

College of the Canyons
 PSYCH 105 • Personal Growth & Adjustment • 3 Units
 Spring 2011
 #79781 • MW 9:30 a.m. - 10:50 a.m. • Seco 205

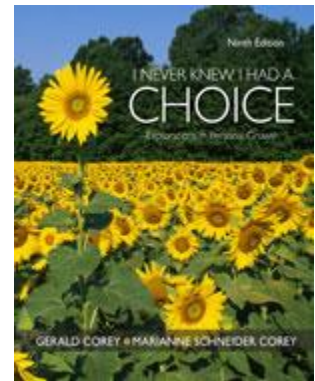
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Office Hours	
Monday	1:00 p.m. – 2:00 p.m.
Tuesday	1:00 p.m. – 2:00 p.m.
Wednesday	1:30 p.m. – 2:30 p.m.
Other hours by appointment	

Course Description:

Emphasizes the application of theoretical psychology to the personal growth and self-knowledge issues relevant to college students. Explores topics such as the search for identity, stress, emotions, and interactions with others.
Transfer credit: CSU; UC.



Course Student Learning Outcome:

The student will be able to develop insight into their own behavior and mental processes and apply effective strategies for self-management and self-improvement.

Text (required):

Corey, G. & Corey, M.S. (2010). *I never knew I had a choice: Explorations in personal growth* (9th ed.). Belmont, CA: Brooks/Cole.

Requirements:

1. *Participation:* Proper attendance is expected. Being prepared for class ahead of time will enable each student to actively participate in class discussions, and thus enhance the learning process. The instructor reserves the right to drop a student after **4** absences. However, it remains the **student's** responsibility (not the instructor's) to officially drop the course if necessary. The student should not assume that s/he will be dropped after these absences, nor should s/he assume that s/he will not be dropped.

The student is responsible for all assignments, material, and announcements regardless of attendance.

Attendance will be taken for all class meetings at the beginning of class. Should a student be tardy, it is the student's responsibility to sign in after class to inform me of their presence. Otherwise, the student will be marked as absent for the class. (Please see above regarding excessive absences.)

A perfect attendance record will enable the instructor to give the student the "benefit of the doubt" in the event of a borderline grade at the conclusion of the semester. *However, in no event will a student who is "on the border" be bumped up to receive a letter grade higher than that earned on their final exam.*

2. *Exams*: Three exams worth 100 points each and a noncumulative final worth 100 points, for a total of 400 points will be given. Each exam will be multiple choice, and will require a #2 pencil and Scantron Answer Sheet (**Form No. 882-E**).

3. *Take Time Papers*: Each chapter of the text has two or more sections titled, “Take Time to Reflect.” You will need to type out the questions and answers to these boxes to bring with you to class, as per the attached schedule. You may choose 1 per chapter to answer. Each one will be worth 10 points, for a total of 140 points.

4. *Journal*: Please see pages 33-34 of your text (item #9 on page 33). For each chapter you will answer one of the bulleted items from this page (this should be about 1 double-spaced, typed sheet). You will keep these answers together in a small report binder. I will collect them at various points of the semester to ensure that you are working on it as we progress. This will be 140 points at the end of the semester.

5. *Quizzes*: 10 quizzes will be given throughout the semester and will require a Scantron Quizzstrip (**Form No. 815-E**). Once all of the quizzes have been handed out and I have put them away, I will not pass out any additional quizzes. If you come to class late on a quiz day, you risk missing the quiz. Each one will be worth 10 points, but the lowest 2 scores will be dropped. These will not be curved. Together they will be worth 80 points.

6. *Progress sheets*: Students will reflect on their progress prior to and after each exam. These exercises will total 35 points. The sheets due on exam days **MUST** be turned in prior to taking the exam.

Grading:

The total maximum points that could be accumulated in this class will be 795. However, the exams will be graded on a curve. Thus, the highest grade achieved by a student on each exam will be considered to be the total maximum points, therefore it is impossible to predict what the actual maximum points will be for the class. However, a standard grading scale will apply (see below).

A = 90-100%	D = 60- 69%
B = 80- 89%	F = 59% and below
C = 70- 79%	

The instructor will indicate the grading scale for each test after grading is completed. Each student is encouraged to meet with the instructor to discuss where s/he stands after each exam and prior to the final. You will be given access to WebGrade so that you may check your grade throughout the session.

Breakdown/Summary of points:

Item	Points	approx. % of grade
Exams	(3 @ 100 pts. each = 300 points)	37%
Final Exam	(1 @ 100 pts. = 100 points)	12%
Journal	(14 @ 10 pts. = 140 points)	18%
Quizzes	(8 @ 10 pts. = 80 points)	10%
Take Time	(14 @ 10 pts. = 140 points)	18%
Progress	(7 @ 5 pts. each = 35 points)	5%
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	TOTALS 795	100%

Other:

1. *Late papers, etc:* will **not** be accepted. If a student must miss a class when a paper is due, the instructor will accept the paper *early*. I will not accept assignments that have been e-mailed to me.

2. *Attendance during examinations: expected.* Make arrangements ahead of time with the instructor if you must miss an examination. In rare circumstances, the instructor may give make-up examinations for good cause, but the grade will be penalized 1 letter grade for each day late. **THERE WILL BE NO MAKE-UP FOR THE FINAL EXAM** without overwhelming good cause.

3. *Cheating:* will not be tolerated. Cheating and/or plagiarism will result in a failing grade and/or expulsion from the course -- refer to the college guidelines regarding cheating. According to the Websters New World Dictionary, to plagiarize means "to take (ideas, writings, etc.) from (another) and offer them as one's own." This also includes copying and pasting information from the internet, submitting a paper that you did not write yourself, or submitting a recycled paper. This also means that if you are repeating the course, you may **NOT** turn in work from the previous semester. If you are caught, you will be referred to the Dean of Students for disciplinary action.

4. *Class behavior:* The following are some behaviors which are unacceptable and are annoying. An unacceptable behavior can be defined as anything that someone says or does that interferes with the ability of themselves or others to achieve the learning objectives that day. All students (including you) and I are affected if you:

- have an electronic device that makes noise in class (ie: cell phone);
- text message during class sessions (***It is really best to just TURN OFF your cell phone in class unless you have some type of emergency!***);
- dominate or withdraw from class discussions or resist active participation in course activities;
- clown with/talk to/distract other students during class activities;
- argue, criticize, and/or embarrass other students or the instructor;
- continually raise objections about course content or process (Talk with me during office hours, or talk to the Dean if there are problems you cannot/will not want to discuss with me.);
- dress in a manner that is not appropriate to a professional educational environment.

Please note that section 529.2 of the Student Conduct Code lists the grounds for disciplinary action. Subsection J states, "Obstruction or disruption, on or off campus, of the College's education process, administrative process, or other College function." This means that you may be referred to the Dean of Students for disciplinary action for disruption of class activities.

5. *"I" Grades:* According to the college policy, you may request an Incomplete, "I," after the last day to drop only in **verifiable cases of emergency** when the student is unable to complete the course due to extenuating circumstances which occur during the final weeks of the course.

Approval to receive an "I" and assignment of a replacement grade are at the discretion of the instructor. The student must arrange with the instructor to complete the work for the course prior to the end of the following semester. You may not re-enroll in a class in which an "I" is pending.

6. *Changes to the syllabus:* The instructor retains the right to make changes and/or alterations to this syllabus. If any changes are made, the instructor will notify the students.

Schedule:

Generally, professors expect a student to spend 2-3 hours of outside work for every 1 hour of lecture each week. This means that you should be spending about **6–9** hours a week on this class outside of class time, in order to do well in the course.

<i>Date</i>	<i>Day</i>	<i>Assignment(s) Due</i>	<i>Topic</i>
02/07	M	None	Introduction to the class
02/09	W	Ch 1 <i>Ch 1 Take Time due</i>	Invitation to personal learning & growth
02/14	M	Ch 2 <i>Chapter 1 quiz</i>	Reviewing your childhood & adolescence
02/16	W	Ch 2 <i>Ch 2 Take Time due</i>	Reviewing your childhood & adolescence
02/21	M	<i>Presidents' Day</i>	<i>Holiday – No class session</i>
02/23	W	Ch 3 <i>Chapter 2 quiz</i>	Adulthood & Autonomy
02/28	M	Ch 3 <i>Ch 3 Take Time due</i>	Adulthood & Autonomy
03/02	W	STUDY <i>Progress Sheet #1 Due</i>	EXAM #1 / Journal check #1
03/07	M	Ch 4	Your body and wellness
03/09	W	Ch 4 <i>Ch 4 Take Time due</i>	Your body and wellness
03/14	M	Ch 5 <i>Chapter 4 quiz</i> <i>Progress Sheet #2 Due</i>	Managing stress
03/16	W	Ch 5 <i>Ch 5 Take Time due</i>	Managing stress
03/21	M	Ch 6 <i>Chapter 5 quiz</i>	Love
03/23	W	Ch 6 <i>Ch 6 Take Time due</i>	Love

03/28	M	Ch 7 <i>Chapter 6 quiz</i>	Relationships
03/30	W	Ch 7 <i>Ch 7 Take Time due</i>	Relationships
04/04	M	<i>Spring Break</i>	<i>No class session</i>
04/06	W	<i>Spring Break</i>	<i>No class session</i>
04/11	M	STUDY <i>Progress Sheet #3 Due</i>	EXAM #2 / Journal check #2
04/13	W	Ch 8 <i>Ch 8 Take Time due</i>	Becoming the women or man you want to be
04/18	M	Ch 9 <i>Chapter 8 quiz</i> <i>Progress Sheet #4 Due</i>	Sexuality
04/20	W	Ch 9 <i>Ch 9 Take Time due</i>	Sexuality
04/25	M	Ch 10 <i>Chapter 9 quiz</i>	Work & Recreation
04/27	W	Ch 10 <i>Ch 10 Take Time due</i>	Work & Recreation
05/02	M	STUDY <i>Progress Sheet #5 Due</i>	EXAM #3 / Journal check #3
05/04	W	Ch 11 <i>Ch 11 Take Time due</i>	Loneliness & Solitude
05/09	M	Ch 12 <i>Progress Sheet #6 Due</i> <i>Chapter 11 quiz</i>	Death & loss
05/11	W	Ch 12 <i>Ch 12 Take Time due</i>	Death & loss
05/16	M	Ch 13 <i>Chapter 12 quiz</i>	Meaning & values
05/18	W	Ch 13 <i>Ch 13 Take Time due</i>	Meaning & values

05/23	M	Ch 14	Pathways to personal growth
		<i>Chapter 13 quiz</i>	
		<i>Ch 14 Take Time due (Do an item from "Where Can I Go From Here?)"</i>	
05/25	W	<i>No Class Session</i>	<i>APS Convention, Psych Club</i>
05/30	M	<i>Memorial Day</i>	<i>No class session</i>
06/01	W	STUDY	FINAL EXAM / Final journal check
		<i>Progress Sheet #7 Due</i>	

Drop Deadline: March 4, 2011

Drop w/ "W": April 1, 2011

COC Statement and Policy on Academic Integrity and Plagiarism
Approved by Academic Senate in May, 2010

Statement on Academic Integrity at College of the Canyons

Students are expected to do their own work as assigned. At College of the Canyons, we believe that academic integrity and honesty are some of the most important qualities college students need to develop and maintain. To facilitate a culture of academic integrity, College of the Canyons has defined plagiarism and academic dishonesty. Due process procedures have been established when plagiarism or academic dishonesty is suspected.

At COC, we define plagiarism as follows: Plagiarism is the submission of someone else's work or ideas as one's own, without adequate attribution. When a student submits work for a class assignment that includes the words, ideas or data of others, without acknowledging the source of the information through complete, accurate, and specific references, plagiarism is involved. This may include dual submissions of a similar work for credit for more than one class, without the current instructor's knowledge and approval.

To be specific, below are some of the situations that will be considered plagiarism at COC:

- Use information from any source, online or in print, in one's own writing *without* acknowledging the source in the content and in the reference page of the assignment;
- Simply list the sources in the reference page, without parenthetical citations in the body of the essay;
- Take more than one printed line of words consecutively from the source without putting quotation marks around them, even though the student has put the author's name in the parentheses or in the reference page;
- Turn in work done for other classes, regardless how big or small the assignment may be, without the current instructor's approval—this is considered “self-plagiarism,” which is a form of academic dishonesty; or,
- Turn in work by another student, even by accident.

In addition, COC has strict rules against using electronic devices during exams without the instructor's approval. To be specific, absolutely no cell phones or any electronic devices can be on the desk or in sight during test or exam without the instructor's approval. The presence of electronic devices in sight during exams may be considered as intention to cheat and will be processed as a form of academic dishonesty.

Cases of alleged academic dishonesty, such as plagiarism or cheating, will be referred to the Dean of Student Services for investigation. See your syllabus for course specific policies, rules, and guidelines on plagiarism and academic dishonesty.