

Draft Version ONLY!!!! STUDENT DATA

Psychology 300 TeleWeb - Spring 2009
Sat. 9:15-11:00 AM

DIRECTIONS: Please **PRINT** the following information and turn it in before you leave the Orientation Session.

THE STUDENT DATA SHEET IS PART OF THE REGISTRATION PROCESS FOR THIS CLASS. FAILURE TO SUBMIT THIS PAGE WILL RESULT IN YOU BEING DROPPED FROM THE CLASS.

Name _____ ID# _____
Last Name, First, Middle Initial

Address _____

City _____ State _____ ZIP _____ Your Age _____

E-Mail Address _____

Internet Service Provider _____

It is your responsibility to inform the professor of any change in postal or e-mail address.

Number of college units completed before this semester _____

Declared (or proposed) Major _____

List Previous Psychology Courses _____

List Previous Courses by Television _____

Are You attending other colleges? Yes ___ No ___ Which one(s) _____

Are you currently employed? Yes ___ No ___ Full-time ___ Part-time ___

Job Description _____

I have read and understand the **PSYCHOLOGY 300 COURSE OUTLINE & CONTRACT**, and will follow the guidelines presented therein. I also understand that the College Catalog, Student Code of Conduct, and Student Honor Code present other policies that regulate my attendance and participation at Sacramento City College.

Signature _____ Date _____

Personal Goals – Work Sheet

(300 words min., 15 pts. max.)

Last Name _____ First Name _____

Psy 300 *TeleWeb*

DIRECTIONS: If it suits your writing style, use this page as a Work Sheet where you can write a rough draft version of the essay described below. Submit the assignment to the professor by 11:55 PM Jan. 24, 2009 (Sat.). Send the completed essay by e-mail.

DO NOT SEND IT AS AN ATTACHMENT!

To: psy300@drdol.net

In the Subject line write: **Personal Goals.**

Points will be deducted for Late Papers.

Answer the following multiple-part question:

- ➡ What are your goals, plans, hopes and dreams for the next five years of your life?
- ➡ How does enrollment in this class fit into that scheme?

TABLE OF CONTENTS:

	Page
Catalog Description.....	7
Course Materials.....	7
How This <i>TeleWeb</i> Course Works.....	8
How To Be A <i>TeleWeb</i> Student.....	8
On Campus Class Sessions.....	9
Classroom Policies.....	9
Review Sessions.....	9
Blackboard Discussion Board.....	10
Course Responsibilities.....	10
When in Doubt, Follow the Directions.....	10
Class Schedule.....	11
Professor.....	17
Contacting The Professor.....	17
TV Programs	18
Problems With The Television Broadcasts.....	18
Practice Quizzes - Weiten's Companion Web Site.....	19
Chapter & Unit Review Quizzes Blackboard.....	19
Grade Insurance Quizzes Blackboard.....	19
Gradebook - Blackboard.....	19
Examinations.....	19
Written Assignments.....	20
TV Broadcast Schedule.....	21
Final Grades in a Token Economy.....	22
Due Dates for Written Assignments.....	23
Blackboard Quiz Availability.....	23
Problems With Blackboard.....	24
Pay It Forward Fund.....	24

Note: Any corrections or changes will be announced at Blackboard.

PSYCHOLOGY 300 COURSE OUTLINE & CONTRACT

General Principles - TeleWeb Course - Spring 2009

Sacramento City College

7 On-Campus Meetings: Sat. 9:15-11:00 AM - Learning Resource Center 105

See page 9 for specific dates and details.

TV Programs Broadcast on Comcast Ch. 15 - Wed. 8:00-9:00 PM

Videotapes can be viewed in S.C.C. Learning Resource Center

A limited number of rental tape/DVDs are available. See below for details.*

Use the Internet to interact with the class web site.

Professor: Dr. Richard J. Dowdall

Mailbox in Behavioral & Social Sciences Division Office (Rodda North 226)

E-mail: psy300@drdol.net

Blackboard: <http://blackboard.losrios.edu/webapps/portal/frameset.jsp>

CATALOG DESCRIPTION:

PSYC 300 - General Principles (Formerly PSYC 1)

Advisory: Eligibility for ENGRD 310 (College Analytical and Speed Reading) or **ENGWR 100** (College Writing) both of these courses require placement through the assessment process, or a prerequisite.

General Education: AA/AS Area B2

Course Transferable to UC/CSU

54 hours LEC

This course introduces students to foundation principles and current trends in the field of psychology. Concepts that are explored include methods of psychological inquiry, the biological basis of behavior, motivation, perception, consciousness, learning and memory, personality, socialization, and mental illness. This course is designed for psychology majors and other students who desire a broad overview of the field.

COURSE MATERIALS:

Textbook (required)

Weiten, Wayne **Psychology: Themes & Variations** - Briefer Version (7th Edition), Pacific Grove: Wadsworth, a division of Thomson Learning, 2008.

Reserve Copy of Text 2nd Floor LRC: BF 121.W38 2008

Telecourse Programs (required): *Psychology: The Human Experience* – Broadcast on Comcast

Also on Reserve in Learning Resource Center at the Instructional Media Desk (Rm. 144)

***Rental tapes/DVDs are available for \$20 cash or check (no cards!) from the Instructional Media Desk (LR 144).**

2 SCAN-TRON #884ES, or 4 SCAN-TRON #882 Answer Sheets

HOW THIS TeleWeb COURSE WORKS:

This is a Distance Education class combining a telecourse series broadcast on cable television with a class web site on the Internet. Only seven (7) trips to campus are required. This kind of a class is very convenient for working adults, who have limited time for traditional on campus classes. The TV Programs are broadcast on a schedule, and there are deadlines for all assignments, but the rest of the time in the class can be spent when it is convenient for you.

This is a self-study class and requires a self-directed learner who can take a list of assignments and complete them with minimum supervision. You need to be able to make a place for this class in your daily routine. In addition to the TV Programs and the Video Focus Questions (VFQs), you will be reading a textbook with a companion web site for enrichment, and taking quizzes at Blackboard. Two major papers are also required.

You must be connected to Comcast cable to view *Psychology: The Human Experience*, a Coast Learning Systems Telecourse. It will be broadcast on Comcast Ch. 15 on Wednesday from 8:00-9:00 PM. The TV Programs are available for viewing in the SCC Learning Resource Center from the Instructional Media Desk (LR 144); rental tapes/DVDs are also available from the Instructional Media Desk. See Page 7 for details.

This Class requires that you have an Internet Service provider (ISP). You should have the latest Internet browser (Microsoft Explorer, Safari, Firefox) with the necessary plug-ins that will allow you to access web features that use Shockwave and QuickTime as two examples. This software will allow you to access the class web site and any other destination on the World Wide Web.

This Class Requires the Use of a Computer to access the *password-protected* class web site at Los Rios Online/Blackboard. Computers are available for student use in the SCC Learning Resource Center and the Business Building. ARC, CRC, and FLC also have computers for enrolled student use.

All Communication in this class is going to take place via e-mail. You will need to have e-mail software (Outlook Express, Eudora, etc.). Browser software can be used to access some e-mail servers. There is a new student e-mail called iMail (imail.losrios.edu). **We will NOT use attachments in this class because of their many technical problems, including carrying viruses.**

Word Processing Skills. The written work in this class will require that you know how to operate word processing software. Microsoft Word is the Los Rios standard and is installed on all campus computers. You will be asked to compose and spell check all written work in a word processing program, copy it, and paste it into the text field of the e-mail response form. If you are a CONFIDENT WRITER and can COMPOSE on the computer screen, compose your response in the e-mail message window. A SIMPLE TEXT document could also be used to compose your response.

With a CD-ROM drive in your computer you can access the enrichment materials available on the *Psyk.trek* CD-ROM that may be shrink-wrapped with the new copies of the textbook. Used textbooks may not have the CD. Thanks to Brooks-Cole/Thomson Learning, there are several CDs at the Instructional Media Desk (LR 144) for use in the Learning Resource Center.

HOW TO BE A TeleWeb STUDENT:

Taking a *TeleWeb* course is different in many ways from the traditional college classroom course. While you do not need to attend class, there are still responsibilities and tasks that must be completed in a timely fashion.

If you were taking the course on campus you would be expected to spend three hours a week in class and approximately six to nine hours outside of class doing the required assignments. (3+6 = 9 hours a week).

For this *TeleWeb* course plan to spend about

2 hours a week preparing for, viewing, and responding to the Video Focus Questions (VFQ)

3 hours a week interacting with the class web site, conducting Internet Research, taking quizzes.

4 hours reading the text, preparing for quizzes and exams, preparing written assignments.

These hours are estimates. Students with well-developed reading, writing, and studying skills may spend less time.

ON CAMPUS CLASS SESSIONS:

All class sessions will be held in the Learning Resource Center LR 105 from 9:15-11:05 AM on the Saturdays listed below.

There are only seven (7) REQUIRED on campus meetings in this *TeleWeb* class, as compared to 32 meetings for a 3-unit twice-a-week class that meets on campus.

RESERVE these 7 dates, and mark them on your calendar or day planner and plan to attend.

ORIENTATION - Jan. 17, 2009

Review 1 – Feb. 7

Review 2 - Feb. 28

MID-TERM EXAM – Mar. 7

Review 3 – Apr. 4

Review 4 – May 9

FINAL EXAM – May 16

CLASSROOM POLICIES: (No Food, Drink, or Cell Phones Allowed in LR 105)

The use of Personal Electronics, of any kind, is not permitted in LR 105 during the class session. All these devices are to be turned off and put away. Personal Electronics include, but are not limited to: **cell phones**, pagers, iPods, iPhones, Bluetooth ear phones, BlackBerries, text messenger devices, palm pilots, **laptop computers**, tape recorders, digital cameras, and any other item that can be considered a personal electronic device.

Sounds made by these devices are disruptive, distracting, and will not be tolerated.

Zero Tolerance Policy for disrupting class sessions with personal electronic devices: If any of these devices sound off during class, **fifty (50) points will be deducted from the student's point total, one hundred (100) points during examinations.** This is an example of negative reinforcement as described in Ch. 6 of the textbook.

REVIEW SESSIONS:

The Learning Resource Center opens at 9:00 AM on Saturday. Review Sessions begin promptly at 9:15 and will run until 11:00 AM.

The first item of business is an Attendance Quiz from 9:15-9:25. The questions have been selected to review important or difficult concepts. All of the questions will be answered and illustrated during the Review. The points on the quiz will be recorded as Grade Insurance.

Some time will be allocated to techniques that evoke the Relaxation Response, and how this self-regulation skill can be used to manage stress, and improve study and test-taking skills.

EARLY START. The Attendance Quiz will be distributed to those students who are in the classroom by 9:10.

If you come LATE (after 9:15) and the Attendance Quiz is in progress, you will not have extra time to complete the quiz. You may even forfeit all quiz points if you come TOO LATE! If you arrive after the quiz has been collected and the presentation has begun, please sit in the back of the classroom.

If you **DO NOT ATTEND** a Review Session, you will not receive Attendance points. There are no make-ups or alternative assignments. You will also not be provided with the information presented at the Review Session, unless it is also online. Grade Insurance points may compensate for lost Attendance points, if you choose to do something else on the scheduled Saturdays.

Leaving the Review early will result in forfeiture of ALL Attendance and Grade Insurance Attendance Quiz points for that Review Session. DO NOT plan to take the quiz and then leave the Review.

BLACKBOARD - DISCUSSION BOARD (DB):

This Blackboard feature allows the class to communicate with each other and the professor. The DBs are organized into **Forums** with a variety of topics. Students can post their response as a **Thread** in the discussion. Anyone can reply to any post.

There will be two Forums open during the semester. These DBs are for your convenience and they are not required or graded:

Class Business (questions about assignments, where things are located, and course policies) and **Course Content** (questions about the content of the textbook and the TV programs).

There may be special focus DBs assigned that will be required and graded.

COURSE RESPONSIBILITIES:

You are responsible for:

- observing the DUE DATES for all assignments and Blackboard Quizzes (See page 23).
- notifying the professor of any change in U.S. Postal Service or e-mail address.
- reading and studying the textbook.
- viewing television programs and writing responses to the Video Focus Questions (VFQs).
- completing other assignments in a timely manner.
- sending your assignments via e-mail - like VFQs.
- maintaining your access to the Internet.

The Professor is responsible for:

- planning the course and maintaining the class web site.
- providing assistance with learning the course content.
- making suggestions to improve your study skills.
- evaluating your knowledge of the course content.

WHEN IN DOUBT, FOLLOW THE DIRECTIONS:

Suggested weekly procedure:

- Start with the Announcements page and then the weekly Assignments page.
- Prepare for the TV program by reading the *Video Notes* and the *Video Focus Questions*.
- View the TV program, make any notes necessary, write your answers to the VFQs, and submit with an e-mail. NO ATTACHMENTS!
- Read the Learning Objectives for the chapter. You might want to print out that page for easy reference while you read the chapter.
- Read the outline in the textbook, the Review, Key Terms and Key People at the end of the chapter.
- Then read the chapter for details. Complete each Concept Check Box in the text.
- How to Read a College Textbook may help some students. See Blackboard - Course Information.
- Take the Practice Test at the end of the chapter. Do you comprehend the main ideas of the chapter?
- Re-read any relevant section to clarify the concepts being presented.
- Go to the Weiten textbook companion site and take the quiz for the chapter. Survey the other features of the Weiten site.
- Go to Blackboard and take the Chapter and Grade Insurance Quiz (ONLY one attempt.)

To be prepared for the television programs, it is recommended that you read both the **Video Notes** and the **Video Focus Questions** before you view the programs.

CLASS SCHEDULE: Any corrections or changes will be announced at Blackboard.

Unit 1

Week 1 – Jan. 12-17

Orientation Session On-Campus Jan. 17 (Sat.) - Overview of the Class

See weekly Assignments page:

Read the Video Notes and the Video Focus Questions (VFQ) to prepare for TV Broadcast next week.

Blackboard Assignment: Change your e-mail address. Click on Personal Information and follow the directions. **Complete this assignment by Jan. 24 (Sat.)**

Written Assignments:

1. **Student Data Sheet** 1st page of Course Outline
DUE: END OF ORIENTATION SESSION – Jan. 17 (Sat.)
2. **Personal Goals** - Write a 300-word essay describing your Personal Goals for the next five years and why you are taking Psychology 300 (See worksheet on page 3 of Course Outline).
Send it as an email - Subject: **Personal Goals**
DUE: Jan. 24 (Sat.)

Week 2 – Jan. 17-24

DUE: Personal Goals Essay & Change e-mail address at Blackboard by Jan. 24 (Sat.)

See weekly Assignments page:

Read the Video Notes and the Video Focus Questions (VFQ) to prepare for the first TV Broadcast this week.

TV Program: 1 - Why Study Human Behavior? (FYI)
2 - Research Methods in Psychology (repeat) (See **Video Notes & Video Focus Questions**)

Reading:

Themes & Variations:

- Ch. 1 - The Evolution of Psychology (See **Learning Objectives**)
Please Note - Improving Academic Performance
- Ch. 2 - The Research Enterprise in Psychology (See **Learning Objectives**)

Psyk.trek: (optional)

1b Experimental Method & Simulation 1 - Stroop Test

Blackboard Quiz:

- Ch. 1 - The Evolution of Psychology & GIQ1 (off the server at 11:55 PM **Jan. 31**)
- Ch. 2 - The Research Enterprise in Psychology & GIQ2 (off the server at 11:55 PM **Jan. 31**)

Written Assignment:

1. Written responses to Video Focus Questions.
See VFQ-2: Research Methods - Week 2 Assignments at Blackboard

CLASS SCHEDULE cont'd:

Week 3 – Jan. 26-31

DUE: VFQ-2 Research Methods – Due by **Jan. 31** (Sat.)

See weekly Assignments page:

Read the Video Notes and the Video Focus Questions (VFQ) to prepare for TV Broadcast.

TV Program: 4 - The Neuron and Neural Transmission (FYI)
3 - The Nervous System (See **Video Notes & Video Focus Questions**)

Reading:

Themes & Variations:

Ch. 3 - The Biological Bases of Behavior (See **Learning Objectives**)

Psyk.trek: (optional)

2a The Neuron and the neural impulse, 2b Synaptic transmission, 2c Looking inside the brain
2d The hindbrain and midbrain, 2e The forebrain: subcortical structures, 2f The cerebral cortex
2g Right brain/Left brain

Blackboard Quiz: (Ch. 1 & 2 off the server at 11:55 PM **Jan. 31**)

Ch. 3 - The Biological Bases of Behavior & GIQ3 (off the server at 11:55 PM **Feb. 7**)

Unit 1 Review Quiz (off the server at 11:55 PM **Feb. 9**)

Written Assignment:

1. Written responses to Video Focus Questions.

See VFQ-3: The Nervous System - Week 3 Assignments at Blackboard

Week 4 – Feb. 2-7 - Unit 1 Review On Campus

DUE: VFQ-3 The Nervous System - Due by **Feb. 7** (Sat.)

TV Program: 5 - Sensation & Perception (FYI)
6 - Consciousness (FYI)

Read:

Themes & Variations:

Finish reading Ch. 1, 2, & 3.

Blackboard Quiz: Ch. 3 - The Biological Bases of Behavior & GIQ3 (off the server at 11:55 PM **Feb. 7**)

Unit 1 Review - Covers Ch. 1, 2, & 3 (off the server at 11:55 PM **Feb. 9**)

Unit 2

Week 5 – Feb. 9-14

TV Program: 7 - Learning: Classical & Operant Conditioning (See **Video Notes & VFQs**)
8 - Learning: Observational & Cognitive (FYI)

Read:

Themes & Variations:

Ch. 6 - Learning (See **Learning Obj.**)

Psyk.trek:

Unit 6 a-c, Simulation 5 - Memory

CLASS SCHEDULE cont'd:

Unit 2

Week 5 – Feb. 9-14 continued

Blackboard Quiz:

Ch. 6 – Learning & GIQ6 (off the server at 11:55 PM **Feb. 21**)

Written Assignments:

1. Written responses to Video Focus Questions
See VFQ-7: Learning: Classical and Operant Conditioning - Week 5 Assignments
2. Work on Study Activity or Internet Research.

Week 6 – Feb. 16-21

DUE: VFQ-7 Learning: Classical & Operant Conditioning – Due by **Feb. 21** (Sat.)

TV Program: 9 - Memory (See **Video Notes & VFQs**)
10 - Language & Cognition (FYI)

Read:

Themes & Variations:

Ch. 7 - Human Memory (See **Learning Objectives**)

Psyk.trek: (optional) Unit 6: 6a-6c, Simulation 5 – Memory

Blackboard Quiz:

Ch. 7 Human Memory & GIQ7 (off the server at 11:55 PM **Feb. 21**)

Written Assignments:

1. Written responses to Video Focus Questions
See VFQ-9: Memory - Week 6 Assignments at Blackboard
2. Work on Study Activity or Internet Research.

Week 7 – Feb. 23-28 - **Unit 2 Review On Campus**

DUE: VFQ-9 Memory – Due by **Feb. 28** (Sat.)

DUE at Unit 2 Review: Study Activity or Internet Research #1

TV Program: 12 - Motivation (FYI)
13 - Emotion (See **Video Notes & Video Focus Questions**)

Read:

Themes & Variations:

Ch. 9 - Motivation and Emotion (See **Learning Objectives**)

Psyk.trek: (optional) Unit 8: 8a-8d

Blackboard Quiz:

Ch. 9 - Motivation & Emotion & GIQ9 (off the server at 11:55 PM **Feb. 28**)
Unit 2 Review Quiz – Covers Ch. 6, 7 & 9 (off the server at 11:55 PM **Mar. 2**)

Written Assignments:

1. Written responses to Video Focus Questions.
See VFQ-13: Emotions - Week 7 Assignments at Blackboard
2. Complete Study Activity or Internet Research.

CLASS SCHEDULE cont'd:

Week 8 – Mar. 2-7 - Mid-Term Examination - On-Campus for All Students

DUE: VFQ-13 Emotions – Due by **Mar. 7** (Sat.)

TV Program: 7 - Learning: Classical & Operant Conditioning (repeat)
8 - Learning: Observational & Cognitive (repeat)

MID-TERM EXAM - On-Campus for All Students
Dr. D's Top Picks from Ch. 1, 2, 3, 6, 7 & 9

Unit 3

Week 9 – Mar. 9-14

TV Program: 14 - Infant & Child Development (See **Video Notes & Video Focus Questions**)
15 - Adolescent & Adult Development (See **Video Notes & Video Focus Questions**)

Read:

Themes & Variations:

Ch. 10- Human Development Across the Life Span (See **Learning Objectives**)

Psyk.trek: (optional) Unit 9: 9a-d

Blackboard Quiz:

Ch. 10 – Human Development Across the Life Span & GIQ10 (off the server at 11:55 PM **Mar. 21**)

Written Assignments:

1. Written responses to Video Focus Questions.
See VFQ-14: Infant & Child Development - Week 9 Assignments at Blackboard
See VFQ-15: Adolescent & Adult Development - Week 9 Assignments at Blackboard
2. Work on Study Activity or Internet Research.

Week 10 – Mar. 16-21

DUE: VFQ-14 Infant & Child **and VFQ-15** Adolescent & Adult Development – Due by **Mar. 21** (Sat.)

TV Program: 17 - Personality Theories (See **Video Notes & Video Focus Questions**)
18 - Personality Traits (FYI)

Read:

Themes & Variations:

Ch. 11 - Personality: Theory, Research, & Assessment (See **Learning Objectives**)

Psyk.trek: (optional) Unit 10: 10a-d

Blackboard Quiz: Ch. 10 (off the server at 11:55 PM **Mar. 21**)

Ch. 11 – Personality: Theory, Research, & Assessment & GIQ11 (off the server at 11:55 PM **Mar. 21**)

Written Assignments:

1. Written responses to Video Focus Questions
See VFQ-17: Personality Theories - Week 10 Assignments at Blackboard
2. Work on Study Activity or Internet Research.

CLASS SCHEDULE cont'd:

Week 11 – Mar. 23-28

DUE: VFQ-17 Personality Theories – Due by **Mar. 28** (Sat.)

TV Program: 19 - Social Cognition (See **Video Notes & Video Focus Questions**)
20 - Attitudes (See **Video Notes & Video Focus Questions**)

Read:

Themes & Variations:

Ch. 15 - Social Behavior (See **Learning Objectives**)

Psyk.trek: (optional) Unit 12: 12a-d

Blackboard Quiz: Ch. 15 - Social Behavior & GIQ15 (off the server at 11:55 PM **Mar. 28**)

Written Assignments:

1. Written responses to Video Focus Questions.
See VFQ-19 & VFQ-20 - Week 11 Assignments at Blackboard
2. Work on Study Activity or Internet Research

Week 12 – Mar. 30-Apr. 4 **Unit 3 Review On Campus**

DUE: VFQ-19 Social Cognition & **VFQ-20** Attitudes – Due by **Apr. 4** (Sat.)

TV Program: 21 - Group Influences (See **Video Notes & Video Focus Questions**)
17 - Personality Theories (repeat)

Blackboard Quiz: Unit 3 Review - covers Ch. 10, 11, &15 (off the server at 11:55 PM **Apr. 6**)

Written Assignments:

1. Written responses to Video Focus Questions
See VFQ-21: Group Influence - See Week 12 Assignments at Blackboard
2. Work on Study Activity or Internet Research

Unit 4

Apr. 6-12 - **Spring Break** – No classes held on campus.

DUE: VFQ-21 Group Influence – Due by **Apr. 12** (Sat.)

TV Program: No broadcast this week.

Read:

Themes & Variations:

Ch. 12 - Stress, Coping and Health (See **Learning Objectives**)

Psyk.trek: (optional) Unit 11: 11 f&g

Blackboard Quiz:

Ch. 12 - Stress, Coping and Health & GIQ Ch. 12 (off the server at 11:55 PM **Apr. 18**)

CLASS SCHEDULE cont'd:

Week 13 – Apr. 13-18

TV Program: 22 - Stress, Health & Coping (See **Video Notes & Video Focus Questions**)
23 - Understanding Psychological Disorders, Part One (FYI)

Read:

Themes & Variations:

Ch. 13 - Psychological Disorders (See **Learning Objectives**)

Psyk.trek: (optional) Unit 11: 11a-c

Blackboard Quiz:

Ch. 13 - Psychological Disorders & GIQ13 (off the server at 11:55 PM **Apr. 18**)

Ch. 14 - Treatment of Psychological Disorders & GIQ14 (off the server at 11:55 PM **Apr. 25**)

Written Assignments:

1. Written responses to Video Focus Questions

See VFQ-22: Stress, Health & Coping - See Week 13 Assignments

Week 14 – Apr. 20-25

DUE: VFQ-22 Stress, Health & Coping – Due by **Apr. 25** (Sat.)

TV Program: 24 - Understanding Psychological Disorders, Part Two (See **Video Notes**)
25 - Therapies

Read:

Themes & Variations:

Ch. 14 - Treatment of Psychological Disorders (See **Learning Objectives** at drdol.net)

Psyk.trek (optional) Unit 11: 11d & e

Blackboard Quiz: Ch. 14 (off the server at 11:55 PM **Apr. 25**)

Unit 4 Review - covers Ch. 12, 13 & 14 (off the server at 11:55 PM **May 4**)

Week 15 – Apr. 27-May 2 – Closure Week

TV Program: 26 - Making Psychology Part of Your Life (FYI)
22 - Stress, Health & Coping (repeat)

Blackboard Quiz:

Unit 4 Review - covers Ch. 12, 13 & 14 (off the server at 11:55 PM **May 4**)

Week 16 – May 4-9 – Unit 4 Review On Campus

DUE: Study Activity or Internet Research #2 – Unit 4 Review **May 9**

Complete Course Evaluation at Blackboard available from May 2-9

Week 17 – May 11-16 - Final Exam On-Campus for All Students

FINAL EXAMINATION - On-Campus for All Students – May 16, 2009 (Sat.)

Dr. D's Top Picks from Ch. 10-15

PROFESSOR:

Dr. Richard Dowdall retired from full-time teaching in May 2002 after teaching Psychology in the California community colleges for 36 years. During his 33 years as a full-time Professor at Sacramento City College he pioneered a number of new courses: Human Behavior, Abnormal Behavior, Life/Career Planning, Psychology of Aging, Understanding Cancer, Behavioral Biology, and Issues in Psychology. Since retirement Dr. Dowdall has continued to teach *TeleWeb* classes in General Principles and Abnormal Behavior.

Dr. Dowdall was a founding member of the SCC Experimental College in 1970, and has enjoyed team-teaching, and collaborative teaching environments through out his career. He pioneered live interactive television (ITV) classes from the ITV facilities at SCC during Fall 2001 and Spring 2002.

Dr. Dowdall is also a licensed (inactive) Marriage & Family Therapist and has conducted numerous workshops for professional and lay audiences on biofeedback, stress management, behavioral medicine, and the development of human potential. His current interests include Open Learning with TeleWeb courses, grandparenting, gardening, and digital photography.

Dr. Dowdall has written and produced a series of instructional videotapes presenting biofeedback training and stress management. It was his interest in educational television that attracted Dr. Dowdall to the Telecourse *Psychology: The Study of Human Behavior* in the Fall of 1990, to *The World of Abnormal Psychology* in 1992, and to *Psychology: The Human Experience* in Spring 2002.

CONTACTING THE PROFESSOR:

Dr. Dowdall is an Adjunct Professor Emeritus and a Distance Educator. He makes infrequent visits to campus, and does not have a campus phone, office, or office hours.

Class Business Discussion Board

If you have questions about information in the Course Outline or Blackboard, questions about class policies, assignments, due dates, where do I find things, problems with the technology, **post them at Blackboard**. This way the entire class can benefit from the question and answer. The answer can come from any one in the class, not just the professor. Help each other out.

Course Content Discussion Board

If you have questions about the content in the textbook or the TV Programs, post them at this Discussion Board. Again, any one can answer the question or respond to the comment.

WEB SITE:

Blackboard / Los Rios Online:

<http://blackboard.losrios.edu/webapps/portal/frameset.jsp>

SCC Home Page:

<http://web.scc.losrios.edu/dowdalr>

U. S. POSTAL SERVICE (USPS) MAIL: Written correspondence can be sent to:

Richard J. Dowdall, Psy.D.
BSS / Psychology Department
Sacramento City College
3835 Freeport Boulevard
Sacramento, California 95822-1386

Due to infrequent visits to the campus, do not expect a quick reply.

E-MAIL: dowdalr@scc.losrios.edu This address is for the general public.

PLEASE DO NOT USE THIS ADDRESS FOR COURSE CORRESPONDENCE!

CONTACTING THE PROFESSOR cont'd.:

E-MAIL: psy300@drdol.net **Use this address for all class correspondence!**

All communication in this class will take place via e-mail.

Put the following information in the **top left hand corner** of the **main message window of ALL e-mail communication:**

First and Last Name
Course Name and Number
Title of the Assignment (e.g., Personal Goals, VFQ-2)
or
ClassBiz

MESSAGE

*****Very Important!** In the Subject window (text box, or line) put the exact wording given in the directions in the Course Outline and at Blackboard.

E.g., for the first set of Video Focus Questions you will be instructed to put:

VFQ-2 (with NO SPACES)

Not vfq #2, not VFQ-#2, not Video Questions #2, nor any other variation you may create.

For other e-mail messages to the professor put the words: **ClassBiz (with no spaces)** in the subject window. This is for communications about class business that you do not want to post on the Class Business Discussion Board.

In my e-mail sorting program messages are put into specific mailboxes, according to the Subject entry. If not, you are put in the junk mailbox with all the SPAM – dreaded filthy stuff.

BE ON NOTICE:

IF YOU DO NOT PUT THE CORRECT INFORMATION IN THE SUBJECT WINDOW, YOU RUN THE RISK THAT YOUR MAIL WILL BE TRASHED WITH THE SPAM!

TV PROGRAMS:

You will view a professionally produced series of TV Programs. *Video Notes* will help you get prepared for the TV programs. You can view them when broadcast on Comcast Channel 16. (See Broadcast Schedule on page 21). These TV Programs are also available for viewing in the Learning Resource Center - first floor Instructional Media Desk. A limited number of rental tapes/DVDs may be available.

PROBLEMS WITH THE TELEVISION BROADCASTS:

The video taped television programs originate from CSUS. Occasionally the student-help play the wrong program, or they forget to turn off the public radio audio fill between programs, etc. If there is a technical problem with the broadcasts call Jory Hadsell, Coordinator of Distance Education, at 558-2635 or hadselj@scc.losrios.edu

PRACTICE QUIZZES – TEXTBOOK WEB SITE:

There are quizzes that you can take for practice at the textbook web site. Take these quizzes before you take the quizzes at Blackboard, if you have the time. These quizzes DO NOT COUNT for points in the class. Please DO NOT send the results to the professor.

CHAPTER & UNIT REVIEW QUIZZES – BLACKBOARD

There are **Chapter Quizzes** at Blackboard. They consist of 10 questions randomly selected from a test bank, with a 15-minute time limit. **One attempt ONLY!** These points will be added into the course total.

At the end of each instructional unit there will be a **Unit Review Quiz** at Blackboard. The Unit Review Quizzes are also **one attempt ONLY!** There are usually 40 questions with a 45-minute time limit. These points will also be added into the course total. If you have problems accessing the quizzes, see page 24 for help suggestions.

GRADE INSURANCE QUIZZES – BLACKBOARD:

At Blackboard you will also find Grade Insurance Quizzes (GIQs). Usually eight (8) questions randomly drawn from the text bank with a 10-minute time limit. Each correct answer will be worth 1/2 (.5) point. ***The points from these quizzes will be added to your personal point total, but will not be added into the total points used to construct the final grade distribution.*** Consider Grade Insurance points to be extra credit, or bonus points. Be sure to check availability dates on page 23 of this outline.

The following applies to all quizzes:

- See Quiz Availability Dates on page 23, and at Blackboard > Quizzes > Blackboard Quiz Availability.
- **If you exceed the time limit for any Blackboard quiz, 2 points will be deducted for each minute or fraction thereof that you go over the time limit.**
- **Requests to have a quiz re-opened after it has been taken off the server will cost you 25% of the value of the quiz. Minus points will be deducted from your course total.**
- **Grade Insurance Quizzes will not be re-opened under any circumstance.**

GRADEBOOK – BLACKBOARD:

Blackboard quiz scores can be found by clicking on *Gradebook*. For all other assignments submitted, a return receipt acknowledging the completion of the assignment is sent to the student. At the completion of each instructional unit, a Progress Report detailing all assignments in the Professor's Gradebook will be sent to each student via USPS Mail..

EXAMINATIONS - On Campus ONLY:

There will be two (2) examinations each worth 300 points. Both examinations will be given on campus in LR 105.

MID-TERM – Mar. 7, 2009 (Sat.)

FINAL – May 16, 2009 (Sat)

You will need a SCAN-TRON #884SE answer sheet and a # 2 lead pencil with an eraser for each exam. You can also use two (2) SCAN-TRON #882 answer sheets for each exam (total of 4). These materials can be purchased in the College Store. The instructor will hand score the answer sheet for immediate feedback on the accuracy of your answers.

Memory Notes. You can bring one 8 1/2 x 11" sheet of paper with writing on both sides as a lifeline to support your memory during each exam.

Explain your reasoning. You may take issue with any question by finding support for your answer in the textbook. This must be done in writing. You will need to indicate the question number, your answer, and the quote from the text (including page number) that supports your answer over the "keyed" correct answer. Submit this paper with your answer sheet and test booklet. You might also **re-write a question so that it is clearer**, less ambiguous, and is based upon information presented in the text or the television programs.

WRITTEN ASSIGNMENTS:

POINTS WILL BE DEDUCTED FOR LATE WRITTEN ASSIGNMENTS!

Minor Assignments. You will be required to complete a number of **Video Focus Questions** (VFQs) based on the television programs. See Class Schedule section, Due Dates for Written Assignments on page 23, or Assignments at Blackboard).

You will write several short-answer essays (minimum of 50 words @) that answer the question. **Be sure you number your answers, and repeat the question.** Suggestion: To ensure your spelling and grammar are correct, type your essays in a word processor, copy and paste the essays into the text field below. Be sure to number your answers. You will be instructed how to address the e-mail at the Web Site. **Most important is the content of the Subject line.** E-mails will be automatically sorted based upon the Subject entry.

Major Assignments. Four hundred (400) points from this category will be included in the total points used to compute final grades. You can do 2 Study Activities or 2 Internet Research reports, or one of each.

STUDY ACTIVITIES: Suggestions for these enrichment activities can be found by clicking on Blackboard **Study Activities**. Some activities are autobiographical in nature and ask you to introspect about your thoughts and feelings, some require that you collect original observational data to test a hypothesis, some may require library-Internet research.

STYLE / FORM:

In the upper right-hand corner of the page you should TYPE or print your full name.

The title of the Study Activity should be written at the left margin of the page two lines below your name skip a space and begin the body of the document.

The Study Activity Reports should be typed (**double-spaced**), using upper and lower case letters. DO NOT use all capital letters! Legibly hand-written papers will be accepted if you skip every other line. Please, **NO** tear-out spiral notebook paper. Please, **NO COVERS!** Simply staple the paper in the upper left hand corner. A **minimum of 900 words** should give you some idea of the minimum length. Your efforts should be to apply and discuss course material, rather than generate a specific number of words. Each Study Activity is worth a maximum of **200 points**.

Evaluation & Grading Criteria for Study Activities:

Length (900 words min.)	10%
Mechanics (spelling, punctuation, grammar)	10%
Format (headings, indentation, spacing, margins, stapled top left, footnotes, references)	10%
Readability (organization, transition, minimize choppiness)	20%
Content (address topic, discussion, application of psychological principles, critical thinking)	50%
Total Possible	100%

INTERNET RESEARCH ASSIGNMENT: You can find more details by clicking *External Links* at Blackboard then click on Conducting Psychological Research on the Web.

Conduct an Internet search for psychological information that is related to your Personal Goals, and produce a written report. The report is a discussion of what you were looking for, what you found, what you learned. You may attach no more than five (5) relevant web pages. Do not merely submit a ream of printed out web pages! **Most Important are Your Comments. (900 word min.) 200 points**

STYLE or FORM & Evaluation & Grading: Same as for the Study Activity.

Written Assignment #1 is DUE at the Unit 2 Review – Feb. 28, 2009.

Written Assignment #2 is DUE at the Unit 4 Review – May 9, 2009.

POINTS WILL BE DEDUCTED FOR LATE WRITTEN ASSIGNMENTS!

Los Rios Community Colleges
 Sacramento Educational Cable Consortium
Spring 2009 Broadcast Schedule: Psychology 300
Comcast Channel 15

Week	Program No.	Titles:	Wednesday 8:00-9:00 PM
2	1	Why Study Human Behavior?	Jan. 21
	2	Research Methods in Psychology	
3	4	The Neuron and Neural Transmission	Jan. 28
	3	The Nervous System	
4	5	Sensation & Perception (FYI)	Feb. 4
	6	Consciousness (FYI)	
5	7	Learning: Classical & Operant Conditioning	Feb. 11
	8	Learning: Observational & Cognitive Approaches	
6	9	Memory	Feb. 18
	10	Language & Cognition	
7	12	Motivation	Feb. 25
	13	Emotion	
8	7	Learning: Classical & Operant Conditioning	Mar. 4
	8	Learning: Observational & Cognitive Approaches	
9	14	Infant & Child Development	Mar. 11
	15	Adolescent & Adult Development	
10	17	Personality Theories	Mar. 18
	18	Personality Traits	
11	19	Social Cognition	Mar. 25
	20	Attitude	
12	21	Group Influences	Apr. 1
	17	Personality Theories (repeat)	
Spr. Break		No Broadcast this week.	Apr. 8
13.	22	Stress, Health, & Coping	Apr. 15
	23	Understanding Psychological Disorders, Part One	
14	24	Understanding Psychological Disorders, Part Two	Apr. 22
	25	Therapies	
15	26	Making Psychology Part of Your Life (FYI)	Apr. 29
	22	Stress, Health, & Coping (repeat)	
16	11	Intelligence (FYI)	May 6
	16	Gender & Sexuality (FYI)	
17	25	Therapies (repeat)	May 13
	26	Making Psychology Part of Your Life (FYI)	

FINAL GRADES IN A TOKEN ECONOMY:

A token economy is a **behavior modification** strategy employing the principles of operant conditioning designed to increase desirable behavior and decrease undesirable behavior with the use of tokens. Individuals receive tokens (POINTS) immediately after displaying desirable behavior. The tokens are collected and later exchanged for a meaningful object or privilege (GRADE).

Final grades will be calculated by dividing the total points a student receives by the total points possible in the course. Grades will be assigned using the following percentages: **A = 90%; B = 80%; C = 60%; D = 50%; F = below 50%.** In the example below **POINT TOTALS ARE ESTIMATES ONLY:**

Use the spaces below to keep a record of your points:

Pt. Est. Totals % of total

ATTENDANCE (@ 20 pts.)

Orientation _____ Review 1 _____ Review 2 _____

Review 3 _____ Review 4 _____

(100)= _____ (6.2 %)

EXAMS:

Mid Term _____ Final _____ (@ 300 pts.)

(600)= _____ (37.2 %)

CHAPTER QUIZZES - BLACKBOARD (@ 10 pts.):

Ch. 1 _____ Ch. 2 _____ Ch. 3 _____ Ch. 6 _____ Ch. 7 _____ Ch. 9 _____

Ch.10 _____ Ch.11 _____ Ch. 15 _____ Ch. 12 _____ Ch.13 _____ Ch.14 _____

(120)= _____ (7.4 %)

UNIT REVIEW QUIZZES - BLACKBOARD (@ 40 pts.):

Unit 1 _____ Unit 2 _____ Unit 3 _____ Unit 4 _____

(160)= _____ (9.9 %)

MINOR WRITTEN ASSIGNMENTS:

Student Data Sheet _____ (10 pts.)

Change Blackboard E-mail Address _____ (10 pts.)

Personal Goals Essay _____ (15 pts.)

Course Evaluation (Blackboard) _____ (20 pts.)

Video Focus Questions (VFQs) (@ 15 pts.)

2 _____ 3 _____ 7 _____ 9 _____ 13 _____ 14 _____ 15 _____

17 _____ 19 _____ 20 _____ 21 _____ 22 _____

(235)= _____ (14.6 %)

MAJOR WRITTEN ASSIGNMENTS: (Maximum of 300 points)

Study Activity/Internet Research #1 _____ (@ 200 pts.)

Study Activity/Internet Research #2 _____ (@ 200 pts.)

(400)= _____ (24.7 %)

GRADE INSURANCE QUIZZES AT BLACKBOARD (@ 4 pts.) & ON CAMPUS REVIEW QUIZ

GIQ1 _____ GIQ2 _____ GIQ3 _____ Attendance Quiz 1 _____

GIQ6 _____ GIQ7 _____ GIQ9 _____ Attendance Quiz 2 _____

GIQ10 _____ GIQ11 _____ GIQ15 _____ Attendance Quiz 3 _____

GIQ12 _____ GIQ13 _____ GIQ14 _____ Attendance Quiz 4 _____

= _____

GRAND TOTAL (1615) = _____

DUE DATES FOR WRITTEN ASSIGNMENTS:

Consult the Assignments page at Blackboard for any changes.

Personal Goals	DUE by 11:55 PM
Change e-mail address at Blackboard	Jan. 24, 2009
Study Activity / Internet Research #1	Jan. 24
Study Activity / Internet Research #2	Feb. 28 - Unit 2 Review
	May 9 - Unit 4 Review

Video Focus Questions

VFQ-2 - Research Methods	Jan. 31
VFQ-3 - The Nervous System	Feb. 7
VFQ-7 - Learning: Classical & Operant Conditioning	Feb. 21
VFQ-9 - Memory	Feb. 28
VFQ-13 - Emotions	Mar. 7
VFQ-14 - Infant & Child Development	Mar. 21
VFQ-15 - Adolescent & Adult Development	Mar. 21
VFQ-17 - Personality Theories	Mar. 28
VFQ-19 - Social Cognition	Apr. 4
VFQ-20 - Attitudes	Apr. 4
VFQ-21 - Group Influences	Apr. 11
VFQ-22 - Stress, Health & Coping	Apr. 25

BLACKBOARD QUIZ AVAILABILITY:

Ch. 1 - The Evolution of Psychology & GIQ1	Jan. 18-31
Ch. 2 - The Research Enterprise in Psychology & GIQ2	Jan. 18-31
Ch. 3 - The Biological Basis of Behavior & GIQ3	Jan. 18-Feb. 7
Unit 1 Review Quiz	Jan. 18-Feb. 9 (Mon.)
Ch. 6 - Learning & GIQ6	Feb. 8-21
Ch. 7 - Human Memory & GIQ7	Feb. 8-21
Ch. 9 - Motivation & Emotion & GIQ9	Feb. 8-28
Unit 2 Review Quiz	Feb. 8-Mar. 2 (Mon.)
Mid Term Exam - On-Campus	Mar. 7 - 9:15 AM
Ch.10 - Human Development Across the Life Span & GIQ10	Mar. 8-21
Ch.11 - Personality: Theory, Research & Assessment & GIQ11	Mar. 8-21
Ch.15 - Social Behavior & GIQ15	Mar. 8-28
Unit 3 Review Quiz	Mar. 8-Apr. 6 (Mon.)
Ch.12 - Stress, Coping & Health & GIQ12	Apr. 5-18
Ch.13 - Psychological Disorders & GIQ13	Apr. 5-18
Ch.14 - Treatment of Psychological Disorders & GIQ14	Apr. 5-25
Unit 4 Review Quiz	Apr. 5-May 11 (Mon.)
Final Exam - On-Campus	May 16 - 9:15 AM
Complete Course Evaluation at Blackboard available from May 2-9	

PROBLEMS WITH BLACKBOARD:

If you experience problems accessing Los Rios Online/Blackboard, please use the following suggestions for HELP!

Blackboard Resources for Users

(http://blackboard.losrios.edu/webapps/portal/frameset.jsp?tab_id=_10_1)

This site offers tips for first time users of the Los Rios Online learning environment. Feel free to explore these pages to help you get comfortable with LRO.

Contact the Blackboard Help Desk

(http://blackboard.losrios.edu/webapps/portal/frameset.jsp?tab_id=_10_1)

If you are experiencing difficulty, check out the online help desk options here.

Contact SCC Distance Education Office

You may also contact Jory Hadsell, Coordinator of Distance Education, at 558-2635 or hadsej@scc.losrios.edu.

Pay It Forward Fund

In the movie *Pay It Forward* "Young Trevor McKinney ([Haley Joel Osment](#)) responds to an assignment from his teacher ([Kevin Spacey](#)) with a plan to help three people...who will help three more, and so on, in an ever-widening circle." (Netflix)

Despite the materials list for the class, many students come to the Mid Term and the Final Examinations without SCAN-TRON answer sheets. There used to be a big commotion as unprepared students disturbed the students already taking the exam to ask if they can borrow an answer sheet.

In this class, **no student will be without an answer sheet for the Mid Term Examination**, because of the *Pay It Forward Fund*. Answer sheets in the *Fund*; have been provided by students in previous classes who borrowed answer sheets from the Fund.

Here's the deal for the Mid Term: You borrow one (1) SCAN-TRON #884E, you pay back the one answer sheet you borrowed, plus you *Pay Forward* one additional #884E answer sheet at the Unit 3 Review. If you borrow two (2) SCAN-TRON #882 answer sheets, you pay back two (2) #882 answer sheets, plus you *Pay Forward* another two (2) #882 answer sheets for a total of four (4) #882 answer sheets.

Because the **Final Exam** is the last event in the class, you will need to come to the exam with the appropriate answer sheet. If you have to borrow an answer sheet from the *Fund*, there will be a 50-point deduction from the Final Exam score.

If you fail to pay back the *Fund*, 50 points will be deducted from your course total for each answer sheet you owed to the *Fund* and failed to pay back, or pay forward.

Donations of SCAN-TRON #884E and #882 answer sheets will be gratefully accepted.