**GENERAL PSYCHOLOGY Psych 100 03HY 23682**

**TACOMA COMMUNITY COLLEGE**

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| **Professor Information:** |  **Class Meeting Information:** |
| **Professor: Dr. Amie Muldong** (**she/her/hers)****Email:****amuldong@tacomacc.edu**  \* ***Canvas is the BEST way to reach me!*** | **Meetings: Monday & Wednesday in person: 1:30- 2:30 pm, Building 17-1****Assignments to be completed online** |

**FREE REQUIRED TEXT & TECHNOLOGY:***Psychology*from OpenStax,  ISBN 1938168356  [www.openstax.org/details/psychology](https://openstax.org/details/books/psychology-2e) This is a FREE  text accessed online weekly.

**CATALOG DESCRIPTION/OVERVIEW:**This course is an introduction to psychology, providing information about the ***scientific study*** and application of psychological principles and theories. The topics covered in this course may include, but are not limited to, the scientific method, the nervous system, heredity and maturation, lifespan development, learning, remembering, and psychological disorders. By participating in this course, you should demonstrate an understanding of the scientific method and how it applies to the many academic and personal applications. Ideally, you’ll understand why psychology is more than just “common sense”; it is a scientific field based on empiricism. This class provides a solid foundation for anyone interested in the fields of psychology, healthcare, teaching, or other science or liberal arts majors.

**Preparing Effectively for PSYC&100: A Guide to Success**

PSYC&100 is renowned for its challenging content, which needs to be more recognized by students in terms of difficulty and time commitment. Successful learning demands active engagement with the material, transcending mere passive reading. Here are essential strategies to thrive:

**Creating a Dedicated Study Space and Time**: Allocate a designated area in your home solely for studying PSYC&100, ensuring at least 45 minutes of uninterrupted focus daily. Optimize this space with ample room for note-taking, excellent lighting, and freedom from distractions like phones, family conversations, or television. Implement a "distributed practice" approach, spreading weekly study sessions.

**Effective Note-Taking**: Taking comprehensive notes is pivotal for success. In your notebook, begin by structuring an outline mirroring the text's subsections (e.g., Ch.1a, Ch.1b). Embrace your interpretation of the content, articulating concepts in your own words.

**Engage in Review Testing**: Utilize review testing as a potent memory-enhancing tool. Often, familiarity with the material can mask gaps in understanding. After each section, challenge yourself with the review questions provided in the text. Dedicate the necessary energy to grasp the concepts, ensuring a solid foundation for success in PSYC&100.

**PSYC& 100 COURSE OBJECTIVES:**

TCC has developed Degree Learning Outcomes that we expect every degree recipient to meet. These can be found at: [http://www.tacomacc.edu/catalog/14-15catalog/college-degrees.htm.  (Links to an external site.)](https://my.tacomacc.edu/uPortal/p/learning-outcomes-cms.ctf245/max/render.uP)

**Students who complete this course will be able to**:

1. Identify the major psychological principles and theories and understand how they apply to real-life situations. (COK)
2. Describe how psychological evidence presented in this course has been acquired through the scientific method. (COK, CRT)
3. Demonstrate an awareness of human diversity and understanding that psychological explanations may vary across populations and contexts. (RES, LWC)
4. 4**.**Demonstrate reasonable skepticism and intellectual curiosity by asking questions about the causes of behavior. (CRT)
5. Demonstrate understanding of basic processes such as neural communication, learning, memory, group processes, personality, and human development. (COK, CRT)

**Course Diversity Statement:**

The goal of the Introduction to Psychology curriculum is to broaden the student’s experience and critical thinking skills while empowering them to appreciate their own unique cultural attributes through a variety of class activities. By the end of the course, students should be able to successfully demonstrate an awareness of human diversity and an understanding that psychological explanations may vary across populations and contexts. TCC is committed to diversity, equity, and inclusion. This includes race/ethnicity, gender, sexual orientation, and gender identity. If you want a different name (rather than your assigned name on the roster), contact support@tacomacc.edu. Canvas also allows you to display your gendered pronouns.

**COURSE REQUIREMENTS:**

1. Confirm understanding/agreement with policies via syllabus quiz.
2. Take notes on the assigned readings & videos
3. Submit weekly activities, such as quizzes, as described below
4. Take five exams representing various stages of the course

**GRADING:**

**Activities in this class are weighted and credited as follows:**

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| **Activity** | **POINTS** |
|  10 Check Your Understanding worth 5 pts. **due Fridays** |  50 |
|  Weekly In-class Assignments, 10 points each, weeks 2-11 |  100 |
|  Five exams: 1st 4 are worth 50 pts.; & last is worth 60 pts |  260 |
|  10 Video activities **due Fridays:** 9 pts. each |  90 |
| **TOTAL POINTS POSSIBLE** | **500 pts** |

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| **Recurring Due Dates:** |   |  |
|   | **MONDAYS & WEDNESDAYS: In-person classes** |   |
|   | **FRIDAYS:** **Submission of Online Assignments due at 11:59 pm** |  |

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| **TCC Grading Scale** |   |
|   | **A** | **100 – 94%** | **C+** | **79 – 77%** |   |
|   | **A-** | **93 – 90%** | **C** | **76 – 74%** |   |
|   | **B+** | **89 – 87%** | **C-** | **73 – 70%** |   |
|   | **B** | **86 – 84%** | **D+** | **69 – 67%** |   |
|   | **B-** | **83 – 80%** | **D** | **66 – 64%** |   |
|   |   |   | **E** | **63 or less** |  |  |  |

**COURSE POLICIES**

1. **PLEASE COMMUNICATE THROUGH CANVAS (not TCC email):** Please contact me directly **via the Canvas /Communication tab.**I typically respond within the same day if you contact me between 7 am 3 pm, M-F, and I will respond to weekend emails the following Monday morning. Relying on the Canvas/Inbox will ensure a faster response from me. Update your Canvas notification settings and email to avoid missing any important messages.
2. **MISSED WORK:** All work must be completed before the posted due dates, and there’s a 10% penalty per day for late submissions. Suppose an unavoidable circumstance prevents you from taking an exam at the scheduled time. In that case, you must notify the instructor (and possibly provide documentation) *BEFORE the exam* to be considered for replacement. ***Requests made after the due date will not be considered.*** Technological difficulties do not constitute valid excuses for missing exams or assignments, so plan for backup computer/internet resources (i.e., TCC Info. Commons, Library, public libraries, etc.…).
3. **ACADEMIC INTEGRITY/CHEATING:**Per the TCC catalog, "*Students are expected to be honest and forthright in their academic endeavors. Cheating, plagiarism, fabrication, or other forms of academic dishonesty corrupt the learning process and threaten the educational environment for all students*." **All work**must be the student's work. Plagiarism and cheating (using the book for quizzes/exams) will not be tolerated. They will result in a grade of zero for that assignment (as well as forfeiture of opportunity to displace the lowest grade if applicable), and a reduction to the overall grade equivalent to the value of the assignment (to be applied at the end of the course). Further penalties, up to and including failing the course, may be applied. The complete [Administrative Process for Academic Dishonesty (Links to an external site.)](http://www.tacomacc.edu/abouttcc/policies/codeofstudentconduct/) is available on the TCC website. A basic rule to follow is***if the idea is not yours, always reference the author and give credit where credit is due***. Refresh your understanding of the [TCC Student Code of Conduct (Links to an external site.)](http://www.tacomacc.edu/abouttcc/policies/codeofstudentconduct/).
4. **ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:**If you have established disability accommodations with the Access Services office, please communicate your approved accommodations to me at your earliest convenience. You can request that Access Services email your Letter of Accommodation to me, or you can provide me with printed copies. If you have a disability or health condition and *have not* established services, please get in touch with Access Services at (253) 460-4437 or access@tacomacc.edu. ***\*please contact me within the first week of class if you need course adaptations or accommodations because of a disability or other specific needs.***
5. **ATTENDANCE/PARTICIPATION:** Access CANVAS class **at least** ***four days a week*** to submit work and especially keep abreast of announcements or changes regarding course materials (test hints, videos, grade feedback, etc.). Due dates may change and will be announced in CANVAS.
6. **INCOMPLETE GRADE:** The “I” grade is given at my discretion when the student has completed sufficient course work (at least 80%) but cannot complete course requirements during the quarter due to circumstances beyond their control. The student and instructor must sign a contract form containing the specific requirements to be completed for an “I” grade to be assigned. Failure to meet with me to discuss your circumstances and sign a contract may result in a failing grade.
7. **DROPPING THE COURSE:** Consequences of dropping a course vary depending upon both the time frame in which the drop occurred and any special obligations the student may have relating to financial aid awards. A completed add/drop form must be submitted to Registration to complete drops between the quarter's 11th and 55th calendar days. After the 55th class day, students will not qualify for a “WI” and must accept the grade earned in the class. For GRADE purposes, abide by the college dates and guidelines (found on the TCC Portal) to avoid receiving an F/E on your permanent academic record. Withdrawal dates are available at [Link to TCC Important Dates (Links to an external site.)](http://www.tacomacc.edu/areasofstudy/academiccalendar/)
8. **GRADE ISSUES:** Please get in touch with your instructor first! If you feel the issue needs to be solved, the student may contact the program chair, Dr. Andrew Cho (acho@tacomacc.edu). Students who believe they have received a final course grade that has been awarded in a capricious manner may grieve or appeal the grade. Details of the process are located in The Portal.

**WHERE TO GO FOR HELP/LEARNING RESOURCES:**

* + In addition to asking me for assistance, there are many other ways in which you can get free help for this class. **Please avoid using mobile devices (App) to submit any assignments in CANVAS, especially for anything with points attached!**

**TECHNOLOGY HELP: Helpline for Canvas/all tech issues:****support@tacomacc.edu****or 253-566-5176.**

**FINDING INFORMATION ABOUT PSYCHOLOGY**

Most answers about course content can be found simply by reading **your text.** If you cannot find the answer in your text, the next step should be to check reputable online sources, which I’ve listed below. AVOID using “*Wikipedia*” (L-an unreliable source for college work), Google or any general search engine, as it is difficult to discern quality sources, especially in Psychology.

* + [Click HERE for Psychology Specialization (Links to an external site.)](https://www.tacomacc.edu/academics-programs/programs/psychology) at TCC information.
	+ [The TCC Library Databases: PsychArticles (Links to an external site.)](https://tacomacc.libguides.com/TCCLibrary) is the BEST place for finding psychology-related content.
	+ The [American Psychological Association (Links to an external site.)](https://www.apa.org/) has many research and helpful other resources.

**GENERAL CAMPUS RESOURCES**

* + [General Academic Resources: (Links to an external site.)](https://www.tacomacc.edu/academics-programs/academic-support/) Enrollment, Advising, Registration, & Financial Aid, located in Build. 7. Phone: 253-566-5325
	+ [The Writing & Tutoring Center (Links to an external site.)](https://www.tacomacc.edu/academics-programs/academic-support/tutoring_centers/writing-tutoring-center) is located on the 2nd floor of the Learning Resource Center, Bldg. 7, Room 21. **566.6032.**Psychology and other discipline-specific tutors are available in addition to [online e-tutoring. (Links to an external site.)](https://etutoringonline.org/login.cfm?institutionid=64&returnPage=&institution=TACOMA_COMMUNITY_COLLEGE)
	+ [**TCC LIBRARY** (Links to an external site.)](https://testtacomacc-my.sharepoint.com/personal/pcosta_tacomacc_edu/Documents/1Psych%20100/SYLLABI/Library): Building 7; Get help with finding & citing sources, accessing databases [PsychArticles (Links to an external site.)](https://tacomacc.libguides.com/TCCLibrary%22%20%5Ct%20%22_blank) & course-related technology.
	+ [**Counseling Center:** (Links to an external site.)](https://outlook.office365.com/owa/calendar/TCCCounseling1%40testtacomacc.onmicrosoft.com/bookings/)**(Click for appt)** **Phone: 566-6091 (Building 7)**Our TCC counselors offer FREE and confidential counseling in a ***safe*** environment to explore personal and academic concerns.

**Course Schedule - PSYC&100  WINTER 2025**

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| **Week/Dates** | **Chapter/Topic** | **Activities/Due Dates****All deadlines are 11:59 pm of Due Date** |
| **WEEK 1**01/06 -001/08 | **CHAPTER 1** What is Psych? History, Perspectives & Careers in Psychology | * Update your Canvas profile & and notifications
* Read Chapter 1
* Submit Ch 1 Check Your Understanding Activity by FRI.
* Submit Video Activity by Friday
* Attend classes on Mon. & Wed (VIA [ZOOM](https://tacomacc-edu.zoom.us/j/89763041856?pwd=nYxwAGRhW40Htb49lhFYZhxNJhgqLh.1Copy%20Meeting%20Invitation), click here)
* In-class Assignment (to be completed via Zoom)
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| **WEEK 2** 01/13-01/15 Exam Week | **CHAPTER 2: Research**Methods Used in PsychologyEXAM WEEK |  •  Read Ch 2 * Submit Ch 2 Check Your Understanding Activity by FRI.
* Submit Video Activity by Friday
* EXAM 1 Chapters. 1 & 2 **In-person**
* Attend classes on Mon. & Wednesday
* In-class Assignment (to be completed in- person)
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| **WEEK 3**01/20- MLKNo class01/22 | **CHAPTER 3:**Biopsychology | * Read Ch 3 by TUES.
* Submit Ch 3 Check Your Understanding Activity by FRI.
* Submit Video Activity by Friday
* Attend classes on Wednesday
* In-class Assignment (to be completed in person)
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| **WEEK 4**01/2701/29- EPDNO class EXAM Week |  **CHAPTER 4:**States of Consciousness Exam 2 In-person | * Read Ch 4
* Submit Ch 1 Check Your Understanding Activity by FRI.
* Submit Video Activity by Friday
* Attend classes on Monday
* In-class Assignment (to be completed in- person)
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|  **WEEK 5** 02/03-02/05 |  **CHAPTER 5:**How Memory Works | * Read Ch 8
* Submit Ch 1 Check Your Understanding Activity by FRI.
* Submit Video Activity by Friday
* Attend classes on Monday and Wednesday
* In-class Assignment (to be completed in person)
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|  **WEEK 6**02/10-02/12 | **CHAPTER 6**Lifespan Development |   Read Ch 9   • Submit Ch 1 Check Your Understanding Activity by Fri * Submit Video Activity by Friday

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|   |  EXAM Week |   ● Attend classes on Monday and Wednesday  In-class Assignment (to be completed in person) |
| **WEEK 7**02/17- No Class02/19 | **CHAPTER 10** Motivation & Emotion  | * Read Ch 10
* Submit Ch 10 Check Your Understanding Activity by FRI.
* Submit Video Activity by Friday
* Attend classes on Wednesday
* In-class Assignment (to be completed in person)
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| **WEEK 8** 02/24- 02/26  | **CHAPTER 14:** Stress & Health  EXAM Week | Read Ch 14. •   Submit Ch 1 Check Your Understanding Activity by FRI. Submit Video Activity by Friday  ● Attend classes on Monday and Wednesday* In-class Assignment (to be completed in person)

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|  **WEEK 9**03/03-03/05 | **CHAPTER** 12:Social Psych  |  • Read Ch 12.  ● Submit Ch 1 Check Your Understanding Activity by FRI.    Attend classes on Monday and Wednesday In-class Assignment (to be completed in person) |
|  **WEEK 10**03/10-12 | **CHAPTER 15:**Psychological Disorder  | ●   Read Ch 12. ●   Submit Ch 1 Check Your Understanding Activity by FRI.* Submit Video Activity by Friday

●   Attend classes on Monday and Wednesday In-class Assignment (to be completed in person) |
|  |  | * Take the Exam in person
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***This syllabus and schedule are subject to changes, which will be posted to Canvas. You must check Canvas (announcements) for any updates or relevant changes.***