

# Psych1A, Section 1226 Online General Psychology

Fall Semester, 2020

Office hours via Zoom by appointment

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## Meet your Instructor



After taking an introductory psychology class in high school, I was immediately hooked and have been studying this field since then, completing my bachelors degree in psychology in 2012, and master's degree in Counseling Psychology with an Emphasis in Marriage and Family Therapy in 2018. In addition to adjunct instruction here at SRJC, I have a clinical psychotherapy practice in child welfare, and love bringing my experience into course instruction to help make the material more relatable. My areas of interest within psychology include ecopsychology and nature therapy, neuroscience, trauma, child psychology, family systems, and social justice. I incorporate these into all of my course instruction, bringing the human element back into academic study, and making coursework relevant to my students. In addition to being an instructor and a therapist, I live with Type 1 Diabetes and use a service dog to help manage my needs; this gives me a unique perspective on many things, some of which seep into our coursework together, particularly in sensation and perception, as well as learning and behavioral psychology. Outside of the classroom, I help train service dogs for other diabetics and am an avid adventurer, spending my time in the wilderness or on the water as much as I can (with my dog, of course).



(Image descriptions: The first image is a headshot of the instructor for this course, who is facing the camera and wearing a light blue scarf. The second image is of the course instructor and her service dog high-fiving each other in the forest. They are standing on a field of snow with trees in the background, and a bright blue sky above.)

## Course Description

Our course is offered in an asynchronous modality, meaning you can go at your own pace and will not need to log into Zoom at any point. To provide some much needed change in remote education, lectures are offered as a podcast, in an audio format; they line up with the slides and textbook seamlessly, so you will be able to look through the book or slides as you listen. It is vital that you listen to each lecture, review slides, watch the additional videos on Canvas, and read the textbook to gather the necessary information to be successful in this course.

This introductory course to psychology will touch on many of the topics housed within this field of study. Over the course of the semester, students will become acquainted with topics such as human behavior, neuroscience and genetics, development, learning, intelligence, mental health, psychopathology, diversity, and identity. The aim of this course is to better understand the role we play and how we fit into the world around us, providing ample opportunity for exploration, growth, and transformation that can leave an impact beyond the syllabus and studies of this course.

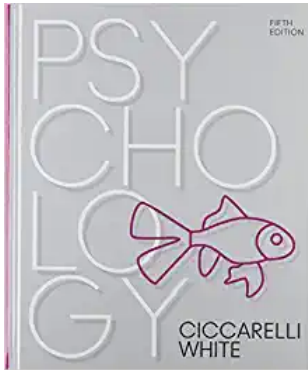
There is room for exploration in this vast field of study, hopefully leaving students with curiosity and questions to be explored in subsequent independent research and/or coursework that allow for more in depth learning.

### Course Goals

Students who complete this course successfully will be able to:

- · demonstrate knowledge of human behavior and major theoretical perspectives in psychology
- · understand the fundamentals of human functioning and apply this outside of the classroom
- · Identify the major scientific research methods, and use the critical thinking process to assess research materials and methods.

## Required Materials



Psychology, 5th Edition by Ciccarelli and White

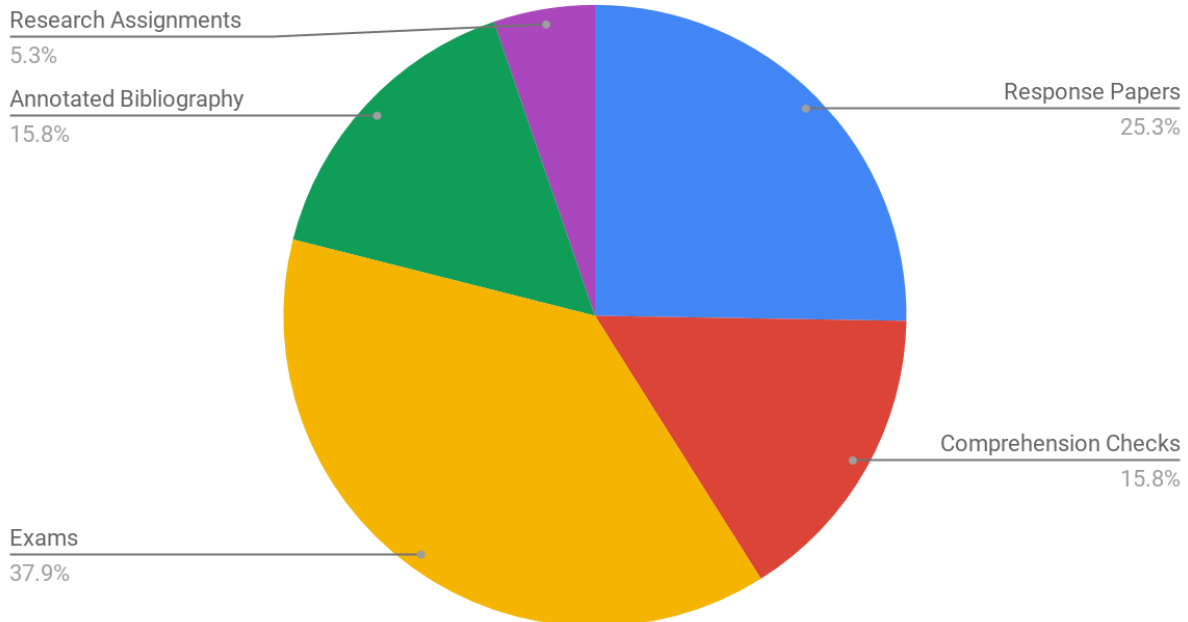
ISBN: 0134636856

. A copy of the text is available on reserve in the library, 4th floor of Doyle. Loose-leaf and E-Textbooks are available for purchase at the SRJC Bookstore or online. The Loose-leaf textbook cannot be sold back to the bookstore. Renting a textbook is the best financial option. Bringing the textbook to class is recommended. Note taking is strongly recommended, though not required.

## Assignments

Below is a visual representation of assignments and their impact on your overall grade. Details of each category follow the image.

### Points scored



### Response Papers

A one full page written response to the week's assigned reading is due on Canvas. These response papers are expected to reflect something interesting or new learned in the reading, and include a question that was brought up by the reading. Students are encouraged and expected to connect their reading and corresponding response paper to current events, personal experiences, etc. These papers are worth 3 points each. Late assignments will not be accepted.

### Comprehension Check

Each chapter will be accompanied by a comprehension check, administered on Canvas and due weekly (specifics on course calendar at the end of the syllabus). Comp Checks will be 5 questions each, and may be multiple choice, short answer, fill in the blank, true/false, or involve labeling a diagram.

### Annotated Bibliography

A research project will be due at the end of the semester on a topic within the realm of psychology that is of interest. This is an opportunity to explore something that has been interesting, but that was not able to be explored more fully in class! The purpose of this project is to utilize critical thinking, learn research skills, and improve collegiate level writing. It is advised that students choose a topic of interest that has a sufficient amount of completed research readily available. More details will be provided in class. Requirements include:

1. 3 credible sources are required for this paper (Wikipedia is *not* a credible source, though with careful exploration, it may *lead* you to some), in addition to the textbook; note that this is a total of 4 minimum required sources.
  - a. A credible source is one that has been published within the last ten years, has been peer reviewed, and is an objective observation of the topic of choice. You need 3 of these.
    - i. You can use older sources and anecdotal sources to support the 3 credible sources you've found. Best practice is to use your credible sources first.
  - b. A sample and details of what entails an annotated bibliography can be found on our class Canvas page. In short, you will write a paragraph or more about each source you've identified.
  - c. This project will explore your identified topic and involves less writing. This is a good option for students who now have limited

time available, are concerned about the strength of their writing and may not be able to access additional resources to help build this skill.

2. APA writing style (will be reviewed briefly in class, resources available on Canvas and through the SRJC library remotely).

### **Research Assignments**

→ Research Topic: students will submit their research topic for approval, at the instructor's discretion, and obtain 5 points in the process.

→ Draft of project: a draft of the research paper will be submitted a few weeks prior to the final draft's due date to help ensure that students are on track and can receive feedback from the instructor that will benefit their final submission. To receive full credit, students will submit one complete annotation. 20 points.

### **Exams**

There will be five exams, each covering 3 chapters. These will be multi-modal questions (short answer, fill in the blank, diagrams, multiple choice, matching) and consist of 35 questions each. No make up exams or rescheduling of exams will be available. Students requiring accommodations for their exams must speak with the instructor prior to exam day; arrange your accommodations a few weeks in advance to ensure that your needs are met accordingly.

### **Extra Credit**

Students may earn 15 points of extra credit. Each assignment is worth 5 points

- 1) Fake News. On the SRJC Library's webpage (linked here). Complete
- 2) Psych in the Real World. Find an article that pertains to psychology and connect it to something we've discussed in class in a 500 word response. The link to the article must be included to receive credit.
- 3) People of Color in Psychology. Research a psychologist or theories from the non-dominant (Caucasian American) culture and write 500 words on their contributions to this field (you can refer to Chapter 1 of your textbook for contributors to learn about). You may also refer to psychologists you've discovered from TedTalks or other educational sources. Please cite your sources in accordance with APA formatting.

### Course Grading

- Response Papers (15): 5 points each; total of **75 points**
- Comprehension Check (15): 5 points each; total of **75 points**
- Annotated Bibliography (75 points)
  - Topic submission (5 points)
  - Draft (25 points): total of **105 points**
- Exams (5): 30 points each; total of **150 points**

**Total points available: 400 points**

### Grade Cutoffs

360 points (90%)	A
320 pts (80%)	B
280 pts (70%)	C
240 pts (60%)	D
200 pts (50%)	F

### Recommended Study Time



**This is an academically rigorous course.** Your success requires time outside of class dedicated to study, research, and response. This holds true for your other courses as well.

The recommended study time for this course is 6 hours per week, determined by this widely accepted formula:

1 unit = 2 hours student preparation time or 3 units x 2 hours = 6 hours study/week

### Student Expectations

1. Participate actively through reading and assignments; complete these on time.
2. Interact with their instructor and each other in a respectful manner. This includes respect to diversity including, but certainly not limited to age, ethnicity, religious beliefs, sexual identity and orientation, legal status, and ability/disability. Disrespectful behavior is subject to academic discipline in accordance with SRJC policy.

<http://www.boarddocs.com/ca/santarosa/Board.nsf/Public?open&id=policies#>

- a. Learn to listen.
- b. Ask questions, honor questions. Learning is contingent on engagement with the material, and questions are welcomed during class, and office hours as needed. Allowing others the time to ask their questions is likely to increase your own learning and facilitate mutual respect.
3. Recording devices are only permitted with DRD approval and ought to be discussed with the professor prior to use.
4. Work is to be completed with honesty and integrity. Cheating and plagiarism are serious offenses and will be managed in accordance with SRJC's Student Conduct Standards.
5. Stay on track with course deadlines, prepare for class with reading and lecture videos. Be fully present when reading and watching lectures!

### ***Class Participation & Attendance***

Active listening to class lectures is vital for success in this course. In addition to assigned readings, videos, handouts and worksheets, and valuable lecture content contribute to the learning experience, and information provided in video lectures is likely to be present in exams and comprehension checks.

In accordance with SRJC's attendance policy:

- Students may be dropped for low participation in coursework (not completing assignments, comprehension checks, exams).
- <https://catalog.santarosa.edu/book/export/html/291#:~:text=Students%20are%20expected%20to%20attend,total%20hours%20of%20class%20time.>

### ***Withdrawing***

- There is a financial and academic penalty for not withdrawing in a timely fashion. Please note the important dates below.
- **You will not be officially withdrawn from class if you stop attending.**
- The last day to withdraw and remain eligible for a refund is August 30, 2020.
- The last day to withdraw from this course without a "W" is September 6, 2020.
- **Last day to register to vote! October 19, 2020**
- The last day to withdraw with a "W" is November 15, 2020.

## Student Resources *\*these are subject to change during remote learning\**

### *Accommodation Needs*

Students requiring disability related accommodations for this class must provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department before the first scheduled assignment, quiz, or exam. If you have not received authorization from DRD, please contact them directly. DRD is located in Bertolini Hall, 3rd Floor. Students may also speak with the instructor privately during office hours about accommodation needs.

### *Student Health Center*

The nature of this course lends to introspective learning and questioning as it can prompt reflection on our histories, identifies, and core beliefs. This may bring forward challenging memories, thoughts, and emotions. You are strongly encouraged to seek assistance from the Mental Health division of Clinical Services; making an appointment is advised, though a drop in hour is available M-Th at 2:00 (check in at 1:30), and Fridays at 11:00 (check in at 10:30). Appointments can be made via phone at (707) 527-4445. This service is located in Room 4017 of the Race Building.

### *Writing Assistance*



This course contains a significant writing component. For additional help on your writing, consult The Writing Center in 1629 Emeritus Hall. This is strongly recommended, even for those who consider themselves to be strong academic writers. It can be enormously helpful to ask someone outside of a course to read your essays and to provide feedback on strength of argument, clarity, organization, etc. Please [visit the Writing Center at this link](#) for updated services and availability.

### *Student Safety*

You can sign up on our website for AlertU, SRJC's Emergency Text Messaging System, and Nixle, which provides alerts from SRJC Police and other public safety agencies in our area. For information, please go to <https://police.santarosa.edu/emergency-alerts-signup>

This anticipated course schedule is subject to change at instructor's discretion.



Week of Semester	Topic	Assignment Due, Date
Week 1	Brief intro to course History and Science of Psychology Research Methods and APA Style Overview	<b>8/31</b> Textbook acquired Syllabus read
		<b>9/5</b> Chapter 1 read Response Paper Ch 1 Comp. Check 1
Week 2	The Biological Perspective	<b>9/12</b> Chapter 2 read Response Paper Ch 2 Comp. Check 2
Week 3	Stress, Coping, Health	<b>9/19</b> Chapter 11 read Response Paper Ch Comp. Check Ch 11
		<b>9/20</b> <b>Exam 1 (Ch 1,2,11)</b>
Week 4	Sensation and Perception	<b>9/26</b> Chapter 3 read Response Paper Ch 3 Comp Check Ch 3
Week 5	Consciousness	<b>10/3</b> Chapter 4 read Response Paper Ch 4 Comp Check Ch 4
Week 6	Learning	<b>10/10</b> Chapter 5 read Response Paper Ch 5 Comp. Check Ch 5
		<b>10/11</b> <b>Exam 2 (Ch 3,4,5)</b>

Week 7	Memory	<b>10/17</b> Chapter 6 read Response Paper Ch 6 Comp Check Ch 6 <b>Annotated Bib Topic due</b>
Week 8	Cognition	<b>10/24</b> Chapter 7 read Response Paper Ch 7 Comp Check Ch 7
Week 9	Lifespan Development	<b>10/31</b> Ch 8 read Response Paper Ch 8 Comp Check Ch 8  <b>11/1</b> <b>Exam 3 (Ch 6,7,8)</b>

Week 10	Emotions and Motivation	<b>11/7</b> Chapter 9 read Ch 9 Response Paper Ch 9 Comp Check
Week 11	Sexuality and Gender	<b>11/14</b> Chapter 10 read Response Paper Ch 10 Comp Check Ch 10 <b>Draft of Annotated Bib. due</b>
Week 12	Social Psychology	<b>11/21</b> Chapter 12 read Response Paper Ch 12 Comp Check Ch 12  <b>11/22</b> <b>Exam 4 (Ch 9,10,12)</b>
Week 13	Theories of Personality *note shortened week due to Thanksgiving break	<b>11/28</b> Chapter 13 read Response Paper Ch 13

		Comp Check Ch 13
Week 14	Psychological Disorders	<b>12/5</b> Chapter 14 read Response Paper Ch 14 Comp Check Ch 14
Week 15	Psychological Therapies	<b>12/12</b> Chapter 15 read Response Paper Ch 15 Comp Check Ch 15  <b>12/13</b> <b>Exam 5 (Ch 13,14,15)</b>
Week 16	Final Exam Week	<b>12/18</b> <b>Annotated Bib. due</b>



Office hours are by appointment and offered via Zoom.

Students are always welcome to email their questions, comments, or concerns through Canvas.

If you send emails through my regular SRJC email, your email is prone to get lost in the barrage of other emails instructors receive from the college. The fastest and best way to get a response is through Canvas! Please also note that I observe email free weekends.