

## Psychology 101—Human Relations, Winter 2017, 3 Credits

Tuesday/Thursday 10-11:20, Room IA212, Linn-Benton Community College. Albany Campus

**Instructor:** Loren Ford

**Office:** Available by appointment

**E-mail:** [fordl@linnbenton.edu](mailto:fordl@linnbenton.edu) (note: the “l” in “fordl” is the letter not the number one)

**Date:** January 10, 2017

**Course Description:** Psychology is not just about mental illness; rather, it provides insights into behavior that you can use to be happier and more successful. From this course we want you to have additional coping skills for dealing with life challenges, and have the desire for continuous change and improvement in the way you deal with others, in order to maximize your success and effectiveness. To accomplish these goals, in this class you will be asked to learn basic principles of why humans act as they do **and** practice applying these principles to your own situation.

Along the way, we provide the opportunity to gain new perspectives in the acceptance and understanding of others and oneself, we ask you to demonstrate “diversity skills” and greater appreciation for individual differences, we explore skills for coping with difficult situations in life, we provide lots of opportunities to communicate effectively, we explore personality and social psychology concepts, and we provide practice in effective communication, listening, stress management, coping, assertiveness, and conflict resolution.

**Instructional Materials.** *Human Relations 5<sup>th</sup> ed. A Game Plan for Improving Personal Adjustment* by Loren Ford and Judith Arter.

**Prerequisites:** A writing course is recommended.

### Learning Outcomes

**We want you to understand basic psychological concepts that explain why people act as they do, and we want you to use these ideas to make your life happier and more successful:**

1. The basic psychological and social influences upon the formation and maintenance of self-concept and interpersonal behavior.
2. The wide range of human emotions, and ways of expressing and managing them; how emotions are sensitive to social, cultural, and interpersonal contexts.
3. How physiological, social, cultural, gender, and individual factors influence perception of self and others.
4. Elements of personality and how personality is formed.
5. How people tend to explain the behavior of others (attribution theory), including the ways in which we can be incorrect about those explanations: the fundamental attribution error, self-serving biases, blaming the victim, and other cognitive distortions involving judgments of self and others.
6. How groups can influence one’s behavior.
7. How to manage stress, cope with life’s challenges, and be appropriately assertive.
8. Basic social-psychological principles relating to the development and maintenance of close relationships with others.
9. Basic social-psychological principles relating to the development and maintenance of stereotypes, prejudice, and discrimination.
10. The factors involved in the creation, development, and maintenance of good and poor communication climates in both personal and professional environments.

# Course Requirements and Schedule

**Course Work Requirements** (See page 4, "Assessment and Grading" for more detail on work requirements.)

1. **Read a chapter each week.** You will be given a study guide on each chapter to organize your notes. The study guides are purely for your own use; you do not need to turn them in nor do you need to use them if you have another effective way to study the material.
2. **Three Tests:**
  - Test 1, February 2 (Week 4), 40 points, covers Chapters 1-4
  - Test 2, March 2 (Week 8), 40 points, covers Chapters 5-8
  - Test 3, March 21 (Final), 20 points, covers Chapter 9/10 (combined) and Chapter 11
3. **Weekly written assignments** on course work, class discussions, and activities. Each paper is due the week after each chapter is covered in class.

## Topics by Week

1. Chapter 1—Effective oral communication; basic psychological concepts
2. Chapter 2—Self-concept, self-esteem, exploring self-disclosure, and getting attention
3. Chapter 3—Personality and comfort zones
4. Chapter 4—Emotions and stress management
5. Chapter 5—Family dynamics
6. Chapter 6—Social influences on behavior
7. Chapter 7—Developing close relationships
8. Chapter 8—Human sexuality
9. Chapters 9 (pages 187-195) and 10 (pages 211-end)—Coping, conflict management, life transitions, and loss
10. Chapter 11—Positive psychology, values clarification, how to be happier, and formula for change

## Schedule of Content and Quizzes

### Week 1: January 10 and 12

- Between Tuesday and Thursday Read Chapter 1. Take notes using the Chapter 1 Study Guide, as needed.
- Activities for Chapter 1.
- Before January 17 read Chapter 2 and take notes using the Chapter 2 Study Guide, as needed.

### Week 2: January 17 and 19

- Turn in your written journal papers for Chapter 1 on Tuesday.
- Activities for Chapter 2.
- Before January 24, read Chapter 3 and take notes using the Chapter 3 Study Guide, as needed.

### Week 3: January 24 and 26

- Turn in your written journal papers for Chapter 2 on Tuesday.
- Activities for Chapter 3.
- Before January 31, Chapter 4 and take notes using the Chapter 4 Study Guide, as needed.

### Week 4: January 31 and February 2

- On Tuesday, turn in your journals for Chapter 3.
- Activities for Chapter 4.
- **Test #1 over Chapters 1-4 is on Thursday (40 points).**
- Before February 7, read Chapter 5 and take notes using the Chapter 5 Study Guide, as needed.

### **Week 5: February 7 and 9**

- **ALL written work for Chapters 1-4 is due on Tuesday.**
- Activities for Chapter 5.
- Before February 14, read Chapter 6 and take notes using the Chapter 6 Study Guide, as needed.

### **Week 6: February 14 and 16**

- Turn in your written journal papers for Chapter 5 on Tuesday.
- Activities for Chapter 6.
- Before February 21, read Chapter 7 and take notes using the Chapter 7 Study Guide, as needed.

### **Week 7: February 21 and 23**

- Turn in your written journal papers for Chapter 6 on Tuesday.
- Activities for Chapter 7.
- **November 10 is the last day you can withdraw from the class without penalty.** After that I must give you a grade.
- Before February 28, read Chapter 8 and take notes using the Chapter 8 Study Guide, as needed.

### **Week 8: February 28 and March 2**

- Turn in your written journal papers for Chapter 7 on Tuesday.
- Activities for Chapter 6.
- **Test #2 over Chapters 5-8 is on Thursday (40 points).**
- Before November 22March 7, read Chapter 9 (pages 187-195) and Chapter 10 (pages 211-end) and take notes using the Chapter 9/10 Study Guide, as needed.

### **Week 9: March 7 and 9**

- **ALL written work for Chapters 5-8 is due on Tuesday.**
- Activities for Chapters 9/10.
- Before March 14, read Chapter 11 and take notes using the Chapter 11 Study Guide, as needed.

### **Week 10: March 14 and 16**

- Turn in your written journal papers for Chapters 9/10 on Tuesday.
- Activities for Chapter 11.

### **Week 11: Final, Tuesday, March 21, 9:30-11:20**

- All written work for Chapters 9/10 and 11 is due.
- **Test #3 over Chapters 9/10 and 11 (20 points).**
- Closing activities.

## **Assessment and Grading**

**Grades will be determined on a contractual basis. This means that there will be certain minimum requirements to pass the class, with the option of improving your grade by fulfilling further requirements.**

### **For a grade of C:**

- **Total of 70% (70/100) or better on the three tests.**
- **Satisfactory participation in group discussions and activities with evaluation from the instructor.** This requires that you come to class on time. Missing class, leaving early, or being tardy can affect your grade. **Missing more than 4 class periods will be considered when assigning grades. Each 2 tardies (or leaving class early) will be counted as 1 absence.**
- **One FULL page written response (of acceptable quality) to the "Category I-What and Why" questions at the end of each chapter.** Written work consists of a one-page evaluation of chapter content with reactions, opinions, and application of the material. Thus, for the 10 written assignments, you will need a total of 10 pages of written work for the term. Evaluation will be made on the basis of

Pass/Incomplete, with the option of resubmitting papers that were not up to par as judged by the **Journal Rubric**. This written work is also called "journal entries."

Papers will be **single spaced with one inch margins and 12 point font**. (You may need to reset the default format settings on your word processor to get single spacing, 12-point font, and 1 inch margins.) Full pages do **NOT** begin half way down the page, and they do **NOT** have much double spacing between paragraphs and questions. Name, chapter, category, and question number, single spaced, in upper left corner. **Work not adhering to these standards will not be collected.**

**Written work is due the week after each chapter is covered in class.** (For example, Chapter 1 written work is due the beginning of week 2 and Chapter 2 written work is due the beginning of week 3.) Written work later than one week will be lowered an entire grade. (Thus, to get a "C" you would need to write two full pages.)

- **Note:** If you don't get 70% or better on the three tests, and/or don't write a total of ten pages (of acceptable quality) over the 10 written assignments, your grade will be up to the discretion of the instructor.

#### **For a grade of B:**

- Satisfactory completion of the C requirements *plus* 1 FULL page response (of acceptable quality) to questions from **Category II** at the end of each chapter. (Thus, to get a "B" you must write 2 FULL pages for each chapter—one answering Category I questions and one answering Category II questions; for a total of 20 pages for the term.) Students will select the question(s) that are of most value for them to answer. The paper will follow same format as for C work described above.
- **Written work is due the week after each chapter is covered in class.** (For example, Chapter 1 written work is due the beginning of week 2 and Chapter 2 written work is due the beginning of week 3.) Written work later than one week will be lowered an entire grade. (Thus, to get a "B" you would need to write three full pages.)
- **Note:** If you don't get 70% or better on the three tests, and/or don't write a total of 20 pages (of acceptable quality) over the 10 written assignments, your grade will be up to the discretion of the instructor.

#### **For a grade of A:**

- Satisfactory completion of the C requirements *plus* a 2 FULL page response to questions from **Category II** at the end of each chapter. (Thus, to get an "A" you must write 3 FULL pages for each chapter—one answering Category I questions and two answering Category II questions; for a total of 30 pages for the term.) Students will select the question(s) that are of most value for them to answer. The paper will follow the same format as for C work described above.
- **Written work is due the week after each chapter is covered in class.** (For example, Chapter 1 written work is due the beginning of week 2 and Chapter 2 written work is due the beginning of week 3.) Written work later than one week will be lowered an entire grade. (Thus, to get an "A" you would need to write four full pages.)
- **Note:** If you don't get 70% or better on the three tests, and/or don't write a total of 30 pages (of acceptable quality) over the 10 written assignments, your grade will be up to the discretion of the instructor.

#### **Attendance and Tardiness:** It's important to attend class because:

1. You will have the opportunity to practice the analysis of information and application to yourself that will better enable you to write good journal papers.
2. You need to be in class to practice oral communication skills during class discussions. If you aren't there, I can't tell how well you're communicating.
3. This is a "flipped class": the book has the content; class time is like a lab in science—it helps you to understand and apply the material in the book.
4. **Attendance and tardiness will be considered in deciding grades if you miss more than 4 class sessions.** The more absences and tardies, the more it can affect your grade. Two tardies (or leaving early) will be counted as one absence.

## Basic Additional Information

**ADA Statement.** Students who have a documented disability and require a classroom adjustment or accommodation should contact the Disabilities Coordinator/Academic Advisor and provide the Approved Academic Accommodation form to the Instructor.

**Class Registration.** Students may attend this course only if registered. **Students who are unable to attend must drop the course through the Enrollment Services Office. To have tuition charges removed, the course must be dropped by the student before the “drop with refund” deadline in the Class Schedule. (This term the withdraw date is February 24. You must withdraw in person.)** Students who never attend, or stop attending, without dropping may receive a NS, W, or F and will be required to pay for the course.

**Academic Integrity/Student Conduct.** Students of Linn-Benton Community College are expected to behave as responsible members of the College community and to be honest and ethical in their academic work. Linn-Benton Community College strives to provide students with the knowledge, skills, judgment, and wisdom they need to function in society as educated adults. To falsify or fabricate the results of one’s research, to present the words, ideas, data, or work of another as one’s own; or to cheat on an examination corrupts the essential process of higher education.

**Flexibility Statement.** While every attempt will be made to adhere to the proposed schedule, over the course of the term it may be necessary to change dates of some assignments.

# Student Contract

I understand the work requirements, assignments, and grading procedure for Psychology 101, Human Relations, Loren Ford, Winter Term 2017.

\_\_\_\_\_ (Sign your name)

\_\_\_\_\_ Date

## Grading:

### To get a C:

- 70% (70/100) or more on the three tests.
- One FULL page of writing (of acceptable quality) in answer to Category I questions at the end of EACH chapter (10 full pages over the course of the term). The drop dead date for written work is the Tuesday after each test. Written work is due the week after each chapter is covered in class. Written work over a week late will be lowered an entire grade.
- If you miss more than 4 classes, your grade could be affected. (Each 2 tardies or leaving early will equal 1 absence.)
- **Note:** If you don't get 70% or better on the three tests, or don't write a total of 10 pages (of acceptable quality) over the 10 written assignments, your grade will be up to the discretion of the instructor.

### To get a B:

- 70% or more on the three tests.
- Two FULL pages of writing (of acceptable quality)—one full page in answer to Category I questions at the end of each chapter, and another full page in answer to Category II questions (20 full pages over the course of the term.). Written work is due the week after each chapter is covered in class. Written work over a week late will be lowered an entire grade.
- If you miss more than 4 classes, your grade could be affected.. (Each 2 tardies or leaving early will equal 1 absence.)
- **Note:** If you don't get 70% or better on the three tests, or don't write a total of 20 pages (of acceptable quality) over the 10 written assignments, your grade will be up to the discretion of the instructor.

### To get an A:

- 70% or more on the three tests.
- Three FULL pages of writing (of acceptable quality)—one full page in answer to Category I questions at the end of each chapter, and 2 additional full pages in answer to Category II questions (30 full pages over the course of the term.). Written work is due the week after each chapter is covered in class. Written work over a week late will be lowered an entire grade.
- If you miss more than 4 classes, your grade could be affected.. (Each 2 tardies or leaving early will equal 1 absence.)
- **Note:** If you don't get 70% or better on the three tests, or don't write a total of 30 pages (of acceptable quality) over the 10 written assignments, your grade will be up to the discretion of the instructor.