Contact Information

Instructor: Dr. Neelam Rattan
Office Location: DMH 342
Telephone: (408) (924-5653)
Email: neelam.rattan@sjsu.edu

- Please write PSYC 30 on the subject line of email
- Please note that I do not regularly check email on evenings or weekends. While I try to check email regularly, please allow 1 business day for a response.

Office Hours: Monday & Wednesday 12:00P.M-1:00P.M.
Or by appointment
Office Hours End On 5/12/2014

Class Days/Time: Mondays & Wednesdays 3:00P.M.-4:15P.M.

You are encouraged to see me during office hours or to contact me whenever a need arises. Please discuss with me any concerns you may have regarding our class as soon as possible (before the quiz, exam, etc.) & do not wait too long to see me.

Classroom: DMH 359

Prerequisites: Bio 21 or 65
Faculty Web Page and MYSJSU Messaging (Optional)

You are responsible for regularly checking with the messaging system through MYSJSU and Canvas. Copies of the course materials such as the syllabus, lecture outlines, and review sheets can be found on Canvas. Homework assignments, instructions regarding assignments and announcements are posted on the homepage of this class so you are required to check this page daily.

Course Description

**SJSU Course Catalog Description:*** “Biological approaches to understanding behavior: evolutionary, genetic, neural and hormonal influences on normal and abnormal behavior. Prerequisite: BIOL 021 or BIOL 065.”

**Specific Course Description:** This course entails an understanding of these quintessential questions that have been the purview of human attention and endeavor, such as:

- Why do we do the things we do? What is the relationship between mental experience and brain activity?
- What is the biological basis of our behavior, thought processes, our emotions and our responses? Biopsychologists deal with a wide spectrum of knowledge, right from a neuron to the detailed study of anatomy and physiology of brain. The study also entails understanding the functioning of the nervous system, endocrine glandular functioning and also the working of our immune system, with an emphasis on the interconnections between these systems. This course will provide an overview of biological psychology which is the study of physiological, ontogenetic, evolutionary, and functional explanation of behavior and experience.

Learning Outcomes

**Course Learning Outcomes (CLOs):** Upon successful completion of Introductory Psychobiology:

1) Students will be able to analyze critically major concepts underlying physiological, evolutionary and developmental mechanisms of behavior and experience.
2) Students will gain an understanding of nerve cells, nerve impulses, synapses, role of neurotransmitters and their influence on our behavior.
3) Students will study nervous system, anatomy and physiology of the brain and also enhance their knowledge of plasticity of brain.
4) Students will be able to describe, and identify the structures and functioning of sensory systems including vision, audition, mechanical senses and also chemical senses.
5) Students will gain knowledge of the basic brain structures and neurochemicals that influence wakefulness and sleep, along with an understanding of the biological bases of sleep disorders, and they will examine biological factors that influence our internal regulation, emotional and reproductive behaviors.

6) Students will enhance their understanding of the biology of learning and memory.

7) Students will be able to develop an understanding of psychological disorders resulting from a combination of biological and environmental influences, including genetics.

8) Students will be able to develop critical thinking of biomedical therapies including psychopharmacology.

Program Learning Outcomes (PLO)

Upon successful completion of this course students will be able to …

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.

PLO5 – Values in Psychology – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

Required Texts/Readings

Textbook

Other equipment / material requirements
882e Scantrons
You are to bring to each class additional material by your Instructor for daily in-class reading.

Course Requirements and Assignments
SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. Therefore, for every hour of classroom time or direct faculty instruction a minimum of two hours of out-of-class student work is expected each week for about fifteen weeks for one semester.

More details about student workload can be found in University Policy S12-3 at http://www.sjsu.edu/senate/docs/S12-3.pdf.

1. **Class Participation:** Attendance and participation is crucial to your overall grade performance. Each time you are absent, your participation in class activities will be going down, thereby, resulting in lowering of your grade. Many classroom activities and discussions will supplement the reading and students are responsible for all material, assignments and explanations, given in class, even if they were absent. This is worth **20 points**.

2. **Exams:** There will be four class exams worth 50 points each and a Final exam worth 50 points. Each class exam will comprise of 50 multiple-choice questions. The Final exam will comprise of 100 multiple-choice questions.

   **First Exam (Chapters 1-3) will be held on 2/17/2014.**

   **Second Exam (Chapters 4-6) will be Take-home exam and scantrons are due on 3/12/2014.**

   **Third Exam (Chapters 7-9) will be Take-home exam and scantrons are due on 4/9/2014.**

   **Final Exam (Chapters 10,11,12,13, 15) will be held on 5/20/2014 from 12:15P.M.-2:30P.M. in DMH 359.**

   **NOTE: THERE WILL BE NO MAKE-UP EXAMINATIONS GIVEN.**

**Grading Policy**

- **GRADING DETAILS:**
  - Three Class Exams 150
  - Final Exam 100
  - Participation 25
  - Total Possible Points 270

- **Grading Scale:**
  - A+ = 265-270
  - A  = 252-264
  - A- = 243-251
  - B+ = 238-242
  - B  = 224-237
  - B- = 216-223
  - C+ = 211-215
  - C  = 198-210
  - C- = 189-197
  - D+ = 184-188
  - D  = 170-183
  - F  <  161
Points to be noted:

- To receive complete credit on your papers, you must pay careful attention to grammar, spelling, sentence construction etc.

- All the written assignments are to be proof-read paper before being turned in and checked for Punctuation, Grammar, Spellings. Your papers are to be typewritten, double-spaced, 12 pitch font, one-inch margins, using Times New Roman font. On a sheet attached to the front of all your papers, Title of your paper, your Name, Course, Course Number, Semester/Year, and Due Date are to be included. Written work should follow the guidelines described in the American Psychological Association Publication Manual (6th Ed.). For some assignments students may be required to upload their work to Turnitin.com to ensure that material is not plagiarized. In case of material being found to be plagiarized the student will be accorded a failing grade (F). The student will also be referred to the Office of Student Conduct and Ethical Development for further action.

- Papers handed in late will lower your grade by five points for each day late.

- Assignments which are more than three weekdays late will not be accepted. There will be no exceptions to this and the assignments will be submitted personally. No credit will be awarded for emailed assignments.

- This course will follow this syllabus to the extent possible. However timing and specific nature of topics and activities may change, these changes, will be clearly stated and mentioned in class. You are responsible for noting down any changes made to the class syllabus.

Make-up Policy:

A make-up or extension on a course requirement will be given under extraordinary and well-documented circumstances. Where such circumstances exist, it is your responsibility to notify me by leaving me a voicemail or email message including your name and telephone number as soon as possible and no later than two (2) days before the scheduled Exam/Quiz date. APPROPRIATE WRITTEN DOCUMENTATION (e.g., a physician’s note) WILL BE REQUIRED FOR A MAKE-UP TO RECEIVE THE FULL MAKE-UP CREDIT. If you are not able to obtain such documentation and you have a serious and extenuating circumstance that has prevented you from fulfilling a requirement as scheduled, notify me as soon as possible. Depending on the circumstances, you may be allowed a make-up. However, a make-up without appropriate written documentation will result in partial credit (i.e., points will be deducted). If you have questions about this policy, please see me.

Attendance: Attending lectures is of prime importance for your success in the course. You are expected to be regular in your attendance. However attendance per se shall not be used as a criterion for grading according to Academic Policy F-69-24.

Using Canvas:

Dear Student,
Our course, Psych 191, will be using San Jose State’s online learning management system Canvas for the upcoming semester.

**Login URL:** [https://sjsu.instructure.com](https://sjsu.instructure.com)

Please note that it should NOT have the “www” at the start of the URL like many other websites.

**Username:** SJSU 9-digit ID number.

**Password:** Self-generated password for your SJSUOne account

**Courses:** Once logged into Canvas, you will see your course or courses listed in the Courses Heading on the top of the page. From the dropdown menu, click on the course name, and you will be entered into the course. Note: That link will not be active until the start date of the course.

It is recommended that you visit the eCampus Canvas website at [http://www.sjsu.edu/at/ec/canvas/](http://www.sjsu.edu/at/ec/canvas/). This website offers a number of Quick Start Learning Guides to help you navigate Canvas tools. Also, detailed guides can be found at [http://guides.instructure.com/](http://guides.instructure.com/).

For questions regarding the course or course materials, please contact me, the instructor. For issues related to Canvas, please contact the eCampus Help Desk. The Help Desk can give technical support for issues encountered in Canvas Courses.

- Phone: (408) 924-2337
- Submit a help ticket using the following URL: [https://isupport.sjsu.edu/ecampus/ContentPages/Incident.aspx](https://isupport.sjsu.edu/ecampus/ContentPages/Incident.aspx).
- While logged into Canvas, click on the word Help on the upper right corner of the screen.

- All assigned work should be submitted on the specified date.
- Late submissions will amount to an immediate loss of 10% of the due credit.
- Assignments which are more than three weekdays late will not be accepted. There will be no exceptions to this and the assignments will be submitted personally. No credit will be awarded for emailed assignments.
- This course will follow this syllabus to the extent possible. However timing and specific nature of topics and activities may change. In case of any such changes, these will be clearly stated and mentioned in class. You are responsible for noting down any changes made to the class syllabus.
- Extra credit will not be given.

**Make up exams:**
You will be allowed to reschedule an exam only under extraordinary and well-documented circumstances. It is your responsibility to notify me before the date
of the exam, either via email or by leaving me a voicemail including your name, and telephone number. If you are not able to obtain such documentation and you have a serious and extenuating circumstance that has prevented you from fulfilling a requirement as scheduled, notify me as soon as possible. Depending on the circumstances, you may be allowed a make-up.

Classroom Protocol

Specific Class Policy on Etiquette
In this class you are expected to be prepared by doing all of your class readings and assignments. You are expected to be active participants by asking questions, taking notes, and also by interacting with your peers. Classes will comprise of lectures, in-class activities, guest presentations, and films.

Special Note:
- If you miss a class, you are responsible for getting the information covered. It is not the responsibility of the instructor to update students on content they missed in class. You are responsible for all information and announcements made in class.
- It is vital that you complete all scheduled readings and assignments before each class. Always bring your text book and additional material by your Instructor daily to class.
- Do not talk, read, or eat during class.
- Please arrive to class on time. If you must arrive late or leave early, please do so quietly and with a minimum of distraction. Please inform me before-hand via email if you will not be in class.
- Please refrain from doing homework of other classes or preparing for an exam for another class while attending this class.

Cell Phones as well as other electronic devices

Please turn off (not on vibrate) all cell phones, pagers, any other electronic devices before entering the classroom. If found texting during the lecture you may be asked to leave for the remainder of the lecture.

ON TEST DAYS, be sure to turn off and put away your cell phone and take care of any personal needs before entering the classroom. On test days, you will not be able to leave the classroom during a test & then return and continue taking the test. Also, be sure to have your SJSU ID CARD on test days in case I ask to see it.

Laptops
You may not use your laptops in class unless we are doing a particular assignment which requires a laptop. Laptop use is restricted to note-taking only. Connecting to the internet and using class time to check emails, visiting social networking sites, surfing the web will result in loss of laptop privilege for the remainder of the semester.
University Policies

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 year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. 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/.

Consent for Recording of Class and Public Sharing of Instructor Material

University Policy S12-7, http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course. Note that “common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.” Furthermore, “course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload any instructor generated material for this course such as lecture notes, test questions discussed in class, etc. without instructor consent.” If you plan to record lectures, please let me know in advance.

Note that “course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University Academic Integrity Policy S07-2 at http://www.sjsu.edu/senate/docs/S07-2.pdf 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.sjsu.edu/studentconduct/.

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 Integrity 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at [http://www.sjsu.edu/aec](http://www.sjsu.edu/aec) to establish a record of your disability.

In 2013, the Disability Resource Center changed its name to be known as the Accessible Education Center, to incorporate a philosophy of accessible education for students with disabilities. The new name change reflects the broad scope of attention and support to SJSU students with disabilities and the University’s continued advocacy and commitment to increasing accessibility and inclusivity on campus.

**Student Technology Resources**

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) located on the 1st floor of Clark Hall and in the Associated Students Lab 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 DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

**SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics.
A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit Peer Connections website at http://peerconnections.sjsu.edu for more information.

**SJSU Writing Center**

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the Writing Center website at http://www.sjsu.edu/writingcenter. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)

**SJSU Counseling Services**

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit Counseling Services website at http://www.sjsu.edu/counseling
### Tentative Course Schedule for 28555, Introductory Psychobiology, Spring 2014

*Note: The schedule is subject to change with fair notice. You will be notified in class, as well as via email, and announcements posted on canvas.*

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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic/Chapters</th>
<th>Material Due</th>
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<tbody>
<tr>
<td>1</td>
<td>1/27</td>
<td>The Major Issues, Chapter 1</td>
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<td></td>
<td>1/29</td>
<td>Chapter 1 continued</td>
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<td>2</td>
<td>2/3</td>
<td>Nerve Cells &amp; Nerve Impulses, Chapter 2</td>
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<td>2/5</td>
<td>Chapter 2 continued</td>
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<td>3</td>
<td>2/10</td>
<td>Synapses, Chapter 3</td>
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<td>2/12</td>
<td>Chapter 3 continued</td>
<td>Bring Scantron 882 E to next class to take the First Exam</td>
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<td>4</td>
<td>2/17</td>
<td>First Exam (Chapters 1-3)</td>
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<td>2/19</td>
<td>Anatomy of the Nervous System, Chapter 4</td>
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<td>5</td>
<td>2/24</td>
<td>Chapter 4 continued</td>
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<td>2/26</td>
<td>Development &amp; Plasticity of the Brain, Chapter 5</td>
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<td>3/3</td>
<td>Chapter 5 continued</td>
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<td>Vision, Chapter 6</td>
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<td>3/10</td>
<td>Chapter 6 continued</td>
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<td>3/17</td>
<td>Chapter 7 continued</td>
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<td>Movement, Chapter 8</td>
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<td>Spring Break</td>
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<td>11</td>
<td>4/2</td>
<td>Wakefulness &amp; Sleep, Chapter 9</td>
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<td>4/7</td>
<td>Chapter 9 continued</td>
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<td>12</td>
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<td>Internal Regulation, Chapter 10</td>
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<td>Take-Home Exam 3 Scantrons Due in Class Today</td>
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<td>13</td>
<td>4/14</td>
<td>Chapter 10 continued</td>
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<td>4/16</td>
<td>Reproductive Behaviors, Chapter 11</td>
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<td>4/21</td>
<td>Chapter 11 continued</td>
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<td>4/23</td>
<td>Emotional Behaviors, Chapter 12</td>
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<td>4/28</td>
<td>Chapter 12 continued</td>
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<td>15</td>
<td>4/30</td>
<td>The Biology of Learning &amp; Memory, Chapter 13 continued</td>
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<td>Chapter 13 continued</td>
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<td>5/7</td>
<td>Mood Disorders &amp; Schizophrenia, Chapter 15</td>
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<td>16</td>
<td>5/12</td>
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<td><strong>Final Exam</strong></td>
<td>5/20/2014</td>
<td>12:15 P.M.- 2:30 P.M.</td>
<td><strong>DMH 359</strong></td>
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