



PSYC-1300-123H2
Psychology for Success
Spring 2025
Tuesday/Thursday 11:00a – 12:20p

Instructor Information

Name: Douglas A. Alvarez, M.A.

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Phone: (409) 933-8435

Student hours and location

Monday: 10:00am – 11:00am

Tuesday: 7:50am – 8:05am (FHS)
10:00am – 11:00am

Wednesday: 9:30am – 11:00am

Thursday: 7:50am – 8:05am (FHS)
10:00am – 11:00am

Friday: 9:30a – 12:00p (ONLINE)

Weekends: By email

Office Location

Social and Behavioral Sciences Department, LRC Bldg., Suite A Room 228

OER Textbook: *SMART Start: Success Strategies for College, Career, and Life*

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 that impact life-long learning; and application of learning strategies in college, career, and daily life.

Course Requirements: Attached at the end of this document; specific assignment directions can be located in D2L.

Determination of Course Grade/ Detailed Grading Formula:

Assignment	Max Points
Scavenger Hunt	100
SG: Chapters 1, 2, 3, 4, 5, 6, 7 (25 Pts. Each)	175
Career Project Pt. 1: Research	25
Career Project Pt. 2: Compare/Contrast Paper	25
Career Project Pt. 3: Social Responsibility	25
Career Project Pt. 4: Relate to personal success	25
Career Project Pt. 5: Presentation	100
Discussion Boards (12 @ 12.5 Pts. Each)	150
Campus Connections Part 1 (Advising)	40
Campus Connections Part 2 (letter/tutoring/event)	60
Academic Planning Worksheet	25
Attendance minus 25 points per absence	250
Total Points:	1000
EXTRA CREDIT: Course Evaluation	25

GRADING SCALE	
Grade	Points Earned
A	900-1000
B	800-899
C	700-799
D	600-699
F	599 OR BELOW

Make-up Policy: Coursework is expected to be completed and submitted on time. Late work may be accepted for up to half credit but is not guaranteed. Instructor reserves the right to make special accommodations regarding late work.

Extra Credit: Course Evaluation: Receive 25 Extra Credit Points
Please complete the online course evaluation sent to your COM e-mail at the end of the semester.

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 critical to being successful. Attendance points will not be awarded if the student is not present for the entire class, is off-task, or is not participating.
25 points are deducted for each absence or lack of participation.

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.

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 Research 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 Social Responsibility as related to chosen career
6. Develop, interpret, and express ideas through oral communication.	Communication Skills (Oral)	Career Project part 5 Presentation

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, assignments, or papers (plagiarism) will result in a grade of zero on that exam, assignment, or paper. Use of Artificial Intelligence is prohibited unless otherwise stated by your instructor.

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.

Tentative Course Outline (students are responsible for instructor revisions)

	Tuesday 3/11	Wed. Online 3/12	Thursday 3/13	Due Sunday
	Syllabus D2L overview	Introduction Discussion Board Read Campus Connections Note	Success Teams Scavenger Hunt Read directions for Study Guides and preview Note Taking Methods in Appendix	<i>Ch. 1 Your Starting Line Study Guide</i>
Mon. Online 3/24	Tuesday 3/25	Wed. Online 3/26	Thursday 3/27	Due Sunday
Ch. 1 Starting Line Discussion Board	Career & Advising visit and Career Pt. 1 Meet in STEAM 121	Ch. 2 Personal Responsibility Discussion Board	Ch. 1 Your Starting Line	<i>Ch. 2 Personal Responsibility Study Guide AND Career Pt. 2</i>
Mon. Online 3/31	Tuesday 4/1	Wed. Online 4/2	Thursday 4/3	Due Sunday
College Literacy Discussion Board	Ch. 2 Personal Responsibility	Watch Boatlift and complete discussion questions	Guided Registration & Academic Planning Worksheet Meet in LRC 278	<i>Ch. 3 Self-Management and Motivation S.G. AND Campus Connections Pt. 1 (Advising)</i>
Mon. Online 4/7	Tuesday 4/8	Wed. Online 4/9	Thursday 4/10	Due Sunday
Ch. 3 Self- Management and Motivation Discussion Board	Ch. 3 Self- Management and Motivation	Ch. 4 Emotional Intelligence Discussion Board	Ch. 4 Emotional Intelligence	<i>Ch. 4 Emotional Intelligence S.G. AND Ch. 5 Interdependence S.G. AND Career pt. 3</i>
Mon. Online 4/14	Tuesday 4/15	Wed. Online 4/16	Thursday 4/17	Due Sunday
Ch. 5 Interdependence Discussion Board	Financial Literacy	Ch. 6 Career Success Discussion Board	Ch.5 Interdependence	<i>Ch. 6 Career Success S.G. AND Career Pt. 4</i>
Mon. Online 4/21	Tuesday 4/22	Wed. Online 4/23	Thursday 4/24	Due Sunday
Financial Literacy Discussion Board	Ch. 6 Career Success	UT Speech Discussion Board Upload Career Presentation to Discussion Board	Financial Literacy	<i>Campus Connections Pt. 2 AND Career Pt. 5</i>
Mon. Online 4/28	Tuesday 4/29	Wed. Online 4/30	Thursday 5/1	Due Sunday
Ch. 7 Lifelong Learning	Career Presentations	Give feedback on presentations	Career Presentations	<i>Ch.7 Lifelong Learning S.G.</i>

Mon. Online 5/2	Tuesday 5/3	Wed. Online 5/4	Thursday 5/5	
Give feedback on presentations	Career Presentations	Give feedback on presentations	Ch. 7 Lifelong Learning	

D2L assignments are due by 11:59pm on the date indicated, according to D2L’s time. They MUST be submitted through D2L in .pdf, .doc, .docx or .jpeg format. Assignments will NOT be accepted via email.

Check your submissions in D2L and COM email! If an incorrect file type or blank document is accidentally uploaded, immediately resubmit, and upload the correct file. Otherwise, no credit will be awarded for incorrect/blank documents. The only time an assignment can be emailed is if your instructor asks you to do so.

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>.

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_v6.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 February 26. The last date to withdraw from the 16-week session is April 21. The last date to withdraw for the 2nd 8-week session is April 30.

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.

Additional Information

Classroom Conduct Policy: College of the Mainland requires that students enrolled at COM be familiar with and abide by the Standards of Student Conduct, located in the on-line Student Handbook:

<https://www.com.edu/student-services/student-handbook.html>. Any violations 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. Laptops are only allowed as an accommodation; except on specified workdays as announced by your instructor.

NOTE: If for any reason the college closes, continue to work on the assignments spelled out in your syllabus and D2L. Check D2L for announcements.

Course Requirements:

Study Guides: Points: 175 total, 25 points each. For each chapter in your textbook, you are responsible for completing a study guide in the format indicated.

Information on each study guide method can be found in the **appendix** of the textbook.

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


Academic Planning: Points: 25. You will either investigate a university you are planning to transfer to or investigate how to graduate from COM.

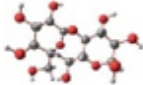

Attendance and Participation: Points: 250 total, 25 points are deducted for each absence, tardy, early departure, or lack of participation.

Discussion Boards: Points: 150 total, 12.5 points each. Prompts can be found in D2L.

Psychology for Success Scavenger Hunt

To be completed in class. Do not begin without your instructor's permission.

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) Write down 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 selfie with your success team (outside if the building is locked)</p>	<p>STEAM (BLDG 22) Take a group picture in the study area with the molecule lights (H₂O) on the 3rd floor</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> 

Total Points: 100

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.

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

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:	

Career Project Part 2 (25 points) Submit in D2L

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 information on each detail gathered in Career Part 1. Conclude with a paragraph stating how the career you chose is the best fit for you. Your paper should be at least three paragraphs. Citations are required for using information beyond the information gathered in Career Part 1.

¶ 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 based upon the details gathered)

¶ 3: Chosen career (describe the pros & cons and explain why you chose this career based upon the details gathered)

Career Project Part 3 (25 points) Submit in D2L

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 but is not required.

Career Project Part 4 (25 points) Submit in D2L

Indicate how you will use each of the following skills in your chosen career. Review each chapter and what the day to day looks like for your profession prior to completing your answer. Use examples and state specific strategies. You should have a minimum of four sentences for each topic.

Note: You are not describing how you will use the skill in college to get to your career but instead how you will use the skillsets on the day to day of your job.

My Career Choice:

Personal Responsibility:

Self-Management and Motivation:

Emotional Intelligence:

Interdependence:

Lifelong Learning:

Example for an Art Therapist: (found on the following page)

Lifelong Learning: I will need to use critical and creative thinking when creating art projects for each of my clients. I must choose a task that will keep the patient's interest and challenge the patient without frustrating them. I will need to ask probing questions of my patient to ensure that the therapy is working for him or her. At times I might need to be ready with a persuasive argument as to why a particular art therapy is being used to explain to the patient why this therapy is being used. I will act ethically by following all HIPPA laws and keeping conversations private between my patient and the medical staff. I will constantly seek out professional development through associations like American Art Therapy and the National Coalition of Creative Arts Therapies to stay current on best practices. I feel this work will give me purpose and will help me to continue to strive to be a self-actualized individual.

Career Project Part 5 (100 points)

Using the information from the previous parts of this project, prepare a 5-minute presentation about your career choice. Describe your career and how you will obtain a position in that career. Refer to Career parts 1-4 while building your slideshow. Get creative! Ex: props, dress the part, tell a relevant story, reference current events, audience interaction, etc.

Build a PowerPoint Presentation of 5 slides **using bullet points only**. During your presentation you will elaborate on the bullet points in your PowerPoint.

Slide 1: Your Name with Chosen Career and various pictures of career

Slide 2: Details on your chosen career. Bullet the following:

Occupation Description

Training

Work Conditions

Earnings

Job Outlook

Skills you are strengthening

Fun Fact(s)

Slide 3: Indicate what career you chose and why.

(Why did you choose this career over any other career option?)

Slide 4: List 3 bullet points describing how your career positively impacts society.

Slide 5: Bullet point each topic and how it pertains to your career. See example below:

Psychology Professor

Personal Responsibility: strong curriculum

Self-Management and Motivation: detailed syllabus

Emotional Intelligence: calm conversations with colleagues and students

Interdependence: class activities

Lifelong Learning: American Psychological Association

Practice your presentation and be prepared to present. You must be present on all presentation days.

King Gimp

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



CAMPUS CONNECTIONS Part 1

Student Name: _____

Due Date: _____

You cannot earn points for Part 2 (the letter, tutoring and/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

Advising Verification Form

Date of Advisement: _____

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

Advisor Name: _____

Advisor Signature: _____

CAMPUS CONNECTIONS Part 2

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
- Some of the topics you learned
- 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.

- 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 go online to find a calendar of events. To do this, log on to www.com.edu.
- Include 3 specific things you participated in and/or learned. No signature required.

<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. _____	