San José State University  
College of Social Sciences  
Psyc 125, Introduction to Group Dynamics, Section 01  
Spring 2012

Instructor: Ellyn Herb, Ph.D.
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Email: Ellyn52@gmail.com
Office Hours: Tues/Thurs 5:45 – 6:45 p.m.
Class Days/Time: Tues/Thurs 4:30 – 5:45 p.m.
Classroom: DMH 359
Prerequisites: Psyc 1

Course Description:
Major theories of small-group behavior, experiential course requiring group participation. We will explore the stages of groups, including pre-group assessment, screening of group members, group development, stages of groups, and ethical/multicultural issues as applied to groups.

Learning Outcomes
Course Learning Outcomes (CLOs)
Upon successful completion of this course, students will be able to:
CLO1 - Demonstrate understanding of the principles of group dynamics, including process components, phase theories, roles & behavior, therapeutic factors.
CLO2 - Discuss group leadership styles, including assessment of personal style.
CLO3 - Demonstrate understanding of group therapy approaches, including theoretical orientations, types of groups, and application to various populations.
CLO4 - Become more conscious of personal growth through participation as a group member.
Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirements...

PLO1 – Knowledge Base of Psychology – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

PLO2 – Research Methods in Psychology – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

PLO3 – Critical Thinking Skills in Psychology – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

PLO4 – Application of Psychology – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

Required Texts/Readings


2. Course reader available at Maple Press, 481E. San Carlos St. San Jose, CA 95112, 408-297-1001

Desire 2 Learn and E-Campus

Parts of this course will be on Desire 2 Learn (D2L), a part of E-Campus, found on the SJSU web site. You are responsible for regularly checking this site for changes, additions to the syllabus and notes from the instructor. See http://www.online.sjsu.edu for more information regarding student use of D2L. Notes posted on the site are for your use but are not a substitute for attending class.

Classroom Protocol

This syllabus is subject to change at the discretion of the instructor. You are responsible for assigned reading and participating in classroom discussions. Quizzes are announced in class and there are no make-ups. Please speak to the instructor if you miss a quiz.

Professional Communication

The best way to contact me is to leave a message on my private practice voice mail. The number is (408) 296-9600. You can also email me at Ellyn52@gmail.com. I don’t respond to texts from students. Since I teach on
multiple campuses, please communicate the following information when you contact me:

Your full name, college name, course name, section number and phone number where I can reach you. Please don’t use abbreviations (as in texting), as I might not understand what you are trying to say. You do not need to notify me if you will not be in class, however, if you know, in advance, that you will miss a class you can let me know.

NOTE: I do not accept assignments by email unless by prior authorization from the instructor.

**Personal Computer (Laptop Use)**

You can use your computer to take notes during class, ONLY DURING LECTURES. No electronic devices may be used during experiential activities. You must sit in the first few rows of the classroom if you plan to use a computer to take notes. Please do not surf the net, check your email or otherwise engage in interactive pursuits while in class (playing games!). If you are found to be using the computer inappropriately, you will lose the privilege of using a computer in class for the remainder of the semester.

**Classroom Etiquette**

1. Be polite and respectful to other people in the class, particularly when engaging in classroom discussions. Disrespectful behavior will not be tolerated and will be grounds for dismissal from class.
2. Do not carry on conversations with others during lecture. If you have a question or comment, please raise your hand so you can be recognized.
3. All electronic devices must be turned off during class. If you need to make or take an emergency call, let me know, in advance, and please leave the classroom to do so. Texting or surfing the net is not allowed in class at any time.

**Class Participation**

Your regular attendance and participation are factors contributing to the successful completion of this course. If you do not attend class you will potentially miss essential aspects of group dynamics that will affect your grade in this course.

Excessive absences will result in a significantly lower grade and due to the nature of the experiential component of this course, you cannot “make-up” missed group sessions.
Tardiness disturbs the instructor and other students, and also deprives you of any announcements that are made at the beginning of the class. Excessive tardiness will be taken into account in your grade. You must also remain for the entire class session to be given “credit” for class participation.

It is understood that emergencies do occur. However, if you miss more than 2 group sessions, you will be asked to schedule a meeting with the instructor to discuss how this will affect your grade.

**University Policies**

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy S07-2 requires approval of instructors.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.

**Student Technology Resources**

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD,
and audiotape players, sound systems, wireless microphones, projection screens and monitors.

**Learning Assistance Resource Center**

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit the LARC website for more information at http://www.sjsu.edu/larc/.

**SJSU Writing Center**

The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The Writing Center website is located at http://www.sjsu.edu/writingcenter/about/staff/.

**Peer Mentor Center**

The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop-in basis, no reservation required. The Peer Mentor Center website is located at http://www.sjsu.edu/mus

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.
Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Introduction to Group Dynamics is an experiential course and the following applies:

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Confidentiality
Due to the nature of the experiential component of this course, you will be asked to discuss personal information in your group. Each student will be asked to sign a “Confidentiality Pledge” as a requirement for the course. This pledge certifies your agreement to keep all material shared during group time confidential outside of class. You can talk about your own experiences, but not about anyone else’s. You need to decide the depth of what you share. Should anything come up that is disturbing, upsetting and you require assistance, please talk to the instructor or go to the University’s counseling center.

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Course Schedule Information

1. Note: Reading Assignments are to be completed prior to class.

The Shulman Text will be indicated by “SH-Chapter number”.

The reader consists of chapters from two other texts: Group Dynamics (5th ed.) by Donelson Forsyth and Theory & Practice of Group Counseling (8th ed.) by Gerald Corey. The reader has a table of contents to assist you.

The chapters from the Forsyth book will be indicated by “F – page numbers”

The chapters from the Corey book will be indicated by “C – page numbers”

2. Journal entries are to be made following the group experiential class session. If you miss a group, you cannot make this up. It is recommended that you write in your journal within 24 hours of the group so you don’t forget what happened.
## COURSE SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READ</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/26/2012</td>
<td>Introduction to course; Syllabus review</td>
<td>Reading Assignments are to be completed prior to class.</td>
<td>Discussion of Group Experientials and Assignments</td>
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<tr>
<td>1/31/2012</td>
<td>Experiential – whole group (ice breaker)</td>
<td>F pg. 1-10, 18-19 C pg. 4-14</td>
<td>Start keeping Journal**</td>
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<td>2/2/2012</td>
<td>Mutual Aid Contemporary, Topics in Group Dynamics</td>
<td>S - Introduction and Chapter 1 F pg. 23-26</td>
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<td>2/7/2012</td>
<td>Group Formation</td>
<td>S - Chapter 3 F pg. 91-92</td>
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<td>2/9/2012</td>
<td>Experiential - small groups (forming)</td>
<td>F pg. 41</td>
<td>Journal entry #2</td>
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<tr>
<td>2/14/2012</td>
<td>Beginning Phase of Group</td>
<td>S - Chapter 4</td>
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<td>2/16/2012</td>
<td>Experiential Groups (norming)</td>
<td>F pg. 145-146</td>
<td>Journal entry #3</td>
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<tr>
<td>2/21/2012</td>
<td>Middle Phase of Group</td>
<td>S - Chapter 5, 6 F pg. 41</td>
<td>JOURNALS DUE</td>
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<tr>
<td>2/23/2012</td>
<td>Measurement</td>
<td>F pg. 31-33</td>
<td>QUIZ #1</td>
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<td>2/28/2012</td>
<td>GROUP PRESENTATION</td>
<td>F pg. 96-98 and 100-103</td>
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<td>3/1/2012</td>
<td>Experiential Groups (roles)</td>
<td>S - Chapter 7 F pg. 149-151</td>
<td>Journal entry #4</td>
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<tr>
<td>3/6/2012</td>
<td>Theoretical Orientations to Group</td>
<td>S – Chapter 12 F pg. 47-52</td>
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<td>3/8/2012</td>
<td>GROUP PRESENTATION</td>
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<tr>
<td>3/13/2012</td>
<td>Experiential Groups (cohesion)</td>
<td>F pg. 117-123 and 127-134</td>
<td>Journal entry #5</td>
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<td>3/15/2012</td>
<td>Models of Group Counseling</td>
<td>S - 12</td>
<td>1ST JOURNAL ARTICLE DUE</td>
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<td>3/20/2012</td>
<td>GROUP PRESENTATION</td>
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<td></td>
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<tr>
<td>3/22/2012</td>
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Assignments and Grading Policies

1. **Group Participation & Journal** – This activity involves participation in a group designed to help you learn more about yourself as a group member. The purpose of the group is to teach you about group dynamics, how you perceive others, how others perceive you and what it means to you to be a member of a group.

To document your participation, you will be keeping a Journal of your experiences. Prior to the start of group, the instructor will designate a particular focus for your journaling. Journals will be submitted 3 times during the semester and you will receive instructor feedback each time. It is recommended that you use a computer to complete your journal entries and collect them in a soft cover binder.

**NOTE:** The content of your journal is highly personal and you will not be graded on your personal experiences. You will be graded on identifying the various group dynamics noted by the instructor. For example, when we study group norms, you will be asked to include your observations on
that topic in your weekly journal, along with your own subjective experiences.

Grading: 3 submissions during the semester. Each worth 30 points.  
TOTAL POINTS = 90

2. **Group Presentation** – Groups of 2-4 students will present a group theoretical orientation or group process with a particular population. The presentation will include didactic information and a role play demonstration to show application of the theory. Group topics will be assigned during week 2. Further instructions for this project and schedule for presentations can be found on D2L.  
TOTAL POINTS = 100

3. **Quizzes** – There will be a total of 3 quizzes during the semester covering content from the textbook, reader, lectures and classroom discussions. Each quiz will be 15 questions, 2 points each.  
(You need SCANTRON 815E)  
TOTAL POINTS = 90

4. **Research** – A total of 2 journal articles from peer-reviewed journals in Group Dynamics/Group Psychotherapy will be due during the semester. The purpose of this assignment is to expose the student to recent advances in group dynamics and group therapy. You will be required to submit the actual article (complete with references) along with a 2-3 page paper about the article.  
TOTAL POINTS = 80

5. **Final Exam** – The final exam is experiential. You must be present to obtain credit for this “exam”. Self-evaluation of yourself and evaluation of your group members will take place in a supportive environment. There is also be a final group activity.  
TOTAL POINTS = 40

**Grading:** there are 400 points possible for this course. Grades will be assigned as follows:

<table>
<thead>
<tr>
<th>GRADE</th>
<th>POINTS</th>
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<tbody>
<tr>
<td>A+</td>
<td>392-400</td>
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<tr>
<td>A</td>
<td>372-391</td>
</tr>
<tr>
<td>A-</td>
<td>360-371</td>
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<tr>
<td>B+</td>
<td>348-359</td>
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<tr>
<td>B</td>
<td>332-347</td>
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<tr>
<td>B-</td>
<td>320-331</td>
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<tr>
<td>C+</td>
<td>308-319</td>
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<td>C</td>
<td>292-307</td>
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<tr>
<td>C-</td>
<td>280-291</td>
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<tr>
<td>D+</td>
<td>268-279</td>
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<tr>
<td>D</td>
<td>252-267</td>
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EXTRA CREDIT

All students are eligible to complete extra credit, but it particularly designed for students who miss a quiz. You may earn up to 25 points with extra credit.

1. Attendance at a community group: You may attend one meeting of a community-oriented group (such as Alcoholics Anonymous, Overeater’s Anonymous, Narcotics Anonymous, Parents without Partners Divorce Recovery group, Bereavement group, or other instructor-approved group). Following your attendance, write a 2-page paper about your experience. Include the name of the group, why you chose this particular group, and several paragraphs about your experiences. Include aspects of your learning from the class.

   10 points

2. Create a short-term group for a particular psychological problem. You should have an introductory activity, 2-3 sessions that are structured around a theme and a final session for termination. Write this up in a way that another person could take your paper and actually run a group. Include all instructions, materials that might be needed, goals of the group, population the group is appropriate for, time frame, etc.

   15 points