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## Syllabus: **PSYCHOLOGY 101 -3**

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<b>Course Information</b>	
Course Prefix/Number: PSY 101-3	Credit Hours: 3
Semester: Spring 2021	Course Title: Introduction to Psychology
Class Days/Times: ONLINE	

<b>Instructor Information:</b>	Phone/Voice Mail:
Name: AMITA UPPAL	E-mail: amitauppal@yahoo.com
	Office location: SCAC

<b>Course Description:</b> Survey of general psychology. Includes a definition of psychology, history of psychology, research methods and critical thinking, biological basis of behavior, sensory process, receiving the world, states of consciousness, conditioning and learning, memory process, motivation and emotions, role of health psychologists, role of stress in our lives, major stages in child and life span development, gender identity and sexuality, intelligence, personality theories, psychological disorders, therapeutic approaches, social psychology research.
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**Course Objectives:**

Upon completion of the course, the student will be able to do the following:

1. Describe the history of psychology, including psychological perspectives and research methods.
2. Explain how the nervous system and other biological systems influence behavior.
3. Summarize the stages and major theories of life span development
4. Describe the processes of perceptual organization and interpretation
5. Compare and contrast the major learning theories.
6. Discuss memory formation, retention and loss. Explain how memory can be improved.
7. Elucidate the connections between thinking, language, and intelligent behavior
8. Summarize the major concepts of motivation and emotion and how they relate to behavior.
9. Compare and contrast the major personality theories.
10. Describe the characteristics and causal factors associated with major psychological disorders.
11. Identify and discuss the theoretical underpinnings of approaches to psychotherapy
12. Describe the stress process and explain the interaction between stress and health.
13. Appraise social psychology research findings related to social thought, behavior, and relations.

**Student Learning Outcomes (SLOs):**

After completion of the course students will be able to :

1. Apply the knowledge base of Psychology to identify, describe, explain, and critically evaluate relevant issues, ethical dilemmas, and arguments.

2. Comprehend the history of psychology, including psychological perspectives and research methods.
3. Elucidate the connections between thinking, language, and intelligent behavior
4. Understand the stress process and explain the interaction between stress and health.
5. Describe the stress process and explain the interaction between stress and health.

**Course Structure:**

This course is online based. Students are expected to study the content provided, peruse the power point presentations and be willing to ask questions, and ready to engage in the assignment activities. The expectation is for all assignments to be turned in by the due date as well as for you to log in at least twice a week. THIS WILL COUNT AS YOUR ATTENDANCE!!

**Texts and Materials:**

All reading and learning material required for this course is posted on the Canvas website under 'Announcements' as well as in the 'Pages' section.

**Evaluation and Grading & Assignments:**

**Evaluation will be based on the following criteria:**

1. Attendance and participation in the class.
2. Passing to semester based exams and comprehensive final exam.
3. Completion of all class activities as assigned throughout the semester.
4. Participation – Logging in at least twice a week. (512 points, 39% of final grade)

**90 and above is an A**

**80 - 89 is a B**

**70 - 79 is a C**

**60 - 69 is a D**

**Under 60 is Failing**

**Your grade will be determined by the following:**

**[Course Grading Matrix; how the course grade will be determined using above Full Letter grades only (points, percentages etc.)**

**Apache Cultural Component:** San Carlos Apache College is in the process of developing culturally relevant curriculum and coursework in Apache history, culture, and language. Student and community feedback will guide this process. All SCAC instructors will find ways to incorporate culturally relevant topics and materials into their courses as appropriate.

### **Policies and expectations-**

#### **Attendance Policy**

You are expected to arrive to class on time and be prepared to participate in each class period. Four unexcused absences may result in withdrawal and a “W” or “Y” will be recorded. You may request to be excused from class for religious observances and practices, for illness, for school or work-related travel or for personal or family emergency. If you will be absent, please notify the instructor as soon as possible. (Revise as needed for the online environment.)

#### **Academic Integrity:**

Violations of scholastic ethics are considered serious offenses by San Carlos Apache College. Students may consult the SCAC Student Handbook sections on student code of conduct, on scholastic ethics and on the grade appeal procedure.

All work done for this class must be your own, or the original work of your group. While you may discuss assignments with other class members, the final written

project must clearly be original. You may use work from books and other materials if it is properly cited.

#### Course Feedback:

All assignments will be graded and returned to the students promptly, typically within a week after the assignment is closed for handing in. Email and phone messages will be returned within two days. A student or the instructor may request a student conference at any time during the semester. Quarterly grade reports will be provided to each student, either in person, by email or via the electronic system of Canvas.

#### **Incomplete Policy**

Incomplete (I) grades are not awarded automatically. The student must request an "I" from the instructor who can choose to award an Incomplete only if all three of the following conditions are met:

1. The student must be in compliance with the attendance policy.
2. The student must have unavoidable circumstance that would prohibit the student from completing the course.
3. The student must have completed over 75% of the course requirements with at least a "C" grade.

Incompletes are not a substitute for incomplete work due to frequent absences or poor academic performance. Incomplete grades that are not made up by the end of the ninth week of the following semester will be automatically changed to an F if the agreed upon work, as stipulated on the written form signed by the instructor and the student when the I grade is awarded, is not completed.

#### **Instructor Withdrawals**

Students who have missed four consecutive classes (or the equivalent) not submitted any assignments nor taken any quizzes by the 45th day census report, due on [date of 45th day found in Academic Calendar on SCAC website] are assumed NOT to be participating in the class and may be withdrawn at the faculty member's discretion. [faculty members should be clear in their withdraw policy, if you do not withdraw students please note in appropriate sections].

#### **Student Withdrawals**

Students may withdraw from class at any time during the first 2/3 of the semester without instructor permission and without incurring any grade penalty. Please be sure to withdraw yourself by [withdrawal deadline date found in Academic Calendar on SCAC website] if you do not expect to complete the class, otherwise you may receive an "F" grade.

#### **Special Withdrawals (Y) Grade**

The "Y" grade is an administrative withdrawal given at the instructor's option when no other grade is deemed appropriate. Your instructor must file a form stating the

specific rationale for awarding this grade. “Y” grades are discouraged since they often affect students negatively. Your instructor will not award a "Y" grade without a strong reason.

### **Equal Access Statement/Disability Accommodations**

San Carlos Apache College seeks to provide reasonable accommodations for qualified individuals with disabilities. The College will comply with all applicable regulations, and guidelines with respect to providing reasonable accommodations as required to ensure an equal educational opportunity. This process includes self-identifying as a student with a disability, providing supporting documentation of their disability, and being approved for services through the Disability Resources Office (DRO). It is the student's responsibility to make known to their instructor(s) the student's specific needs within the context of each class in order to receive appropriate accommodations. We will work together in order to develop an accommodation plan specifically designed to meet the individual student's requirements.

For more information or to request academic accommodations, please contact: Anthony Osborn, TOCC Disabilities Resource Coordinator, aosborn@tocc.edu, or 520-383-0033 for additional information and assistance.

### **Title IX**

San Carlos Apache College encourages each student to have the knowledge and skills to be an active bystander who intervenes when anyone is observed or being harassed or endangered by sexual violence. Sexual discrimination and sexual violence can undermine students' academic success and quality of life on campus and beyond. We encourage students who have experienced or witnessed any form of sexual misconduct to talk about their experience and seek the support they need.

### **Conduct: Bias, Bullying, Discrimination and Harassment**

San Carlos Apache College faculty and staff are dedicated to creating a safe and supportive campus environment as a core value. Harassment based on age, class, color, culture, disability and ability, ethnicity, gender, gender identity and expression, immigration status, marital status, political ideology, race, religion/spirituality, sex, sexual orientation, and tribal sovereign status will not be tolerated.

**Course Outline:**

The course outline is based on topics, during the semester to meet the standard requirements of an Introduction to Psychology, we must get through all the topics. How quickly we get through each topic is based on the needs and interest of the class. In order the topics are as follow:

Topic 1: Introduction to the study of psychology. Surveys the history and major fields of thoughts.

Topic 2: Scientific Method. While psychology grew out of philosophy, modern psychology uses the scientific method to investigate human behavior and mental processes. This topic explores the different ways in which psychologist use the scientific method to investigate psychological process.

Topic 3: The biological basis of psychology explores mainly the nervous system of the human body and how it gives way to our physical experience of the world around us.

Topic 4: Sensation and Perceptions. In order to have conscious experience of our world, we first must be able to sense our surrounding and then understand it through our perceptions.

5: Development. Psychologist have learned over the past several decades that we develop and change through-out the life cycle. This topic section will survey what we know happens at each stage of life and how we change across the lifespan.

Topic 6: Learning. Learning for psychologist is not necessarily what we experience in the classroom but rather how our behaviors change in response to a given experience. This section will explore how behavior change occurs and the rules that govern those changes.

Topic 7: Cognition and memory. One of the unique things about being a human is our ability to do self-reflection, and to consciously remember past experiences and purposely change our behavior and emotions in our current situation based on those past experiences. This ability is so engrained in us that we often do not realize how

uniquely human this ability is and has resulted in many of human being success, and unfortunately failures as well.

Topic 8: Emotions and attitudes. While our emotions and our attitudes are actually poor predictors of our actual behavior, they do determine our experience of those behaviors and situations. They also can gravitate us towards others who will help maintain those emotions and attitudes either for the better or the worse. This section examines how emotions and attitudes are used to govern and determine our experience of a given situation.

Topic 9: Personality and individual differences. Ever wonder what makes you unique? The study of personality and individual differences is the field that tries to answer that particular question. This section will explore how different personality factors shape our individual experience of the world around us.

Topic 10: Social psychology. Humans as a species is one of the most social based species, indeed, most of the higher areas of the human brain is dedicated to processing social information, unlike most other species where their brains mainly focus on processing of incoming stimuli and immediate responses. This section explores how individuals influence others, and how others can influence an individual's behavior.

Topic 11: Abnormal psychology. The last topic of the course will explore how a society determines what abnormal behavior is, and will explore the concepts of psychological disorders (including mood disorders, psychosis, anxiety disorders, and personality disorders). Some emphasis will be placed on the identification and treatment of different disorders

**DISCLAIMER:** This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.