

# Psychology 101—Human Relations, Spring 2019, 3 Credits

Tuesday/Thursday 10:00-11:20, Room NSH 106, LBCC, Albany Campus, Loren Ford

**Instructor:** Loren Ford

**Office:** Tuesday 12:00-1:00, IA 220

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**Date:** April 2019

**Course Description:** Psychology is not just about mental illness; rather, it provides insights into human 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 in life. 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 life.

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 cover 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 on 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 expressions of emotions vary depending on 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, and relating to the development and maintenance of stereotypes, prejudice, and discrimination.
9. The factors involved in the creation, development, and maintenance of good and poor communication climates in both personal and professional environments.
10. Examination of values and how they influence all of our interactions with others. This includes political and religious values. **You can’t explore human relations without considering political and religious beliefs and how they affect behavior toward others.**

## Course Requirements and Schedule

**Course Work Requirements** (See pages 3-4, "Assessment and Grading" for additional 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. **Weekly quiz on textbook material.** Each quiz covers the textbook chapter to be covered that week; for example, the quiz for Chapter 2 will be given on the Tuesday that Chapter 2 is covered in class (week 2) and the quiz for Chapter 3 will be given on the Tuesday that Chapter 3 is covered in class (week 3). This is to motivate students to read the chapter *before* coming to class. Each quiz is 10 multiple choice questions that come directly from the study guide. (Note: **The quiz for Chapter 1 will happen on the first Thursday of class—April 4. Students who average 70% or more on the quizzes don't have to complete the take-home final. (But everyone still needs to come to the "final" on Tuesday, June 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. For example, the written work for Chapter 1 is due on the **Tuesday of week 2**, and the written work for Chapter 2 is due on the Tuesday of week 3. See pages 3-4 for penalties for work that is late.
4. **Attendance. Four or more absences will affect your grade. Six or more absences will result in an incomplete or an F.** (Each tardy or leaving early will count as  $\frac{1}{2}$  absence.)

### Schedule of Content and Quizzes

**Week 1: April, 2, 4**—Chapter 1—Effective oral communication; basic psychological concepts

- Between Tuesday and Thursday Read Chapter 1. Take notes using the Chapter 1 Study Guide, as needed. The quiz for Chapter 1 is on Thursday, April 4.
- Before April 9 read Chapter 2 and take notes using the Chapter 2 Study Guide, as needed.

**Week 2: April 9, 11**—Chapter 2—Self-concept, self-esteem, exploring self-disclosure, and getting attention

- Turn in your written work for Chapter 1 on Tuesday.
- Chapter 2 quiz on Tuesday.
- Before April 16, read Chapter 3 and take notes using the Chapter 3 Study Guide, as needed.

**Week 3: April 16, 18**—Chapter 3—Personality and comfort zones

- Turn in your written work for Chapter 2 on Tuesday.
- Chapter 3 quiz on Tuesday.
- Before April 23, read Chapter 4 and take notes using the Chapter 4 Study Guide, as needed.

**Week 4: April 23, 25**—Chapter 4—Emotions and stress management

- On Tuesday, turn in your written work for Chapter 3.
- Chapter 4 quiz on Tuesday.
- Before April 30, read Chapter 5 and take notes using the Chapter 5 Study Guide, as needed.

**Week 5: April 30, May 2**—Chapter 5—Family dynamics

- Turn in your written work for Chapter 4 on Tuesday.
- Chapter 5 quiz on Tuesday.
- Before May 7, read Chapter 6 and take notes using the Chapter 6 Study Guide, as needed.

**Week 6: May 7, 9—Chapter 6—Social influences on behavior**

- Turn in your written work for Chapter 5 on Tuesday.
- Chapter 6 quiz on Tuesday.
- Before May 14, read Chapter 7 and take notes using the Chapter 7 Study Guide, as needed.

**Week 7: May 14, 16—Chapter 7—Developing close relationships**

- Turn in your written work for Chapter 6 on Tuesday.
- Chapter 7 quiz on Tuesday.
- **May 17 is the last day you can withdraw from the class without penalty.**
- Before May 21, read Chapter 8 and take notes using the Chapter 8 Study Guide, as needed.

**Week 8: May 21, 23—Chapter 8—Human sexuality**

- Turn in your written work for Chapter 7 on Tuesday.
- Chapter 8 quiz on Tuesday.
- Before May 28, 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: May 28, 30 —Chapters 9 (pages 187-195) and 10 (pages 211-end)—Coping, conflict management, life transitions, and loss**

- Turn in your written work for Chapter 8 on Tuesday.
- Chapter 9/10 quiz on Tuesday.
- Before June 4, read Chapter 11 and take notes using the Chapter 11 Study Guide, as needed.

**Week 10: June 4, 6—Chapter 11—Positive psychology, values clarification, how to be happier, and formula for change (and finish Chapter 10 as needed)**

- Turn in your written work for Chapters 9/10 (combined) on Tuesday.
- Quiz on Chapter 11 on Tuesday.

**Week 11: Final, Tuesday June 11, 9:30-11:20; *Everyone comes to the “final.”***

- Turn in your written work for Chapter 11.
- Turn in the take-home final, as needed (*only* for those students not averaging 70% or more on the quizzes).
- 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:**

- **Average of 70% or better on weekly quizzes or the final.** You will be reading a chapter a week. At the beginning of each week you'll take a quiz covering the material from that week's chapter. Each quiz will be ten multiple-choice items drawn randomly to cover the material in that week's Study Guide. Those students *not*
- achieving an average score of 70% or better on the quizzes will be given a second chance to demonstrate understanding of the material in the book by completing an open-book, take-home final at the end of the term that will cover all the chapters and will be based on the material in the Study Guides. **If you average 70% or above on quizzes, you don't have to complete the take-home final. If you have to complete the take-home final, you must score 70% or better to get a C.**
- **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. **If you miss 4 or more classes your grade will be up to the discretion of the instructor.** If you

miss 6 or more classes you will receive an incomplete or an F. **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 FULL pages of written work for the term to get a C. 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**.

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. (See the format samples distributed in class.) **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 that is late will be lowered an entire grade. (Thus, to get a “C” you would need to write two full pages.)

- **Note:** If you don’t average 70% or better on the quizzes (or don’t get at least 70% on the take-home final), and/or don’t write a total of ten pages (of acceptable quality) over the 10 written assignments, and/or have 4 or more absences, your grade will be up to the discretion of the instructor.

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

- Satisfactory completion of the C requirements for written work *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.
- All other requirements—attendance, quizzes (and/or take-home final), participation in group discussions, due dates for written work, etc.—are the same as for a grade of C. Written work that is late will be lowered an entire grade. (Thus, to get a “B” you would need to write three full pages.)
- **Note:** If you don’t average 70% or better on the quizzes (or don’t get at least 70% on the take-home final), and/or don’t write a total of 20 pages (of acceptable quality) over the 10 written assignments, and/or have 4 or more absences, your grade will be up to the discretion of the instructor.

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

- Satisfactory completion of the C requirements for written work *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 page answering Category I questions and two pages 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.
- All other requirements—attendance, quizzes (and/or take-home final), participation in group discussions, due dates for written work, etc.—are the same as for a grade of C. Written work that is late will be lowered an entire grade. (Thus, to get an “A” you would need to write four full pages.)
- **Note:** If you don’t average 70% or better on the quizzes (or don’t get at least 70% on the take home final), and/or don’t write a total of 30 pages (of acceptable quality) over the 10 written assignments, and/or have 4 or more absences, your grade will be up to the discretion of the instructor.

## Basic Additional Information

**ADA Statement.** Students who may need accommodations due to documented disabilities, who have medical information which we should know, or who need special arrangements in an emergency should speak with us during the first week of class. If you believe you may need accommodations but are not yet registered with the Center for Accessibility Resources (CFAR), please visit the CFAR Website for steps on how to apply for services or call 541-917-4789..

**Food and Housing Needs/Concerns.** Any student who has difficulty affording groceries or food, or who lacks a safe and stable place to live, is urged to contact a Student Resource Navigator in the Single Stop Office (T-112): Amanda Stanley, stanlea@linnbenton.edu, 541-917-4877.

**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 May 17. 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. Students who do not complete the required work for the class may receive an incomplete (I); this option must be set up through the Enrollment Services Offices; you must talk to me if you want to use this option.**

**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.

Students attending LBCC come from many backgrounds. We expect all students and faculty to treat each other with the respect they, themselves, would like.

**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, LBCC Spring Term 2019.

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

\_\_\_\_\_ Date

## Grading:

### To get a C:

- Average 70% or more on quizzes (or at least 70% on the final).
- 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 due date for written work is the Tuesday after each chapter is covered in class. Written work that is late will be lowered an entire grade.
- If you miss 4 or more classes, your grade will be affected. If you miss 6 or more classes you will get an F or an incomplete. (Each 2 tardies or leaving early will equal 1 absence.)
- **Note:** If you don't get 70% or better on the quizzes (or at least 70% on the final), or don't write a total of 10 pages (of acceptable quality) over the 10 written assignments, or miss 4 or more classes, your grade will be up to the discretion of the instructor.

### To get a B:

- Average 70% or more on quizzes (or at least 70% on the final).
- 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 that is late will be lowered an entire grade.
- If you miss 4 or more classes, your grade will be affected. If you miss 6 or more classes you will get an F or an incomplete. (Each 2 tardies or leaving early will equal 1 absence.)
- **Note:** If you don't get 70% or better on the three quizzes (or at least 70% on the final), or don't write a total of 20 pages (of acceptable quality) over the 10 written assignments, or miss 4 or more classes, your grade will be up to the discretion of the instructor.

### To get an A:

- Average 70% or more on quizzes (or at least 70% on the final).
- 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 that is late will be lowered an entire grade.
- If you miss 4 or more classes, your grade will be affected. If you miss 6 or more classes you will get an F or an incomplete. (Each 2 tardies or leaving early will equal 1 absence.)
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### Paper #3

The third paper will also be due at the second exam (May 23) and will cover both the presentation from Planned Parenthood on Contraception and at least 2 of the following TED talks or presentation by Crystal Bowles. You may discuss each separately as they may bring up separate issues for you.

- TED Talk: Ester Perel—*Rethinking Infidelity*
- TED Talk: Peggy Orenstein—*What Young Women Believe About Their Own Sexual Pleasure*
- TED Talk: Cindy Gallop—*Porn World Not Real World*
- Presentation: Crystal Bowles—*Sex Toys*

### Paper #4

The fourth paper is due at the final (June 11) and will cover both the presentation from Planned Parenthood on STIs and the final TED Talks: Jackson Katz: *Violence Against Women—It's a Man's Issue* and Paula Stone Williams: *I've Lived as a Man and a Woman; Here's What I've Learned*. You may discuss each separately, as they may bring up separate issues for you.

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