger Hunt	Campus Scavenger Hunt
Thur 7/14	Advising appointment	(Task to do)	***** Make appointment with Advisor for Campus Connection assignment
Fri 7/15	Tutoring appointment	(Task to do)	***** Make tutoring appointment for Campus Connections assignment
Mon 7/18	Foundations	Foundations	Study Guides- Charting Method
Tue 7/19	Habit 1- Be Proactive	Habit 1	Study Guides- Mapping Method
Wed 7/20	Habit 2- Begin With An End In Mind	Habit 2	Study Guides- Outline Method
Thur 7/21	Habit 3- Put First Things First	Habit 3	Study Guides- Sentence Method
Fri 7/22	Discussion Post (Foundations – Habit 3)	Discussion Post	Discussion Post- 2
Mon 7/25	Habit 4 - Think Win Win	Habit 4	Study Guides- Cornell Method
Tue 7/26	Habit 5 - Seek First To Understand Then To Be Understood	Habit 5	Study Guides- Color Method
Wed 7/27	Habit 6 - Synergize	Habit 6	Study Guides- Flow or Sketch Notes Method
Thur 7/28	Habit 7 - Sharpen The Saw	Habit 7	Study Guides- T Chart (Comparison Chart)
Fri 7/29	Discussion Post (Habit 4- Habit 7)	Discussion Post	Discussion Post- 3
Mon 8/1	Career Project- OOH	Career Project	Career Project- Part 1
Tue 8/2	Career Project- Compare & Contrast	Career Project	Career Project- Part 2
Wed 8/3	Career Project- Social Responsibility	Career Project	Career Project- Part 3
Thur 8/4	Career Project- Habit Analysis	Career Project	Career Project- Part 4
Fri 8/5	Career Presentations	Career Project	Career Project- Part 5 PRESENTATION
Mon 8/8	Movie Analysis	Movie Analysis	Movie Analysis
Tue 8/9	Campus Connection Prep	(Task to do)	**** Ensure you have documentation for Campus Connection Project
Wed 8/10	Discussion Post- (Habit Summary)	Discussion Post	Discussion Post- 4
Thur 8/11	Campus Connections	Campus Connections	Campus Connections Project
Fri 8/12	Individual Conferences		

## Campus Scavenger Hunt- Summer 2 2022

Learning about all the resources that COM has to offer is a great way to remove potential obstacles that many students face each semester. For this assignment, you will research several key areas at the college and report your findings.

To begin, open the COM homepage at [www.com.edu](http://www.com.edu) Next, locate the search bar in the upper right-hand corner and type in each of the areas listed below one at a time. Then click on the appropriate link and begin your research. For each area listed, write down the services/programs that are offered, hours available, location, a contact name or number and any other relevant information.

To earn full credit, be **very detailed** with the information you collect. The goal is to obtain a deep knowledge about each service, who can help you with each area, and when that area is available for you to access.

1. Student Life
2. Gym Facilities & Community Memberships
3. TRIO Student Support Services
4. Student Success Center- Advising
5. Help Center
6. Community Resource Center
7. Tutoring Center
8. Financial Aid
9. Library
10. COM Learning Locations
11. Lifelong Learning
12. COM Police
13. Fine Arts and Theater
14. Conference Center
15. Computer Labs
16. Veterans Affair
17. Title V Grant
18. Career Services
19. Counseling
20. Where is your instructors office

## Career Project Part 1- Occupational Outlook Handbook

Visit the Occupational Outlook Handbook at [www.bls.gov/ooh/](http://www.bls.gov/ooh/) and complete all the information below. Be specific and **thorough**.

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

## Career Project Part 2- Compare & Contrast Careers

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

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

### **Career Project Part 3- Social Responsibility**

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

1. In a few paragraphs, describe in detail how your chosen career plays a role in social responsibility. Be sure to start your paper by stating your chosen career.
2. Find an article or video about a real event that has to do with your chosen career and social responsibility. Explain how the event is related to your career and social responsibility. If the event showed social responsibility, explain the key points on how it was beneficial to society. If the event was lacking social responsibility, explain what could have been done differently.
3. Be sure to include the link to the article or video.

### **Career Project Part 4- Career Analysis of the Habits**

Type a paper that indicates how you will use each of the following habits in your chosen career. Be very specific. Each response must be a full paragraph with details and examples

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

## **Career Project Part 5- Presentation**

Using the information from the previous parts of this project, prepare a 3-minute presentation about your career choice. Describe your career and how you will obtain a position in that career. Include information about how you chose your career, social responsibilities within your career, education required and any other relevant information. Upload your video to Blackboard for your peers to view and the comment on one of your peers presentations (100 word minimum reply post)

Build a PowerPoint Presentation of 5 slides using bullet points only.

**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

**Slide 3: Indicate what career you chose and why.**

State what personal strengths you have that will support your career choice.

**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 1<sup>st</sup> things 1<sup>st</sup>: Grading
- Think Win-Win: Student conferences
- Seek 1<sup>st</sup> to Understand then to be Understood: Discussions
- Synergize: Class activities
- Sharpen the Saw: Professional development



**CAMPUS CONNECTIONS PROJECT**

Student Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

**Points: 100 Total for Advising visit plus 2 additional options**

**Points: 80 Total for Advising visit plus 1 additional option**

**MANDATORY:**

- 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: \_\_\_\_\_

**Option 1:**

- Attend a tutoring session on campus in the Tutoring Center, in your professor's office, with a librarian or via NetTutor (found in Blackboard).
- Ask your tutor/professor to sign the Tutoring Verification form or if using NetTutor, print your tutoring session.

**Tutoring Verification Form**

Date of Tutorial: \_\_\_\_\_  
Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_  
Subject: \_\_\_\_\_  
Tutor Name: \_\_\_\_\_  
Tutor Signature: \_\_\_\_\_

**Option 2:**

- 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](http://www.com.edu).

**Event Verification Form**

Date of Event: \_\_\_\_\_ Location of Event: \_\_\_\_\_  
Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_  
Title of Event: \_\_\_\_\_  
Event Leader Name: \_\_\_\_\_  
List 3 Lessons Learned:

1.

2.

3.

## 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 career. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

**ADA Statement:** Any student with a documented disability needing academic accommodations is requested to contact Holly Bankston at 409-933-8520 or [hbankston@com.edu](mailto: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](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 setup their appointment. Appointments are strongly encouraged; however some concerns may be addressed on a walk-in basis.

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

**Withdrawal Policy:** Students may withdraw from this course for any reason prior to the last eligible day for a "W" grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law.

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