

**Introduction to Psychobiology
Psychology 24
Spring 2024**

Instructor: Shannon Hassett
CRN #: 48646/48838
Section # 50Z/51Z

Online Office Hours (through Zoom): Tuesday: 12-1:20pm/Thursday: 10-1:20am (you must sign up for an appointment: 20-minute increments) in advance (Tuesday by 12 noon and Thursday by 10am) on Canvas under the *Calendar link on the left*. Go to course resources for a “visual how to”. We will meet on Zoom in my meeting room: <https://fhda-edu.zoom.us/j/3727364345> (also found in the Calendar)

****Please note:** office hours are for course related questions and other academic-related matters. I am *not* a mental health provider, but I am happy to provide you with resources. Mental Health Services are available within [the Mental Health & Wellness Center](#) on campus (virtual services are available too).

E-mail: hassettshannon@fhda.edu and Canvas email are the same (I *do not* check e-mail after 5pm; Friday-Sunday, or on holidays). Please allow for up to 72 hours for a response. Please include the following in your e-mail: **1) Subject Line: Psych 24 and your first and last name that are listed on the roster. If you fail to do this your e-mail will automatically be deleted, 2) A clear and concise (1-2 sentences) question. 3) If you miss an exam and have proper documentation (see the section below on “exam extensions”), please include that in your subject line and be sure to attach your documentation.**

Required Text:

Discovering Behavioral Neuroscience 3rd Edition, Freberg, Cengage, 2016.

Note: Discovering Behavioral Neuroscience 4th Edition; Discovering Biological Psychology, 2nd Edition. Freberg, Cengage, 2009 will work, as will the first edition.

Prerequisite: Psychology 1

Advisory: English Writing 1A or English as a Second Language 5

Course Description:

A survey of the central and peripheral nervous system processes underlying both normal and abnormal behavior, with an emphasis on sensation & perception, motivation, sexual behavior, sleep, learning & memory and emotion.

Student Learning Outcome Statements (SLO)

- **Student Learning Outcome:** Recognize and explain the research methods used specifically in psychobiological investigations and be able to understand when each is used and for what purpose.
- **Student Learning Outcome:** Describe the different processes that form the biological basis of behavior.
- **Student Learning Outcome:** Demonstrate understanding of the major structures and functions of the CNS.

Course Format:

This course is completely online utilizing Canvas. There will be weekly notes/power point slides, pre-recorded Zoom classes and quizzes. There will also be exams, discussions, videos, and assignments.

Basic Instructions for all turned in work:

All class work will be completed online. There will be weekly quizzes that are due by **Sunday at 11:59pm**. Please refer to the class schedule and/or the class checklist.

Any quizzes or assignments turned in after the deadline will automatically be deducted by 15% per day and will only be available through Tuesday 11:59pm. I do not accept late work beyond Tuesday (unless there are extenuating circumstances, such as a hospitalization or death of a loved one).

*Quizzes and exams may not be re-taken for a higher grade.

The correct answers for quizzes will be viewable within a specific timeframe (**the Wednesdays following the due date from 8-11pm, only**). However, the correct answers to exams will not be posted. You can schedule an office hour appointment to go over your exam.

*****Extensions for exams:**

Extensions are **only** granted under *extenuating circumstances* (with proper documentation of emergencies, such as hospitalization for self or child/other dependent, illness, accident, jury duty or death of a family member), and you must notify me through e-mail (or have a loved one) within 2 days of missing it. Make up exams will be different from the original exam given.

*****In the e-mail request, you must include proper documentation (e.g., doctor's note, police report, death certificate, jury summons, counselor's note, test results with your full name on the documentation). If you do not include documentation, you will not be granted an extension.**

Performance Evaluations:

- 1) **Online Weekly Quizzes (40 points possible)** will consist of 5 multiple-choice questions (will cover the text book [focus on study guide], pre-recorded Zoom classes, and lecture notes/power point slides). It is possible that there will be more than one correct answer to the multiple-choice questions. The questions with more than one possible correct answer will allow you to click on more than one answer. Those questions with only one correct answer, will only allow you to click on one correct answer. There is no time limit. **There are no make-ups/re-takes. Your lowest 2 scores will automatically be dropped at the end of the quarter.** A missed quiz will count as one of your lowest scores and will be dropped. Please note: the first week you will have 2 quizzes. The first one is the syllabus quiz (**it is required and you will not be able to access other material until it is completed**). You will have unlimited attempts for only the syllabus quiz; all other quizzes you will only have *one attempt*. The correct answers to quizzes will only be viewable within a specific timeframe (**the Wednesdays following the due date from 8-11pm**)
- 2) **Multiple Choice Exams (3 total; 150 points total):** each exam will consist of 50 multiple-choice questions. It is possible that there will be more than one correct answer to the multiple-choice questions. The questions with more than one possible correct answer will allow you to click on more than one answer. Those questions with only one correct answer, will only allow you to click on one correct answer. Exams will cover the text, pre-recorded lectures/notes/power point slides, and videos with an emphasis on lectures/notes. [Study guides](#) for each exam are posted on Canvas under the module “[Course Information/Resources](#)”. You will only be tested on what is covered on the study guide. You will have 75 minutes to complete each exam and once you begin an exam, it needs to be completed in one sitting. You cannot save and come back to an exam. I recommend that you keep a timer to monitor your time (although there is a running timer within Canvas at the top of the exam). **There are NO make-up exams (unless there is a verifiable emergency; see extension policy above).** You must complete all exams by the deadline (see schedule). Exams will be posted on the Friday of exam weeks at 12 pm. You will then have access from Friday at 12 pm through that Sunday 11:59pm (with the exception of the final exam; the final will be posted Sunday, 6/23 at 12 noon and will be available through Tuesday, 6/25 11:59pm).
- 3) **Assignments (8 total; 40 points total):** each assignment is worth 5 points and will cover major topics from the course.
- 4) **Group discussions (7 total; 70 points total):** you will be randomly assigned to a group for the quarter (about 10 students per group). The purpose of the groups is for you to build a sense of community since this is a large class. There will not be group assignments, rather you will thoughtfully reflect on others’ posts, learn from each other, and encourage each other. Additionally, each group will be assigned a mentor. The mentor is a student who was very successful in this class and wants to help you be successful as well. This mentor will be your first contact if you have questions, and they will moderate discussions. They are an excellent resource and are kindly volunteering to help.
For each discussion you will be provided with a prompt, and you will address it in the discussion group. Each discussion is worth 10 points. After posting your response (you won’t be able to see others’ posts until you post your own), you will reply to another student’s post.

- 5) **Meditation Log (1 total, 2 bonus points *optional*)**: Mindfulness meditation has been shown to be a helpful strategy in coping with anxiety and stress, amongst other benefits. You will be introduced to mindfulness in the context of this course. To earn these points, you will practice and record your sessions (these points are not counted towards the maximum 10 points extra credit).
- 6) **Extra credit (10 points maximum)**: extra credit will be posted on Canvas under the “Extra Credit Opportunities Module”. The maximum you can earn is 10.

Course Grade Breakdown (300 Points Possible)

Exams: (150 points total)

***Quizzes:** (40 points total)

Assignments: (40 points total)

Group Discussions: (70 points total)

Extra Credit: (10 points total)

Meditation Log: (2 bonus points)

**Your lowest 2 quizzes will be dropped*

Grades:

Grades will be calculated on the points you earned during the term, plus any extra credit. The total points possible are 300. **Note: I do not give minuses or pluses.*

A= at least 90% (270+)

B= at least 80% (240-269 points)

C= at least 70% (210-239 points)

D= at least 60% (180-209 points)

F= below 60% (less than 180 points)

Class Participation:

Attendance: The first week quizzes (2) must be completed by the due date (4/14) or you will be dropped and considered a “no show”.

This course requires that you actively participate by completing weekly assignments and quizzes. It is **NOT** a self-paced course. It will be organized by weeks, and you will not have access to assignments after the due dates (with the exception of my late policy stated above). You will not have access to all course content ahead of time. **If you have not completed the first two assignments (syllabus quiz and first week quiz) by the end of the first week (4/14), you will be dropped. If you do not complete Exam #1 by the deadline (5/12/24), you will be dropped. After the drop deadline, you will be given the grade you earned.**

Non-attendance: To prevent being dropped for non-attendance you must complete at least one assignment weekly or e-mail me with a verifiable emergency. The last day to drop is **5/31**. After that date, I am required to assign you a grade based on completed work.

Steps to help you be successful in this course:

- 1) Read over the entire syllabus, print out the assignment checklist with due dates (check off completed assignments as you go) and write the due dates in a planner.
- 2) Complete all required readings: while reading each chapter, have the chapter notes (posted on Canvas) either printed or opened and add your own notes.
- 3) Watch pre-recorded Zoom lectures. Most students find this course to be difficult so learning on your own will likely not be sufficient to succeed in this class. I give examples

during lectures to help clarify information (and hopefully make it more interesting/relatable) and repetition of material is key to learning new material.

4) Fill out the study guides I developed and posted under “Course Information/Resources” based on your readings, lecture and Zoom notes and videos.

5) Watch the required videos prior to taking quizzes and exams; take any necessary notes.

6) Complete all of the homework prior to the due date (allow yourself enough time to complete all of the work).

7) **You should study prior to taking each exam** (like you would in a face-to-face class); you will **NOT** have enough time to look up every answer. The goal of exams is to test your understanding and retention of material. Students often think online exams are easier because exams are “open notes”, and they can simply look up the answers. But they don’t consider how much time is wasted looking up answers. Please heed my advice and don’t learn the hard way!

8) Make sure that when taking exams that you leave yourself plenty of time to complete them (i.e., don’t begin your exam Sunday night at 11:00pm!).

9) When taking exams, be sure to have your notes, study guide and text with you to reference if need be.

10) If you are struggling with material, please attend study sessions led by course teaching assistants/mentors, attend my online office hours or ask questions during class.

11) **Complete your work on a computer/lap top. Previous students have had trouble when trying to submit quizzes/exams on their phones.**

Responsibility and Respect:

*Please be respectful to everyone in the class by using appropriate language and appropriate topics of discussion. If you do not abide by these rules you may be dropped.

Academic Integrity:

I expect that all students will act in accordance with the De Anza Code of Conduct Policy (<http://www.deanza.edu/studenthandbook/pdf/studentrights.pdf>, p.11-14) Academic dishonesty, cheating and plagiarism will not be tolerated. Providing other students with answers is also considered cheating, as is looking up answers to quiz/exam questions online/apps. If you are caught cheating or plagiarizing you will fail the exam/assignment and will not be allowed to make it up. Your name will also be forwarded to the student disciplinary officer, and they may take further action.

** Please be sure that your e-mail address is current on MyPortal/Canvas:

<https://myportal.fhda.edu/cp/home/displaylogin> This is how I will communicate with you outside of class time—homework reminders, changes in the schedule, etc.

Helpful Links for Student Success

Tutoring & Writing Center: <http://www.deanza.edu/studentsuccess/>

Disability Support Programs & Services: <http://www.deanza.edu/dsps/>

Counseling & Advising Center: <http://www.deanza.edu/counseling/>

Psychological Services: <http://www.deanza.edu/psychologicalservices/>

Health Services: <http://www.deanza.edu/healthservices/>

Canvas Student Guide: <https://deanza.instructure.com/courses/272>

Technical Support: De Anza Online Education Center

Monday-Thursday 8:30am-5:00pm, Friday 8:30-4:00pm

(408) 864-8969; onlineeducation@deanza.edu; Contact Tech Support by Opening a Ticket in the Canvas Help Menu

After Hours Only

You can contact Canvas Support when our Online Education Center is closed, including weekends: Visit Canvas Chat in the Canvas Help Menu

Canvas Technical Requirements:

Canvas supports the current and first previous major releases of the following browsers:

- **Chrome** 75 and 76
- **Firefox** 67 and 68 ([Extended Releases](#) are not supported)
- **Edge** 44 (*Windows only*)
- **Respondus Lockdown Browser** (supporting the latest [system requirements](#))
- **Safari** 11 and 12 (*Macintosh only*)

Assignment Checklist with Due Dates and Points Possible
(Due Dates are Sundays at 11:59pm, except for the final)

*Print this sheet and check off each assignment once completed and write in your points

Week 1: Due 4/14

- ☐ Syllabus Quiz ____/5 points
- ☐ Week 1 Quiz ____/5 points

Week 2: Due 4/21

- ☐ Week 2 Quiz ____/5 points
- ☐ Discussion #1 ____/10 points
- ☐ Assignment #1 ____/5 points

Week 3: 4/28

- ☐ Week 3 Quiz ____/5 points
- ☐ Assignment #2 ____/5 points

Week 4: 5/5

- ☐ Week 4 Quiz ____/5 points
- ☐ Discussion #2 ____/10 points
- ☐ Assignment #3 ____/5 points
- ☐ Meditation Log ____/2 points
(Optional)

Week 5: 5/12

- ☐ Exam #1 ____/50 points
- ☐ Week 5 Quiz ____/5 points

Week 6: 5/19

- ☐ Week 6 Quiz ____/5 points
- ☐ Discussion #3 ____/10 points
- ☐ Assignment #4 ____/5 points

Week 7: 5/26

- ☐ Week 7 Quiz ____/5 points
- ☐ Discussion #4 ____/10 points
- ☐ Assignment #5 ____/5 points

Week 8: 6/2

- ☐ Week 8 Quiz ____/5 points
- ☐ Discussion #5 ____/10 points
- ☐ Assignment #6 ____/5 points

Week 9: 6/9

- ☐ Week 9 Quiz ____/5 points
☐ Exam #2 ____/50 points

Week 10: 6/16

- ☐ Week 10 Quiz ____/5 points
☐ Discussion #6 ____/10 points
☐ Assignment #7 ____/5 points

Week 11: 6/23

- ☐ Week 11 Quiz ____/5 points
☐ Discussion #7 ____/10 points
☐ Assignment #8 ____/5 points

Week 12: 6/25

- ☐ Final Exam ____/50 points
☐ Extra Credit ____/10 points

- ☐ Total Course Points Earned ____/300 points

***Note: Don't forget that your lowest 2 quizzes get dropped and do not get calculated into your total course points earned

Tentative Schedule of Assignments and Important Dates

<u>Week</u>	<u>Topic</u>	<u>Chapter</u>	<u>Dates</u>
1	Introducing Biological Psychology Syllabus Quiz & Week 1 Quiz Due	1	4/8-14 4/14
2	Introducing Biological Psychology cont./ The Anatomy of the Nervous System Week 2 Quiz/Discussion #1/Assignment #1	2	4/15-1/21 4/21
3	The Anatomy of the Nervous System cont. <i>Begin Mindfulness Meditation Practice</i> Week 3 Quiz/Assignment #2 Due		4/22-28 4/28
4	Cells of the Nervous System Week 4 Quiz/Discussion #2/Assignment #3 & Meditation Log Due	3	4/29-5/5 5/5
5	Psychopharmacology Week 5 Quiz/Online Exam #1 (Ch. 1-3) Due	4	5/6-12 5/12
6	Psychopharmacology cont. Week 6 Quiz/Discussion #3/Assignment #4 Due		5/13-19 5/19
7	Vision Week 7 Quiz/Discussion #4/Assignment #5 Due	6	5/20-26 5/26
8	Vision Cont./ Nonvisual Sensation & Perception LAST DAY TO DROP! Week 8 Quiz/Discussion #5/Assignment #6 Due	7	5/27-6/2 5/31 6/2
9	Nonvisual Sensation & Perception cont/ Learning & Memory Week 9 Quiz/Online Exam #2 (Ch. 4, 6, 7) Due		6/3-9 6/9
10	Learning & Memory cont./ Motivation Week 10 Quiz/Discussion #6/Assignment #7 Due	9	6/10-16 6/16
11	Motivation cont./ Stress Week 11 Quiz/Discussion #7/Assignment #8 Due	14	6/17-23 6/23
12	Online Final Exam due Last day to turn in extra credit		6/25

*Note: The above schedule is tentative and is subject to change if necessary.

**Note: I only write letters of recommendation for class mentors/teaching assistants