



Psychology 1300.104CL
Psychology for Success, Spring 2022
M/W 12:30

Instructor: Stacey Henderson, M. S., L.P.C.; shenderson@com.edu; 409-933-8134

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.

Office (Student) Hours & Location: Tuesdays 9:30- 12:30 LRC A-226 and by appointment; Online M/W 9-10:45 and Thursdays 9:30-10:30.

Required Textbook: The 7 Habits of Highly Effective College Students: How to Succeed in College...and Life Essentials 2nd Edition by Sean Covey

Additional Resource: Ten Steps to Earning Awesome Grades by Thomas Frank - Free download: https://collegeinfo geek.com/

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

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

Course Requirements: Attached at the end of this document

Determination of Course Grade/ Detailed Grading Formula:

Table with 3 columns: Assignment, Max Points, Earned Points. Rows include Scavenger Hunt (100), SG (200), Career Project (40), Attendance (300), Total Points (1000), and EXTRA CREDIT (20).

GRADING SCALE table with 2 columns: Grade, Points Earned. Rows include A (900-1000), B (800-899), C (700-799), D (600-699), and F (600 OR BELOW).

Tentative Course Outline (students are responsible for instructor revisions)

WK	M/W	T/TH	TOPICS	YouTube Videos/Resources
1	No Class	1/18	<ul style="list-style-type: none"> <li>Course Expectations, Syllabus, Campus Safety</li> </ul>	AGAINST ALL ODDS - Elon Musk (Motivational Video)-7
	1/19	1/20	<ul style="list-style-type: none"> <li>Success Teams</li> <li>Leadership, Responsibility, Ethics, Integrity, Effort</li> </ul>	Why Do We Lie?   The Behavioral Science Guys-5
2	1/24	1/25	<ul style="list-style-type: none"> <li>Blackboard overview and videos</li> <li>Study Guides, Assign Campus Connections Project</li> <li>Campus Resources, Scavenger Hunt</li> </ul>	Blackboard tutorials for students (Under the Course Resources)
	1/26	1/27	<ul style="list-style-type: none"> <li>Campus Resources, Scavenger Hunt</li> </ul>	www.com.edu
3	1/31	2/1	<ul style="list-style-type: none"> <li>Foundations</li> <li>Fixed and Growth Mindset</li> </ul>	Facing the Giants Death Crawl-7 Change Your Mindset, Change the Game-18
	2/2	2/3	<ul style="list-style-type: none"> <li>Interviewing, Networking &amp; Communication</li> <li>The Late Paper</li> </ul>	Grit The Power of Passion and Perseverance-6
4	2/7	2/8	<ul style="list-style-type: none"> <li>Habit 1 Be Proactive</li> <li>QBQ</li> </ul>	Boatlift-12
	2/9	2/10	<ul style="list-style-type: none"> <li>Be Proactive and Attitude</li> </ul>	Incredible Story about Owning your Attitude-7 Choose Your Attitude-Ted-21
5	2/14	2/15	<ul style="list-style-type: none"> <li>Habit 2 Begin with the End in Mind</li> </ul>	TMB Panyee FC short film-5
	2/16	2/17	<ul style="list-style-type: none"> <li>Career Project OOH</li> </ul>	www.bls.gov/ooh
6	2/21	2/22	<ul style="list-style-type: none"> <li>Habit 3 Put First Things First</li> <li>Plan for Campus Connections</li> </ul>	Swallow the Frog-1.5 Programming your mind for Success Carnie Green Ted Talk-15
	2/23	2/24	<ul style="list-style-type: none"> <li>RCQ Journal</li> <li>Campus Connections</li> </ul>	UT 2014 Commencement Speech-20
7	2/28	3/1	<ul style="list-style-type: none"> <li>Assign Habit Presentations</li> <li>Presentation Workday: Read Chapter and Complete Activities</li> </ul>	
	3/2	3/3	<ul style="list-style-type: none"> <li>Presentation Workday: PowerPoint, game, TED Talk, creativity</li> <li>Student Conferences</li> </ul>	
8	3/7	3/8	<ul style="list-style-type: none"> <li>Presentation Workday: Practice Presentations</li> </ul>	Amy Cuddy Short TED Video-6
	3/9	3/10	<ul style="list-style-type: none"> <li>Social Responsibility within your careers</li> <li>Service</li> </ul>	How to Be Happy Everyday: It will Change the World (Service) 365 Give-16
<b>Spring Break-No classes 3/14-3/20</b>				
9	3/21	3/22	<ul style="list-style-type: none"> <li>Habit 4 Think Win-Win Group Presentation</li> </ul>	Are you a Victim, Survivor or Thriver?-14
	3/23	3/24	<ul style="list-style-type: none"> <li>Habit 5 Seek First to Understand, then to be Understood Group Presentation</li> </ul>	How Not to Take things Personally-17.5
10	3/28	3/29	<ul style="list-style-type: none"> <li>Habit 6 Synergize Group Presentation</li> </ul>	Derek Sivers' TED Talk 'How to Start a Movement'-3
	3/30	3/31	<ul style="list-style-type: none"> <li>Habit 7 Sharpen the Saw Group Presentation</li> </ul>	Prince EA Stop Wasting your life Everyone Dies but not everyone lives-5.5
11	4/4	4/5	<ul style="list-style-type: none"> <li>Movie Analysis</li> </ul>	
	4/6	4/7	<ul style="list-style-type: none"> <li>Movie Analysis</li> </ul>	
12	4/11	4/12	<ul style="list-style-type: none"> <li>Money Matters</li> </ul>	<a href="https://www.ted.com/speakers/wendy_de_la_rosa">https://www.ted.com/speakers/wendy_de_la_rosa</a>
	4/13	4/14	<ul style="list-style-type: none"> <li>Money Matters</li> </ul>	

13	4/18	4/19	<ul style="list-style-type: none"> <li>• Stress</li> <li>• Emotional Intelligence</li> </ul>	Brene Brown on Blame-3.5 The Marshmallow Test-3.5
	4/20	4/21	<ul style="list-style-type: none"> <li>• King Gimp and discussion questions</li> </ul>	
14	4/25	4/26	<ul style="list-style-type: none"> <li>• Opportunity Taken</li> <li>• Conan O'Brien's Farewell Speech: A Class Act</li> </ul>	Conan O'Brien's Farewell Speech-11.5
	4/27	4/28	<ul style="list-style-type: none"> <li>• Career Presentation Workday/Sharpen the Saw</li> <li>• Campus Connections DUE</li> </ul>	
15	5/2	5/3	<ul style="list-style-type: none"> <li>• Career Presentations</li> </ul>	
	5/4	5/5	<ul style="list-style-type: none"> <li>• Career Presentations</li> </ul>	
16	5/9	5/10	<ul style="list-style-type: none"> <li>• Conferences</li> </ul>	
	5/11	5/12	<ul style="list-style-type: none"> <li>• Conferences</li> </ul>	

**Blackboard assignments are due by 11:55pm on Sundays.** Assignments will NOT be accepted via email; they MUST be submitted through Blackboard.

It is your responsibility to properly submit your assignments in blackboard on time. Your work should be saved as .doc, .docx, .pdf, or .jpeg . You will see a submission verification page with an image of your submitted assignment after submitting. Also check your COM email for submission verification.

If you have issues with Blackboard, you should submit a help ticket here: <http://de-support.com.edu/requests>

Tech and professor support is NOT available on weekends. Submit your work early so you can troubleshoot any issues that arise. Be proactive!

Due Date	Assignments to be submitted in BB
1/30	Foundation S.G.-sentence
2/6	Habit 1 S.G.-mapping
2/13	Habit 2 S.G.-outline
2/20	Habit 3 S.G.-charting
2/27	Career Pt. 2: Compare/Contrast Paper
3/6	Habit 4 S.G.-flashcards
3/13	Habit 5 S.G.-color
3/27	Habit 6 S.G.-your choice
3/27	Habit 7 S.G.-your choice
4/3	Career Pt. 3: Social Responsibility
4/10	Career Pt. 4: Personal Success

**Extra Credit:** Course Evaluation: Receive 20 Extra Credit Points

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

**Make-up Policy:** Coursework is expected to be completed and submitted on time. Late work may be accepted for up to half credit. Instructor reserves the right to make special accommodations regarding late work.

**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 a critical component to being successful in college.

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

The assignments listed below are for **documented** COVID related absences. Contact professor immediately for additional information.

**Assignment #1: Paper:** Type a 3-page paper describing five study tips you learned from Thomas Frank's website and textbook. Be sure to explain how you will adapt these skills into your study regime. Be specific. <https://collegeinfo geek.com/> Use MLA Format.

**Assignment #2: Paper:** Type a 3-page paper over a chosen TED Talk (approximately 10-15 minutes long) relevant to the course topics. Include the TED talk name. Use MLA Format.

**Assignment #3: Paper:** Type a 3-page paper over the 2014 UT Commencement Speech. Use your RCQ journal as a reference. Use MLA Format.

### **Success Tips for Students:**

1. Attend every class
2. Pay attention in class and actively participate
3. Complete study guides and submit on time in Blackboard
4. Use the learning technique that works best for you (highlighting, flashcards, study groups)
5. Communicate openly and effectively with your success team and professor
6. Make use of office hours
7. Take advantage of the extra credit opportunities
8. Make use of available computer labs on campus (Printing available)

**Have a question?** Please refer to three different resources before contacting me. Those resources can include:

Syllabus, blackboard, assignment directions, COM emails, classmates, or request help with Blackboard at <http://de-support.com.edu/requests>

If you still have a question after contacting at least 3 resources, then please contact me. Let me know what 3 resources you checked with and what your question is.

**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 Technical Vocational Building, Room 1306, the center provides face-to-face and online tutoring sessions in a welcoming environment. Make appointments in person or online at [www.com.edu](http://www.com.edu).

**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 or papers will result in a grade of zero on that exam or paper.

**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).

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

### **Institutional Policies and Guidelines**

**Grade Appeal Process:** Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook. <[https://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 16-week session is April 25.

**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 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.

**Classroom Conduct Policy:** College of the Mainland requires that students enrolled at COM be familiar with the Standards of Student Conduct, located in the on-line Student Handbook: <https://www.com.edu/student-services/student-handbook> . Students should 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 class. Professionalism, which includes preparedness, a positive attitude, interaction, and respect, is expected. **Place cell phones on silent and them put away.** No earphones and laptops only as an accommodation

**NOTE:** If for any reason the college closes, continue to work on the assignments spelled out in your syllabus. For example, complete chapter readings, study guides, activities, and projects. You are accountable for the work upon the re-opening of the college.

**Course Requirements:**

**Study Guides:** Points: 200 total, 25 points each

For each habit in your textbook, you are responsible for completing a study guide in the format indicated in the course schedule and blackboard. Study guides are to be typed and submitted only in Blackboard.

**Attendance and Participation:** Points: 300 total, 25 points are deducted for each absence or lack of participation

## Psychology for Success Scavenger Hunt

<b>Student Center, Organizations, Clubs, MM4E, Recreation Room (BLDG 1)</b>	<b>Student Success Center: Advising (BLDG 2)</b>
<b>TRIO Student Support Services (BLDG 1)</b>	<b>Welcome Desk (BLDG 2)</b>
<b>Tutoring Center (BLDG 5)</b>	<b>Student Financial Services and Veterans Affairs (BLDG 2)</b>



<p><b>Library (BLDG 8)</b></p>	<p><b>Gym, Workout Facility, Recreation, Club Sports (BLDG 4)</b></p>
<p><b>COM Police (BLDG 16)</b> Take a picture of the information posted</p>	<p><b>Innovations Computer Lab (BLDG 5)</b> Take a picture of the hours of operation</p>
<p><b>Conference Center (BLDG 21)</b> Take a group selfie with your success team</p>	<p><b>Fine Arts and Theatre (BLDG 3)</b> Take a group selfie with your success team in the Art Gallery</p>
<p><b>STEAM (BLDG 22)</b> Take a group picture in the study area with the molecule lights (H2O) on the 3<sup>rd</sup> floor</p>	<p><b>Find your instructor's office located in LRC Suite A (BLDG 8)</b> Take a picture of the office hours posted on the door and briefly meet with your instructor. This will be your last stop.</p>
<p><b>Lake Eckert Walking Trail (By BLDG 1)</b> Take a group selfie with your success team</p>	<p><b>STEAM (BLDG 22)</b> Take a group picture in the snack/study/porch area on the 1<sup>st</sup> floor</p>

Total Points: 100

## Career Project Part 1 (40 points)

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

## **Career Project Part 2 (40 points)**

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

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

## **Career Project Part 3 (40 points)**

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

In 5-10 sentences, describe in detail how your chosen career plays a role in social responsibility. Be sure to start your paper by stating your chosen career.

Talking to individuals in your career choice, researching common problems, and looking at current events may help you formulate your ideas.

## **Career Project Part 4 (40 points)**

Indicate how you will use each of the following habits in your chosen career. Be very specific and use 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 (40 points)**

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.

**2014 UT Commencement Speech**

**R-C-Q Journal (React, Connect, Question)**

<b>Idea or Quote</b>	<b>Reactions/Connections to, or Questions regarding the topic</b>
If you want to change the world...	
Make your bed.	
Find someone to help you paddle.	
Measure a person by the size of their heart.	
Get over being a sugar cookie and keep moving forward	
Don't be afraid of The Circus.	
Slide down the obstacle headfirst	
Don't back down from the sharks	
Be your very best in the darkest moments	
Start singing when you're up to your neck in mud	
Don't ever, ever ring the bell	

## **Chapter Presentations** Points: 100 total

Each success team is required to develop a presentation on an assigned chapter/habit from the textbook. This will allow each student to get a unique perspective of the teaching/learning process. Students should include the following components in their presentation:

1. Identify the main learning points of the chapter
2. Create a PowerPoint presentation that allows each student in the class to gain insight into the course material.
3. Have a minimum of one in-class game to help strengthen the material. Be creative and describe how this activity relates to your habit.
4. Choose one activity from the chapter to have the class complete and discuss.
5. Find a TED Talk pertaining to your topic to show to the class. (20-minute max)
6. Go to <https://collegeinfo geek.com/> and find helpful topics such as reading tips, writing tips, memorizing study materials, test taking tips, morning routines, habits, increasing energy/focus or productivity or pick any topic related to your habit

Point Breakdown: 20-presentation content, 20-presentation skills (eye contact, oral communication, tone, volume, enthusiasm, etc.), 10-activities, 20-video, 20-game, 10-College Info Geek

## **King Gimp**

1. Think of 1 or 2 words that describe what you are feeling.
2. What 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?

## Movie Analysis

After viewing the movie, give an example of how a character effectively used the knowledge of the habit to handle a situation, and then give an example of how a character struggled with the habit. Repeat these steps for each of the seven habits and be prepared to report your analysis to the class.

<b>Habit (principles)</b>	<b>Positive Example</b>	<b>Negative Example</b>
Be Proactive  <i>(responsibility and initiative)</i>		
Begin with the end in mind  <i>(vision and purpose)</i>		
Put 1 <sup>st</sup> things 1 <sup>st</sup>  <i>(integrity and focus)</i>		
Think win-win  <i>(courage and consideration)</i>		
Seek 1 <sup>st</sup> to understand, then to be understood  <i>(empathy and clarity)</i>		
Synergize  <i>(diversity and collaboration)</i>		
Sharpen the saw  <i>(renewal and balance)</i>		

**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

<b><u>Advising Verification Form</u></b>
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.

<b><u>Tutoring Verification Form</u></b>
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).

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