



University of the Philippines Diliman
College of Social Science and Philosophy
Department of Psychology

MAKAKAPAGBASA BA TALAGA AKO NG UTAK PAG NAG-ARAL NG PSYCH.

PSYCH 101

INTRODUCTION TO PSYCHOLOGY

AND MANY MORE QUESTIONS THAT WE CAN ANSWER IN CLASS TOGETHER.~)

COURSE SYLLABUS
1ST SEM AY 2024-2025



Prepared by
DANIELLE MARIE A. PARREÑO, RPM

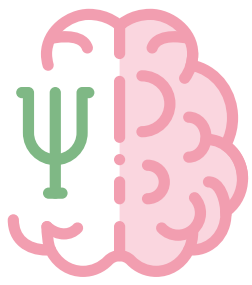


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INTRODUCTION TO PSYCHOLOGY

What is

Psychology 101?

Psychology 101 is an introductory course that provides students with an overview of the major theories, principles, and concepts in psychology as the scientific study of behaviors and mental processes. *3 units.*

What are the

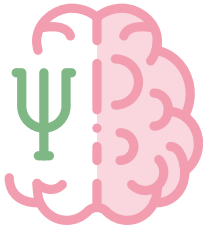
Course Objectives?

In a nutshell, Psychology can help us define, understand, and be aware of our **ABC: Affect (feelings), Behavior (actions), and Cognition (thoughts).**

By the end of this semester, you will be able to:

- Define what psychology is, what it studies, and its scope as a social science discipline;
- Discuss what the major theories, concepts, and perspectives are in psychology and how they were developed throughout the years;
- Appreciate how psychologists study the ABC of humans through the methods and principles of psychological science;
- Evaluate how concepts in psychology are relevant and applicable to the Philippine context; and,
- Demonstrate how the concepts in psychology can be applied in your daily lives and in your own discipline.

MEET THE INSTRUCTOR



Who will teach this class?



hello! :)

My name is

Danielle Marie A. Parreño, RPM

Some things about me...

- she/her/siya
- Lecturer, Researcher, and Psychosocial Support Specialist (PSS) at UP Diliman PsycServ
- MA Psychology (Clinical Psychology) student who's finishing her thesis about pets (inspired by my hakdoggos) and mental health!
- I play games like #AnimalCrossingNewHorizons and #StardewValley + #Pokemon, etc!
- I love art and photography :)
- I'm obsessed with seals hehe.

Contact Information

(do not share these outside class without my permission!)

daparreno@up.edu.ph

@denohmarie (Telegram)

+63 920 923 1994 (if urgent)

Consultation Hours: MTWThF, 8 AM to 12 PM only

Consultation is by appointment

[Website](#) | [ResearchGate](#) | [Twitter](#)

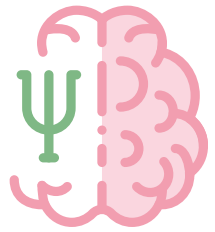
My primary mode of communication will be through Google Classroom, email, and Telegram. You'll receive a response from me within my consultation hours, 1-2 days from receipt of your email. Beyond this time, feel free to follow up! Message me through my phone number only if there is an urgent issue that needs my response or an emergency (i.e., calamity, medical emergency, no internet). Don't forget to introduce yourself!

may you always stay safe,

Ma'am Denden

YOUR TEACHER IN PSYCH 101 :)

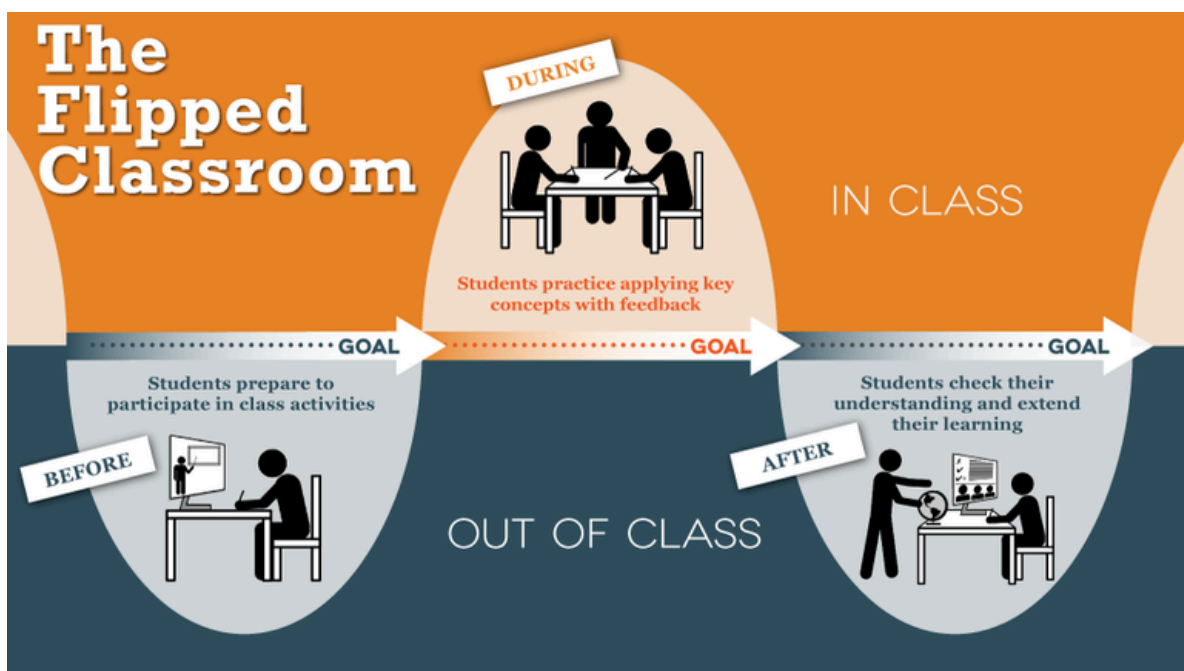
MODE OF DELIVERY



How will this course be conducted this semester?

Model 3: Classic Blended Learning

Psychology 101 will be conducted through classic blended learning that primarily utilizes a **flipped classroom approach**, where students study the learning content at home using assigned readings, materials, and worksheets, then do guided practice or activities during the face-to-face sessions.



The University of Texas at Austin Center for Teaching and Learning (2023).

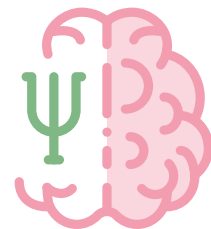
Face-to-Face Classes at Lagmay Hall

We will hold face-to-face (F2F) classes **once a week** (or as needed). Please refer to the semester at a glance. You are expected to come to class prepared by doing the assigned activities and topics per week. **Please do not expect full lectures during F2F classes.** This is a space for us to clarify and answer burning questions about the topic for the week, as well as a space for you to apply what you have learned through the activities. Attendance will be checked via Minute Reflection in your blue books. F2F classes may be canceled as needed or depending on the context (e.g., health emergencies, calamities, suspensions, etc.). F2F classes are not recorded. I'm also not employing a hyflex setup (meaning, no online streaming for those who cannot attend the F2F classes).

Online Synchronous Classes

Online synchronous classes may be held instead of face-to-face classes depending on the circumstances (e.g., health emergencies, calamities, suspensions, etc.). Zoom will be primarily used. Attendance will be recorded via Google Forms. Online classes are not recorded.

MODE OF DELIVERY



How will this course be conducted this semester?

Google Classroom

Our virtual classroom is in Google Classroom. All the materials and resources are uploaded here, and all submissions of the other requirements will be made here. You need a UP email account (i.e., abcd@up.edu.ph) to join.

Code: z6sunue

Asynchronous Activities

There will be assigned asynchronous activities (mostly ungraded) on some weeks wherein you are encouraged to participate as part of the flipped classroom approach.

Expectations

Please come to class prepared to make the most of our time together. **Kahit best effort na basahin ang main reading, watch the videos and other materials, etc.** As the student, you are primarily responsible for your learning in your own time. As the teacher in this class, my responsibility is to structure and guide your learning rather than being the only source of knowledge. **Again, please do not expect full lectures, especially during F2F classes.** Likewise, I am expecting that you will use your asynchronous day for Psych 101 even if we don't meet F2F (e.g., catching up on your readings, answering the quiz, and doing the worksheets). If you decide to do otherwise, you are acknowledging that you are making this conscious decision and will face whatever consequences are there.

Preparing for Classes

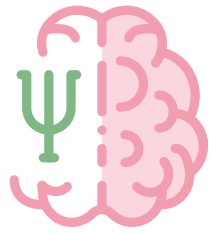
You will spend approximately at least 10 hours each week on this course. Generally, more time spent on a course leads to better learning outcomes. Some weeks will be heavier compared to others (e.g. when you work on worksheets). **Part of your preparations is ensuring you allocate sufficient time daily to study the class materials.** This is why I made sure you have some days spent reading, doing asynchronous activities, or doing activities in preparation for the F2F or online synchronous classes as part of a flipped classroom setup.

The Semester at a Glance

The course will be divided into weekly schedules with assigned topics and activities to help you pace your learning. Activities and extra resources will be posted at the start of each week. Please refer to the following pages for an overview of our semester.

Note: The dates plotted here are the ideal scenario of what our semester will look like without any interruptions. Meaning, the schedule and mode of classes can change depending on many factors outside our control (e.g., calamities, work and class suspensions, biglaang announcement ng holidays, strikes, your teacher not feeling well, other emergencies, etc.). I will adjust the schedule as needed. **I'm hoping for your understanding and flexibility in this class.**

COURSE CONTENT AND GUIDE

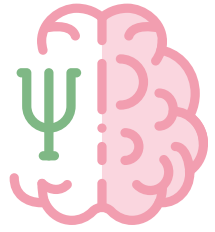


What exactly will I learn in this class?

The next pages will summarize the activities for the next weeks in our class. You will see the topics that will be covered, materials and readings needed, as well as activities to be completed.

Date	Topic	Materials	Requirements (and deadline)
August 30 (Friday)	First Day & Orientation	Course Syllabus, Blue Book, Pen/Pencil, Notebook	Minute Reflection: End of class Read this syllabus!
September 13 (Friday)	Introduction to the Science of Psychology	C&W Chapter 1, pp. 20-59 (main); Noba Unit 1 (further); Crash Course Videos #1 and #2	Minute Reflection: End of class Quiz: Sept. 17, 8 PM
September 18 (Wednesday)	Neuroscience & Biopsychology	Biopsychology: C&W Chapter 2, pp. 60-107 (main); Noba Unit 2 (further); Crash Course Videos #3 and #4 Sensation & Perception: C&W Chapter 3, pp. 108-149 (main); Noba Unit 3 (further); Crash Course Videos #5, #6, and #7	Minute Reflection: End of class Quiz: Sept. 20, 8 PM
September 25 (Wednesday)	Consciousness	C&W Chapter 4, pp. 150-191 (main); Noba Unit 5 (further); Crash Course Videos #8, #9, and #10	Minute Reflection: End of class Quiz: Sept. 27, 8 PM Worksheet 1: Soft: Oct. 4, 11 PM Hard: Dec. 20, 11 PM
October 2 (Wednesday)	Learning & Motivation	Learning C&W Chapter 5, pp. 192-233 and Motivation Chapter 9, pp. 364-381 (main); Noba Unit 6 and 9 (further); Crash Course Videos #11, #12, and #17	Minute Reflection: End of class Quiz: Oct. 4, 8 PM
October 9 (Wednesday)	Memory	C&W Chapter 6, pp. 234-275 (main); Noba Unit 6 (further); Crash Course Videos #13 and #14	Minute Reflection: End of class Quiz: Oct. 11, 8 PM
October 16 (Wednesday)	Stress, Health, and Well-being	Chapter 11, pp. 430-467 (main); Noba Unit 11 (further); Crash Course Videos #25 and #26	Minute Reflection: End of class Quiz: Oct. 18, 8 PM

COURSE CONTENT AND GUIDE

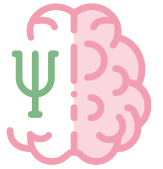


What exactly will I learn in this class?

Date	Topic	Materials	Requirements (and deadline)
October 23 (Wednesday)	Mental Health	C&W Chapter 14 & 15, pp. 558-650 (main); Noba Unit 10 (further); Crash Course Videos #28-#36 (optional)	Minute Reflection: End of class Quiz: Oct. 25, 8 PM
November 6 (Wednesday)	Thoughts, Intelligence, and Language	C&W Chapter 7, pp. 276-319 (main); Noba Unit 7 (further); Crash Course Videos #15, #16, #23, and #24	"Mental Health Break"
November 13 (Wednesday)	Emotions	C&W Chapter 9, pp. 381-397; Noba Unit 9 (further); Crash Course Videos #25 and #26	Minute Reflection: End of class Quiz: Nov 15, 8 PM Worksheet 2: Soft: Nov. 22, 11 PM Hard: Dec. 20, 11 PM
November 20 (Wednesday)	Lifespan Development	C&W Chapter 8, pp. 320-363 (main); Noba Unit 4 (further); Crash Course Videos #18, #19, and #20	Minute Reflection: End of class Quiz: Nov. 22, 8 PM
November 27 (Wednesday)	Personality	C&W Chapter 13, pp. 516-557 (main); Noba Unit 8 (further); Crash Course Videos #21 and #22	Minute Reflection: End of class Quiz: Nov 29, 8 PM Worksheet 3: Soft: Dec 4, 11 PM Hard: Dec. 20, 11 PM
December 4 (Wednesday)	Social Psychology	C&W Chapter 12, pp. 468-515 (main); Noba Unit 3 (further); Crash Course Videos #37, #38, #39, and #40	Minute Reflection: End of class Quiz: Dec. 6, 8 PM
December 4 (Wednesday)	Last Day*	Please get your Minute Reflection bluebooks on this day. :)	Final Paper & Hard Deadline of all Worksheets: Dec. 20, 11 PM

***Note:** If our schedule goes according to plan, I'm hoping that our social psychology class and last day will be held in one day since most students (in my experience) do not attend the last day anymore, and they do not get their bluebooks at all. Please get your bluebooks since you have personal information there that I would not like to keep. **If you do not get your bluebooks after one semester, I will discard them in a manner that is more convenient for me (e.g., disposing in the trash if I do not have access to a shredder).**

COURSE CONTENT AND GUIDE



Other Dates to Remember

August 16 Deadline for Change of Matriculation

August 28 First day of class in Psych 101

September 4-6 No classes in Psych 101

September 11 No classes in Lagmay Hall & Palma Hall due to Bar Exam 2024

October 14 Midsemester

November 1-2 All Souls & Saints Day

November 14 Deadline for Dropping Subjects

November 25 Deadline for Filing Leave of Absence

December 4 Last Day in Psych 101

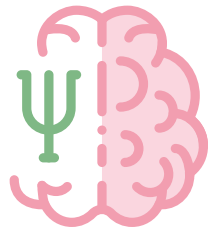
December 20 Hard Deadline of ALL Requirements in Psych 101

January 9, '25 Deadline of Submission of Grades

Note: Your teachers have until before 12 MN of the deadline to submit the grades on CRS.

So, I hope you can be patient with all of us, too. and refrain from sending follow-up emails to us before the deadline.

REFERENCES AND MATERIALS



What do I need in this class?

UP Email

If you enlisted in my class, you are expected to have access to your UP email account (i.e., abcd@up.edu.ph). You need this to enroll in and access the Google Classroom and the uploaded materials. If you cannot access this, contact the UP Information Technology Development Center immediately (<https://itdc.up.edu.ph/uis/the-up-mail>).

Internet Connection

You need a stable internet connection to access the files and submit the requirements in Google Classroom. In case you encounter connection issues, **let me know as soon as possible** through text (if you cannot email me) so we can work something out. Please do not wait until the deadline to tell me you are encountering issues. ***Help me help you, so let me know ASAP!***

Main Text

We will be primarily using this textbook as our reference throughout the course:

Ciccarelli, S.K. & White, J.N. (2021). Psychology, 6th Edition. Harlow, Essex: Pearson Education.

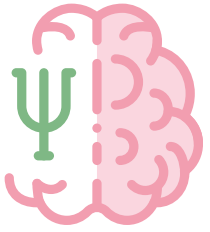
Other References and Materials

- R. Biswas-Diener & E. Diener (Eds), *Noba Textbook Series: Psychology*. Champaign, IL: DEF Publishers. DOI: **nobaproject.com**
- **Crash Course Videos** (check the episodes assigned per topic)
- Other references and materials may be uploaded every week.

IMPORTANT!

Please **DO NOT** distribute and share any class resources that we have with anyone outside our class. This includes the Google Classroom code, Telegram, course syllabus, textbooks (unless open access), other learning modules, emails, and even the contact details of your classmates and teacher. All of the materials are for educational purposes only and are not meant to be shared, especially copyrighted materials and personal information, for data privacy reasons. **For future reference, I do not accept any requests for a teacher's prerogative that are sent to my UP or personal emails. :)**

REFERENCES AND MATERIALS



What do I need in this class?

Notebook and Pen

You can bring any writing material of your choice during F2F classes since you are **strongly encouraged to take notes by hand**. **Taking down notes using gadgets is not allowed** to lessen distractions and maximize our time in the classroom (unless you need some form of accommodation that will need the use of gadgets. Please provide me the recommendation letter from your health service provider).

UP Bluebook or Notebook Filler

This is where you will write down your minute reflections for your attendance which will be submitted at the end of each F2F class. You can buy a UP bluebook at some photocopy booths and stores within the campus. Alternatively, if you cannot find a bluebook, you can buy notebook fillers (thin notebooks used in binders) in bookstores or online stores. Your bluebook will be returned during the next F2F class.

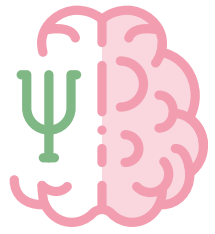


(Left) Pictures of a UP bluebook and notebook fillers; (Right) Picture of a different bluebook (please do not buy this!).

Face Masks

You are **encouraged to wear masks inside the classroom during F2F classes, most especially if you have colds and other communicable illnesses**. If you can and if your budget will allow it, I am encouraging you to wear at least a surgical face mask, and the ideal is either an N95 or a KN95 face mask. If you cough without wearing a face mask inside the room, I will ask you to step outside class and procure one. **This policy may change depending on any health emergency.**

REFERENCES AND MATERIALS



What do I need in this class?

You are expected to have access to the following applications. If your devices may have challenges accessing them, kindly explore our resources in the library or reach out to me so we can look for a possible workaround.



Google Classroom

Our virtual classroom is in Google Classroom. All the materials are uploaded here, and all submissions of the requirements will be done here. You need a UP email account to join. It will be your responsibility to explore the interface if it's your first time using this platform. You can watch this or this for reference.



Telegram

This will be used for sending quick updates about the class. There is a web version, as well as mobile and PC applications.



Any Reliable PDF Reader and Editor

You need this when reading and annotating your main textbook and worksheets.



YouTube

The Crash Course playlist and videos can be watched via YouTube. Supplementary resources can sometimes be in the form of YouTube videos as well..



Zoom

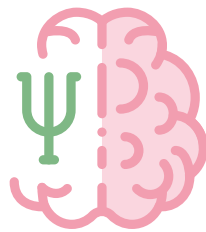
This is the main video conference platform that we will use in case we need to hold online synchronous classes. You can access this via any gadget (e.g. laptop, tablet, smartphone) that can handle Zoom.



Other Websites and Applications

We will be using other websites and applications (as needed) depending on the activity of some topics.

REQUIREMENTS AND ACTIVITIES



What do I need to do to pass this class?

These course requirements will serve as learning measures whether you have achieved the goals our class.

Quizzes.....50%

A multiple-choice, open resources quiz will be posted at the end of each F2F class (Wednesday evening). The quiz will be via Google Forms, and the deadline will be at 8 PM every Friday that follows (unless otherwise specified). No submission of the quiz will be marked as 0.

Worksheets.....30%

These are different worksheets with activities and guide questions submitted via Google Classroom. Refer to the semester at a glance for the soft deadlines. **The hard deadline for all worksheets is on December 20, 2024 (Friday), 11 PM.** Rubrics are provided. Late submissions beyond the hard deadline will be marked as 0.

Final Paper.....20%

This final paper will culminate your learning, development, and personal insights in Psych 101 and how you will apply the concepts you learned in your own life. This will be submitted via Google Classroom. **The hard deadline for the final paper is December 20, 2024 (Friday), at 11 PM.** Rubrics are provided. Late submissions beyond the hard deadline will be marked as 0.

Other Activities in Psych 101

• Asynchronous Activities

- There will be assigned ungraded asynchronous activities on some weeks wherein you are encouraged to participate to help you gain more appreciation about the topic.

• Minute Reflection

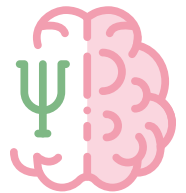
- This is **required** since this will be used to check your attendance in class. The bluebook will be submitted after every F2F class. If our class will be online, the minute reflection will be via Google Forms.

• Face-to-Face and/or Online Synchronous Activities

- There will be class activities on some weeks, and you are encouraged to participate to make the most out of the class. No make-up activities if you did not attend the class

50%

QUIZZES



A multiple-choice, open resources quiz will be posted at the end of each F2F class (Wednesday evening). I will only base the quiz questions on the concepts discussed in the main textbook.

Expect application type of questions, wherein the concepts related to the topic/s of the week will also be applied to the Philippine context or day-to-day life. The quiz per topic will range from 5 to 20 questions. This is subject to change depending on the context.

Pro Tip regarding the quizzes in my class:

Try to answer the multiple-choice quizzes at the end of each chapter in your main textbook so you can practice taking these kinds of quizzes.

However, do not expect that the quizzes will be exactly the same.

Concept Map 1.0.24.25

Looking Inside the Living Brain
(methods for studying the structure and/or activity of the living brain)

- mapping function**
 - the electroencephalogram (EEG)**
 - has good temporal but relatively poor spatial resolution; records the electrical activity of the brain through the use of scalp electrodes; both spontaneous activity and event-related potentials (ERPs) can be studied
 - activity can be classified according to frequency and morphology; traditional bands include delta, theta, alpha, and beta
 - positron emission tomography (PET)**
 - used for imaging function; involves injection of a radioactive tracer that binds to glucose; records activity of cells that use radioactive glucose
 - functional MRI (fMRI)**
 - images brain function through tracking changes in blood oxygen levels; increases in oxygen levels associated with increased functioning
 - functional near-infrared spectroscopy (fNIRS)**
 - uses near-infrared light to measure cortical blood oxygen levels
- mapping structure**
 - computed tomography (CT)**
 - based on X-ray technology; good for imaging brain structure, especially when there is trauma in the body
 - magnetic resonance imaging (MRI)**
 - superior spatial resolution for structure

Reinforce connections across topics with Interactive Concept Maps. Take Practice Quizzes as you read.

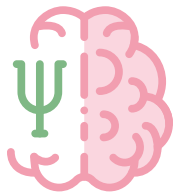
Practice Quiz How much do you remember?
Pick the best answer.

- Which of the following techniques involves passing a mild current through the brain to activate certain structures without damaging them?
a. magnetic resonance imaging (MRI)
b. electroconvulsive tomography (ECT)
c. electrical stimulation of the brain (ESB)
d. deep brain lesioning
- Which of the following techniques analyzes blood oxygen levels to look at the functioning of the brain?
a. EEG
b. fMRI
c. CT
d. PET
- Dr. Roll is conducting a research study. She wants to measure the physical connectivity in the research participants' brains by imaging their white matter. Which of the following methods will she use?
a. MRI spectroscopy
b. diffusion tensor imaging (DTI)
c. functional magnetic resonance imaging (fMRI)
d. computed tomography (CT)
- If you were suffering from neurological problems and your neurologist wanted to have a study done of your brain and its electrical functioning, which of the following techniques would be most appropriate?
a. CT
b. PET
c. DTI
d. EEG

p. 16, Ciccarelli & White, 2021

30%

WORKSHEET RUBRICS



These are different worksheets with activities and guide questions for a particular topic. The soft deadline for the worksheet can be found under the overview of the semester.

You will get +5 on the worksheet if you submit it before the soft deadline.

Do note that the **hard deadline for all the worksheets is December 20, 2024 (Friday), at 11 PM.** You will get a 0 on the particular worksheet if you missed submitting it by this date and time. If you have any internet connection issues or other concerns hindering you from submitting these worksheets, please let me know as soon as possible so we can work out a solution together. Please do not wait until the deadline to approach me if you are having challenges. **It is your responsibility to check that the file is readable and working before you upload it.**

Rubrics

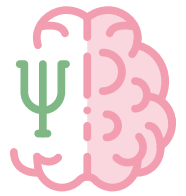
- **20 points**..... Answered all questions adequately
- **15 points**..... Questions not answered adequately
- **10 points**..... Some questions are not answered
- **0 points**..... Not submitted

Worksheet #1	Consciousness	October 4, 2024, 11 PM
Worksheet #2	Emotions	November 22, 2024, 11 PM
Worksheet #3	Personality	December 4, 2024, 11 PM



20%

FINAL PAPER RUBRICS



This is the final paper that will serve as the culmination of your learning, development, and personal insights in Psych 101 and how you will apply the concepts you learned in your own life. **Maximum 600 words (size 12; double-spaced; two pages only)**. Picture and caption are not included in the word count. However, you are free to turn in more creative output for the final paper and you can also drop me a message if you want that to be excluded from the word count. **It is your responsibility to check that the file is readable and working before you upload it.**

Your final paper should contain the following:

Psych in my Life.....25%

Include one picture that you took and write a short caption (1-2 sentences only) about how this picture is related to any concept in Psychology. If you cannot take pictures currently, you are free to use old photos or drawings as long as those are your photos (e.g. photos you took, photos with you in it; you drew it, etc.).

Application in my Life.....25%

Answer the following questions: How is Psychology connected to your life? What was something that you realized about your life after taking Psych 101? *Maximum 200 words.*

Most Unforgettable Concept.....25%

Choose one concept that you learned in our class that you won't forget even after this semester. Answer the following question: What made this concept stand out from all the other concepts that you learned in our class? What did you learn about yourself through this concept? *Maximum 200 words.*

Reflections.....25%

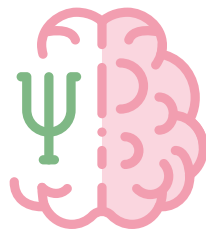
Write your thoughts, reflections, insights, as well as any comments and feedback you'd like to share about your Psych 101 class and teacher. You are free to provide the good points in our Psychology 101 class and the things to improve on. *Maximum 200 words.*

Rubrics

Psych in my Life 25%	25 <ul style="list-style-type: none">included a picturehas a caption that related the picture to any concept in Psychology	10 <ul style="list-style-type: none">included a picturethe picture has a caption, but is not related to any concept in PsychologyORincluded a picture only and no caption	0 <ul style="list-style-type: none">did not include any picture and caption
Applications in my Life 25%	25 <ul style="list-style-type: none">was able to answer all guide questions adequately	10 <ul style="list-style-type: none">was able to answer the guide questions but did not elaborate furtherORwas able to answer only one guide question	0 <ul style="list-style-type: none">did not answer any guide questions
Most Unforgettable Concept 25%	25 <ul style="list-style-type: none">selected a Psychology conceptwas able to answer all guide questions adequately	10 <ul style="list-style-type: none">selected a Psychology conceptwas able to answer the guide questions but did not elaborateORselected a Psychology conceptwas able to answer only one guide question	0 <ul style="list-style-type: none">did not select a Psychology conceptdid not answer any guide questions
Reflections 25%	25 <ul style="list-style-type: none">submitted the reflection part	0 <ul style="list-style-type: none">did not submit the reflection part	

Deadline is on December 20, 2024 (Friday), at 11 PM.

REQUIREMENTS AND ACTIVITIES



Ma'am, is there any way for me to get extra points?

Registered Voter.....+1.0

Submit proof that you are a registered voter in the Philippines (e.g., picture or scan of your voter's ID, voter's registration slip, confirmation from Comelec, etc.) and that you voted in the last elections + a short paper. You can get this bonus on your final raw score (i.e., $89.5 + 1.0 = 90.5$). Incomplete requirements for this will not make you eligible for the bonus points. **I do not accept pictures of your finger with indelible ink without any proof that the finger is yours.**

Complete Attendance.....+0.25

You are eligible for 0.25 points on your final grade (e.g., 1.25, etc.) if you have complete attendance in all the face-to-face (or online synchronous) classes. **This will be recorded via the minute reflections you submit at the end of each class.** Non-submission of minute reflections and any absences (except for health reasons with a validated medical certificate or other related certification) will not make you eligible for this bonus.

On-Time Submission of Worksheets.....+5

Submitting the worksheet on or before its soft deadline will make you eligible for an additional 5 points for the worksheet only, plus timely feedback (I'll try!). Non-submission during the soft deadline will not be eligible for bonus points.

Bonus points are prerogatives I give, not something to be demanded from me.

If you are targeting some of these bonus points, kindly check the requirements needed. I may and can rightfully take away the bonus points at any point within the semester.

Grading Equivalence

I will be computing your final grade based on the following:

1.0	96 to 100	2.0	76 to 80	3.0	60
1.25	91 to 95	2.25	71 to 75	5.0	Below 60
1.5	86 to 90	2.5	66 to 70		
1.75	81 to 85	2.75	61 to 65		

Existing academic policies are now in place. Therefore:

- I do not give a 4.0.
- I do not round up your grades
- I do not give an INC.
- Please take note of the deadlines and proper process for dropping the course or filing a Leave of Absence (LOA).

CLASS POLICIES AND PROTOCOLS

What are the important things that I need to remember?

Participation and Self-Disclosure

You are expected to be prepared in our class discussions, whether synchronous or asynchronous. I encourage active participation in our class by sharing your thoughts and insights, asking questions, or raising points of interest in the discussion papers, worksheets, and final paper. Since Psychology 101 mainly involves self-reflection, you may find topics you can relate to due to your experiences. I also encourage you to share these with the class or in your written outputs if you are comfortable, but it is not ultimately required and not the basis of getting a high grade. **Share only what you are comfortable with.**

Deadlines

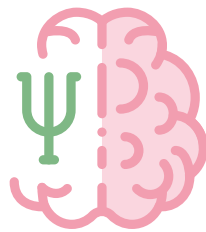
The hard deadline for worksheets and final paper is December 20, 2024 (Friday), at 11 PM. I will not accept late submissions beyond this date unless there is a valid reason. Please ensure that you take note of the deadline (both date AND time) given to you. All of the requirements will be submitted via Google Classroom only (unless I state otherwise). The soft deadline is indicated for each worksheet, but there is no penalty if you cannot submit it by this time. **Quizzes will be posted after the F2F session every Wednesday evening and will be due every Friday at 8 PM** (unless otherwise specified). **Late and not submitted requirements will receive a zero.** Please message me immediately if you encounter any issues or problems, especially with your internet connection. Do not wait until the last minute to let me know. We can work out a solution to this as long as you inform me beforehand. **Deadlines are subject to change depending on the context.**

Academic Integrity

As UP students, I hope we will all adhere to both honor and excellence. As such, I will not tolerate any form of plagiarism and cheating in class. Make sure that you properly cite your sources in your written outputs. Please follow the APA 7th edition format for in-text citations and the reference list. Punishments for plagiarism and cheating may range from getting a 0 in that particular requirement or incurring a 5.0 in this class.

I am aware that there is a recent rise in the use of Artificial Intelligence (AI) technologies (e.g., ChatGPT, etc.). **They are valuable tools for learning when used appropriately.** However, please be careful of using this in your written outputs in this class. **Do not use it if it is not appropriate for the circumstance and if you cannot provide a reputable citation or source.** Most of the requirements in class will ask you to dive deeply into your life experiences. So if I catch you misusing AI tools (e.g., using them to answer prompts about your life experiences instead; si AI ba ang may life experience mo?), it can say a lot about you as a person. AI is a tool that you can use responsibly. **If you have to use it, please include a paragraph at the end of the requirement that uses AI explaining what you used the AI for and what prompts you used to get the results.** **Failure to do so violates academic honesty policies and may lead to incurring a 5.0 in my class.**

CLASS POLICIES AND PROTOCOLS



Attendance and Punctuality

Attendance will be checked for every F2F class through the minute reflection or Google Form if we have online synchronous sessions. **Being absent for more than 3 meetings may result in a grade of 5.0 (unless there is valid proof that the absences are excusable) unless you drop before the dropping deadline.** You can decide whether you want to attend our F2F class as long as you are only allowed up to 3 absences (we're technically only meeting once a week). Since your health and well-being are also my priority in class, I can excuse you if you cannot attend because you are not feeling well (physically or psychologically) as long as you can present a medical certificate validated by the University Health Service or a certificate that you have been seeking support from a mental health professional with recommendations (if possible). There will be no make-up for F2F class activities, while make-up quizzes will be given to those with valid reasons only (i.e., health reasons with a validated medical certificate), and they should be taken within a week from the date of absence.

Also, a grace period of 10 minutes will be given at the start of the F2F class, after which I will begin the class regardless of whether we are complete. Please make it in time to ensure that you maximize the learning within the short time that we are together. I try to finish my classes with 5 minutes to spare, but you can leave earlier (5 to 10 minutes) if you have a class right after ours. Don't forget to submit your minute reflection. Do note that you can miss out on some parts of our class if you leave early.

I will try my best to manage the time inside the classroom so you can leave on time. However, some topics can spark engaging conversations, which can lead to extended class time.

Health Protocols (COVID-19 or Other Health Emergencies)

For your reference, the following are the minimum health protocols at the Department of Psychology, Lagmay Hall, UP Diliman:

1. When sick and/or experiencing symptoms, students, faculty, and staff must not report to or attend the face-to-face activities at the Lagmay Hall.
2. Wearing of face mask inside the classroom is required, except when eating and drinking.
3. When inside the classroom, maintain maximum physical distance as possible.
4. Eating and drinking are allowed within the premises if there is ventilation and physical distancing. Eating is not allowed inside the computer laboratory, assessment laboratory, and Aklatang Virgilio Enriquez.

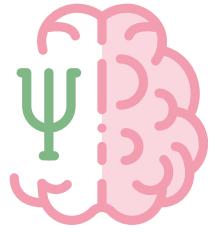
What if you report being sick or experiencing symptoms while in Lagmay Hall?

Per UPHS guidelines: "If a student, faculty, or staff becomes ill with symptoms of COVID-19 (dry cough, fever, malaise) during their stay on campus, they/she/he should go or be brought to the UP Health Service (UPHS) or the nearest health care facility for assessment."

What if you report being sick or experiencing symptoms after attending class in Lagmay Hall/classes in UP/any large gathering/etc.?

Prioritize your safety and well-being. Please do not go to our class and inform me immediately so I can alert the class if there is a need to monitor their health and to do contact tracing if necessary. It will also help me decide whether I will be cancelling F2F classes and arrange for an online synchronous class as needed.

CLASS POLICIES AND PROTOCOLS



In-Class Behaviors

1. For our F2F class specifically, **eating and drinking (except for quick sips of water) are not allowed** in the classroom. However, you can step outside to drink or eat within the vicinity of Lagmay Hall. You can also eat outside before class begins.
2. If you are sick and have symptoms, **keep your face mask on at all times and wear it properly** (i.e., nose and mouth are both covered sufficiently).
3. **Avoid using your phones and other gadgets in class** – turn them off or put them in silent mode. If there is an urgent need to answer a message or a call, kindly discreetly go out of the room to avoid distracting the whole class. The same goes for going to the restroom.
4. **Refrain from doing requirements from your other subjects during our F2F class.** We only have a limited time during F2F class, so please respect that time.
5. **I do not allow taking pictures, videos, or recordings of the slides in class or discussions. I do not allow using gadgets when taking notes** (unless accommodations are needed). Many studies have shown that taking notes by hand may be more beneficial to students for learning and processing the lesson (Mueller & Oppenheimer, 2014). Plus, we get to minimize distractions in class, which most students experience during remote learning.

Communication

I will post announcements primarily through Google Classroom and use Telegram for quick communications and updates. For urgent matters (e.g., no F2F classes, etc.), I will message everyone through Telegram or text (only if I do not have internet). Let us limit our communication within office hours (Monday to Friday, 9 AM to 5 PM) unless there is an urgent matter, and let us respect each other's need for work-life balance. **(Tip: Maximize Gmail's scheduled send function).**

Consultation

It's normal to feel overwhelmed or confused during changing learning contexts. Do not hesitate to reach out to me if this is the case. Should there be any questions or clarifications regarding requirements or topics in class, feel free to post in our Google Classroom or email me if you want it to be private. I will reply within 1-2 days during my consultation hours. Beyond that, you can send a follow-up email or message me on Telegram.

Feedback on the Requirements

I will do my best to provide timely feedback on your submissions. However, I will have to consider the most efficient way to do it, especially if the students' submissions are staggered since we have multiple soft deadlines and only one hard deadline. Please also consider that I am likewise juggling multiple hats in my life at the moment (just like how you're juggling many classes and responsibilities). You may read [this](#) as a reference on how long a teacher usually grades their students' outputs. **I hope you can be patient with me on this as I do my best given my circumstances too.**

CLASS POLICIES AND PROTOCOLS

Safe Space

I want to emphasize that our classroom (virtual and online) is a **safe space** for everyone. Be respectful to your classmates even if you disagree with what they say. Whatever personal information you will hear in our discussions (e.g., stories and anecdotes that I or your classmates will share, pictures, etc.) should remain within our classroom. If you would like to share it outside, ask permission first.

Accommodations

If you need accommodations (e.g., you are a Person With Disability (PWD), you have neurodevelopmental challenges, etc.) in class, do reach out to me as early as now so we can discuss how I can accommodate your needs to the best of my ability and resources. I cannot guarantee that I will agree to all the requests, but as long as they are reasonable and you can provide sufficient documentation, I can consider it.

Flourishing in this Class

- **Do the best that you can given your circumstances.** Try to study all course materials, submit your requirements on time, participate actively in the discussions, and immerse yourself in the process. Check Google Classroom regularly and maximize the learning opportunities and resources available.
- **Be kind to yourself and others.** We deal with varying circumstances daily, so if you aren't always at 100%, that's fine. But it would help to let me and your classmates know so we can help each other.
- **Prioritize your health.** Eat right, get enough sleep, and set aside time for leisure activities. Productivity also relies on rest. Take breaks when necessary!
- **Take the time to read Ciccarelli and White's (2021) Psychology in Action: Secrets for Surviving College and Improving Your Grades. :)**

Other Concerns

Psychology 101 is not a counseling or psychotherapy class (even if I am a Psychosocial Support Specialist, which entails providing therapy sessions to clients from the UP Diliman community). **Psych 101 is not therapy. :)**

However, if you have other concerns (whether personal or academic), need additional support or accommodation, or things are not going well for you (whether it's your internet access, health, and well-being, among many other things), let me know right away so we can both look for quick and effective solutions or I can point you to the right resources.

Help me help you. My door is (figuratively) open, and my priority is always your safety and well-being in this class above all.

The next pages contain a list of helpful resources within our university. You are free to reach out to me in case you need more information.

RESOURCES IN THE UNIVERSITY

Below is the list of helpful resources that you might want to take note of.

UP Diliman Psychosocial Services (UPD PsycServ)

Free mental health and psychosocial support services to currently enrolled UPD students, faculty, and staff

Office: 1/F Vinzons Hall, UP Diliman, Quezon City

Number: 8981 8500 loc. 2495-96 (9 AM to 5 PM only)

Email: psycserv.upd@up.edu.ph

Facebook: <https://www.facebook.com/updpsycserv>

Resource Center: bit.ly/PsycServRC

Sign-up link for UPD students, faculty at staff/REPS: bit.ly/PsycServ

Office of Counseling and Guidance (OCG)

Free counseling services for UP students about academic, social, etc. concerns to UPD students

Office: 4/F Vinzons Hall, UP Diliman, Quezon City

Telephone: 8981-8500, loc 4501/4502

Email: ocg.updiliman@up.edu.ph

Facebook (online counseling): <https://www.facebook.com/ocg.upd>

UP Diliman Ugnayan ng Pahinungod

For free peer-support services to currently enrolled UPD students

Office: 6/F Student Union Building (SUB), UP Diliman, Quezon City

Telephone: 8981-8500, loc 2603/2607/2608

Email: psppahinungod.upd@up.edu.ph | pahinungod.upd@up.edu.ph

Facebook: <https://www.facebook.com/updpahinungod2>

Website: <https://pahinungod.up.edu.ph/what-you-can-do/pahinung%C3%B3d-copes>

Who to contact during crisis situations?

In case of emergency, or if you think your life or someone else's life is in danger, please call:

DOH-NCMH Hotline

0917 899 USAP (8727)

0908 639 USAP (8727); 1553

Natasha Goulbourn Foundation

0918 873 4673; 0917 558 4673

(02) 8804 4673

RESOURCES IN THE UNIVERSITY

UP Diliman University Health Service (UHS)

Free or subsidized medical services and out-patient consultations

Address: J.P. Laurel Avenue corner Apacible and Agoncillo Streets, UP Diliman, Quezon City

Mobile: 09474279281

Emergency Room: 8981-8500 loc. 111

Email: uhs.updiliman@up.edu.ph

Psychiatrist (Dr. Dinah Nadera): Email dnadera@gmail.com to schedule consultations. PHP 500 for current UP students, faculty, and staff.

Philippine General Hospital (PGH)

Free medical consultations (including psychiatric consultations and prescription refills)

Address: UP Manila, Ermita, Manila City

Number: 450-0188; 708-0000 loc 121; 8554-8400 (6 AM-10 PM)

Transfer Contact Center: +63 932 339 0827 (Viber, Telegram and Sun/Smart); +63 966 549 2755 (Globe); +63 2 8524 9966 (Direct Line)

PGH Online appointment system: <https://pghopd.up.edu.ph>

Website: <https://www.upm.edu.ph/pgh>

Diliman Gender Office (DGO)

Gender-related concerns (including sexuality, sexual health, etc.)

Office: 2/F Benton Hall, M. Roxas Street, UP Diliman, Quezon City

Number: 09566600907; 8981-8500 loc 2467

Email: updgo@up.edu.ph | dgo_counseling.upd@up.edu.ph

Facebook: <https://www.facebook.com/updgo.2003>

Resources: <https://dgo.upd.edu.ph/resource-materials>

Referral Directory: <https://bit.ly/UPDGODirectory>

Office of Anti-Sexual Harassment (OASH)

For concerns about harassment within the university

Office: 2/F Benton Hall, M. Roxas Street, UP Diliman, Quezon City

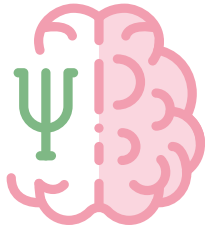
Number: 8981-8500 local 2465 or 2466

Email: oash.upd@up.edu.ph

Facebook: <https://www.facebook.com/UPDilimanOASH>

Website: <http://oash.upd.edu.ph>

RESOURCES IN THE UNIVERSITY



UP Diliman Police

For reporting of safety concerns within the university

Phone: 928-3615; 981-8500 local 4008; 113

Office of the Vice Chancellor for Student Affairs (OVCSA)

For matters of student affairs (practical support, scholarships, etc.)

Mobile: 09171548897 (Athan Dela Cruz)

Email: ovcsa.upd@up.edu.ph

Facebook: <https://www.facebook.com/ovcsa>

Office of Student Housing (OSH)

For housing needs and concerns of UP Diliman students

Email: osh.updiliman@up.edu.ph

Facebook: <https://www.facebook.com/updOSH>

If there is any inaccurate information here or links that are not working, don't hesitate to contact me. Thank you!

Congratulations!

If you have read all the information in the syllabus, please share your study music under the "Congratulations! :)" thread in Google Classroom. :)

"Education is
what survives
when what has
been learned
has been
forgotten."

B.F. Skinner, 1964

