

## De Anza College Psychology 001 Course Description - Fall Session 2017 C. Firpo, PhD

### Introduction to Psychology

Course Number 02126, Psych 001.-04

Course Units: 12 Week Course

TTh 1:30 – 3:20 pm in MCC – 10 (Multicultural Center)

Office Hours Thursdays 12:15 to 1:15 pm Location TBA

Instructor: Catherine Firpo, Ph.D.

E-Mail: [firpocatherine@fhda.edu](mailto:firpocatherine@fhda.edu)

**Prerequisite:** English writing 1A or English as a Second language 5

### Course Description:

This course presents students with a survey of the basic biological concepts, principals, and methods involved in the scientific study and understanding of human behavior and therapies in contemporary psychology. Students focus on topics such as social behavior, emotion, personality, intelligence, stress and coping, consciousness, sensation, perception, learning, and memory. In addition, students explore physiological, social, developmental, and abnormal psychological process. Students will also be exposed to the modern development ecopsychology, Jungian depth psychology, and the analysis of dreams.

**Course Length:** 48 hours – 12 Weeks. Credit Value: 4.0 Units

### Course Competencies:

Upon successful completion of this course, the student should be able to:

- Recognize of the role of psychology in society and global culture.
- Evaluate claims and evidence in psychological research understanding scientific methods and experimental analysis.
- Recognize (in general terms) the developmental stages, i.e. matrixes, of the human species from birth through death.
- Identify the psychological aspects of perception, consciousness, learning, and memory.
- Describe and comment on the psychological, biological aspects of stress, human behaviors, and emotional life.
- Recognize the interactions of language, cognition, and intelligence in communication, achievement, personal growth and development.
- Develop an awareness of personal attitudes, opinions, and cultural biases.
- Develop skills in social relationships as experienced through in class group dynamics and simulations.

### Required Text(s):

The following Text can be purchased in the De Anza bookstore or obtained online. *The text must be brought to every class session for group work and discussion.*

**Required:** Psychology, 4th Edition [Paperback], Saundra K. Ciccarelli (Author), J. Noland White (Author), ISBN-10: 0136005217

**Required Materials:** Notebook and writing materials for in class lecture notes-, which must be taken at each class meeting. Make sure to have access to a good dictionary and thesaurus.

**Texts of further interest: (not required)**

- Ecopsychology: Restoring the Earth Healing the Mind, Sierra Club Books; (January 1, 1995) ISBN-10: 0871564068
- A Primer of Jungian Psychology: Calvin Hall and Vernon Nordby. Penguin Putnam 1999, ISBN: 0-452-01186-8
- The Dream and The Underworld. New York: Harper and Row, 1975. James Hillman. ISBN-10: 0060906820
- Ecology: Key concepts and Critical Theory. Ed - Carol Merchant, Humanity/Prometheus Books, 1999. ISBN: 1-57392-600-0

**Please note: All add/drop concerns are the responsibility of the student.**

**The last day to drop without the course appearing on the transcript is on My Portal login**

**Last Drop Day – Check My Portal login (will appear on transcript)**

**Grading:**

- If you have a question about your grade please see me before Midterm and Finals weeks. I cannot assist you if you wait too long to contact me regarding your grade. You are responsible for keeping track of your own progress.
- Attendance, group work, written responses and in-class tests are 75% of your grade. 25% of your grade comes from your homework/essay response assignments.
- **Tests are listed on the syllabus and taken on the assigned day. For use during tests students should purchase a personal SCANTRON packet – form #882E - along with number 2 pencils.**
- Each in-class test is worth between 50 to 100 points.
- Exams will be either multiple choice SCANTRON, and or, Blue Book: Questions will come directly from class lectures, the readings in the text and essays, and visual media. Test are open textbook and open notebook – come prepared!
- Class time will be spent in a productive manner.
- All work must be received by the set deadlines.

**Attendance:**

Attendance is mandatory. Students are required to attend the first class meeting of each class in which they register. If you cannot attend, you should notify the instructor in advance. Without prior notification, you may be dropped by the instructor and a waiting student admitted in their place. When repeated absences place a student's success in jeopardy, the instructor may drop the student from class. Students must be in class in order to participate and learn effectively. Two absences are allowed for evening classes, following what is specified in the CA State Education Code. After this, your grade will be affected. Arrive on time to class, and stay until it ends. The final class meeting is mandatory; make sure to add it to your calendar. Your final grade can be People have dropped at least one grade based on absences.

Please see the Student Handbook for policies.

**Plagiarism:** Please see the De Anza Catalogue. Academic dishonesty includes but is not limited to: plagiarism and cheating, the misuse of academic resources or facilities; and misuse of computer software, data, equipment or networks. Should you subscribe to cheating, or plagiarism, expect to receive the appropriate disciplinary action. This choice can lead to expulsion from the college, loss of employment, and severely impede your future. Be courageous – cite correctly and give credit where credit is due. And express your own original thoughts, ideas and material. It's the real you the world wants and needs!

**DSPS Statement:**

De Anza College views disability as an important aspect of diversity, and is committed to providing equitable access to learning opportunities for all students. Disability Support Services (DSS) is the campus office that collaborates with students who have disabilities to provide and/or arrange reasonable accommodations

- If you have, or think you have, a disability in any area such as, mental health, attention, learning, chronic health, sensory, or physical, please contact DSS to arrange a confidential discussion regarding equitable access and reasonable accommodations.
- If you are registered with DSS and have accommodations set by a DSS counselor, please be sure that your instructor has received your accommodation letter from **Clockwork** early in the quarter to review how the accommodations will be applied in the course.

Students who need accommodated test proctoring must meet appointment booking deadlines at the Testing Center.

- **Exams** must be booked at least **five (5) business days in advance** of the instructor approved exam date/time.
- **Finals exams** must be scheduled **seven (7) business days/weekdays** in advance of the instructor approved exam date/time.
- Failure to meet appointment booking deadlines will result in the forfeit of testing accommodations and you will be required to take your exam in class.
- **Contact the DSS** if you cannot find or utilize your **MyPortal** Clockwork Portal.
- DSS strives to provide accommodations in a reasonable and timely manner, some accommodations may take additional time to arrange. We encourage you to work with DSS and your faculty as early in the quarter as possible so that we may ensure that your learning experience is accessible and successful.

**DSS Location: RSS Building, Suite 141**

**Phone: 408-864-8753**

**On the web:** <http://www.deanza.edu/DSS/>

**Email:** [DSS@deanza.edu](mailto:DSS@deanza.edu)

**De Anza College Mental Health Statement:**

Psychological Services helps students cope with difficult emotions and life stressors. Psychological Services is staffed by experienced, professional psychologists and counselors, who are attuned to the needs of college students. The services are FREE and completely confidential. Find out more at <http://deanza.edu/psychologicalservices/> or by calling 408-864-8868.

**Additional Course Information:**

All course group work will be based on the material covered in the weekly readings and lecture – please come prepared with your notebooks to take annotations of the weekly lectures. Review of and the reading in the required text is listed in this syllabus each week. Should you miss a class session you are responsible know the lecture material.

- **Cell Phones: Can be left on - however – no text messaging, instant messaging, or answering calls during class-time out of respect to classmates and the instructor. If the class cannot follow the above class policy – all phones will remain off for the quarter. Phones will be used in class as part of the course dynamics.**
- Laptop use exclusively for taking notes/ or is you purchase the textbook online only.
- Drinks in re-closeable bottles allowed in classroom.
- Attendance is taken at the beginning of class and randomly thereafter.
- The instructor schedules break times at appropriate intervals.
- No headphones, i.e., I pods are allowed during class time/ lecture.
- Should you miss a test – you are responsible to schedule a time to do so as soon as possible. If you fail to take the test you will receive a “0” for the material missed.
- Refusal to participate in class discussion and groups, and or missed assignments, will result in a “failure” for the particular assignment or test.

**All work is due at deadline – No late work is accepted.** This means that it must be turned in exactly when specified by the instructor. *Any student who does not turn in his/her work by the specified deadline will receive a zero.* Unfinished work may be turned in at the time of the deadline but will be marked “unfinished” and will be graded accordingly. Late work may be evaluated for criteria but given no grade. Students, who wish to redo on-time projects, may do so only with the approval of their instructor. These projects will be considered Extra Credit. The due dates for these projects are to be set by the individual instructors. If a student is ill or otherwise indisposed, he/she must make arrangements to have the work delivered on time. Work must be turned in before or on deadline for planned absences.

**Extra Credit:** To be determined

Of Further Interest: Separate handouts forthcoming –essay readings in the Ecopsychology text sent to course participants via De Anza email.

### **Course Overview:**

I will trust that you have read all the material assigned and arrive each week prepared to discuss and present on the topics assigned. Each session we will explore a dynamic in the field of psychology. The lectures will be separated between the biological and psychological aspects of the course material. Our time together will be divided into the following areas: lecture, group dynamics, presentations and discussion, and the viewing of visual on ground and off ground instructional aids. We will recap the major points of the lecture at the end of each class section.

***All topics in this document are subject to change.***

**While reading the text book – engage with the in chapter quizzes to check your progress. The answers to the quizzes are on pages AK-1 and AK-2 at the back of the text.**

### **Week 1: Sept 26-27**

**Lecture:** Introduction to the course – syllabus, psychological references and lecture on Eurocentric Western Psychology: *The Science of Psychology, introduction to Jungian terms*, and the beginning of understanding Ecopsychology.

**Homework:** look over the Glossary G1 thru G 16 in *Psychology*, and read Chapter 1- pgs. 2-43. Begin - The Biological Perspective Chapter 2 - Read pages pgs. 44-87

**Week 2 Oct 3-5**

**Lecture:** Continue - The Biological Perspective/ Chapter 2. **Homework:** Read pages pgs. 44-87.

**Week 3: Oct 10-12 In-Class Exam Chapters 1 and 2, Tuesday at the beginning of the session with lecture following.**

**Lecture:** Chapter 4 **Homework** read Chapter 4 pg. 134-173. **Begin Lecture Chapter 4 - Consciousness: Sleep, Dreams, Hypnosis, Drugs, and Altered States.**

**Week 4: Oct 17-19 Continue Lecture Chapter 4 - Consciousness: Sleep, Dreams, Hypnosis, Drugs Altered States, pg. 128-167. Stages of Archetypal Dream Study, and the realm of the unconsciousness. Begin Chapter 12 page on page 446.**

**Week 5: Oct 24-26 Lecture chapter 12. Lecture Chapter 12 – Social Psychology, Homework: Read pages 452-499. Homework: Written response to the following: *The Psychology of Evil*, TED Talks, Dr. Phillip Zimbardo – information will be given in class. Homework: Read pages 305-351, Chapter 6 218-259.**

**Week 6: Oct 31/ Nov 2**

**Continue Chapter 12** –Test on chapter 4 and 12 this week. **Begin lecture Chapter 6: Memory, pages 218-259.**

**Week 7: Nov 7-9 Lecture: Chapter 8 - Development Across the Life Span, 304-351, and Chapter 9 Motivation, pages 352-385.**

**Week 8: Nov 14-16 Lecture: Chapter 10 - Sexuality and Gender. Homework: Read pages 386-417. Lecture begins on Theories of Personality Types - Chapter 13. Homework: Read pages 492-529.**

**Week 9: Nov 21-23 Continued Lecture on Theories of Personality Types - Chapter 13. Homework: finish pages 500-535. Begin lecture on Chapter 14 pages 536-571.**  
**Nov 23 Thanksgiving Holiday – no classes Nov 23-26**

**Week 10: Nov 28-30**

**Lecture: Psychological Disorders – Chapter 14. Homework: Read 536-571.**

**Week 11: Dec 5-7**

**Lecture: Chapter 15 -Psychological Therapies and functions: Making Sense of One’s World. Treatments and therapies in Alternative psychological perspectives/ inclusive psychotherapies and Transcultural Psychotherapy. Homework: Read pages, 574-611.**

**Week 12: Dec 12-14**

**Final Tuesday December 12<sup>th</sup> at 1:45 – 3:45**  
**Class Final on Chapters 13, 14, and 15 takes place on the last day of the course.**

**RESPONSE WRITING ASSIGNMENT PROTOCOL**  
**Format for Essays, Media, and Articles**  
 C. Firpo, Ph.D.

The following *MUST* be present on the written assignments and placed in the upper left-hand corner of each page:

- Your Name
- Course title and section
- Text title and author – quotes and ideas you develop must be cited in APA Format if you are a psychology major – all other majors use MLA Format

Example: Catherine Firpo, Ph.D.  
 Psychology 001  
 Title of reading and Author(s) name(s)

Each written response assignments is due at the beginning of class the week it is assigned. The one full page single spaced responses must be typed, and word-processed. A printed copy must be ready by the beginning of class each session. **I will not accept any responses via email. No Exceptions.** Work must be spell checked and grammatically correct. Before you turn in the assignments I suggest you read your responses out loud to check for any errors that may be present. If your responses are more than two pages in length—the pages must be stapled together to be acceptable.

*The following WILL NOT be accepted:*

- hand written work, or late work
- work placed in my faculty box
- work that is not spell checked or corrected before turned in

All written work must be turned in at the beginning of each class session. A folder, labeled with your section, will be provided.

**Responses are worth up to 10 to 15 points each. These points will be added to each student's final total for the session/quarter.**

Please make sure you read the syllabus correctly – the homework and page numbers you are to read in both texts are carefully outlined. You cannot pass this course if you do not complete the written assignments. **75% of your grade is based on your in class attendance, tests, and completion of the writing assignments.**

**Format for writing the response(s):**

- The response must be in MLA format – see my last email to you with the MLA link – (every English course here at the college teaches this format – you – each of you is familiar with it). **The only exception to the MLA Format is that your response paper must be single spaced – not double.**

**MLA Site:** [http://www.csus.edu/owl/index/mla/mla\\_format.htm](http://www.csus.edu/owl/index/mla/mla_format.htm)

**APA Site:** <https://owl.english.purdue.edu/owl/resource/560/01/>

- Assignments are due at the beginning of class, typed, spell and grammar checked. I will accept NO Late assignments.

- You will view student examples in class –to see a successful response.
- Throughout the Response Paper - you must use psychological terms which you are learning in class and in the readings. As this response is based in Social Psychology - focus on using social psychological terms - to write this short one page paper. Should you wish to write more than one full page you may do so - I will stop reading after page 2.
- Response Paper's first section is on at least two aspects of Dr. Zimbardo's talk - your choice - and you as the responder are amplifying these two sections out using psychological language. What happened - when did it happen how did these two sections speak to the title of the topic?
- If you use direct quotes you must cite in the response so the reader knows that it is not you, but another's thoughts, ideas and words.
- The second section is how these two sections and the entire piece affected you as the viewer - again using social psych terms be honest as to your thoughts and feelings and insights regarding this talk. You may pull in other examples as long as you cite in the response itself where they are from.

## De Anza Fall 2017 Academic Calendar

**Monday, Sept. 25** :: First day of Fall Quarter 2017

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**Sunday, Oct. 8:** Last day to [drop](#) for a full [refund or credit](#) (for 12-weeks, quarter-length classes). Last day to drop for a refund/credit for all other classes is listed inside [MyPortal](#), on the Students Tab under 'View Your Class Schedule.' *Drop date is enforced.*

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**Friday, Nov. 10:** Veterans Day (classes will be held on Nov. 11)

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**Thursday - Sunday, Nov. 23- 26:** Thanksgiving Holiday Recess (college closed)

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**Saturday, Dec. 9 - Friday, Dec. 15:** [Final exams](#)

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**Friday, Dec. 15:** Last day to [file for a fall degree or certificate](#).

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**Friday, Dec. 15:** Last day of Fall 2017 Quarter

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**Monday, Jan. 8:** First day of Winter 2018 Quarter



