

**Introduction to Psychobiology
Psychology 24
Winter 2023**

Online (Live Zoom Lectures Tuesday/Thursday 11:30am-12:20pm)
CRN #: 01887
Section # 01Z

Instructor: Shannon Hassett

Online Office Hours (through Zoom): Tuesday/Thursday 10:20am-11:10am & 1:30pm-2:20pm. You must sign up for an appointment (15-minute increments) in advance (by the time the office hour begins) on Canvas under the Calendar link on the left. We will meet on Zoom in my meeting room (found in the Calendar as well the Zoom link) during the time you reserved.

****Please note:** office hours are for course related questions and other academic-related matters **ONLY**. Any personal matters will be referred to the proper resources (such as [psychological services](#)). I am *not* a mental health provider (but am happy to provide you with resources).

E-mail address: hassettshannon@fhda.edu or e-mail me through the Canvas site; both go to the same e-mail account (I *do not* check e-mail after 5pm, weekends or on holidays). *I prefer questions be asked during class or office hours as opposed to e-mails*. I have over 250 students so it will take me up to four days to respond. If you e-mail me, please keep it short—4 sentences or less.

Be sure to include in the subject line the course you are in and your name (otherwise your e-mail will automatically be deleted).

I do not check the comment sections of assignments, so if you would like a response from me, please e-mail me directly (even if you are replying to comment I have made).

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: Psychology1; Admissions & Records will not allow you to register until you have successfully completed Psych1.

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.

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*)

Zoom Information:

<https://ccctechconnect.zendesk.com/hc/en-us/articles/360009517753-Overview-of-ConferZoom-in-Canvas>

Course Format:

This is an online course, with live Zoom class sessions on Tuesday/Thursday from 11:30am-12:20pm. You are not required to attend, but I ***highly recommend*** that you attend if you are able to. If you cannot attend the whole time, just join for the time you are able to. Live Zoom sessions allow for the course to be presented in more of a lecture and discussion format. All class lectures will be recorded and posted on Canvas (under the “Optional Module” for that week). The recorded lectures can take a day or two to get posted. There will be weekly notes/power point slides, quizzes, discussions, videos and homework on Canvas as well.

Zoom Recording Disclosure:

Zoom class sessions will be recorded and will be made available for registered students only. They may be used for future online classes for student use. If you are not comfortable with this, please make sure that you have your video off.

Basic Instructions for all turned in work:

All quizzes, discussions, assignments and exams will be completed online. There will be weekly assignments that are due by **Sunday at 11:59pm**. **Note: the final will be due on Tuesday, March 28th, 11:59pm**. Assignment due dates are posted on the last pages of the syllabus as well as online. Any work (except for exams and the first week 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).

The first week assignments must be completed by the due date (1/15) or you will be dropped. Quizzes and exams may not be re-taken for a higher grade.

You can expect assignments and exams to be graded within three weeks. I will include grading rubrics for exams that are not automatically graded. For those assignments that are automatically graded (such as weekly quizzes), the correct answers 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* (documented hospitalization, illness, accident, jury duty or death of a family member) and you must notify the instructor within two days of missing it. In the e-mail, you must include the **documentation** (e.g., doctor's note). If you do not include documentation, you will not be granted an extension.

Performance Evaluations:

- 1) **Weekly Quizzes:** there will be weekly quizzes online (Canvas), except for finals week (50 points total). There will be 5 multiple-choice questions based on readings and lectures (each question is worth 1 point). 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 are no make-ups/re-takes and your lowest 2 scores will be dropped. A missed quiz will count as one of your lowest scores. 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) **Exams (3 total; 200 points total):** the first two exams will consist of multiple-choice and 2 short answer questions (short answers require about 4-8 sentences per question, and they need to be in your own words-not verbatim or copied & pasted from notes,

text, websites, etc. and must address the *prompt specifically*). The final will be multiple-choice. 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, lectures and videos with an emphasis on lectures. The first two exams will be worth 65 points, and the final will be worth 70 points. 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. The first two exams will be broken down into two exams: multiple choice exam (you’ll have 60 minutes to complete this portion) and short answer exam (you’ll have 30 minutes to complete this portion). The final will be one multiple-choice exam, with 70 questions (you’ll have 90 minutes to complete it). 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, 3/26 at 12 noon and will be available through Tuesday, 3/28 11:59pm).

- 3) **Group/Team Assignments (3 total; & 50 points total):** you will be randomly assigned to teams of 6-8 members for the quarter. You will determine your team captain. You will also be assigned a mentor (a student that previously took this course and excelled) that you can ask/email questions to, get feedback from or run ideas by. Your mentor will regularly check in with each team they’ve been assigned. Your team will work on assignments together: this can be remotely and through Google docs, etc. You will submit your assignment to your mentor for feedback before submitting it on Canvas. Your team captain will be responsible for submitting the group’s assignment to the mentor and Canvas. Team captains will be awarded 5 bonus points for their additional work. For each assignment, the mentors and I will award tokens to the group who scored the highest (went above and beyond expectations). At the end of the quarter, the tokens will be added, and the team with the most tokens will earn 6 bonus points to their final course grade (does not count towards extra credit maximum)! More details will be discussed and posted on Canvas. Assignments will be due on Sundays, 11:59pm (dates are on the schedule). ***Note: If you prefer to work alone, you must get this approved by the instructor first. If you work alone, you will have to fulfill all of the same requirements on your own and your assignments will be graded on the same rubric as the groups/teams. The expectations on the quality and depth of the work is the same; your work will not be graded easier. You will not be eligible to earn the team captain bonus points.*
- 4) **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. I will briefly introduce mindfulness in the context of this course. You will then practice and record your sessions and submit your log for bonus points (separate from extra credit).
- 5) **Extra credit (10 points maximum):** There will be different options for extra credit. To encourage class attendance & interaction, you can earn all 10 points by attending all live Zoom classes with your camera turned and left on. I will have a teaching

assistant who will attend and monitor this. Alternatively, you can earn points by attending study sessions led by class teaching assistants. More information will be posted on Canvas, under the 3rd Module, “Extra Credit Opportunities”, along with any other opportunities.

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)

***The California Community College Board of Governors recently passed revisions to Title 5 regarding course repetition. “Students may enroll in a course only three (3) times if they received a substandard grade (D, F, NP or NC) or withdrew from a class with a “W.””**

Course Grade Breakdown (300 Points Possible)

Exams: (200 total)

Extra Credit: (10 points total)

Quizzes: (50 points total)

Meditation Log: (2 bonus points)

**Your lowest 2 quizzes will be dropped*

Group Assignments: (50 points total)

Class Participation:

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 (1/15), you will be dropped. If you do not complete Exam #1 (both parts) by the deadline (2/12/23), you will be dropped.**

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 3/3. 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) Attend or watch 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 **is** also considered cheating, as is looking up answers to quiz/exam questions online. 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/>

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 1/15

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

Week 2: Due 1/22

- ☐ Week 2 Quiz ____/5 points
- ☐ Team Contact Sheet ____/4 points

Week 3: 1/29

- ☐ Week 3 Quiz ____/5 points
- ☐ Team Intros ____/10 points

Week 4: 2/5

- ☐ Week 4 Quiz ____/5 points
- ☐ Team Assignment #1 ____/12 points
- ☐ Meditation Log ____/2 points
(Optional)

Week 5: 2/12

- ☐ Exam #1 ____/65 points
- ☐ Week 5 Quiz ____/5 points

Week 6: 2/19

- ☐ Week 6 Quiz ____/5 points

Week 7: 2/26

- ☐ Week 7 Quiz ____/5 points

Week 8: 3/5

- ☐ Week 8 Quiz ____/5 points
- ☐ Team Assignment #2 ____/12 points

Week 9: 3/12

- ☐ Week 9 Quiz ____/5 points
- ☐ Exam #2 ____/65 points

Week 10: 3/19

- ☐ Week 10 Quiz ____/5 points

Week 11: 3/26

- ☐ Week 11 Quiz ____/5 points
☐ Team Assignment #3 ____/12 points

Week 12: 3/28

- ☐ Final Exam ____/70 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 <i>Team Assignments Discussion</i> Syllabus Quiz & Week 1 Quiz Due	1	1/9-15 1/12 1/15
2	Introducing Biological Psychology cont./ The Anatomy of the Nervous System Week 2 Quiz/Team Contact Sheet Due	2	1/16-22 1/22
3	The Anatomy of the Nervous System cont. <i>Mindfulness Meditation</i> Week 3 Quiz/ Team Intros Due		1/23-29 1/26 1/29
4	Cells of the Nervous System Week 4 Quiz, Team Assignment #1 & Meditation Log Due	3	1/30-2/5 2/5
5	Psychopharmacology Week 5 Quiz, Exam #1 (Ch. 1-3)	4	2/6-12 2/12
6	Psychopharmacology cont. Week 6 Quiz		2/13-19 2/19
7	Vision Week 7 Quiz (covers Ch.6)	6	2/20-26 2/26
8	Vision Cont./ Nonvisual Sensation & Perception LAST DAY TO DROP! Week 8 Quiz & Team Assignment #2 Due	7	2/27-3/5 3/3 3/5
9	Nonvisual Sensation & Perception cont/ Learning & Memory Exam #2 (Ch. 4, 6, 7) & Week 9 Quiz Due	12	3/6-12 3/12
10	Learning & Memory cont./ Motivation Week 10 Quiz Due	9	3/13-19 3/19
11	Motivation cont./ Stress Week 11 Quiz & Assignment #3	14	3/20-26 3/26
12	Final Exam (Ch.9, 12, 14) Posted on Sunday, March 26th at 12 noon and due Tuesday, March 28th 11:59pm Last day to turn in extra credit		3/28

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