DURHAM COLLEGE
SUCCESS MATTERS

Faculty of Liberal Studies

Psychology: Understanding Ourselves and Others

2024-25 Academic Year

Program Title	Ministry Title	Major	Year	Semester
LS-General Education elective to be delivered across all programs	--	--	N/A	N/A

Course Code: GNED 1106		**Course Equiv. Code(s):** GNED 1090	
Course Hours: 42		**Course GPA Weighting:** 3	
Prerequisite: N/A			
Corequisite: N/A			
Laptop Course: Yes [ ] No [X]			
Delivery Mode(s): In class [ ] Online [X] Hybrid [X] Flexible [ ] HyFlex [ ]			
Remote proctoring required Yes [ ] No [X]			
Authorized by (Dean or Director): Nora Simpson **Date:** August 2024			

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Course Description:

Do you ever wonder why people behave the way they do? What were they thinking? What motivates your own behaviour and thinking? Through experiments, videos, reflections, and other activities, you will better understand how the mind works. Like how you learn and forget things. Or how you can use psychological knowledge to improve your sleep, enhance your understanding of mental health and psychological disorders, and make sense of how people behave in groups. You will even have some choice in how you demonstrate this learning!

Note: this course was previously titled "Selected Topics in Psychology".

Campus Closure Notice

In the event of a campus closure during which time classes cannot be conducted or attended in person, course delivery will be conducted remotely where possible. Should teaching and learning resume on campus, students may be organized into smaller groups for classroom delivery, in accordance with directions from public health authorities. In either situation, the learning plan sequence and/or evaluation methods may be adjusted to address topics requiring hands-on, practical learning activities.

Subject Eligibility for Prior Learning Assessment & Recognition (PLAR):

Prior Learning Assessment and Recognition (PLAR) is a process a student can use to gain college credit(s) for learning and skills acquired through previous life and work experiences. Candidates who successfully meet the course learning outcomes of a specific course may be granted credit based on the successful assessment of their prior learning. The type of assessment method (s) used will be determined by subject matter experts. Grades received for the PLAR challenge will be included in the calculation of a student's grade point average.

The PLAR application process is outlined in http://www.durhamcollege.ca/plar. Full-time and part-time students must adhere to all deadline dates. Please email: PLAR@durhamcollege.ca for details.

PLAR Eligibility

Yes | X | **No** | |

PLAR Assessment (if eligible):

| X | Assignment
| X | Exam
| | Portfolio
| | Other

Course Learning Outcomes

Course Learning Outcomes contribute to the achievement of Program Learning Outcomes for courses that lead to a credential (e.g. diploma). A complete list of Vocational/Program Learning Outcomes and Essential Employability Skill Outcomes are located in each Program Guide.

Course Specific Learning Outcomes (CLO)

Student receiving a credit for this course will have reliably demonstrated their ability to:

CLO1   Apply knowledge of academic integrity and APA formatting in a variety of contexts.

CLO2   Recognize some basic content in psychology as it relates to everyday behaviours.

CLO3   Relate psychological concepts to everyday life.

CLO4   Identify the key features of psychological disorders and the connection to real world behaviours.

CLO5   Describe the value of psychology in the world around us.

Essential Employability Skill Outcomes (ESSO)

This course will contribute to the achievement of the following Essential Employability Skills:

- [X] EES 1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.

- [X] EES 2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.

- [ ] EES 3. Execute mathematical operations accurately.

- [ ] EES 4. Apply a systematic approach to solve problems.

- [ ] EES 5. Use a variety of thinking skills to anticipate and solve problems.

- [ ] EES 6. Locate, select, organize, and document information using appropriate technology and information systems.

- [X] EES 7. Analyze, evaluate, and apply relevant information from a variety of sources.

- [ ] EES 8. Show respect for the diverse opinions, values, belief systems, and contribution of others.

- [ ] EES 9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.

- [ ] EES 10. Manage the use of time and other resources to complete projects.

- [ ] EES 11. Take responsibility for one's own actions, decisions, and consequences.

Evaluation Criteria:

The Course Learning Outcomes and Essential Employability Skills Outcomes are evaluated by the following evaluation criterion.

Evaluation Description	Course Learning Outcomes	EESOs	Weighting
Online Activity: Weeks 1-14: Weekly Activities including online or face-face experiments (5% per Unit (x4 units)	CLO1, CLO2, CLO3, CLO4, CLO5	EES1, EES2, EES7	20
Quiz: Weeks 1-14: Online Quizzes (5% per Unit (x4)	CLO1, CLO2, CLO3, CLO4, CLO5	EES1, EES2, EES7	20
Project: Week 5: Unit 1 Learning and Memory Project OR Online Test	CLO1, CLO2, CLO3	EES1, EES2, EES7	15
Project: Week 8: Unit 2 Sleep and Consciousness Project OR Online Test	CLO1, CLO2, CLO3, CLO4, CLO5	EES1, EES2, EES7	15
Project: Week 11: Unit 3 Psychology Disorders Project, OR Online Test	CLO1, CLO2, CLO3, CLO4, CLO5	EES1, EES2, EES7	15
Project: Week 14: Social Psychology Project OR Unit 4 Online Test	CLO1, CLO2, CLO3, CLO5	EES1, EES2, EES7	15
Total			**100%**

Notes:

1. Weekly Activities - Students will be evaluated for participation and preparedness throughout the semester via class activities. Students will earn up to 5% per unit - (worth 20% of their overall grade).

2. Online Quizzes - Students will be evaluated with weekly online summary quizzes. Students will receive up to 5% per unit based on the results of these knowledge checks/quizzes (worth 20% of the overall grade). Students have unlimited attempts at these quizzes.

3. Final Unit Assessments - There are 4 units in this course. At the end of each unit, students will choose which way they want to be evaluated on their content knowledge for the unit: the choice at the end of each unit is either a group project (details on DC Connect) OR an individual, online test. Projects completed alone (i.e., not in a group) will not be accepted and students will be required to complete the test for that unit to earn their points. The end of unit PROJECT or TEST is due by midnight on the Friday of the week they are due; but because "life happens" and to ensure this course is accessible to all students, there is an automatic, no-penalty extension to these deadlines until Sunday at midnight.

4. Missed Final Unit Assessments - Students who miss a final evaluation by the deadline (project or test) for one unit will be permitted to complete a comprehensive make-up test during week 14. This test will include content from all 4 units in the course and this option can only be used to make up ONE missed final unit evaluation. Subsequent missed evaluations will receive a grade of 0. Students electing for this option must contact their professor within 48 hours of the missed final unit evaluation deadline.

5. Bonus Marks - In weeks 1 and 2 students can earn bonus marks; see details on DC Connect.

Required Text(s) and Supplies:

Recommended Resources (purchase is optional):

1. FREE optional textbook: Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2018). Psychology (2nd Ed). OpenStax. https://openstax.org/details/books/psychology-2e

Policies and Expectations for the Learning Environment:

General Policies and Expectations:

General College policies related to	General policies related to
+ Acceptable Use of Information Technology	**+** attendance
+ Academic Policies	**+** absence related to tests or assignment due dates
+ Academic Integrity	**+** excused absences
+ Standards for Student Conduct for all Learning Environments can be found at https://durhamcollege.ca/wp-content/uploads/Standards-of-Student-Conduct-for-all-Learning-Environments.pdf	**+** writing tests and assignments
+ Information about academic policies and procedures can be found on-line at https://durhamcollege.ca/about/governance/policies	**+** classroom management can be found in the Program Guide (full time programs only) in MyDC https://durhamcollege.ca/mydc/

All students at Durham College have the responsibility to familiarize themselves with and abide by the college's Academic Integrity Policy. Students are expected to complete and submit their own work in an honest manner, in accordance with the policy. Durham College has zero tolerance for breaches of academic integrity. All suspected breaches of academic integrity will be investigated and documented following procedures outlined in the policy, and should a breach be confirmed, appropriate penalties will be levied. Breaches of academic integrity refer to a variety of practices including, but not limited to:

• copying another person's work;
• using unauthorized materials or resources during an evaluation;
• obtaining unauthorized copies of evaluations in advance;
• collaborating without permission;
• colluding or providing unauthorized assistance;
• falsifying academic documents or records;
• misrepresenting academic credentials;
• buying, selling, stealing, soliciting, exchanging or transacting materials or information for the purpose of academic gain;
• bribing or attempting to bribe personnel;
• impersonation;
• submitting the same work in more than one course without authorization;
• improper use of computer technology and the internet;
• depriving others of academic resources;
• misrepresenting reasons for special consideration of academic work;
• plagiarizing or failing to acknowledge ideas, data, graphics or other content without proper and full acknowledgement;
• any unauthorized use of generative or other artificial intelligence.

If you have questions or concerns about what constitutes appropriate academic conduct or research and citation methods, and what your responsibilities are towards academic integrity, please visit the Academic Integrity website on MyDC, reach out to Student Academic Learning Services (SALS), or speak with your professor or Student Advisor.

Course Specific Policies and Expectations:

DISCLAIMER: Why GNEDS? Check out this video: https://www.youtube.com/watch?v=jvH--gzu_l4
Below are the policies relevant to General Education courses at Durham College. General Education faculty strive to provide a supportive and enriching learning environment for all students to practice building 'durable skills' such as critical thinking, communication, collaboration, and more. While the policies below outline overarching guidelines, each faculty member will introduce additional, course-specific policies to enhance the learning experience. Exploring DC Connect and attending classes will familiarize students with relevant expectations. In addition, students are responsible to familiarize themselves with the broader college-wide policies that encompass various aspects of campus life, such as academic integrity, student conduct, and campus resources (see: https://durhamcollege.ca/about/governance/policies). By being well-informed about these policies, students can actively contribute to and benefit from various learning environments at DC.

COURSE FORMAT: This course is offered in both Hybrid and Online (asynchronous) delivery modes. The term "in-class activities" refers to weekly activities which may occur online or in the classroom, depending on your section's delivery mode.

COURSE WORK: Material produced in or for class must be in good taste and mature in nature. All work must be original and produced for the purpose of this course and follow Durham College's Academic Integrity Policy (ACAD-101).

DEADLINES and ACCESSIBILITY: Extra time has been allocated for each test in order to ensure accessibility for all students. The course is designed with universal design for learning (UDL) principles in mind. Typically (in non-UDL courses), students would be allocated 1 minute per multiple choice question on a test. In this course, students are automatically granted twice this amount of time (i.e., allowed 2 minutes per question). Additionally, extended deadlines are also built into the course. A 2-day grace period is already provided in the course, with weekly due dates on Fridays, and automatic (no-penalty) extensions until Sunday (students registered with ASC may be entitled to additional accommodations in accordance with their Access Plan). Course work not submitted by the Sunday extended deadline will receive a grade of 0.

ATTENDANCE & PARTICIPATION: Active participation and regular attendance are key factors in student success. Research consistently shows that attendance positively correlates with academic achievement. Students are encouraged to attend and participate in all classes, evaluations, and activities, whether in-person or online. Materials provided during class serve as valuable resource aides provided to keep students informed and engaged. For hybrid and online courses, active attendance and participation means embracing the virtual classroom environment and consistently participating in assignments and discussions. To support this, students are encouraged to "opt-in" to DC Connect notifications (e.g., announcements) in the notifications settings of their DC Connect profile (detailed instructions are on DC Connect).

ABSENCE FROM CLASS: To model professional norms and foster a culture of responsibility, students should promptly notify the instructor of their absence. Each student is responsible for catching up on missed materials and instructions. Students should utilize their peers and DC Connect to stay on track. It is essential for students to understand that missing class or online course work may hinder their ability to complete subsequent assignments. Overall, students are expected to take proactive steps to manage their absences and stay on track with course requirements.

STUDENT SUCCESS: Student success matters. When students face any challenges or obstacles that might impact their progress, they are encouraged to reach out to their professors. By doing so, they not only demonstrate their commitment to growth and resilience but also enable their professors to provide the support and assistance they need. Students may be advised to make an appointment with campus resources such as SALS, Access and Support Centre, Campus Health and Wellness Centre, or their Student Advisor (a list can be found here https://durhamcollege.ca/student-life/student-services/student-advisors).

General Course Outline Notes:

1. Students should use the course outline as a learning tool to guide their achievement of the learning outcomes for this course. Specific questions should be directed to their individual professor.

2. The college considers the electronic communication methods (i.e. DC Mail or DC Connect) as the primary channel of communication. Students should check the sources regularly for current course information.

3. Professors are responsible for following this outline and facilitating the learning as detailed in this outline.

4. Course outlines should be retained for future needs (i.e. university credits, transfer of credits etc.)

5. A full description of the Academic Appeals Process can be found at https://durhamcollege.ca/about/governance/policies/academic-policies .

6. Faculty are committed to ensuring accessible learning for all students. Students who would like assistance with academic access and accommodations in accordance with the Ontario Human Rights Code should register with the Access and Support Centre (ASC). ASC is located in room SW116, Oshawa Campus and in room 180 at the Whitby Campus. Contact ASC at 905-721-3123 for more information.

7. Durham College is committed to the fundamental values of preserving academic integrity. Durham College and faculty members reserve the right to use electronic means to detect and help prevent plagiarism. Students agree that by taking this course all assignments could be subject to submission either by themselves or by the faculty member for a review of textual similarity to Turnitin.com. Further information about Turnitin can be found on the Turnitin.com Web site.

Learning Plan

The Learning Plan is a planning guideline. Actual delivery of content may vary with circumstances.

Students will be notified in writing of changes that involve the addition or deletion of learning outcomes or evaluations, prior to changes being implemented, as specified in the Course Outline Policy and Procedure at Durham College.

Week/ Module	Hours:	3	Delivery:	Online

Week/ Module		
1	**Course Learning Outcomes**	
	CLO1	
	Essential Employability Skills	
	Taught: EES1, EES2	**Practiced:** EES1, EES2, EES7
	Intended Learning Objectives/Topics	
	Introduction to GNED Class expectations APA formatting, New 7th edition Academic integrity (SALS tutorial)	
	Intended Learning Activities	
	Icebreaker Discussion	
	Resources and References	
	SALS tutorial Weekly content posted on DC Connect	
	Evaluation	**Weighting**
	Online Activity: Weeks 1-14: Weekly Activities including online or face-face experiments (5% per Unit (x4 units)	20

Week/ Module	Hours:	3	Delivery:	Online	
2	**Course Learning Outcomes**				
	CLO1, CLO2				
	Essential Employability Skills				
	Taught: EES1, EES7		**Practiced:**	EES1, EES2, EES7	
	Intended Learning Objectives/Topics				
	Psychology as a science Scientific method and research Psychological perspectives				
	Intended Learning Activities				
	Demonstration Experiment Discussion Videos Weekly online quizzes				
	Resources and References				
	Weekly content posted on DC Connect				
	Evaluation			**Weighting**	
	Quiz: Weeks 1-14: Online Quizzes (5% per Unit (x4)			20	

Week/ Module	Hours:	3	Delivery:	Online	
3	**Course Learning Outcomes**				
	CLO1, CLO2, CLO3, CLO5				
	Essential Employability Skills				
	Taught: EES1, EES2, EES7		**Practiced:**	EES1, EES2, EES7	
	Intended Learning Objectives/Topics				
	UNIT 1: Learning and memory week 1 of 3 Classical conditioning Observational learning Introduce project				
	Intended Learning Activities				
	Demonstration Experiment Discussion Videos Weekly online quizzes				
	Resources and References				
	Weekly content posted on DC Connect				
	Evaluation				

Week/ Module	Hours:	3	Delivery:	Online
4	**Course Learning Outcomes**			
	CLO2, CLO3, CLO4			
	Essential Employability Skills			
	Taught: EES1		**Practiced:**	EES1, EES2, EES7
	Intended Learning Objectives/Topics			
	UNIT 1: Learning and memory week 2 of 3 Operant conditioning Memory processes and systems Eyewitness memory Biology of memory			
	Intended Learning Activities			
	Demonstration Experiment Discussion Videos Weekly online quizzes			
	Resources and References			
	Weekly content posted on DC Connect			
	Evaluation			

Week/ Module	Hours:	3	Delivery:	Online	

Hours: 3   **Delivery:** Online

Week/ Module	
5	

Course Learning Outcomes

CLO1, CLO2, CLO3, CLO5

Essential Employability Skills

Taught: EES1   **Practiced:** EES1, EES2, EES7

Intended Learning Objectives/Topics

UNIT 1: Learning and memory week 3 of 3
Attention
Remembering
Memory failures (including amnesia)
Strategies for improving memory

Intended Learning Activities

Demonstration
Experiment
Discussion
Videos
Weekly online quizzes

Resources and References

Weekly content posted on DC Connect

Evaluation   **Weighting**
Project: Week 5: Unit 1 Learning and Memory Project OR Online Test   15

Week/ Module	Hours:	3	Delivery:	Online
6	**Course Learning Outcomes**			
	CLO1, CLO2, CLO3, CLO4, CLO5			
	Essential Employability Skills			
	Taught: EES1, EES2, EES7		**Practiced:** EES1, EES2, EES7	
	Intended Learning Objectives/Topics			
	UNIT 2: Sleep and consciousness week 1 of 3 Sleep Dreams Sleep disorders Introduce project			
	Intended Learning Activities			
	Demonstration Experiment Discussion Videos Weekly online quizzes			
	Resources and References			
	Weekly content posted on DC Connect			
	Evaluation			

Week/ Module	Hours:	3	Delivery:	Online	
7	**Course Learning Outcomes**				
	CLO2, CLO3, CLO4, CLO5				
	Essential Employability Skills				
	Taught:	EES1		**Practiced:**	EES1, EES2, EES7
	Intended Learning Objectives/Topics				
	UNIT 2: Sleep and consciousness week 2 of 3 Altered states of consciousness Meditation Hypnosis Drugs (1 of 2)				
	Intended Learning Activities				
	Demonstration Experiment Discussion Videos Weekly online quizzes				
	Resources and References				
	Weekly content posted on DC Connect				
	Evaluation				

Week/ Module	Hours:	3	Delivery:	Online	
8	**Course Learning Outcomes**				
	CLO1, CLO2, CLO3, CLO4, CLO5				
	Essential Employability Skills				
	Taught: EES1		**Practiced:**	EES1, EES2, EES7	
	Intended Learning Objectives/Topics				
	UNIT 2: Sleep and consciousness week 3 of 3 Drugs (continued) Addiction				
	Intended Learning Activities				
	Stop-Start-Continue (class feedback) Demonstration Experiment Discussion Videos Weekly online quizzes				
	Resources and References				
	Weekly content posted on DC Connect				
	Evaluation			**Weighting**	
	Project: Week 8: Unit 2 Sleep and Consciousness Project OR Online Test			15	
Week/ Module	Hours:	3	Delivery:	Online	
9	**Course Learning Outcomes**				
	CLO2, CLO3, CLO4, CLO5				
	Essential Employability Skills				
	Taught: EES1, EES2, EES7		**Practiced:**	EES1, EES2, EES7	
	Intended Learning Objectives/Topics				
	UNIT 3: Psychological Disorders week 1 of 3 Anxiety and Anxiety Disorders Obsessive Compulsive Disorder Introduce project				
	Intended Learning Activities				
	Demonstration Experiment Discussion Videos Weekly online quizzes				
	Resources and References				
	Weekly content posted on DC Connect				
	Evaluation				

Week/ Module	Hours:	3	Delivery:	Online

10	**Course Learning Outcomes**
	CLO2, CLO3, CLO4, CLO5

Essential Employability Skills		
Taught: EES1	**Practiced:**	EES1, EES2, EES7

Intended Learning Objectives/Topics

UNIT 3: Psychological Disorders week 2 of 3
Mood disorders
Suicide
Personality disorders

Intended Learning Activities

Demonstration
Experiment
Discussion
Videos
Weekly online quizzes

Resources and References

Weekly content posted on DC Connect

Evaluation

Week/ Module	Hours:	3	Delivery:	Online

11	**Course Learning Outcomes**
	CLO2, CLO3, CLO4, CLO5

Essential Employability Skills		
Taught: EES1	**Practiced:**	EES1, EES2, EES7

Intended Learning Objectives/Topics

UNIT 3: Psychological Disorders week 3 of 3
Schizophrenia
Trauma and stress disorders
Dissociative disorders

Intended Learning Activities

Demonstration
Experiment
Discussion
Videos
Weekly online quizzes

Resources and References

Weekly content posted on DC Connect

Evaluation	**Weighting**
Project: Week 11: Unit 3 Psychology Disorders Project, OR Online Test	15

Week/ Module	Hours:	3	Delivery:	Online		
12	**Course Learning Outcomes**					
	CLO2, CLO3, CLO4, CLO5					
	Essential Employability Skills					
	Taught:	EES1, EES2, EES7		**Practiced:**	EES1, EES2, EES7	
	Intended Learning Objectives/Topics					
	UNIT 4: Social Psychology week 1 of 3 Conformity Obedience Compliance and persuasion Introduce project					
	Intended Learning Activities					
	Demonstration Experiment Discussion Videos Weekly online quizzes					
	Resources and References					
	Weekly content posted on DC Connect					
	Evaluation					

Week/Module	Hours:	3	Delivery:	Online		
13	**Course Learning Outcomes**					
	CLO2, CLO3, CLO5					
	Essential Employability Skills					
	Taught:	EES1		**Practiced:**	EES1, EES2, EES7	
	Intended Learning Objectives/Topics					
	UNIT 4: Social Psychology week 2 of 3 Attitudes and cognitive dissonance Prejudice, stereotypes, discrimination Aggression					
	Intended Learning Activities					
	Demonstration Experiment Discussion Videos Weekly online quizzes					
	Resources and References					
	Weekly content posted on DC Connect					
	Evaluation					

Week/Module	Hours:	3	Delivery:	Online		
14	**Course Learning Outcomes**					
	CLO1, CLO2, CLO3, CLO5					
	Essential Employability Skills					
	Taught:	EES1		**Practiced:**	EES1, EES2, EES7	
	Intended Learning Objectives/Topics					
	UNIT 4: Social Psychology week 3 of 3 Attraction Bystander effect Prosocial behaviour					
	Intended Learning Activities					
	Demonstration Experiment Discussion Videos Weekly online quizzes					
	Resources and References					
	Weekly content posted on DC Connect					
	Evaluation				**Weighting**	
	Project: Week 14: Social Psychology Project OR Unit 4 Online Test				15	