

## Quote for Thought...

“Your beliefs become your thoughts, □Your thoughts become your words, □Your words become your actions, □Your actions become your habits, □Your habits become your values, □Your values become your destiny.” Mahatma Gandhi



### Los Angeles Mission College

**Psychology one: Introduction to Psychology, Spring  
2014**

**Section #: 3423 6:50 PM to 10:00 PM Thursday**

**Location: CMS 126**

**Los Angeles Mission College HFLAC**

Instructor: **Mark Dennis, M.S.**

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Office Location and Office Hours: location TBA. Hours: Thursday 10:00 to 10:25 PM

## **Required Text:**

Title: **The World of Psychology seventh edition** Author: **Wood, Wood, & Boyd**  
ISBN: **0205763731**

## **Los Angeles Mission College Official Course Description:**

“This introductory psychology course covers biological foundations of behavior, various theoretical perspectives including learning, personality, and intelligence theories as well as experimental and research methodology..” (Mission College General Catalog).

### **Teaching Philosophy**

I am obviously biased in this, but I think that this is probably one of the most important classes you will ever take. Simply put, psychology is everything. The way that we think, feel, and behave plays a role not only in our own personal lives, and experiences but it is also a factor in how governments and economies operate, how societies rise and fall, and how we behave as consumers. In this class we will explore the work of various theorist (both foundational and modern) and approach human behavior as a science in which we can make reliable predictions. Superseding that however, we will explore how these theories relate to everyday life (and they absolutely do). We also will explore how psychology is used to influence the way that we think and feel (and therefore behave) by advertisers, marketers, and governments. This is an interactive class and student participation is essential. I also believe that if a topic is worth covering, it is worth covering well. Generally speaking, I have chosen to cover a relatively small number of topics in considerable detail. While I have an outline for each class, I try to provide enough flexibility for discussion to occur organically.

## **Student Learning Outcomes:**

**After completing this course, students should be able to:**

Explain and describe one of the four goals of psychology.

Demonstrate basic knowledge of the parts of the brain and nervous system through an essay quiz.

Analyze psychological disorders and their causes and treatment options.

Compare and contrast two theories of psychological development.

## **My Objectives**

Students will understand how absolutely and infinitely powerful the human mind and brain are.

Students will understand how people who understand how our minds and brains work use this knowledge to control our behavior

Students will understand how to use knowledge of how our minds and brains work to improve physical, mental, and emotional well-being.

## **Course Requirements:**

**Exams (tentative):** There will be four or five in-class exams (including a non-cumulative final). Exams may include multiple choice, true/false, fill-in-the-blank, short answer, and take home and in class essay questions. You must bring a SCANTRON (882E) to class on each scheduled exam day. Exams will begin on time. Once the first person has completed their exam and left the classroom, no other exams will be given out. I DO NOT give makeup examinations. I do however drop your lowest exam score. If you miss an exam, that is your lowest score. The use of electronic devices while taking an exam IS NOT allowed. Please ask permission if you need to leave class during an exam for any reason. Please ensure that your name, student number, and section number are included on any exams that you turn in. Also, make sure you listen carefully and follow instructions/directives on exam day. Feedback on exams is provided within two weeks of the date of the exam.

## **Grade Breakdown:** (375-475 points total)

Four exams (100 points each for a total of 400 points. Your lowest score will be dropped which leaves 300 points)

Participation/response papers (75 points)

Figuring out your grade is simple at any given point. Add up the total number of points you've earned for each test you've taken, and divide by the number of tests. Participation points are not assigned until the end of the semester. These points are assigned based on your response papers.

FYI, there may be up to a two week “turn around” time for tests though I will try if at all possible to give you feedback sooner than that.

**Participation/Attendance:** Attendance is necessary for success in this course. Exams and assignments will include material not in the required text therefore it is in your best interest to be in class on time each class day. Roll will be taken each class session. Participation is NOT however just about being present. Approximately 5 or 6 response papers will be assigned this semester. Each response paper is worth 15 points. Generally speaking, there is not a right or wrong answer to a response paper. Students are however required to follow specific instructions when completing a response paper. I do not under normal circumstances return response papers (unless I have specific feedback to give you). If you do not get credit for a response paper, usually that means that you did not follow the given instructions. Further information regarding participation will be discussed in class.

**Active listening/contacting me:** I am available by phone, email, and text. I do however ask that if you are contacting me, make sure that you are not contacting me regarding something that is addressed on the syllabus, or clearly explained in class as you may not get a response (FYI, I don't answer about 50% of the emails I receive for this reason). Oral communication is still a valid form of communication and may supersede what is on this syllabus. In addition to being in class it is also important that you listen as changes to the syllabus, test dates, assignments etc. are often announced in class. Also, try as I might, it is very difficult for me to get students “up to speed” regarding missed class work, so make sure you have contact information for at least one other person in class. If you are absent, please notify me. Please do not however send me an email or text asking me what we did in class. We either talked about psychology or took an exam, beyond that, you should plan on getting specifics from one of your classmates. Also, if you are emailing me, make sure to use basic email etiquette (include a greeting, identify yourself etc.).

**Class Environment:** Since critical thinking is one of the learning outcomes for this course, class participation and discussion are a vital part of the learning process and are therefore strongly encouraged. . It is my goal to create an atmosphere of trust and respect where students can feel free to dialogue with each other.

**Class conduct:** Cell phones and other electronic devices are NOT allowed to be used in the classroom. (Which means do not answer your phone, send text messages, read text messages, or listen to music while in class). Use of electronic devices will result in the student being asked to leave the classroom immediately, and reductions to class participation points will follow. If this becomes a persistent problem, you MAY be dropped from the class.

**Extra Credit:** extra credit opportunities will be offered throughout the semester. These are typically supplemental readings/viewings that are related to the topics we discuss in class. Unless otherwise specified, I am looking for a summary of the book you read or the film you watched. In addition, I am looking for some analysis/critical thought that tells me your personal take on the material and its validity. All extra credit assignments should be typed and unless otherwise stated, should be a minimum of two pages. The number of points given for an extra credit assignment will be specific to that assignment. Generally speaking books are worth five percentage points and movies are worth up to 2.5 percentage points. Unless special permission has been granted, students are limited to one book or two movies. Extra credit opportunities are offered throughout the Semester, but are collected on the last day of class.

### **Academic Dishonesty:**

If a student is found engaging in any act of deception related to academic work or examinations, I may choose to report this to the Chair of the Psychology Department. Academic dishonesty is a very serious offense which may lead to receiving a grade of "F" for the examination or assignment.

Plagiarism –

#### **Plagiarism Defined**

Plagiarism means using another person's work, writing, words, ideas, research, graphics, programs, music, pictures, data, and/or other creative expression without giving the other person full credit. You must enclose another person's words in quotation marks and cite your source(s), and you must give citations when using the ideas of another person, even if those ideas are paraphrased in your own words.

Using words, ideas, computer code, or any work by someone else without giving proper credit is plagiarism. Any time you use information from a source, you must cite it.

#### **Plagiarism and the Internet**

The Internet has become a very popular resource for information for student assignments. The same rules regarding plagiarism apply to resources found on the Internet as do to a printed source: when a student refers to work, writing, words, ideas, and the like or quotes from an internet site, he or she must cite that source. Many of the same rules apply when using visual information from an internet site; the source of the visual information or graphic must be cited. This includes definitions found online on Wikipedia, materials from blogs, twitter, or other similar electronic resources.

#### **Useful Strategies to Avoid Plagiarizing Another Person's Work**

If you copy words, sentences, phrases, and the like from a text, put what you copy in quotation marks. This is especially important when you take notes.

If you choose to paraphrase, be certain that you are not just rearranging or changing a few words. A useful technique is:

- a. Read the area you want to paraphrase carefully;
- b. Cover up the text with your hand, or close the book or computer page so you cannot see any of the words;
- c. Write out the idea in your own words without referring back to the words
- d. Check your attempt at paraphrasing against the original text to be sure you have not accidentally used the same phrases or words, and that the information is accurate

At times students accused of plagiarism claim that their plagiarism occurred without their

knowledge or intent. Since ignorance of this fundamental rule is not a reasonable defense, it is best to become thoroughly familiar with the various ways in which plagiarism can occur and how to avoid plagiarizing someone's work. If you have any doubts or questions, it is your responsibility to ask your teacher for clarification. If you are found guilty of plagiarizing, you are subject to disciplinary actions up to and including suspension or termination from the program, so please study and do your best. **First offense, you will receive a zero for the assignment in question. Any further offenses may result in expulsion from the class, as determined by the disciplinary action from the Office of Student Services.**

Remember: If you plagiarize:

a. You are only cheating yourself b. You don't learn to write out your own ideas or thoughts in your own words, and c. You don't get specific feedback to meet your specific needs.

## **Additional Resources**

**Student Health (818) 362-6182**

**Fitness Center (818) 364-7645**

**EOPS (818) 364-7645**

**Counseling (818) 364-7655**

**Disabled Student Services (818) 233-3313**

**Transfer Center (818) 364-7656**

**Cal-Works (818) 364-7760**

## **Engrade**

Within the next few days, you will receive an email inviting you to join engrade. While this is not mandatory, it is recommended as handouts for the class as well as test and assignment feedback will be posted here. Signing up is simple just use the username and password that will be provided to you and follow the prompts to set up an account. I will only be setting up engrade accounts during the first two weeks of class so if you plan to utilize this site, please make sure to take care of registration within the first two weeks.

**Outline of Course Topics**  
**(this is a TENTATIVE outline of topics to be covered)**

DATE	TOPIC	Selected readings from
Week one	Introductions	Chapter one
Week two	Perspectives/research methods	Chapter one
Week three	Perspectives continued/research methods II	Chapter one/chapter 11
Week four	biological psychology	Chapter two
Week five	Biological psychology II/health psychology/cognitive psychology	Chapter two/chapter 12
Week six	Biological psychology II/health psychology/cognitive psychology	Chapter two/chapter 12
Week seven	<b>Learning</b>	Chapter five
Week eight	Learning II	Chapter five
Week nine	Learning III	Chapter five
Week 10	Spring break	N/A
Week 11	<b>Motivation</b>	N/A
Week 12	Motivation I	Chapter eight
Week 13	Motivation II/Emotion	Chapter eight
Week 14	Personality	Chapter 10
Week 15	Personality II	Chapter 10
Week 16	perception/sensation/	Chapters 3, 4,
Week 17	Psychological disorders I	Chapter 13
Week 18	Psychological disorders II	Chapter 13
	<b>Final Exam Schedule</b>	N/A
	<b>Thursday June 05, 2014 8:00 to 10:00 PM</b>	