**Syllabus-PSY 101**

                                                         COURSE SYLLABUS

                                   Psychology 101: Psychology and Human Relations

                                                          Winter 2017

                                                          MW   12:30

                                                          Room:  BC-204

                                                      Instructor: Mark Weiss

                                                          Office: BC-223

                                                          Office Hours: MW 2:00

                                                Email: [weissm@linnbenton.edu](mailto:weissm@linnbenton.edu)

        Textbook: Psychology for Living by Kirsh, Duffy, and Atwater. 11th Edition

Course Description: PSY 101 focuses on practical applications of psychology to relationships and personal development. Topics include self and social perception, emotional self-regulation, relationship formation, an a brief introduction to the clinical aspect of human behavior.

 Requirements: There will be a quiz question every class session, and a personal reflection paper.

 Course Objectives: Students will be able to: 1) recognize and articulate social and person forces affecting human relations; 2) use analytical/critical thinking in drawing conclusions about human relations; 3) synthesize diverse perspectives and explain them in a coherent manner and express them objectively, 4) understand the importance of self-engagement, taking responsibility for their own learning while interacting with others in a respectful manner; and 5) develop an understanding of cultural, ethnic, and gender differences in applying the principles of psychology as a science.

 Success in Class: This is a lecture, small group discussion, and student participation class. So attendance is critical to your success. Students who miss more that three classes should consider withdrawing and taking the course at a better time for them. For a single absence, please see me in my office hours.

 Courtesy and Classroom Decorum: Please be mindful that everyone is here to learn Cell phones and other devices may not be used during class, and should be turned off. Differences of opinion are encouraged and should be respected, as long as they are presented in a constructive and courteous manner. Participation in class discussions is expected, and that means both contributing and listening respectfully.

 Individual Communications: I prefer to see you in my office hours, or to receive email. When emailing, please include your full name.

 Wait List and Class Attendance: This class is almost always registered to maximu capacity. Students who do not attend on the first day of class may lose their seat to a student on the wait list.

 Incomplete Grades: Students who complete at least 75% of the class, but are unable finish “may” be eligible for an incomplete grade, and extra time to finish. This would only be if there are special, extenuating circumstances.

 Students With Disabilities: The Center for Accessibility Resources provides reasonable accommodations, academic adjustments, and auxiliary aids, to ensure that qualified students with disabilities have access to classes, programs, and events at LBCC. Students are responsible for requesting accommodations in a timely manner. To receive appropriate accommodations from LBCC, please give the Center for Accessibility Resources advance notice of your disability and specific needs, as some accommodations take days to weeks to have in place. Contact the Accessibility coordinator in RCH-105, 6500 SW Pacific Blvd. Albany, Or. 97321. or call 541-917-4789, or use Telecommunications Relay TDD at 1-800-735-2900 or 1-800-735-1232.

 Student Instructional Services: There are instructional support services at the Learning Center in WH-226, the Writing Center in WH-200, and the Support Lab in RCH-114. The Library is located in WH-137. Each of LBCC’s centers (Benton Center, Lebanon Center, and Sweet Home Center) have similar services.

 Emotions and Trigger Points: Psychology, like many subjects, can bring up difficult issues for students.  It’s important for students to know that, if you find yourself feeling stressed from any class, you can request to see a counselor. Counselors are locate in the Career Center in T-101.

 Statement of Inclusion: The LBCC community is enriched by diversity. Everyone has the right to think, learn, and work together in an environment of respect. Tolerance, and goodwill. We will work toward creating a community without prejudice, intimidation, or discrimination.

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                   End of Term Paper: Due no later than March 20th

Pick one of the following two assignments and write a 3-5 page, in depth, paper.

1. Take at least two career tests, in the Career Center. After taking them, work with the Career and Employment Specialist helping you to search information on at least two jobs... Use all of this information to write your paper.

 2. Go to ted.com and watch two videos.

a) "The Surprising Science of Happiness," featuring Dan Gilbert;

b) "The New science of Positive Psychology:" featuring Martin Seligman.

Write a paper with your critical opinion of the information presented.

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      Grading System:

18 quiz questions (one per class session). Worth 4 points apiece.=72 points

End of term paper, 3-5 pages, worth 28 points.

100 points possible. 90=A. 80=B. 70=C

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        Class Schedule with Required Reading For Each Class Meeting

 1/9    Introduction and Student Success Techniques

1/11   Chapter 1 Self Direction in a Changing World.

1/18   Chapter 2 The Puzzle of Childhood

1/23   Chapter 3  Affirmative Aging

1/25  Chapter 4  Seeking Selfhood

1/30   Chapter 5  Toward Better Health (pages 80-93

2/1    Chapter 5  Toward Better Health (pages 94-103)

2/6    Chapter 6  Taking Charge

2/8  Chapter 7  Managing Motives and Emotions

2/13  Chapter 8  Making and Keeping Friends

 2/15 Chapter 9  Groups: Belonging, Following, Leading

2/22  Chapter 10 At Work and Play

2/27  Chapter 11 Sexuality

3/1  Chapter 12 Love and Commitment

3/6  Chapter 13 Stress

3/8  Chapter 14 Understanding Mental Disorders

3/13  Chapter 15  If You Go For Help

3/15  Chapter 16  Death, Dying, and Grief