

## Syllabus: Psychology 101: Human Relations (3 Credits)

<b>Class Hours</b>	Tuesdays and Thursdays 8:30am-9:50am
<b>Class Location</b>	NSH-109
<b>Instructor</b>	Laura Backen Jones, Ph.D.
<b>Instructor Office</b>	SSH-206
<b>E-mail</b>	Email: <a href="mailto:jonesl@linnbenton.edu">jonesl@linnbenton.edu</a>
<b>Office Hours</b>	Tuesdays and Thursdays at 10am, online chat by appointment
<b>Text</b>	<i>Human Relations 5th edition. A Game Plan for Improving Personal Adjustment</i>

### Course Content

Human Relations affect every aspect of our lives. This class is intended to provide you with the knowledge and insights to help you in your personal, academic and professional life. You will learn about:

- Basic principles of human behavior and how to apply these principles to your own life
- Effective communication
- Self-awareness and self-concept
- Theories of personality
- Emotions and how to handle stress effectively
- Family influences on behavior
- Social influences and group behavior
- Human sexuality and relationships
- Health, wellness and coping skills
- Lifespan development and transitions
- Living a meaningful and satisfying life

### Learning Objectives

- Understand themes of personal growth, self-concept, and self-esteem
- Know the interrelationship between physical health and mental health
- Understand and manage personal decision-making, motivation, and emotion
- Identify one's own capabilities as leader or follower
- Integrate sexuality, love, and commitment
- Understand personal stressors and learn to handle stress effectively
- Know the factors and outcomes for addictive behaviors and how to seek help

### Instructor Responsibilities:

I will have the current week's content and assignments on moodle for the week by noon each Monday. I will be available to support your learning when requested. I will hold you accountable by following through with course objectives and syllabus content. I will strive to maintain a classroom environment that encourages, effective learning and respectful discussion.

### Student Responsibilities:

- Critically read/analyze assigned information
- Objectively observe and evaluate one's own motivations, emotions, and behaviors

- Apply psychological principles and findings to practical situations
- Describe optimal decision-making for maintaining physical and mental health
- Understand and discuss critical factors in sexuality, relationships, parenting, and divorce
- Know when and how to access mental health resources when necessary for self and others
- Effectively participate in class assignments, activities, quizzes, and evaluations

<b>Course Requirements</b>				
Requirement	Summary	Points Possible per unit	Units	Total Points Possible
<b>Quizzes</b> on the chapter to be discussed that week. You take them on moodle over the reading assigned to the week it is given.	9 weekly online, open book multiple choice quizzes.	5	x9 quizzes	45
<b>Forum Discussion Activity</b>	A personal post on your thoughts around the forum and one additional forum comment on other class member's post	Scale 0-10 based on completion and quality of post	x10 posts	100
<b>Exams</b>	Exam 1: Chapters 1-5	60	x2 exams	120
	Exam 2: Chapters 6-11	60		
	Exams check for understanding and reinforce both text and lecture material. Exams are a mix of multiple choice, true/false and matching items. You take them on moodle outside of class time.			
<b>Class Activity Participation</b>	Participation during an in-class activity. Activities designated as earning participation points will be randomly assigned at the beginning of the term and announced before the activity.	5	11	55
<b>Total Possible Points</b>				<b>320*</b>

*\*Note: An actual of 300 points is possible for the term. I will drop your lowest quiz, lowest discussion forum activity and lowest class participation grade at the end of the term (for a total of 20 points).*

### Moodle

It is an expectation for this course that you will use moodle independently and seek help from the elearning center if you have questions related to using moodle. For information on how to use moodle [check out this site](#). You can also access help in using moodle with the elearning professionals. If you are not prepared to work independently with moodle, drop this course immediately.

### **Weekly Quizzes**

You will take weekly 5-item quizzes over your text readings on moodle. As with the discussion forum activities, each weekly quiz is posted by Monday noon and is open until 9am the following Monday. Quiz items are a mix of multiple choice, matching and true/false.

### **Discussion Forum Activity**

In addition to readings, quizzes and exams, you will participate in forums about topics related to the course. You will be instructed to watch a brief video, listen to a podcast or do a reading and then post your reaction. Your post should reflect an integration of course lecture content and/or your reading with your perspective. You will also respond to at least 1 other classmates' post. Forum activities are posted by noon on Monday and are open until 9am the following Monday.

Treat these topics and your classmates with respect. We all have unique values and beliefs relating to the subject matter. It is important that you bring your unique perspective to share in a way that is non-dogmatic so that others can "listen" and understand you. I encourage you to ask questions, agree, and disagree with others as much as possible, as long as you do so respectfully. Participating in this class gives you an opportunity to learn the course content, but also to develop your personal understanding about human relations. In order to receive full credit, your forum posts should reflect an integration of the podcast, video or reading assigned for the activity and/or the ideas covered in the weekly text readings. I will enter the Forums to "observe" your progress and sometimes join the discussion. The forum is a good way for you to interact with others in the class and share your perspective and questions and learn about class members. This kind of sharing has the potential to move your experience and thinking to a higher level. Make good use of it!

### **CONFIDENTIALITY**

In your online discussions you may choose to share personal anecdotes about people you know. Remember to speak from your own perspective. In addition, please protect the confidentiality of others in your life. Refer to them by first initial only (e.g. "T" rather than Thomas). You may also refer to "my sister", "my uncle", "my neighbor" or "my friend".

### **Exams**

Two exams will assess your understanding of the course material. Exam 1 covers lecture material and text chapters 1-5. Exam 2 covers lecture material from weeks 6-10 and text chapters 6-11.

**Note: Weekly quizzes, Discussion Forum Activity, and exams will all take place outside of class time**

### **Class Activity Participation**

You will receive credit for participation during in-class activities. Activities designated as earning participation points will be randomly assigned at the beginning of the term and announced before the activity.

Attendance This is a lecture, small group, and student participation class so attendance is important. Participation activity points are given for in-class activities. Which activity earns participation points is randomly chosen at the beginning of the term and is not announced until the day of the activity. Students who will miss more than three classes should consider withdrawing from the course.

**Guests** Only students who are registered for this class may attend. If students want to invite other adults to attend, instructor permission must be obtained at least one class period prior. Children are not allowed in class.

**Courtesy and Classroom Decorum:** Please be mindful that we are here to learn. Cell phones and electronic devices must be put away during class time. Turn cell phones to vibrate before class starts, arrive on time for class, and avoid disruptions during class. Differences in opinions are encouraged and should be respected, as long as they are presented in a constructive and courteous manner.

**Communication with the Instructor:** The preferred method of communication with the instructor outside class and office hours through moodle and e-mail. [Students must establish an LBCC student e-mail account](#). All messages will be responded to as promptly as possible.

Your Activity Schedule			
Week	Assigned Reading (Do your reading before the class meets)		Tasks due
	CHAPTERS	TOPICS	
1	1 4 (pp. 84-90)	Introduction Stress and Stress Management	Sample Quiz (no points) Discussion Forum Activity
2	1	Basic Principles Communication	Weekly online text quiz: Chapter 1 Discussion Forum Activity
3	2	Self- Awareness	Weekly online text quiz: Chapter 2 Discussion Forum Activity
4	3 & 4	Personality and Comfort Zone Emotions	Weekly online text quiz: Chapters 3 & 4 Discussion Forum Activity
5	5	Family Influences	Weekly online text quiz: Chapter 5 Discussion Forum Activity
6	6	Social Influence and Group Behavior	<b>Exam 1 (Lecture weeks 1-5; Chapters 1-5)</b> Weekly online text quiz: Chapter 6 Discussion Forum Activity
7	7 & 8	Developing Close Relationships Human Sexuality	Weekly online text quiz: Chapters 7 & 8 Discussion Forum Activity
8	9	Health, Wellness and Coping Skills	Weekly online text quiz: Chapter 9 Discussion Forum Activity
9	10	Lifespan Development and Transition Skills	Weekly online text quiz: Chapter 10
10	11	Positive Living and Life Satisfaction	Weekly online text quiz: Chapter 11 Discussion Forum Activity
11			<b>Exam 2 (Lecture weeks 6-10; Chapters 6-11)</b>

**Late Assignments and Tests:** Exams are taken on moodle and must be completed by 11:55pm on the date due. Quizzes cannot be made up. Exams will be penalized 25% each week they are late.

**Grades are determined as follows:**

A	90-100%	D	60-69%	F	59%
B	80-89%			NC	(no basis to determine a grade)
C	70-79%				

## **College Policies**

Cheating and Plagiarism: Using someone else's work as your own on tests or any other assignments or using information or ideas without proper citations (plagiarism) can result in the student failing the assignment, test, or class. Bibliographies and in-text citations are required whenever the student uses outside sources, including Internet sources.

Students Who Need Accommodations: If you have emergency medical information for your instructor, need special arrangements to evacuate campus, or have a documented disability, please meet with the instructor, during office hours or by appointment, no later than the first week of the term, to discuss your needs and present your Office of Disability Services (ODS) accommodation letter. If you have a documented disability that will impact you at college and you have yet to seek out accommodations, please contact ODS for intake and to document your disability with LBCC. Only students who document a disability and present an accommodation letter to the instructor are entitled to academic accommodation. Each term, when you register for classes and at least 2-3 weeks prior to the start of the term, submit your "Request for Accommodation" form to ODS. During Week 1, pick up your accommodation letter for your instructor and deliver it in person to your instructor during office hours or by appointment. Your instructor may need to arrange your accommodations. ODS may be reached from any LBCC Campus/Center by e-mail to [ODS@linnbenton.edu](mailto:ODS@linnbenton.edu) or by calling 541-917-4789. Letter pick-up is available at each LBCC Campus/Center.

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.