Instructor: Sandra Trafalis, PhD
Office Location: DMH 230
Telephone: (408) 924-5614 or (408)-375-2545
Email: Sandra.trafalas@sjsu.edu
Office Hours: Tuesday and Thursday 4:30-6:00, or by appointment
Class Days/Time: Monday and Wednesday 3:00-4:15
Classroom: DMH 356
Prerequisites: Prerequisite: BIOL 21 or BIOL 65

Course Communication
Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on D2L. You are responsible for regularly checking this site for updates. In the event that I become ill or must cancel class for some reason, I will post a message on D2L. Please contact me via email through D2L (due to the large volume of emails that I receive daily, please allow 1-3 days for a response). If you need an immediate answer or I have not gotten back to you, please stop by my office during office hours or call me. If you are calling during hours that are not part of my office hours, please call (408)-375-2545.

Please note that for some matters such as your grade, missed classes, and/or questions about missed assignments, it is best to see me in person during office hours. If you plan on stopping by please email me ahead of time so I know you plan to stop by. If you miss a class, you should get the notes from another student and review them prior to seeking out the instructor. I am happy to meet with students to discuss your performance in the class or answer questions about material and/or discuss the class with you. I invite you to stop by my office to talk with me.

Course Description
Psychobiologists try to understand the biological basis for behavior and mental processes. They try to determine why people do what they do, and in some cases, they try to stop them from doing it. This discipline involves examining many aspects of human functioning--overt actions, mental processes, and emotional and physiological responses. Psychobiologists deal with the smallest of units, such as a single molecule or an individual nerve cell. They also deal with large brain
regions and interconnections between nervous, endocrine and immune systems. In this course, we will be covering a variety of topics, and the pace may be rather fast at times. Therefore, it is advised that you come to class!

As a result of this course you should
1) Have a basic understanding of neural mechanisms underlying behavior.
2) Be able to describe activities of nerve cells as well as that of specific brain structures.
3) Be able to describe and discuss complexities associated with neuronal changes associated with learning and memory
4) Be able to describe the neurochemical changes in the brain and nervous system that occur in response to stressors and emotionally salient events.
5) Demonstrate a broad understanding of the biological basis of psychopathology and other neurological disorders
6) Demonstrate a broad understanding of biological treatments of mental disorders.

Course Goals and Student Learning Objectives
The goal of this course is to facilitate a basic understanding of neural mechanisms underlying behavior. By the end of the course, you should be able to describe activities of nerve cells and structures of the brain. You should also be able to describe and discuss biological components associated with sleep and waking, language, lateralization and intelligence, psychopharmacology, and psychological and neurological disorders. A broad understanding of the psychobiological basis of mental illness and the action of psychotropic drugs in ameliorating the symptoms of mental illness. Videos, in-class/group discussions, class presentations, and group exercises will be incorporated into this course. It is important that you come to class so you do not miss any of the in-class assignments.

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.

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.

Required Texts/Readings
Textbook

Other Readings
Other readings are posted on D2L.

Other equipment / material requirements
1. 9-Scantrons Forms 882 E
2. No. 2 Pencils
3. 8 Colored pencils, markers or crayons
4. Regular access to the internet and library access
5. Access to D2L (e.g., id and password)
   (There will be mandatory online quizzes that you must be able to access to succeed in the class.)

Classroom Protocol

Electronics Policy: The purpose of this policy is to create an environment where students can learn. Disruptions are unfair to your peers and create an uncomfortable classroom environment. You may not use foreign language dictionaries, laptop computers, headphones, or any other electronic device during exams. Doing so will be considered a form of academic dishonesty. Be sure to turn off all pagers, cell phones, headphones, and so on during lectures and exams. Please refrain from sending text messages during class. If a matter requires your urgent attention such as a family emergency please excuse yourself from the class.

Attendance: Attendance to the class is very important and absences may impact your grade through the loss of participation points, in-class group activities, and video discussion questionnaires. Your participation and attendance is important. Peer learning is an important component and your active participation contributes to the quality of the class.

Tardiness: If you must arrive to class late, please enter the classroom quietly and without disruption to other students or the instructor. Excessive tardiness could impact your grade as you will likely miss important information, especially announcements and answers to student questions.

Please note that for some matters such as your grade, missed classes, and/or questions about assignments it is best to see me in person during office hours. If you plan on stopping by please email me ahead of time so I know you plan to stop by. If you miss a class, you should get the notes from another student and review them.

Office Hours: If you have to discuss your grade or need a grade check or have any questions related to your performance please wait until after class to discuss or make an appointment with me. This is so not to take up class time by discussing issues that are best done during office hours.

Email: I do not mind responding to questions through email, however, some issues are best discussed in person during my office hours. If I feel your question is best discussed in person, I will email you and ask you to stop by my office.

If you plan on stopping by please email me or call ahead of time so I know you plan to stop by. If you miss a class, you should get the notes from another student and review them prior to seeking out the instructor.

Dropping and Adding
Students are responsible for understanding the policies and procedures about add/drops, academic renewal, etc.. Students should be aware of the current deadlines and penalties for adding and dropping classes.
Assignments and Grading Policy

1. 4 Unit Exams @100 pts each  
   400  68%

2. 10-Online Quizzes (10 pts each)  
   100  16%

4. Final Exam (cumulative)  
   100  16%

Total Points  
   600  100%

Course grades will be based on the number of points accumulated throughout the semester. The assignment summary table on page 3 of this syllabus provides the points associated with each assignment.

<table>
<thead>
<tr>
<th>Percent</th>
<th>Grade</th>
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<tbody>
<tr>
<td>100-93</td>
<td>A</td>
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<tr>
<td>92-90</td>
<td>A-</td>
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<tr>
<td>89-88</td>
<td>B+</td>
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<tr>
<td>87-83</td>
<td>B</td>
</tr>
<tr>
<td>82-80</td>
<td>B-</td>
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</tbody>
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<table>
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<tbody>
<tr>
<td>79-78</td>
<td>C+</td>
</tr>
<tr>
<td>77-73</td>
<td>C</td>
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<tr>
<td>72-70</td>
<td>C-</td>
</tr>
<tr>
<td>69-65</td>
<td>D</td>
</tr>
<tr>
<td>64 or less</td>
<td>F</td>
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Assessment of Student Performance: The requirements for this class include examinations and quizzes. There are take home quizzes and online quizzes.

Final Exam: The final exam will be cumulative and will focus on the chapters covered since the previous exam.

The format for quizzes and midterms is objective (multiple choice, true/false, fill-in, match) and short answer. Some quizzes are to be completed at home, which means that you will be on your honor when you take them on your own. You may use your text, or other written sources, but you may not consult with other persons.

Late Work: All assignments/quizzes must be turned in at the beginning of class on the scheduled due date. Assignments submitted after this deadline will lose 10% immediately and 10% for every day it is late after that. This policy will be strictly adhered to.

Make-up Exams: If you miss an exam for any reason, you may take a make-up exam on the day of the final exam. Your score on the make-up exam will replace the zero that you receive for the missed exam. Only one make-up exam will be given. Thus, if you miss more than one exam, the make-up exam will replace only one of those missed exams. You will receive a zero for the others. The only exception will be for very serious circumstances or a documented medical excuse.
Note: This course will follow this syllabus to the extent possible. The timing and specific nature of topics and activities may change. You are responsible for keeping informed of any changes made to the class syllabus. Such changes will be clearly stated in class and will be posted on the class website. You are responsible for checking the class website before each class. If, for any reason, your instructor must cancel class a message will be posted on the course website. Therefore, it is extremely important to check the website before each class.

**Quizzes:** There are two types of quizzes administered in this class—online mastery quizzes and open note/open book quizzes. Quizzes will be take home quizzes and involve a combination of multiple choice and short-answer questions.

**Online Quizzes:** There will be 10 online quizzes. It is your responsibility to mark your calendar and ensure quizzes are completed on time. There will be no make-ups offered for missed online quizzes.

The purpose of the online quizzes is to help you become proficient with the material and assess where you need to focus your learning. The quizzes are designed to reinforce your reading and learning of the material in the textbook. Quizzes are open note and open book and you may take each quiz twice, and your highest score will be retained. I will drop your lowest online quiz.

**Posting of Final Grades:** Final grades will be posted on my.sjsu.edu.

**Extra Credit Opportunities:** There may be extra credit opportunities announced in class. Some extra credit opportunities may be part of the class lecture and therefore cannot be made up by students not present in class. Extra credit cannot be used to make-up points lost by a missed assignment or be used to change a failing grade in the course to a passing one. These guidelines will be strictly adhered to. You can earn up to 5 extra credit points, or 1% of the total points of the class.

**University Policies**

**Academic integrity**

Students should know that the University’s [Academic Integrity Policy is available at](http://www.sa.sjsu.edu/download/judicial_affairs/Academic_Integrity_Policy_S07-2.pdf). Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University’s integrity policy, require 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 website for [Student Conduct and Ethical Development 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 in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy F06-1 requires approval of instructors.
**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 DRC (Disability Resource Center) to establish a record of their disability. The DRC website address is [http://www.drc.sjsu.edu/](http://www.drc.sjsu.edu/) located at Administration Building 110. A description of services can be found at [http://www.drc.sjsu.edu/student_services/](http://www.drc.sjsu.edu/student_services/)

**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.

**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 motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising, learning assistance, summer academic preparation and basic skills development. The LARC website is located at [http://www.sjsu.edu/larc/](http://www.sjsu.edu/larc/).

**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. Website of Peer Mentor Center is located at [http://www.sjsu.edu/muse/peermentor/](http://www.sjsu.edu/muse/peermentor/).

**Help with D2L**

The link to access to Desire2Learn which has replaced blackboard is [https://sjsu.desire2learn.com](https://sjsu.desire2learn.com)

Resources to help you with this new site can be found at [http://www.sjsu.edu/ecampus/students/D2L_students/](http://www.sjsu.edu/ecampus/students/D2L_students/)

The helpdesk phone number is 924-2377. The helpdesk can resolve many of the problems you may encounter.

It is recommended that you review the “Getting Started with Desire 2 Learn” help manual available at [http://www.sjsu.edu/ecampus/students/D2L_students/](http://www.sjsu.edu/ecampus/students/D2L_students/)
Please note that the instructor cannot resolve technical issues so you must contact the helpdesk to resolve technical issues. **Please note that contacting the instructor instead of the helpdesk may delay the resolution of a problem and you may as a result miss a deadline for an assessment.** **Make-ups will not be given for online quizzes.** The best advice is to sign on early to ensure you are adequately prepared with the necessary resources (e.g., log-in, browser settings, computer access, adequate internet connection) to complete online assessments.
# Psych 030 Introduction to Psychobiology (M/W)
## Spring 2013 Course Schedule

<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Topic</th>
<th>Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 1/23</td>
<td>Welcome! Introduction to the class</td>
<td>Chapter 1 and 2</td>
</tr>
<tr>
<td>Week 2 1/28 &amp; 1/30</td>
<td>Introduction to the class; Research Methods and Ethics</td>
<td>Chapter 1;</td>
</tr>
<tr>
<td>Week 3 2/4 &amp; 2/6</td>
<td>A tour of the brain</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>Week 4 2/11 &amp; 2/13</td>
<td>The Nervous System</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>Week 5 2/18 &amp; 2/20</td>
<td>The nervous system</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>Week 6 2/25 &amp; 2/27</td>
<td>Neurons, neurotransmitter and neural transmission Neural Transmission</td>
<td>Chapter 3 and 4</td>
</tr>
<tr>
<td></td>
<td><strong>Exam 1 (chapters 1 and 2)</strong></td>
<td></td>
</tr>
<tr>
<td>Week 7 3/4 &amp; 3/6</td>
<td>Drugs, Brain and Behavior</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>Week 8 3/11 &amp; 3/13</td>
<td>Drugs, Brain and Behavior</td>
<td>Chapter 11</td>
</tr>
<tr>
<td>Week 9 3/18 3/20</td>
<td>Learning and Memory</td>
<td>Chapter 11</td>
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<tr>
<td></td>
<td><strong>Exam 2 Chapters 3</strong></td>
<td></td>
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<tr>
<td></td>
<td>Have a Nice Spring Break! (3/25 &amp; 3/29, No Class!)</td>
<td></td>
</tr>
<tr>
<td>Week 10 4/1 &amp; 4/3</td>
<td>Emotion, Aggression, Reward and Stress</td>
<td>Chapter 14</td>
</tr>
<tr>
<td>Week 11 4/8 &amp; 4/10</td>
<td>Emotion, Aggression, Reward and Stress</td>
<td>Chapter 14</td>
</tr>
<tr>
<td></td>
<td><strong>Exam 3 Chapter 4</strong></td>
<td></td>
</tr>
<tr>
<td>Week 12 4/15 &amp; 4/17</td>
<td>Emotion, Aggression, Reward and Stress</td>
<td>Chapter 14</td>
</tr>
<tr>
<td>Week 13 4/22 &amp; 4/24</td>
<td>Psychological Disorders</td>
<td>Chapter 15</td>
</tr>
<tr>
<td>Week 14 4/29 &amp; 5/1</td>
<td>Psychological Disorders</td>
<td>Chapter 15</td>
</tr>
<tr>
<td></td>
<td><strong>Exam 4 Chapters Chapter 14</strong></td>
<td></td>
</tr>
<tr>
<td>Week 15 5/6 &amp; 5/8</td>
<td>Psychological Disorders</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>Week 16 5/13</td>
<td>Final Exam Review</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>Final Exam*</td>
<td><strong>May 16 12:15-2:30</strong> The final exam will be cumulative with an emphasis on the chapters covered since Exam 4</td>
<td>Chapter 16</td>
</tr>
</tbody>
</table>

The calendar is tentative and subject to change based on student learning. Changes will be announced in class and posted on D2L.

*Please see instructor during office hours if you have a problem with the final exam date.

**Students registered with the DRC, please bring paperwork to me so we can make sure your exams are ready for you to take at the DRC on the correct dates and times.