



## PSY 100 Survey of Psychology, PSY100-E1 WA.69827.SP24

SPRING, 2024

### CLASS INFORMATION

2:30 pm to 3:55 pm, Tuesdays (in-person)  
2:30 pm to 3:55 pm, Thursdays (online)  
Hybrid; Synchronous  
Meeting Location (V-101)  
Course Site: [Laulima Site](#)  
Link to [Google Classroom](#)

### INSTRUCTOR INFORMATION

Instructor: Quentin Rita, MSCP-MFT  
Office: Virtual Office \*\*\*See Below  
Office Hours: 4:00 pm to 5:00 PM (Tuesdays and  
(Virtually - Thursdays)  
E-mail: [qrita@hawaii.edu](mailto:qrita@hawaii.edu)  
Virtual Office:  
(<https://meet.google.com/afx-bdmc-cpi>)

### SYLLABUS CHANGE POLICY:

Information contained in the course syllabus may be subject to change with reasonable advance notice, as deemed appropriate by the instructor. Updates to the syllabus will be communicated via in-person announcements during class, via Google Classroom: Laulima, and via email.

### STUDENT BASIC NEEDS

Basic needs include food and housing, childcare, mental health, financial resources and transportation, among others. Student basic needs security is critical for ensuring strong academic performance, persistence and graduation and overall student well being. If you or someone you know are experiencing basic needs insecurity, please see the following resources: [UH System Basic Needs](#).

### COVID-19 PERSONAL SAFETY PRACTICES:

The University of Hawai'i–West O'ahu has enacted these [UH West Oahu COVID-19 Guidelines \(hawaii.edu\)](#) to protect the safety, health and welfare of its students, employees and visitors as it reopens during the current COVID-19 pandemic. Note that these guidelines are interim. We anticipate regular updates as we learn more about the impact of COVID-19 on our campus community and as we are directed by the UH System, and our local and state government. (UH West O'ahu updated and posted revisions to its interim guidelines on August 23, 2023. Edits include updated vaccination guidance and minor edits for clarification.)

COVID-19 Hotline: Contact us if you have: tested positive, are symptomatic, or were in contact with a positive case at (808) 689-2525 or [covidwo@hawaii.edu](mailto:covidwo@hawaii.edu).

## About This Course

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The course description provided here should match that in the [UH West O'ahu General Catalog](#). Please check the catalog to ensure accuracy.

### Pre-Requisites

There are no prerequisites for this Survey of Psychology class.

## Learning Outcomes

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### (PSY100-E1) Student Learning Outcomes (SLOs)

After successfully completing this course, you will be able to:

1. Recognize the study of psychology as a science.
2. Discuss the biological and environmental basis of human behavior.
3. Identify key historical factors contributing to the field of psychology
4. Integrate and explain key components of memory and learning, cognition, personality, social psychology, physiological psychology, abnormal psychology, and therapy.

### Program Learning Outcomes

#### (Degree Learning Outcomes (DLO), Concentration Learning Outcomes (CLO), Certificate Learning Outcomes

Include program-level student learning outcomes and alignment with the course learning outcomes here (to locate your DLOs, CLOs consult the Degree, Concentrations and Certificate sections of the latest [General Catalog](#)).

1. DLO-1
  - a. DLO1 - Clear and effective writing using the conventions of a particular Social Science discipline.
  - b. DLO2 - Knowledge of philosophical or cultural issues associated with different Social Sciences.
  - c. DLO3 - Knowledge of how quantitative or qualitative data are used in the Social Sciences.
  - d. DLO4 - Knowledge of the methods associated with a Social Science discipline.
  - e. DLO5 - Critical thinking about the knowledge, theories, literature or methods of a Social Sciences discipline.
2. CLO-2
  - CLO1 - Demonstrate clear and effective writing about Psychology in APA style.
  - CLO2 - Demonstrate knowledge of the history, systems and philosophical foundations of Psychology.
  - CLO3 - Demonstrate knowledge of how statistics are applied in Psychology.
  - CLO4 - Demonstrate knowledge of Psychological research methods and ethics.
  - CLO5 - Demonstrate psychological knowledge about human development, social/cultural phenomena

## Institutional Learning Outcomes (University of Hawaii - West Oahu)

1. **Effective Communication:** Use relevant information to communicate clearly and effectively to an intended audience through written and spoken language.

*Effective written and oral communication typically requires information literacy to access valid source material. Written communications may include (but are not limited to) narrative, descriptive, expository, and persuasive prose; developed in the context of essays, research papers, position papers, technical writing, reflections, creative writing, lesson plans or letters. Oral communications may include (but are not limited to) narrative, descriptive, expository, and persuasive discourse; in the context of preparing and delivering a speech, giving a class presentation, engaging in a small group discussion, lecturing on or explaining a topic, or debating an issue.*

2. **Cultural Awareness:** Demonstrate knowledge of different cultures, sub-cultures or cultural phenomena through the study of art, music, history, literature, ideas, language or cross-cultural research.

*Cultural awareness includes demonstrated knowledge of different human activities, groups or artifacts in contemporary, historical, indigenous, artistic, musical, geographic, economic, political, legal, literary, business related or research contexts.*

3. **Critical Thinking:** Demonstrate critical thinking skills by applying information to make well-reasoned arguments or solve a problem.

*Critical thinking includes using research, knowledge, math, data, ideas, concepts, theories, or other information to reason or solve a problem logically.*

4. **Disciplinary Knowledge:** Demonstrate knowledge of the purview, processes, and contributions associated with an academic discipline.

*Disciplinary knowledge includes knowledge of methods, history, major works, applications, technologies, and/or ethical standards associated with an academic discipline or a student's declared concentration of study.*

5. **Community Engagement:** Demonstrate engagement with campus life, the broader community or service to others through the use of co-curricular resources, participation in extracurricular activities or service learning.

*Community engagement is demonstrated by (but is not limited to) use of the James & Abigail Campbell Library or the No'eau Center; participation in student government, academic clubs or volunteer service; attendance at campus sponsored events or enrollment in service learning courses.*

## Course Format

This Survey of Psychology PSY100 Course will be completed over the course of 16 weeks starting on January 9th, 2024 thru May 2nd, 2024. Each week we will be meeting in-person on Tuesdays for 1.5 hours and via online synchronous each Thursday for 1.5 hours.

The course is structured into four modules which will focus on the following topics: 1) psychology as a science, 2) learning and development, 3) identity and personality formation, and 4) mental health disorders and treatment. These modules will be structured as seen below:

| <b>Tentative Course Schedule</b> | Chapter:          | Topic:                    | Week    | Dates          | Due Dates:                 |
|----------------------------------|-------------------|---------------------------|---------|----------------|----------------------------|
| <b>Module 1:</b>                 | Chapter 1         | Intro. to Psychology      | Week 1  | 01/09 - 01/11  |                            |
|                                  | Chapter 2         | Psychological Research    | Week 2  | 01/16 - 01/18  |                            |
|                                  | Chapter 3         | Biopsychology             | Week 3  | 01/23 - 01/25  |                            |
|                                  | Chapter 5         | Sensation and Perception  | Week 4  | 01/30 - 02/01  |                            |
|                                  | Chapter 4         | States of Consciousness   | Week 5  | 02/06 - 02/08  |                            |
|                                  | Review/<br>Exam 1 | Review & Exam #1          | Week 6  | 02/13- 02/15   | Exam #1 - Due 2/15         |
| <b>Module 2:</b>                 | Chapter 6         | Learning                  | Week 7  | 02/20 - 02/22  | Reaction Paper - Due 02/23 |
|                                  | Chapter 7         | Thinking and Intelligence | Week 8  | 02/27-02/29    |                            |
|                                  | Chapter 8         | Memory                    | Week 9  | 03/05 - 03/07  |                            |
|                                  | Review/<br>Exam 2 | Review & Exam #2          | Week 10 | 03/12 - 03/14  | Exam #2 - Due 03/15        |
| <b>Module 3:</b>                 | Chapter 9         | Lifespan Development      | Week 11 | *03/19 - 03/21 |                            |
|                                  | Chapter 10        | Emotion and Motivation    | Week 12 | 03/26 - 03/28  |                            |
|                                  | Chapter 11        | Personality               | Week 13 | 04/02 - 04/04  |                            |
|                                  | Chapter 12        | Social Psychology         | Week 14 | 04/09 - 04/11  | 4                          |
|                                  | Review/<br>Exam 3 | Review & Exam #3          | Week 14 | 04/09 - 04/11  | Exam #3 - Due 04/11- 04/13 |
| <b>Module 4:</b>                 | Chapter 14        | Stress Management         | Week 15 | 04/16 - 04/18  |                            |
|                                  | Chapter 15        | Psychological Disorders   | Week 16 | 04/23 - 04/25  | Lit. Review-Due 04/30/202  |
|                                  | Chapter 16        | Therapy and Treatment     | Week 17 | 04/30 - 05/02  | Exam #4 - Due 05/02        |

Students can expect weekly updates regarding upcoming assignments, deadlines, and assignments. Each week there will be one (1) discussion post via Lulima as a weekly graded assignment. Grades and input for assignments and/or exams will be provided back to students within 1 week of assignment due date; unless otherwise specified. Late assignments may be accepted with a 1 point deduction per day beyond the due date; (i.e. Paper due on 01/16 receives -2 points if submitted by 01/18).

## Required Materials

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List required materials here (and recommended materials). It is helpful to provide information on where students may obtain these materials (particularly if available for free on campus). These may include, but not be limited to:

- Digital Textbook (provided digitally by instructor)
  - Psychology
  - ISBN-10 1938168356
  - ISBN-13 978-1-938168-35-2
  - Revision PS-1-000-AS
- Stable Internet or WiFi Connection
- Software Access to:
  - Lulima & Google Classroom using UH Email - required
  - Google Drive Access - recommended
  - Microsoft Word, Adobe, etc. - recommended

## Course Policies

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### Inclusion and Equity

In accordance with the [mission, vision, and value proposition of UH West O'ahu](#), in this course, we embrace the diversity of our community and strive for inclusion and equity. It is expected that we will respect and embrace our differences while engaging in discussions and in-class activities. The expectation in this class is to voice opinions that positively add to the discussion, especially with regard to the important but often difficult discussions of race, gender, sexual orientation, religious beliefs, class, ability, age, and other historical markers of exclusion and oppression.

Please make sure to be respectful of your fellow students and their opinions, even (and especially) when you disagree with them. As we will deal with controversial issues in this course, the environment we create as a group should reflect an attitude of open-minded curiosity and interest in one another's points of view.

Inflammatory racist, anti-ethnic, homophobic, transphobic, sexist, or discriminatory language or behavior will not be tolerated. Disruptive behavior includes, but is not limited to violence, belligerent remarks, insults, slurs, bigotry, and disparaging commentary, microaggressions, either spoken or written (offensive slang is included in this category). These are against the [UHWO code of student conduct](#) and the [Title IX policy on non-discrimination](#). Given the rise of hate crimes in the U.S., it is absolutely essential that you take these policies seriously, both on and off-campus.

If someone says something upsetting or offensive, it's good to ask for clarification and explain what effect the comment had on you. If it's you who has said something upsetting or offensive, it's good practice to interrupt yourself, apologize, and quietly wait for the response. The instructor will set the direction for the class, but you are also co-facilitators of this new intellectual community we are forming together. This will be particularly important during small group discussions.

### Communication

#### Participating in our Learning Community

Over the course of our class meetings we will be holding weekly discussions in-person and via our online discussion board housed on Lulima. We will be hosting a safe place for all participants to ask questions, talk about their opinions, and provide their experiences. With this in mind, we in our class, I hope we will be able to

### Contacting the Instructor

Should you need to contact me regarding the course it is best to send an email to [grita@hawaii.edu](mailto:grita@hawaii.edu) please include the following in the subject line: "PSY100 Spring 2024 Last Name". Emails will be responded to within 48 hours of receipt Monday thru Friday.

### Alternative Contact

Should you need an alternative contact please reach out to the Waipahu High School Early College Office, or Early College Director Dr. Garry Roy at [groy@hawaii.edu](mailto:groy@hawaii.edu).

### Attendance & Grading

#### Attendance/Participation

Course attendance will be taken 10 minutes after the start of each class period (in-person and virtual). Should you be absent due to "extenuating circumstances" (i.e. class conflict, transportation conflicts, etc.) please send an email to [grita@hawaii.edu](mailto:grita@hawaii.edu) to notify me of your absence. Absences will not allow you to earn Participation Points for classes that are missed. Attendance must also follow Early College Waipahu High School Policies and Procedures to maintain your course enrollment.

#### Evaluation and Feedback

All exams and short answer assignments will be returned within 1 week from completion. All papers and writing assignments will be returned with feedback within 2 weeks after the due date.

#### Late Work

Late assignments may be accepted with a 1 point deduction per day beyond the due date; (i.e. Paper due on 01/16 receives -2 points if submitted by 01/18). Thus, if an assignment worth 25 points is submitted 10 days after the due date, the max number of points that may be earned is 15 points. If there are extenuating circumstances an excuse for late work may be provided with discretion of the instructor. Please provide notice of extenuating circumstances via email at [grita@hawaii.edu](mailto:grita@hawaii.edu). Circumstances that may constitute an excusable late submission include family emergency, sudden illness with note, etc.

#### Proctored Exams

The four (4) exams for this course will be conducted via the Lulima platform. These exams will be timed and open for a specific window of time.

#### Missed Assessments

Provide a policy regarding time-specific assessments, such as performance evaluations, presentations, project exhibits, exams, etc. If provisions exist for "extenuating circumstances" or if "advanced notice" is required by the student, provide operational definitions for these concepts.

#### Extra Credit

There will be three (3) opportunities for extra credit that may be provided during this course via extra credit assignments. These will typically be linked to optional writing assignments worth 5 points each. Only one (1) extra credit assignment may be provided per module. Additional information will be provided in class.

#### Final Grade

We have much to learn this semester and you will demonstrate the knowledge and skills acquired through a number of different formats. These will help me to gauge your understanding of the course material over the sixteen (16) week course.

#### Points Possible:

|                 |          |            |
|-----------------|----------|------------|
| Exams (4 total) | 4 x 50 = | 200 points |
| Reaction Paper  | 1 x 25 = | 25 points  |

|                        |        |   |                     |
|------------------------|--------|---|---------------------|
| Literature Review      | 1 x 50 | = | 50 points           |
| Weekly Discussion Post | 10 x 5 | = | 50 points (maximum) |
| Attendance             | 30 x 1 | = | 25 (points maximum) |

You will receive a letter grade based on the following scale:

|    |           |     |
|----|-----------|-----|
| A  | 350       | 329 |
| A- | 328       | 315 |
| B+ | 314       | 305 |
| B  | 304       | 294 |
| B- | 293       | 280 |
| C+ | 279       | 270 |
| C  | 269       | 259 |
| C- | 258       | 245 |
| D+ | 244       | 235 |
| D  | 234       | 224 |
| D- | 223       | 210 |
| F  | 209 below |     |

**Incomplete Grades:** At the approval of the instructor, an "I" or incomplete grade may be given at the request of the student. An "I" indicates that the student has not completed a small but important part of a semester's work if the instructor believes that the incomplete was caused by conditions beyond the student's control.

### Grade Composition

*Note to instructor: Letters are used to identify assessment categories (e.g., projects, papers, performances, reflections, exams, etc.) instead of color for readability/accessibility. These labels are used throughout the course schedule to identify assessments by category. You may wish to use more relevant labels (e.g., Q for Quizzes or E for Exams).*

### Assessments and Weighting

- Exams (4 total) - 57%
- Writing Assignments- 21%
- Discussions - 14%
- Attendance- 8%

## Institutional Information

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### Student Responsibilities

- Effort and Time - 2 to 3 hours of study per credit hour
- Proctored (or ID Verification) Activity
- Netiquette
- Online Safety

## Academic Honesty

All students are expected to demonstrate integrity and honesty in completion of class assignments. Students must give credit to appropriate sources utilized in their work. Copying the work of professional writers or other students and then turning it in as one's own constitutes plagiarism and are not allowed. Plagiarism and cheating are serious offenses and, at the discretion of the instructor, may be punished by failure on the exam, paper, or project; failure in the course; and/or expulsion from the university. Integrity is expected of every student in all academic work. The guiding principle of academic integrity is that a student's submitted work must be the student's own. For further information on what is expected of UH West O'ahu students, please refer to the student Academic Responsibilities and [Student Code of Conduct](#).

## Turnitin Policy

NOTE: This paragraph is required only for those syllabi in which Turnitin.com is being used.

Use of Turnitin: UH West O'ahu has a license agreement with iParadigms, LLC for the use of their plagiarism prevention and detection service popularly known as Turnitin. Faculty may use Turnitin when reading and grading your assignments. By taking a course where Turnitin is used, you agree that your assigned work may be submitted to and screened by Turnitin. Turnitin rates work on originality based on exhaustive searches of billions of pages from both current and archived instances of the internet, millions of student papers previously submitted to Turnitin, and commercial databases of journal articles and periodicals. Turnitin does not make a determination if plagiarism has taken place. It makes an assessment of the submissions originality and reports that to the course instructor. These Originality Reports are tools to help your teacher locate potential sources of plagiarism in submitted papers. All papers submitted to Turnitin become part of Turnitin's reference database solely for the purpose of detecting plagiarism. Use of Turnitin is subject to the Usage Policy as posted on the Turnitin website [www.Turnitin.com](http://www.Turnitin.com).

## How to Get Help

### Learning Challenges and Accommodations

The Disability Services Office at the University of Hawai'i-West O'ahu is dedicated to providing a supportive environment where students with disabilities can achieve academic success. Any student with a documented disability who may require reasonable academic accommodations may contact the Coordinator of Disability Support and Success, Christina Pascua-Galdiano via email at



[uhwoada@hawaii.edu](mailto:uhwoada@hawaii.edu) or by phone 808-689-2935. For more information, please visit the [Disability Services website](#).

### The No‘eau Center

The [No‘eau Center](#) offers services designed to help students improve their overall academic performance. Tutoring in writing and many other subject areas is offered by appointment, on a walk-in basis, and online via email. Students may schedule an appointment by emailing or calling the center or stopping by to make an appointment at the front desk. Workshops are also offered on topics including literature reviews, research papers, various formatting styles (e.g. MLA, APA, Chicago), studying for exams, and resumes and interviews. Testing services and ADA accommodations are also available. For more information, stop by the No‘eau Center (Library, B203), visit our website <https://westoahu.hawaii.edu/noeaucenter> or call 808-689-2750.

### Pueo Virtual Front Desk (PVFD)

Get connected with university staff at the touch of your fingers. The [PVFD](#) is open Mondays-Fridays 10:00-2:00 and can be accessed through the “Connect with us!” link on the bottom right corner of any page on the [UH West O‘ahu website](#). Visit the PVFD to get help with registration, financial aid, counseling, and more!

### University Policies

Note: The policies included in the University Policies section are required components of the syllabus. Faculty are advised not to alter the language of the university policy statements.

### University Statement on Non-Discrimination

The University of Hawai‘i - West O‘ahu (UHWO) strives to provide an environment that emphasizes the dignity and worth of every member of its community and that is free from harassment and discrimination. Such an environment is necessary to a healthy learning, working, and living atmosphere because discrimination and harassment undermine human dignity and the positive connection among all members in our UHWO community. UHWO can help to provide valuable information. Examples of behavior that may be considered sex or gender-based discrimination may include, but is not limited to, the following: sexual harassment, harassment of LGBTQ students, sexual assault, stalking, and domestic and dating violence.

If you or someone you know is experiencing sex or gender-based discrimination, or if you have any questions regarding UHWO’s process or policies, please feel free to contact the UHWO Title IX Coordinator via email at: [uhwot9c@hawaii.edu](mailto:uhwot9c@hawaii.edu), or you can visit the UHWO Title IX website for more information at: <https://westoahu.hawaii.edu/compliance/title-ix/>

### University of Hawai‘i-West O‘ahu Student Code of Conduct

UHWO supports a positive educational environment that will benefit student success. In order to ensure this vision, UHWO has established the UHWO Student Code of Conduct to ensure the protection of student rights and the

health and safety of the UHWO community, as well as to support the efficient operation of all UHWO programs.

All currently enrolled students at UH West O‘ahu are required to abide by UH West O‘ahu’s Student Code of Conduct. A copy of the most current Student Code can be found on UHWO’s website at: <https://westoahu.hawaii.edu/compliance/student-code/>

### Credit Hour Requirements

One [credit hour](#) represents the amount of work that is expected of a student to achieve intended learning outcomes. In a traditional face-to-face course, that approximates not less than one hour of direct faculty instruction and a minimum two hours of student work outside of class per week through (approximately) one 15 week semester. The clock-hour requirements apply uniformly to courses of varying credits, duration, modes of delivery, and types of academic activity.

### Links to Campus Policies

- [Family Educational Rights and Privacy Act \(FERPA\)](#)
- [Right to Resolve Academic Grievances](#)
- [Class Attendance](#)

### Student Support Services

- Student Support Services
  - [Academic Advising](#)
  - [Financial Aid](#)
  - [Counseling Services](#)
- Technical Support Services
  - [UH West O‘ahu IT Services](#)
  - [Office of Distance Learning](#)