PSYC 5: GENERAL PSYCHOLOGY (ONLINE)
El Camino College
Section 4195, Spring 2010

Professor: Amy Himsel, Ph.D.

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           Online Office Hours: M 8:00 – 10:00 pm

TECH SUPPORT: 1-800-936-6899 M-F 6am-12am, and Sat/Sun 8:30am-5pm (Pacific Time)

GETTING STARTED: To participate in this course, you must first read all of the instructions here: http://www.amyhimsel.com/iWeb/Site/Psyc5Online.html

TEXT AND ONLINE ACCESS
Exploring Psychology in Modules & PsychPortal Activation Code (you must have both)
Author: David Myers  ISBN: 978-1-429-22465-9, approximately $95 retail ($105 at ECC bookstore)

This package includes a hard copy of the text and an activation code for the PsychPortal website. You cannot take this course without an activation code. If you buy a used text, you will still need to purchase an activation code. You may choose to purchase an activation code only (ISBN: 978-1-429-21394-3), which includes an online text. You must be comfortable reading the text on a computer, though, because the online version is not downloadable and only prints one page at a time. The main advantage is the price (approximately $50 retail).
http://courses.bfwpub.com/exploring7einmodules.php (click Purchase Access)

PsychPortal Access instructions can be found here:
http://www.amyhimsel.com/iWeb/Site/Psyc5Access.htm

COURSE DESCRIPTION
This course is a survey study of human behavior and mental processes with an emphasis on basic theory and research generated by the scientific method. Major topics include psychobiology, learning, human cognition, personality, lifespan development, psychological disorders, therapeutic approaches, and social psychology.

COURSE OBJECTIVES
1. Identify early schools of thought in psychology and contrast them to contemporary subfields in psychology.
2. Outline the steps of the scientific method, identify common research methods, and discuss ethical considerations of psychological research.
3. Describe the different functions of the neural and hormonal systems, emphasizing the functions of brain structures.
4. Explain the basics of genetics and assess the combined influence of genes and environment on a variety of human characteristics.
5. Differentiate between sensation and perception and identify the processes by which organisms recognize, organize, and make sense of stimuli in their environment.
6. Describe and discuss various states of consciousness, such as waking, sleeping, dreaming, and states induced by psychoactive substances.
7. Define learning and compare and contrast classical conditioning, operant conditioning, and observational learning.
8. Examine human cognition, focusing on memory, intelligence, and language, as well as the common errors of human thought processes.
9. Describe the forces that motivate human behavior, such as instincts, drives, and needs.
10. Identify and evaluate the major theories of emotion with an emphasis on behavioral, physiological, and cognitive components.
11. Describe processes of stability and change in the domains of biological, cognitive, and psychosocial development across the lifespan.
12. Compare and contrast the major theories of personality and describe and explain methods of assessing personality.
13. Evaluate the concept of "psychological disorder," and discuss the assessment, classification, and possible causes of psychological disorders.
15. Analyze the impact of situational forces on human thought processes and behavior.
16. Discuss the influence of stress, personality, and other psychological phenomena on physical health.

Student Learning Outcome:
El Camino is developing student learning outcomes (SLOs) to assess learning, and professors must include SLOs in their syllabi as a matter of record. This is not an assignment.
• Students who successfully complete this course and its requirements will be able to identify and explain major historical trends, theoretical perspectives, and empirical findings relevant to mental processes and behavior.

OVERVIEW OF REQUIRED WORK
• Announcements: Announcements appear in the top right-hand area of the PsychPortal homepage. You are responsible for all of the information found here. Check for new announcements each time you log in.
• Lectures: Lectures are delivered through podcast episodes and outlines. Click the Podcast tab in PsychPortal for more information, and start listening as soon as possible.
• Orientation Assignments (15 points): Your first orientation assignment is to read this syllabus carefully. Next, take the Orientation Quiz for a possible 10 points (under the Assignment Center tab), and make your posts in the Introductions Discussion for 5 points (under the Discussion Forum tab).
• Quizzes (120 points): A Mastery Quiz for each assigned module is required and can be found under the Diagnostic Quizzing tab. Read All About Quizzes on p. 7 of this syllabus for details.
• Discussion (60 points): Discussion Assignments can be found under the Discussion Forums tab. Read All About Discussion on p. 8 of this syllabus for details.
• Exams (250 points): There will be five non-cumulative multiple choice exams, each worth 50 points. Read All About Exams on p. 9 of this syllabus for details.
COURSE POLICIES

Grading. Grades are calculated using a straight scale (e.g., 90-100% = A, 80-89% = B, etc.). There are 445 points possible in this class. In order to pass, you must earn at least 310 points (70% of 445).

Asking Questions. Please do not hesitate to ask questions. Just know where to ask them.
• Technical questions: Call PsychPortal tech support at 1-800-936-6899 M-F 6am-12am, and Sat/Sun 8:30am-5pm. Click Help near the top right-hand corner of PsychPortal for other tech support options.
• Course Questions: Post in the Course Questions forum under the Discussion Forums tab.
• Other questions: Email me at amyhimsel@gmail.com, section number in the subject line.
• Want to talk to other students? Post in the Student Lounge forum in the Discussion Forums area.

Drop Policy. Students who have missed two or more exams by F 5/14 will be dropped.

Extra Credit. Very little extra credit is offered in this class. Students are expected to focus on the many opportunities to earn points “for credit” instead (e.g., exams, discussion, and quizzes). Four extra credit points will be given for completing a course evaluation survey.

Missed Work. Make-ups are not available for the quizzes, but the lowest 6 quiz scores are dropped. Make-ups are not available for discussions, but the one lowest discussion score will be dropped.

Regarding exams, one exam can be made up from 8pm on Su 5/23 until 11:55pm on M 5/24. 10 points will be deducted from the make-up score. Exam 5 cannot be made up. Email me by F 5/29, noting which exam you need to make up.

In the event of emergency circumstances (medical emergencies, car accidents, death of a close family member), the above policy may be modified if you discuss your situation with me in advance of the exam or the due date. Adequate documentation of the circumstance is required.

Technological problems are not adequate excuses for missed work. Advanced planning is required on your part. Do not wait until the last minute to do your work. Leave yourself plenty of time so you can go to your back-up location if you encounter an unexpected problem with your computer.

Academic Dishonesty. Academic dishonesty will not be tolerated. Any student who cheats, plagiarizes, or engages in any other form of academic dishonesty will receive a score of zero and may be suspended as well. See p. 27 of the ECC College Catalog for more information. http://www.elcamino.edu/admissions/catalog.asp

Online Communication. Online courses provide an opportunity for dialogue with other students. However, we do not have facial expressions or tone of voice to convey our intent. Misunderstandings are common. Do not take misunderstandings personally or respond out of anger. If you think you have been the target of someone else’s anger or disrespect, email me immediately at amyhimsel@gmail.com. Do not allow yourself to be provoked by someone else’s post, because you will be held responsible for the content of your posts regardless of who
started the conflict. Disrespectful communication be handled according to the Standards for Student Conduct described on p. 25 of the ECC College Catalog: http://www.elcamino.edu/admissions/catalog.asp

ADVICE
Online classes are challenging! Here are some tips for doing your best in this online course:
- Get started right away and don’t fall behind.
- Spend at least 9-10 hours on this class each week. At least!
- Create and stick to a regular work schedule for this class.
- Log in every weekday and at least once over the weekend.
- Check for new announcements and discussion posts each time you log in.
- Complete ALL required work, including ALL discussions.
- Prepare a technology back-up plan in case your computer/internet fails you.
- Ask questions and contribute replies. Engage. You get out of it what you put into it!

COURSE SCHEDULE
Each ALL-CAPS topic below contains information equivalent to a typical 40-50 page chapter, but your text is broken down into shorter segments called “Modules.” Modules vary in length, and some topics contain more than others. We do not cover all modules, so follow the course schedule carefully.

| T 2/16 – Su 2/21 |
| INTRODUCTION, Modules 1-2 |
| Podcast: Episodes 1-5 |
| Introductions |
| Orientation Quiz due T 2/23 |

| M 2/23 – Su 3/7 (two weeks) |
| BIOLOGY & BEHAVIOR, Modules 3-6 |
| Podcast: Episodes 6-9 |
| Mastery Quizzes (Modules 1-2) due Su 2/28 |
| Discussion #1: M 3/1 – Su 3/7 |
| Mastery Quizzes (Modules 3, 4, 5, & 6) due Su 3/7 |

Exam 1: Su 3/7 – M 3/8

| M 3/8 – Su 3/14 |
| THE DEVELOPING PERSON, Modules 7-10 |
| Podcast: Episodes 10, 11 |
| Mastery Quizzes due Su 3/14 |

| M 3/15 – Su 3/21 |
| CONSCIOUSNESS, Modules 15, 17 |
| Podcast: Episode 12 |
| Mastery Quizzes due Su 3/21 |
| Discussion #2: M 3/15 – Su 3/21 |

<p>| M 3/22 – Su 3/28 |
| LEARNING, Modules 18-20 |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Module(s)</th>
<th>Assignments</th>
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<tr>
<td>3/28</td>
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<td>Exam 2</td>
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<td>4/5 – 4/11</td>
<td>LANGUAGE &amp; INTELLIGENCE, Modules 24-25</td>
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<td>4/26 – 5/2</td>
<td>STRESS &amp; HEALTH, Modules 31-32</td>
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<td>5/3 – 5/9</td>
<td>PERSONALITY, Modules 33, 35</td>
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<td>5/10 – 5/16</td>
<td>DISORDERS, Modules 36-39</td>
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**Spring Break: 4/11 – 4/18**
M 5/17 – Su 5/23
THERAPY, Modules 40, 42
Podcast: Episodes 25-26
Discussion #6: M 5/17 – Su 5/23
Mastery Quizzes due Su 5/23

T 5/25 – Su 6/6 (two weeks)
SOCIAL PSYCHOLOGY, Modules 43-45
Podcast: Episode 27
Discussion #7: T 6/1 – Su 6/6
Mastery Quizzes due Su 6/6

Exam 5: Su 6/6 – M 6/7

Campus is closed on M 2/15 (Washington’s Day Holiday) and M 5/31 (Memorial Day Holiday).

OTHER IMPORTANT DATES
Last Day to Add: Friday, 2/26
Last Day to Drop and be Eligible for a Refund: Friday, 2/26
Last Day to Drop without Notation on Permanent Record: Friday, 3/5
Last Day to Drop with a “W”: Friday, 5/14

NOTE: I reserve the right to modify any part of this syllabus as the semester progresses. Changes to scheduled readings and/or due dates will be announced in class.

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ALL ABOUT QUIZZES

Click the Diagnostic Quizzing tab for a complete list of quizzes in this class. There are two types of quizzes: Pre-Lecture Quizzes (not graded, used as a study tool) and Mastery Quizzes (graded, 4 points each).

PRE-LECTURE QUIZZES
Pre-Lecture Quizzes are not graded and should be taken early in your studying. These quizzes are designed as learning tools, and research has shown that students’ grades improve when they use them. After you take each quiz, a Personalized Study Plan will be generated to point you to resources that can help you learn the material better. This all happens under the Diagnostic Quizzing tab.

MASTERY QUIZZES
The Mastery Quizzes are graded and required, and due dates are listed in the Diagnostic Quizzing area. All are open from the beginning of the semester and can be taken as early as you like. They are worth 4 points each. Ideally, Mastery Quizzes should be taken to test how much you have learned, so you should take them after you have studied the module thoroughly.

- Mastery Quizzes are always due on Sundays by 11:55pm. Click the Diagnostic Quizzing tab or Course Schedule on p. 4 for specific due dates.
- Each Mastery Quiz contains questions randomly drawn from a larger pool. The Mastery Quizzes can be taken twice, and the highest score of the two is recorded in the gradebook. I recommend you take the Mastery Quiz once, review the Personal Study Plan generated from your results, do some more studying, and try the Mastery Quiz a second time.
- Each Mastery Quiz must be completed within 20 minutes. PsychPortal will give you a warning when one minute remains, and your quiz will be closed and graded “as is” when the time is up.
- Do not click on a Mastery Quiz until you are ready to take it. If you open a quiz, that counts as one attempt and the clock starts ticking. So, don’t click until you’re absolutely ready!
- It is not possible to pause or “rewind” a Mastery Quiz once it has started. If you stop in the middle of the quiz, it will be scored “as is” and will count as one of your two attempts. Make sure you have 20 minutes of uninterrupted time before you start.
- Mastery Quizzes cannot be made up, but the lowest 6 scores will be dropped.
- Keep in mind that quiz questions are typically easier than exam questions.
- Do not assume you will be able to look up the answers during the quizzes. You will not have time. You should study as hard for these quizzes as you would for a closed-book quiz in a face-to-face class.
ALL ABOUT DISCUSSION

Discussion assignments are located under the Discussion Forums tab. Other, non-graded forums are there as well (Student Lounge, Course Questions). Graded discussion assignments are numbered (e.g., Discussion #1, Discussion #2). You will be assigned to a discussion group of 10-12 students, and you will be able to see only your group’s forums for discussion assignments. In contrast, you can see posts from all students in Course Questions and the Student Lounge.

THE BASICS

• Discussion assignments are always open for seven days (M – Su), with the original post due by Wednesday and the replies due by Sunday. Early posts are always encouraged. See Course Schedule on p. 4 for discussion dates.
• You must make a minimum of three posts a week, spread out on three different days: one original post, and two replies.
• You may post more than the bare minimum, in which case you might have more than one post on a given day. For instance, a student who posts two messages on Weds, one on Thurs., and one on Sun would be fine because the minimum rule of three posts on three different days would have been met.
• To post your original message, click Start New Thread. To reply to another student’s message, click Reply within their message.

WHAT TO WRITE

• Discussion is like an intellectually stimulating conversation about the course material. It should be clear from your posts that you have read and pondered the material. Use your own words and incorporate course material. Include brief page number references so we can find the material you are referring to in the text.
• The original post will be made in response to a prompt, and specific instructions on what to write will be provided. Replies must be substantive. Do not simply agree or disagree with the original poster. Replies can do many things: offer a clarification, present additional information, ask a question (and explain the thoughts leading up to it), suggest another way to look at the issue, or any combination of these.
• Use Proper English grammar and punctuation. No chatting/texting language (plz!).
• Combine your posts in a word processing program and save to your hard drive. Proofread, spell check and revise. Then, copy and paste into the forum on PsychPortal.
• All posts should be at least 100 words long. Most word processing programs have a word count function. In MS Word, select Word Count under Tools. A free online word count tool can be accessed here: http://www.wordcounttool.com/

HOW YOU WILL BE GRADED

• Each discussion assignment is worth 10 points. The grading scale is as follows: 9-10 = A; 8 = B; 7 = C; 6 = D; 5 and below = F. It is not possible to earn an A on a discussion assignment if the guidelines described on this page are not followed.
• There are seven discussion assignments. The lowest discussion score will be dropped.
• Consistently excellent participation in discussion may result in extra credit.
• Conscientious effort is expected. Perfection is not expected. Because this material is new to most of you, I expect that you will make mistakes. Students are not penalized for misunderstanding course material, but points are deducted for a lack of effort or failure to follow instructions.
• Plagiarism in discussion will result in a score of 0/10.
ALL ABOUT EXAMS

Exams must be taken during a 28-hr window which opens at 8pm on Sundays and closes at 11:55pm on Mondays. See the Course Schedule on p. 4 for the exam window dates.

- Once the exam window opens, you can find the test under the Assignment Center tab.

- Each exam contains 50 questions randomly selected from a large pool of questions.

- You may take the exam twice; your highest score of the two will be recorded in the gradebook. Nevertheless, I suggest you plan to take the exam only once. If you have a technical problem, get interrupted, or encounter some other problem, you always have the second chance. The second attempt will contain a new, random selection of questions. Do not use the first attempt to “learn” the exam, in the hopes that it will improve your score on the second attempt. The pool of questions the 50 items are drawn from is so large that the second attempt may not contain any of the same questions. Your time is much better spent studying!

- **Each exam must be completed within 65 minutes.** PsychPortal will give you a warning when one minute remains, and your exam will be closed and graded “as is” when the time is up.

- Do not click on an exam until you are ready to take it. If you open an exam, that counts as one attempt and the clock starts ticking. So, don’t click until you’re absolutely ready!

- It is not possible to pause or “rewind” the exam once it has started. If you stop in the middle of the test, it will be scored “as is” and will count as one of your two attempts. Again, do not click on the exam until you are ready to take it. Once you click the exam, an attempt is started and the clock starts ticking. Make sure you have 65 minutes of uninterrupted time before you start.

- **Do not assume you will be able to look up the answers during the test.** You will not have time. You should study as hard for these exams as you would for a closed-book exam in a face-to-face class.

- PsychPortal displays a timer during your entire test. If this stresses you out, cover the timer with a post-it note (it is always in the top right-hand corner), and set your own timer to keep yourself on track.

- You may have a technological problem during an exam. Do not assume that there is a system-wide problem with PsychPortal when/if this happens. Most of the time, it is a problem with your computer and/or internet service provider. **Contact Tech Support FIRST** (1-800-936-6899); then, send me a quick email. I cannot fix your technological problem, but if I receive emails from several students at once I will know to investigate a possible system-wide glitch. System-wide problems are very rare, but they do occasionally happen; due dates will be adjusted accordingly if we experience one this semester.

- The exam make-up policy is described on p. 3 (under Missed Work).