

**Introduction to Psychobiology  
Psychology 24  
Winter 2025**

Online (with Live Zoom Lectures Tuesday/Thursday 11:30am-12:20pm)

Instructor: Shannon Hassett, please feel free to address me as Shannon or Ms. Hassett.

CRN #: 01887

Section # 01Z

**Online Student Hours (office hours):** Please join me to discuss course content and/or to discuss transfer options and career paths every Tuesday: 1:30-2:20pm/Thursday: 10-11:20am. I like to dedicate this time to one-on-one appointments, so please sign up ahead of time (20-minute increments) by clicking on the calendar function on Canvas. Please meet me at this link: <https://fhda-edu.zoom.us/j/3727364345>

**E-mail:** Although Student Hours and in class messages are my preferred modes of communication (which allows for instant back and forth and less miscommunication), you can email me at: [hassettshannon@fhda.edu](mailto:hassettshannon@fhda.edu). Please remember to include your first and last name and course (Psych 24) in the subject line; otherwise, it will be deleted.

Please keep your emails concise. Thanks!

I will do my best to respond to e-mail messages sent between 8 AM Monday and 5 PM Thursday within 72 hours. ***\*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.***

**Teaching Assistants/Mentors E-mail:** Mentors will be assigned to discussion groups, and they are another source for class support. You will receive their information the first week of the quarter. Please feel free to e-mail them course related questions, such as assignment guidance, questions regarding quizzes, and tips on how to be successful in this course. They do not have access to your grades, and if you are requesting extensions on missed work, please e-mail me instead.

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**Required Text:**

Discovering Behavioral Neuroscience 3<sup>rd</sup> Edition, Freberg, Cengage, 2016.

*Note: Discovering Behavioral Neuroscience 4<sup>th</sup> Edition; Discovering Biological Psychology, 2<sup>nd</sup> 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.

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### **Course Format:**

This is an online course, with live Zoom class sessions on Tuesday/Thursday from 11:30am-12:20pm. While attendance is *not* mandatory, I ***highly recommend*** that you attend. Live attendance allows for more discussion, questions/answers in real-time, connections with others and a more memorable learning experience. All class sessions will be recorded and posted on Canvas. There will be weekly notes/power point slides, pre-recorded Zoom classes (for those that like to get ahead & are helpful to watch before live sessions) and quizzes. There will also be exams, discussions, videos, and assignments.

**Live Zoom Class Participation/Etiquette:** I encourage you to turn your camera on along with me. It's easier to connect when there is a face to see and makes it more enjoyable. Plus, you will earn extra credit for this! Please keep yourself muted once the class has begun. You may request to unmute yourself or I may request you to.

### **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.

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### **Basic Instructions for all turned in work:**

All class work will be completed online and is due *every* **Sunday at 11:59pm**. **Note: the final will be due on Tuesday, March 25<sup>th</sup> 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, see below for more information).

\*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.

\*\* 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. **You are responsible for reading course announcements.**

**\*\*\*Extensions for exams and other missed work:**

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 (50 points possible)** will consist of 5 multiple-choice questions (will cover the textbook [focus on study guide], 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, 3/23 at 12 noon and will be available through Tuesday, 3/25 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 (4 total; 60 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. There will not be group assignments, rather you will thoughtfully reflect on others' posts, learn from each other, and encourage each other. Grading rubrics will be included with each discussion. 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 will be broken down into 2 parts. The first part will be your post to the prompt and is worth 10 points. The following week you will reply to one of your group mate's post and this part is worth 5 points (15 points total per discussion). You will not be able to see others' posts until you post your own. *Note: you will not be able to edit your posts after you post them on Canvas, and you are allowed one attempt. Make sure you type it in a document, save it, then copy & paste it into the discussion 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:** (50 points total)

**Assignments:** (40 points total)

**Group Discussions:** (60 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 (1/12)** 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 Modules/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 do not complete Exam #1 by the deadline (2/9/25) and do not e-mail me with proper documentation, 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 **2/28**. After that date, I am required to assign you a grade based on completed work.

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**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.  
\*Please keep in mind that what you post in the discussion forums will be viewable by all students in the course, teaching assistants and the course instructor. Please be mindful of what you post, and do not post personal information.

### **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 disciplinarian 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. **You are responsible for reading course announcements.**

### **Helpful Links for Student Success**

Tutoring & Writing Center: <http://www.deanza.edu/studentssuccess/>  
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](mailto: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 1/12**

- Syllabus Quiz            \_\_\_\_/5 points
- Week 1 Quiz                \_\_\_\_/5 points

**Week 2: Due 1/19**

- Week 2 Quiz                \_\_\_\_/5 points
- Discussion #1              \_\_\_\_/10 points
- Assignment #1             \_\_\_\_/5 points

**Week 3: 1/26**

- Week 3 Quiz                \_\_\_\_/5 points
- Discussion #1 Part 2      \_\_\_\_/5 points
- Assignment #2             \_\_\_\_/5 points

**Week 4: 2/2**

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

**Week 5: 2/9**

- Exam #1                    \_\_\_\_/50 points
- Week 5 Quiz                \_\_\_\_/5 points
- Discussion #2 part2      \_\_\_\_/5 points

**Week 6: 2/16**

- Week 6 Quiz                \_\_\_\_/5 points
- Assignment #4             \_\_\_\_/5 points

**Week 7: 2/23**

- Week 7 Quiz                \_\_\_\_/5 points
- Discussion #3              \_\_\_\_/10 points
- Assignment #5             \_\_\_\_/5 points

**Week 8: 3/2**

- Week 8 Quiz \_\_\_\_\_/5 points
- Discussion #3 Part 2 \_\_\_\_\_/5 points
- Assignment #6 \_\_\_\_\_/5 points

**Week 9: 3/9**

- Week 9 Quiz \_\_\_\_\_/5 points
- Exam #2 \_\_\_\_\_/50 points

**Week 10: 3/16**

- Week 10 Quiz \_\_\_\_\_/5 points
- Discussion #4 \_\_\_\_\_/10 points
- Assignment #7 \_\_\_\_\_/5 points

**Week 11: 12/8**

- Week 11 Quiz \_\_\_\_\_/5 points
- Discussion #4 Part 2 \_\_\_\_\_/5 points
- Assignment #8 \_\_\_\_\_/5 points

**Week 12: 3/25**

- 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 <b>Syllabus Quiz &amp; Week 1 Quiz Due</b>	1	1/6-12 <b>1/12</b>
2	Introducing Biological Psychology cont./ The Anatomy of the Nervous System <b>Week 2 Quiz/Discussion #1/Assignment #1</b>	2	1/13-19 <b>1/19</b>
3	The Anatomy of the Nervous System cont. <i>Begin Mindfulness Meditation Practice</i> <b>Week 3 Quiz/Discussion #1 Part 2/Assignment #2 Due</b>		1/20-26 <b>1/26</b>
4	Cells of the Nervous System <b>Week 4 Quiz/Discussion #2/Assignment #3 &amp; Meditation Log Due</b>	3	1/27-2/2 <b>2/2</b>
5	Psychopharmacology <b>Week 5 Quiz/Discussion #2 Part 2/Exam #1 (Ch. 1-3) Due</b>	4	2/3-2/9 <b>2/9</b>
6	Psychopharmacology cont. <b>Week 6 Quiz/Assignment #4 Due</b>		2/10-16 <b>2/16</b>
7	Vision <b>Week 7 Quiz/Discussion #3/Assignment #5 Due</b>	6	2/17-23 <b>2/23</b>
8	Vision Cont./ Nonvisual Sensation & Perception <b>LAST DAY TO DROP!</b> <b>Week 8 Quiz/ Discussion #3 Part2/Assignment #6 Due</b>	7	2/24-3/2 <b>2/28</b> <b>3/2</b>
9	Nonvisual Sensation & Perception cont/ Learning & Memory <b>Week 9 Quiz/Online Exam #2 (Ch. 4, 6, 7) Due</b>		3/3-9 <b>3/9</b>
10	Learning & Memory cont./ Motivation <b>Week 10 Quiz/Discussion #4/Assignment #7 Due</b>	9	3/10-16 <b>3/16</b>
11	Motivation cont./ Stress <b>Week 11 Quiz/ Discussion #4 Part 2/Assignment #8 Due</b>	14	3/17-23 <b>3/23</b>
12	<b>Online Final Exam due</b> <b>Last day to turn in extra credit</b>		<b>3/25</b>

\*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