



PSYCHOLOGY FOR SUCCESS
Psychology 1300-123H2
Fall 2025, 2nd 8 Weeks (10/13-12/4)
MW 9:30-10:50 AM (LRC Building #8, Room 252)

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

Office Hours and Location: MW 11:00 AM-12:00 PM, TTH 9:30 AM-12:15 PM (and by appointment) in LRC Suite A-Office 217

OER Textbook: *SMART Start: Success Strategies for College, Career, and Life* (PDF 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 course. Students can earn up to 1,000 total points from assignments and assessments (not including extra credit). You are responsible for completing all assignments according to the instructions. Ask for help in a timely manner if you need it. If you do the minimum work for assignments (i.e., follows instructions but does not demonstrate thought and effort), 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	
Discussion Boards (12 x 12.5 pts)	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
NOTE: Grades of D (60-69) and higher are passing for a COM degree but a C (70-79%) or higher is needed to pass for Collegiate HS, dual-credit, and nursing students (and to transfer credit to a four-year institution).	

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:

$180/200 = 0.9 \times 100 = 90 \rightarrow$ 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 format 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 about your chosen career with your peers (Part 5; 100 points).
- **Discussion Board Posts:** Each discussion board post assignment will require students to: (1) submit an original post addressing the given prompt (10 points) and (2) submit a meaningful reply to at least one other student’s post (2.5 points). Specific instructions will vary and can be found on D2L.
- **Campus Connections:** Students must attend an advising appointment, participate in tutoring, 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.

Course Policies

Assignment Submission Policy: Assignments are due by 11:59 PM on the specified deadline (see the course schedule) unless explicitly stated otherwise. **Assignments must be submitted as .pdf, .doc/.docx, .ppt, or .jpeg formats to be accepted (except quizzes and DB posts).** Assignments submitted incorrectly may receive a 0 or late penalty. It is good practice to double-check after submitting an assignment (resubmit the correct document right away, you can make multiple submissions). **It is your responsibility to submit work on time in the proper format.**

Late Work Policy & Extra Credit: Assignments submitted after the deadline will receive a 10% deduction per day late (e.g., 2.5 points will be deducted each day for a late study guide). **Assignments will become an automatic zero at 10 days late.** Technology-related issues are not an acceptable excuse for a late assignment. If for any reason the college closes or class is cancelled, continue to work on the assignments as instructed in your syllabus and on D2L. Missed exams will result in a zero and cannot be made up. In the event of illness or emergency, late work may be accepted without penalty at the discretion of the instructor *if students contact the instructor as soon as is reasonably possible, preferably before the deadline.* **Course work will NOT be accepted after December 3rd – no exceptions.** Extra credit opportunities are available on D2L. Please note that the instructor will not round up final grades for students who do not complete any of the extra credit.

Attendance & Class Participation Policies: Regular attendance and active 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 activities and discussions.** 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). Students may miss two class days without penalty; **after two missed class days, each additional absence will incur a 25-point deduction from the total Class Participation grade.** You will also lose points if you are tardy, leave early, or are present but not participating. 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.

Conduct: It is expected that all members of the class will treat each other with mutual respect. Students demonstrate respect to their instructor and peers by arriving on time, staying for the duration of class, participating in class discussions and activities, and listening attentively while others are 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. **Disruptive, disrespectful, and/or aggressive behavior will result in a dismissal from the classroom and referral to the Dean of Students.**

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 groups of words as another source without proper quotation and attribution (accidental plagiarism). Academic dishonesty also includes the unauthorized use or attempted use of off-limits material, information, devices/technology (e.g., Artificial Intelligence, see below), or help from others during an exam. **Any form of academic dishonesty may result in a reduction of points (up to a zero with no opportunity to make up the grade) at the discretion of the instructor.** Additionally, an academic dishonesty report may be filed and the student may be referred to the Dean of Students for misconduct.

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

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

Faculty reserve the right to use AI detection software, compare present to past work, or require verbal explanation of your work to find instances of AI-generated writing in student submissions. The findings are binding and can be subject to student code of conduct, academic dishonesty, and plagiarism policies in the course. **You will receive a grade of zero on your assignment, will be reported to the Dean of Students, and can ultimately fail the course.** Reach out to your instructor, peer or tutoring center if you are having difficulties with assignments.

Student Concerns: If you have questions or concerns about any aspect of this course, contact the instructor (kobrien4@com.edu). If, after discussing your concern with the instructor, you continue to have questions, 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 directly with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook <https://www.com.edu/student-services/student-handbook.html>

An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.

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

ADA Statement: Any student with a documented disability needing academic accommodations is requested to contact:

Kimberly Lachney, Student Accessibility Services Coordinator

Phone: 409-933-8919 Email: AccessibilityServices@com.edu

Location: COM Doyle Family Administration Building, Student Success Center

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

Withdrawal Policy: Students may withdraw from this course for any reason prior to the last eligible day for a "W" grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1st 8-week session is October 1. The last date to withdraw from the 16-week session is November 14. The last date to withdraw for the 2nd 8-week session is November 25.

FN Grading: The FN grade is issued in cases of failure due to a lack of attendance, as determined by the instructor. The FN grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN grade.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

Resources to Help with Stress: If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at deanofstudents@com.edu or communityresources@com.edu.

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

The Tutoring Center provides free tutoring services to students, staff and faculty seeking assistance for writing, reading and oral presentations for academic and non-academic assignments/projects. Located in the Industrial Careers Building, Room 104, the center provides face-to-face and online tutoring sessions in a welcoming environment. Make appointments in person or online at <https://com.mywconline.com>.

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 the instructor since Honors Contracts require that students and faculty work closely together in a mentoring relationship. The student and instructor will collaborate to determine what kind of work/project the student will need to complete to earn honors credit; students are encouraged to be creative and pursue topics of personal interest. Honors Contracts are a great way to seek additional academic or research experience and to boost your resume for future jobs or qualifications for graduate school programs. Please speak with me if you are interested or have questions and visit the site for more information: <https://www.com.edu/honorsprogram/>.

COURSE SCHEDULE

	CLASS MONDAY	Online Learning- Tuesday	CLASS WEDNESDAY	Online Learning- Thursday	DUE SUNDAY
1	10/13 Course Syllabus D2L Overview	10/14 Intro DB Post <i>Read Campus Connections Note</i>	10/15 Success Teams Scavenger Hunt	10/16 <i>Read Campus Connections Note & Study Guide Instructions</i>	10/19 Ch. 1 Study Guide
2	10/20 LRC 275 Career & Advising Visit Career Proj Pt. 1	10/21 Ch. 1 DB Post	10/22 Ch. 1: Your Starting Line	10/23 Ch. 2 DB Post	10/26 Ch. 2 Study Guide Career Proj Pt. 2
3	10/27 Ch. 2: Personal Responsibility	10/28 Boatlift DB Post	10/29 LRC 275 Guided Registration & Academic Planning Campus Connections Pt 1 Due	10/30 Financial Literacy DB Post	11/2 Ch. 3 Study Guide Career Proj Pt. 3
4	11/3 Financial Literacy	11/4 Ch. 3 DB Post	11/5 Ch. 3: Self- Management & Motivation	11/6 Ch. 4 DB Post	11/9 Ch. 4 Study Guide Ch. 5 Study Guide
5	11/10 Ch. 4: Emotional Intelligence	11/11 Ch. 5 DB Post	11/12 Ch. 5: Interdependence	11/13 Ch. 6 DB Post	11/16 Ch. 6 Study Guide Ch. 7 Study Guide
6	11/17 Ch. 6: Career Success	11/18 Ch. 7 DB Post	11/19 Ch. 7: Lifelong Learning	11/20 College Literacy DB Post	11/23 Career Proj Pt. 4 Career Proj Pt. 5 Presentation due on D2L
7	11/24 Presentations	11/25 UT Speech DB Post	11/26 Presentations	11/27 CAMPUS CLOSED	11/30 Campus Connections Pt. 2
8	12/1 Presentations	12/2	12/3 Presentations Peer Feedback Due Extra Credit Due	12/4	

All assignments are 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 as well as via D2L Brightspace and COM student email.

Psychology for Success Scavenger Hunt

To be completed in class. (100 points) Visit each area and take notes about what services are offered. Some boxes will indicate for you to take a group photo.

Student Center, Organizations, Clubs, MM4E, Recreation Room (BLDG 1)	TRIO Student Support Services (BLDG 1)
Dean of Students Office (BLDG 1) Look for table	Welcome Desk (BLDG 2)
Student Success Center: Advising (BLDG 2)	Student Financial Services and Veterans Affairs (BLDG 2)

Tutoring Center (ICB BLDG 23)	Gym, Workout Facility, Recreation, Club Sports (BLDG 4)
STEAM (BLDG 22) Take a group picture in the study area with the molecule lights (H2O) on the 3 rd floor	Conference Center (BLDG 21) Take a group selfie with your success team (outside if the building is locked)
Fine Arts and Theatre (BLDG 3) Take a group selfie with your success team in front of one of the murals on the wall	
Library (BLDG 8)	Community Resources (do not physically visit) Use the QR code. Write down 3 services that are available to students. 
Find your instructor's office located in LRC Suite A (BLDG 8) Meet briefly with your instructor. <i>THIS SHOULD BE YOUR LAST STOP.</i>	Welcome to COM!! You are off to a great start!! 

Career Project Part 1 (25 points)

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

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

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

Campus Connections 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.

MANDATORY ADVISING: 40 points

- ☐ Attend an advising session with your assigned advisor in person or via TEAMS.
- ☐ Ask your advisor to sign the Advising Verification form or attach a verification email.
- ☐ You **MUST** make a PSYC 1300 advising appointment with your advisor. Walk ins are NOT welcome for this assignment.

Advising Verification Form

Date of Advisement: _____

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

Advisor Name: _____

Advisor Signature: _____

Campus Connections 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 "Dear future student" and end your letter with your name if you would like to

☐ Print your student letter and bring it to class on the due date.

Tutoring: 20 points

- ☐ Attend a tutoring session on campus in the Tutoring Center, in your professor's office, with a librarian or online tutoring.
- ☐ Ask your tutor/professor to sign the Tutoring Verification form. If using online tutoring, print your tutoring session or verification.

Tutoring Verification Form

Date of Tutorial: _____

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

Subject: _____

Tutor Name: _____

Tutor Signature: _____

Campus Event: 20 points

- ☐ Attend an event on campus. This could include a club event, club meeting, workshop, sport event, celebration, wellness, theatre event, etc. You can find a calendar of events at www.com.edu.
- ☐ Include 3 specific things you participated in and/or learned. No signature required.

Event Verification Form

Date of Event: _____ **Location of Event:** _____

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

Title of Event: _____

Event Leader or Event Speaker's Name: _____

List 3 Lessons Learned:

1.

2.

3.

