



Psychology 1300.123C2 – Fall 2024, 2nd 8 Weeks
PSYCHOLOGY FOR SUCCESS
MTWTH 11:00AM-12:20 PM (ICB Building #23, Room 227)

Instructor Information: Kristin O’Brien, M.A. | kobrien4@com.edu | 409-933-8955

Office Hours and Location: Tuesdays 2-4:30 PM, Wednesdays 1:30-4:30 PM, and Thursdays 2-4 PM (and by appointment) in LRC Suite A-Office 217

Required Textbook: *SMART Start: Success Strategies for College, Career, and Life* (Available for free on D2L).

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 affecting life-long learning; and application of learning strategies in college, career, and life.

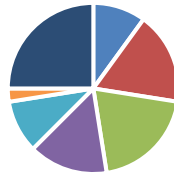
Course Requirements: Grades are based on points accumulated throughout the semester. There is the possibility of earning 1,000 total points from assignments and assessments. You are held accountable for completing all assignments. Instructions for assignments must be closely followed. Specific details and directions for each assignment will be on the actual assignment in D2L. If you do the minimum work for assignments, expect to receive the minimum grade.

Determination of Course Grade/ Detailed Grading Formula:

Assignment	Max Points	Earned Points
Scavenger Hunt	100	
Study Guides: Ch. 1, 2, 3, 4, 5, 6, 7 (25 Pts. Each)	175	
Career Project Pt. 1: Career Research	25	
Career Project Pt. 2: Compare/Contrast	25	
Career Project Pt. 3: Social Responsibility	25	
Career Project Pt. 4: Personal Success	25	
Career Project Pt. 5: Presentation	100	
Team Presentation	150	
Campus Connections (Pt 1 = 40 pts, Pt 2 = 60 pts)	100	
Academic Planning Worksheet	25	
Class Participation (-25 points per absence)	250	
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 Grade Breakdown



- Scavenger Hunt
- Study Guides
- Career Project
- Team Presentation
- Campus Connections
- Academic Planning WS
- Class Participation

HOW TO CALCULATE YOUR GRADE: (Points Earned / Points Possible) X 10

Example: You have earned 180 out of 200 possible points so far in the class. You would calculate your current numeric grade by dividing 180 by 200 and then multiplying the result by 100:

$$180/200 = 0.9 \times 100 = 90 \rightarrow \text{Your current numeric grade would be 90\%}$$

- **Scavenger Hunt:** In your Success Teams, you will visit various sites around campus and learn about the resources available to you at College of the Mainland (100 points).
- **Study Guides:** For each chapter in your textbook, you are responsible for completing a study guide in the methods specified in the chart below (7 x 25 points each = 175 total points). Information about each study guide method (and examples) can be found in the *Appendix* of the textbook (beginning on page 239), which is linked on D2L.

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

- **Career Project (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 skills discussed in the textbook to be successful in this career (Part 4; 25 points). Finally, you will prepare an oral/visual presentation to share with your peers (Part 5; 100 points).
- **Team Presentation:** Each Success Team will be assigned a chapter from the textbook and must identify, research, and propose a solution to a problem/issue related to that chapter topic (150 points).
- **Campus Connections:** Students must attend an advising appointment, participate in a tutoring opportunity, attend a campus event, and write a letter to future PSYC 1300 students (100 points).
- **Academic Planning Worksheet:** You will either investigate a university you are planning to transfer to or investigate how to graduate from COM (25 points).
- **Class Participation:** See Attendance Policy for more details.

Assignment Submission & Extra Credit Policies: **Assignments must be submitted to D2L as .doc/.docx (Word), .pdf, or .jpeg files.** It is good practice to double-check after submitting an assignment (resubmit the correct document if needed). It is ultimately your responsibility to submit work in the proper format on time. Extra credit opportunities will be available on D2L.

Late Work & Make-Up Policies: Assignments submitted after the deadline will incur a 10% deduction per day late (e.g., 2.5 points will be deducted each day for a late study guide). **At 10 days late, assignments will become an automatic zero.** If for any reason the college closes, continue to work on the assignments as instructed in your syllabus and on D2L. In the event of illness or emergency, late work may be accepted at a reduced or no penalty at the discretion of the instructor, *if students contact the instructor as soon as possible (preferably before the deadline)*. Technological issues are not an acceptable excuse for a late assignment. **Late work will NOT be accepted after December 4th - no exceptions.**

Attendance Policy & Class Participation: Regular attendance and participation are critical to being successful in this course. **The Class Participation grade accounts for 250 points or 25% of your total grade and is dependent on you attending class and actively participating in class activities and discussions.** Generally, Class Participation cannot be made up for any reason, including being sick or for emergencies (there may be exceptions for specific graded assignments such as the Scavenger Hunt). However, students may miss up to two class days without penalty; **after two missed class days, each additional absence or lack of participation in a class day will incur a 25-point deduction from the total Class Participation grade (i.e., 12 or more absences = 0 for the Class Participation grade).** **Additionally, four or more tardies throughout the course will also incur a 25-point deduction.** If you miss class, you are responsible for checking the syllabus and learning the content on your own and/or reaching out to the instructor about assignments that were completed or submitted during class.

Classroom Conduct: It is expected that everyone treats each other with mutual respect. Students demonstrate respect to their instructor by arriving on time, staying for the duration of class, participating in class discussion and activities, and listening attentively while the instructor is speaking. The instructor will demonstrate respect to students by arriving on time, being prepared with quality learning materials and activities, and listening attentively while students are speaking. Class discussions may include sensitive topics. It is ok to disagree with others, but it is not ok to verbally attack another person.

Communicating With Your Instructor: **ALL electronic communication with the instructor must be through your COM email.** Due to FERPA restrictions, faculty cannot share information about performance in the class through other electronic means. Students are expected to check their COM email and D2L course page regularly (ideally every day). Communicate with your instructor in a timely manner so that your instructor can best help you. Your instructor should respond within 24-48 business hours.

Academic Dishonesty: Plagiarism includes, but is not limited to, deliberately copying word-for-word another person's work without proper quotation and attribution (direct plagiarism), submitting your own work from another class (self-plagiarism), and failing to correctly cite sources or unintentionally using the same words as another source without proper quotation and attribution (accidental plagiarism). Academic dishonesty also includes unauthorized use or attempted use of material, information, devices/technology (e.g., Artificial Intelligence), or communication during an academic exercise (i.e., assignment, paper). **Any form of academic dishonesty may result in a reduction of points (up to a zero with no make-up) at the discretion of the instructor.** Additionally, an academic dishonesty report may be filed.

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 Department Chair, Shinya Wakao at 409-933-8107 or swakao@com.edu.

Core Objectives

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. **Social Responsibility*:** Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.
4. **Empirical and Quantitative Skills*:** To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.

Student Learner 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://www.com.edu/student-services/docs/Student_Handbook_2024-2025_v2.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.*

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 2. The last date to withdraw from the 16-week session is November 15. The last date to withdraw for the 2nd 8-week session is November 26.

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.

Honors Contracts are special projects that extend the work we do in class. They are for ambitious students who wish to deepen their knowledge and experiences of the practices and ideas related to this class. They require students to earn at least a B in class and approval from me since the Honors Contract will require the student and I to work closely together. Please speak with me if you are interested or have questions and visit this site for more information: <https://www.com.edu/honorsprogram/>.

Psychology for Success Scavenger Hunt (100 points)

Unless a box directs you to do otherwise, please stop into each area and ask a staff member about available resources. Record the information you receive in the corresponding box.

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) Identify 3 services that are available to students. 	Student Financial Services and Veterans Affairs (BLDG 2)

<p>Gym, Workout Facility, Recreation, Club Sports (BLDG 4)</p>	<p>Library (BLDG 8)</p>
<p>Tutoring Center (ICB BLDG 23)</p>	<p>Testing Center (BLDG 2) Take a group picture in front of the Testing Center (on the second floor) with your Success Team</p>
<p>COM Police (BLDG 16) Take a picture of the information posted inside</p>	<p>STEAM (BLDG 22) Take a group picture in the snack/study/porch area on the 1st floor</p>
<p>Conference Center (BLDG 21) Take a group picture with your Success Team (outside if the building is locked)</p>	<p>Fine Arts and Theatre (BLDG 3) Take a group picture with your Success Team in front of one of the murals on the wall</p>
<p>STEAM (BLDG 22) Take a group picture in the study area with the molecule lights (H₂O) on the 3rd floor</p>	<p>Lake Eckert Walking Trail (By BLDG 1) Take a group picture with your Success Team</p>
<p>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></p>	<p>Welcome to COM!! You are off to a great start!!</p> 

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 Project – Part 1 (40 points)

Student Name: _____

Due Date: _____

IMPORTANT NOTE: You cannot earn points for Part 2 (the letter, tutoring or event) unless you have completed your advising visit. You can work on this project in any order.

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

Advising Verification Form

Date of Advisement: _____

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

Advisor Name: _____

Advisor Signature: _____

Campus Connections Project – Part 2 (60 points)

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
- Information you learned
- Class and textbook topics
- 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 but it is not necessary.

- 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.

<u>Tutoring Verification Form</u>
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 find a calendar of events at www.com.edu.

<u>Event Verification Form</u>
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.

COURSE SCHEDULE

	MON	TUES	WED	THURS
1	10/14 Course Orientation	10/15 Success Teams	10/16 Campus Scavenger Hunt	10/17 Campus Scavenger Hunt* Due Sunday 10/20: Ch 1 Study Guide
2	10/21 Meet in STEAM 121 Career/Advising Visit & Career Project Part 1*	10/22 Personal Values & Path for Success (Ch 1) Due: Ch 2 Study Guide	10/23 Higher Education & Active Learning (Ch 1)	10/24 Mindset, Victim vs Creator (Ch 2) Due Sunday 10/27: Ch 3 Study Guide
3	10/28 Personal Responsibility & Being Proactive (Ch 2)	10/29 Creating a Vision for the Future (Ch 3) Due: Career Project Part 2	10/30 Goal Setting & Achieving Your Vision for the Future (Ch 3)	10/31 Meet in STEAM 121 Guided Registration & Academic Planning WS* Campus Connections Pt 1 DUE IN CLASS* Due Sunday 11/3: Ch 4 Study Guide
4	11/4 Stress & Stress Management (Ch 4)	11/5 Emotional Intelligence (Ch 4) Due: Ch 5 Study Guide	11/6 Communication & Conflict Resolution (Ch 5)	11/7 Social Responsibility Due Sunday 11/10: Career Project Part 3
5	11/11 Financial Aid Visit	11/12 Meet in LRC 278 Financial Literacy Due: Career Project Part 4	11/13 Meet in LRC 278 Team Presentation Workday	11/14 Meet in LRC 278 Team Pres. Workday Due Sunday 11/17: Team Presentation (submit to D2L)
6	11/18 Team Presentations	11/19 Team Presentations Due: Ch 6 Study Guide	11/20 Choosing a Career (Ch 6)	11/21 Career Success (Ch 6) Due Sunday 11/24: Ch 7 Study Guide
7	11/25 Critical Thinking & Ethics (Ch 7)	11/26 Adulthood & Personal Development (Ch 7) Campus Connections Pt 2 DUE IN CLASS*	11/27 Video Discussion: <i>King Gimp</i>	11/28 COLLEGE CLOSED Due Sunday 12/1: Career Project Part 5 (submit to D2L)
8	12/2 Career Project Part 5: Presentations*	12/3 Career Project Part 5: Presentations*	12/4 Career Project Part 5: Presentations*	12/5 No class (professor available in office)

All assignments due to D2L Brightspace by 11:59 PM on due date unless otherwise specified. The instructor reserves the right to make changes to this course schedule. Any changes will be announced in class and through D2L Brightspace and COM student email.

*Indicates graded assignments to be completed and/or submitted in class.