



# PSY 100 SURVEY OF PSYCHOLOGY

## **PSY 100 AT A GLANCE:**

In this course, we study the principles of human behavior, individual differences, motivation, emotion, perception, learning. This is an introductory course, designed to provide you with an

overview of the various disciplines within the field of psychology. We will explore research via several psychological orientations. We look at the basic psychological processes involved in learning, memory, thinking and language. We study the development of the Self, which includes our gender and sexuality, our personality, and overall development. We will discuss who we are in a social context. Finally, we will see what factors influence our mental health.

## **DETAILS FOR PSY 100:**

This Fall 2020 class meets online via Lulima. We begin on August 24, 2020 and continue through the first week of December.

**Prerequisites** for this class include ENG 21 or ESL 21, or placement in ENG 102; and ENG 22 or (ESL 22G and ESL 22W) or placement in ENG 100.

**Required Textbook:** I use a FREE online textbook. Click on this link <https://openstax.org/details/books/psychology> to get more information and to download the book.

It's a good idea to check into our virtual classroom at least twice a week just as you would if you were attending a regular face-to-face class.

I give specific due dates that are listed in each module. The deadline for all online submissions is posted with the assignments and folders.

**Students with Verified Disabilities:** If you have a disability with verification on file with our Office of Students with Disabilities, please let me know if you think you will need accommodation. I will be glad to provide accommodations as needed.

### **Introduce Yourself:**

I want to know who you are! Within the first week of class, as part of class participation, please prepare an introduction. Please include a good quality photo (I need to be able to recognize you on the street!) and tell us something about yourself, but do NOT include your phone number, address, or other private details. Then post your introduction to the INTRODUCTIONS folder on the Discussion page. I've put my own introduction as an example.



### **WHO I AM AND HOW TO FIND ME:**

Lucy L Jones, PhD., [lucyj@hawaii.edu](mailto:lucyj@hawaii.edu)

Associate Professor, Hawai'i CC

Office – Kaliko 151 – Pāalamanui

Student Hours by appointment

My office phone is 808-969-8849

Due to the COVID-19 situation, I am not in my office on a regular basis. The easiest way to communicate with me is via email. Log in to our course site in Laulima, click on the Messages tool and send me an email message, or you can email me direct at ([lucyj@hawaii.edu](mailto:lucyj@hawaii.edu)). You can expect a response within 24 hours on weekdays. I'll respond by Monday or before if you send an email over the weekend. Remember, you can also post questions for your classmates in Discussions under Questions (the first folder). We also can chat online via FaceTime, Skype, or whatever way you communicate.

**Office Hours:**

**Tuesday 10-12 am** and the Zoom link is

<https://us02web.zoom.us/j/86347372866?pwd=K1dHMmhCOE1oYnRRWjBOMmZ6Y0l4dz09>.

**Thursday 4-6 pm.** The link for that is

<https://us02web.zoom.us/j/81464690103?pwd=ZTh6Z3o2dDBQQkQwRG93UXhwOEVHUT09>

**IN CLASS**, you can expect to participate actively in class, usually in the form of answering questions, and engaging in conversations with your classmates. Class discussions are a necessary part of any regular class. Since I try to replicate this atmosphere, you will want to take part in regular discussion among the class members by responding to **at least two** of your classmates each week. This counts as "participation." I probably will take part in these discussions, but not all the time. I will, however, be responding to each of the assignments, sometimes individually and sometimes collectively.

**OUTSIDE OF CLASS**, you will need to meet with me at least once during the semester. I like to know the students in my classes on a more personal level so you can be more than just a name on the page. On top of that, we need to fulfill the government requirement that we are following the rules of an online class. Please don't wait until the last minute; let's arrange a time to meet on Skype, or on FaceTime **no later than week six.**

**NECESSARY INFORMATION:**

The school catalog <http://hawaii.hawaii.edu/catalog/> has information regarding:

- "Non-Discrimination"
- "Student Conduct Code"
- "Sexual Harassment"
- "Academic Grievances."

**Cyber-Class:** Sometimes assignments are lost in cyberspace. Make sure that you keep an electronic copy of everything you send in case you need to verify that you sent an assignment by the due date. I do give points for posting your assignments on time. The time an item is sent shows up on electronic submissions. With electronic copies sent to

yourself, you can forward lost assignments to me to receive credit for the module. Invariably your computer will decide to be difficult or it will crash just the very moment before midnight that you were going to send in your assignment. Please plan ahead!

### **Course Learning Outcomes:**

- Demonstrate an understanding of the field of psychology including vocabulary, principles, and theories
- Describe the major research methods, ethical issues, and applications
- Demonstrate an understanding of the biological and environmental basis of human behavior
- Apply course information to personal lives and possible careers

### **Other Policies for This Class:**

**Turnitin:** You are to use Turnitin with each of your papers. The Class ID is **25230095** and the password is “**psy100Jones**” (without the quotation marks). Under Modules in Laulima, “turnitin” is explained more completely in case you are not familiar with using it. Note that Turnitin.com is **not** where you turn in your assignment, but where you check it for originality. **Then** you post your assignment on Laulima for me to read.

**Announcements:** Please check Laulima regularly for announcements. You can sign in using your school ID and password. Sometimes it will show up in your email, as well.

**Assignments:** For all assignments you are expected to use correct English, including spelling, grammar, and punctuation. There are specifically labeled folders on the “Discussion” page where you will post your written work.

**Personal Request:** For your Laulima posts, I need you to use 16 or 18 font Arial for the sake of my eyes. My old eyes start to cross after I’ve read too much online, so making it bigger (not bold) helps a great deal. Word docs or .pdf files can be in 12 font Arial.

**Grades:** At the end of each week, you will be able to check the Gradebook on Laulima to see where you stand. If you are more than two weeks behind, you need to talk with me ASAP. I will accept no late work past the end of each four weeks. At times, there will be more or less points than indicated. The final grade is based on the percentage of total points given through the semester.

#### **Semester Grades**

90-100% = A

80-89% = B  
 70-79% = C  
 60-69% = D  
 0 – 59% = F

**Grades are based on the following**

- Introduction = **Up to 20 points**
- Weekly Assignments and Reflections = **Up to 20 points or more**
- On Time Assignments = **10 points**
- Meeting with Me = **40 points**
- Mid-Term Project = **80 points**
- Final Research Essay = **Up to 80 points**
- Participation = **Up to 20 points each week**
- Semester Reflection = **Up to 20 points**
- CES completion = **10 point**

**Feeling Lost??** There may be words and concepts that are not familiar to you. This is a college level course and you are expected to do independent work, including looking up words and concepts you don't understand. If you have done your best research and you still have questions, consult with me via email or message, or check with other students on the Discussion page under "Questions."

**PSY 100 Rubric: Introduction, Weekly Assignments, Participation, Final Essay**

	<b>EXCEEDS</b>	<b>SATISFIES</b>	<b>DOES NOT SATISFY</b>	<b>NO CREDIT</b>
<b>Your Introduction</b>	Provided biographical details; correct spelling, grammar, and punctuation; photo AND overall excellence	Provided biographical details; correct spelling, grammar, and punctuation	Provided biographical details; met length requirement; but incorrect spelling, grammar, or punctuation	No submission by the due date

<b>Weekly Assignments</b>	Thoughtful & provocative response; met length requirements; correct spelling, grammar, and punctuation AND overall excellence	Met length requirement; some incorrect spelling, grammar, or punctuation	Inadequate length, incorrect spelling, grammar, or punctuation	No submission by the due date	
<b>FINAL Research Paper</b>  (I will give a rubric specific to the research paper)	Thoughtful & provocative issues; met length requirements; excellent concluding statement; correct spelling, grammar, and punctuation AND overall excellence	Met length requirement; some incorrect spelling, grammar, or punctuation	Inadequate length, incorrect spelling, grammar, or punctuation	No submission by the due date	
<b>Participation</b>	Met length requirement; correct spelling, grammar, and punctuation; thoughtful and	Met length requirement; correct spelling, grammar, and punctuation	Inadequate length, incorrect spelling, grammar, or punctuation	No submission by the due date	

	provocative response				
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## **TENTATIVE TOPICS AND SCHEDULE**

### **Module 1**

"Social Psychology"

### **Module 2**

"Memory"

### **Module 3**

"Sensation and Perception"

### **Module 4**

"Thinking, Language, and Intelligence"

### **Module 5**

Behavioral Neuroscience

### **Module 6**

"Motivation and Emotion"

### **Module 7**

"States of Consciousness"

### **Module 8**

"Conditioning and Learning"

### **Module 9**

"Human Development"

### **Module 10**

"Human Development" (cont'd)

### **Module 11**

"Research and Critical Thinking"

### **Module 12**

“Psychological Disorders”

**Module 13**

“Therapies”

**Module 14**

“Personality”

**Module 15**

“Gender and Sexuality”

**Module 16**

“Health, Stress, Coping” and “Applied Psychology”

## College Policies and More

(Things you need to know about the college)

### Professionalism

Netiquette (online etiquette) refers to online behavior, and the following are general guidelines to follow to practice proper netiquette:

- Do not use all CAPS in online communication. ALL CAPS usually indicate that the writer is shouting, and this could set up an uncomfortable situation.
- Use correct spelling, capitalization and punctuation in ALL correspondence. Do not use “texting” language.
- Be respectful to each other and choose your words carefully. When communicating online, words can be misunderstood. Make sure to proofread before posting and consider how someone might misinterpret them.
- Express differences of opinion in a polite and rational way.
- Maintain an environment of constructive criticism when commenting on the work of other students.
- Avoid bringing up irrelevant topics when involved in group discussions or other collaborative activities.
- If you ever receive an email or response in discussions that is not appropriate, please contact me immediately. I have a no tolerance policy to anything that appears to be harassing, impolite, insulting or which uses profanity. Situations like this may be referred to the Dean and corrective action will be taken.

### Systemwide Student Conduct Code

To support a positive and safe learning environment, all students are required to adhere to the [Student Conduct Code](#):

The Student Conduct Code includes acts of academic dishonesty. Acts of dishonesty, include but are not limited to the following:

1. Cheating, plagiarism, or other forms of academic dishonesty.
2. Furnishing false information to any UH official, faculty member, or office.
3. Forgery, alteration, or misuse of any UH document, record, or form of identification.

Alleged violations of the Student Conduct Code are taken seriously and may be reported to administration for investigation and disciplinary action.

## Hawai'i CC Student Conduct Code

Hawai'i CC supports a positive educational environment that will benefit student success. In order to ensure this vision, Hawai'i CC has established the Hawai'i CC Student Code of Conduct to ensure the protection of student rights and the health and safety of the community, as well as to support the efficient operation of all programs. All currently enrolled students at Hawai'i CC are required to abide by the Student Code of Conduct. A copy of the most current [Student Code of Conduct can be found on the college website](#).

## Online Safety

Avoid becoming a victim of phishing scam or identity theft. All email messages that appear to come from a college, university, bank, credit union, credit card company or similar organization and asks you to provide personal information and/or your account and password, either directly or through a false login screen, should not be trusted. DO NOT REPLY! Never give out your password to anyone!

If you question the validity of an email, please check [the UH ITS Alert website](#).

You can also [report a suspicious email](#) regarding University of Hawai'i.

## Emergency Broadcast Alerts

The UH Alert emergency notification system alerts the university community in the event of a natural, health or civil emergency. The information you provide will only be used in the event of an emergency that impacts the health and safety of the UH community or closures of whole campuses. It will not be shared with others or used for routine UH communications or announcements.

[Log in to UH Alert to sign up](#) to receive emergency alerts.

Please note: Message and data rates may apply

## Financial Aid

If you are receiving financial aid and are contemplating not completing the semester, BEFORE you withdraw it is highly recommended that you contact the Financial Aid Office at (808) 934-2712 or email them at [hawccfao@hawaii.edu](mailto:hawccfao@hawaii.edu) to discuss the impact this decision may have on your financial aid eligibility.

## Attendance Policies

According to policy [HAW 7.505](#), if a student doesn't do the required work or otherwise contact the faculty member online in the first week of the semester, the student will be dropped from class. If a student doesn't come into the course and participate meaningfully during a consecutive two week period, he/she will receive an "F" grade if the student does not officially withdraw from the class by the published deadline. It is the student's responsibility to be aware of this attendance policy and the consequences of nonattendance.

Academically-related activities include, but are not limited to:

- Submitting an assignment.
- Taking an exam, tutorial or computer-assisted instruction.
- Participating in an online discussion about the course.
- Initiating contact with a faculty member regarding the course material.

Academically-related activities do not include:

- Logging in to a distance education course without any other active participation.
- Academic counseling or advising.

## Disability Services

Hawai'i Community College and the UHCWH are committed to provide equal access to the campus, classes, and programs for students who have disabilities. If you have a documented disability and/or related access needs, please visit:

- East Hawai'i Disability Services Counselor  
Manono Campus, Bldg. 388 Rm. 104  
Phone: (808) 934-2825 [Voice/TTY]  
Email: [hawccds@hawaii.edu](mailto:hawccds@hawaii.edu)  
Website: [Hā'awi Kōkua Program](#)
- West Hawai'i UH Center West Hawai'i  
Phone: (808) 969-8816 [Voice/TTY]  
Email: [hawccds@hawaii.edu](mailto:hawccds@hawaii.edu)  
Website: [Hā'awi Kōkua Program](#)

The Hā'awi Kōkua Program can provide disability-related support for you to be successful in this class. If you are a student who needs to have an accommodation, please discuss your needs and make your request in a timely manner.

If Hawai'i Community College is not your home campus, please contact the appropriate offices on your home campus to access disability-related support and services.

## "MySuccess" Early Alert Program

I want every student to be successful in my class. Additionally, I want to make sure that all students have access to the resources they need to be successful. Therefore, if I feel you need extra support outside of my classroom, I may refer you to this service.

## Privacy and Confidentiality

Out of respect for your privacy, I will maintain confidentiality about comments and discussions made by students in class and I expect all students to do the same. However, this online course may be analyzed for evaluation and assessment purposes. Should this occur, college faculty and staff will have access to course materials and student discussions.

Grades will be kept confidential, and I will do my best to respect students' requests that their course materials be kept confidential. However, if bullying or inappropriate material appears, I reserve the right to share these materials with UH administration.

## Right to Resolve Academic Grievance

Any student who believes that a faculty member has acted improperly or in a manner otherwise inconsistent with the faculty member's responsibilities or the student's customary academic expectations, may initiate action to achieve a remedy. Read more about the policy in the college catalog, or on the Hawai'i Community College website under "Student Academic Grievance Policy."

## Title IX

The University of Hawai'i is committed to providing a learning, working and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. If you or someone you know is experiencing any of these, the University has staff and resources on your campus to support and assist you. Staff can also direct you to resources that are in the community. Here are some of your options:

If you wish to remain ANONYMOUS, speak with someone CONFIDENTIALLY, or would like to receive information and support in a CONFIDENTIAL setting, contact:

- East Hawai'i
  - SASS Campus Based Advocate  
Confidential Advocate Sexual Assault and Domestic Violence, YWCA  
Manono Campus 388-108  
Office Hours: Mondays, Tuesdays, Thursdays  
Phone: (808) 896-1034  
Crisis Line: (808) 935-0677
  - Kate De Soto, LCSW  
Mental Health Professional/Confidential Resource  
Manono Campus Hale Aloha, Rm 110 or call to schedule an appointment  
Phone: (808) 934-2706
- West Hawai'i

- SASS Campus Based Advocate  
Confidential Advocate Sexual Assault and Domestic Violence, YWCA  
Pālanui Campus Student Services Building  
Office Hours: Mondays  
Phone: (808) 896-4326  
Crisis Line: (808) 935-0677
- Kate De Soto, LCSW  
Mental Health Professional/Confidential Resource  
Office Hours: 1st Mondays & 3rd Tuesday of each month (or call to schedule an appt.)  
Phone: (808) 934-2706

If you wish to REPORT an incident of sex discrimination or gender-based violence including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence or stalking as well as receive information and support, contact:

- Dorinna Cortez – Title IX Coordinator  
Vice Chancellor for Student Affairs  
808-934-2710  
dorinna@hawaii.edu

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, please visit the University's [Title IX resources and the University's Policy, Interim EP 1.204](#) and our [College TitleIX website](#).

## Where to Get Help

If at any time you need support or assistance, seek help immediately. See below for a list links and/or phone numbers of support services available in person, by phone, or online to help you.

### Laulima & Computer Assistance

I want each of you to succeed in this course, and if you run into trouble and need technical assistance, please refer to the following resources:

- Student User Guide to Laulima (also accessible through the “Laulima Help” tool in the course tool list.
- Request Assistance (bottom of any Laulima page) - submit an online form and receive an email response from UH Laulima Support.

- Built-in Help - click on the blue question mark icon located at the top right corner of select Lualima pages to access the help database. NOTE: This database is generalized, and some of the features included may not apply to Lualima.
- UH ITS Computer Help Desk - Toll Free 1-800-558-2669

## Tutorial Services

Free tutorial services for various subjects are available at:

- UH-Hilo Campus at [The Learning Center](#)
- Manono Campus at the [Hale Kea Advancement & Testing Center](#)
- Pālananui Campus at the [Library & Learning Center](#)
- Online tutorial services are also available through
  - [Tutor.com](#)
  - UH Mānoa's [Online Learning Academy](#)

## Counselor Assistance

Hawai'i Community College counselors are available if you have any issues which may negatively impact your ability to successfully complete this course. Please visit [Counseling](#) or call (808) 934-2720 to make an appointment.

Additionally, The [Mental Wellness and Personal Development Service](#) aims to assist the students of Hawai'i Community College enhance their resiliency while building on their existing strengths and honoring their individuality. Mental health services have been shown to benefit campus communities as they assist students increase insight and manage stress in healthy ways. Call (808) 934-2706 to make an appointment.

For after hours or holiday crisis support call the Department of Health's Access Line at 1-800-753-6879. For emergencies, call 911 or go to the nearest emergency room.

## Add/Drop/Withdrawal Dates

[View the Academic Calendar](#) for a complete list of important semester dates.