Course and Contact Information

Instructor: Sandra Trafalis, PhD
Office Location: Clark Building 140
Telephone: (408) 924-5614
Email: Sandra.trafalis@sjsu.edu
Office Hours: Wednesdays 6:30-8:30pm or by appointment
Class Days/Time: Monday/Wednesday, 3:00-4:15
Classroom: Clark Building 111
Prerequisites: Prerequisite: BIOL 21 or BIOL 65

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!

Technology

The course Canvas site is an online resource supplement for this course. Use of this site and the information provided is not a substitute for attending lectures. This site will contain:

- Discussion Board (Course Announcements, student questions)
- Links to webpages and other resources that will be of use to you throughout the course
- Additional readings
- Handouts and articles
- Lecture slides
- Grade roster.
Learning Outcomes and Course Goals

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 basic functions of the nervous system, sexual behavior, stress and aggression, emotions, and psychopathology. 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.

Course Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to:

1. CLO 1 Describe the major structures found in the central nervous system
2. CLO 2 Evaluate the ethical standards used to protect human and animal research participants.
3. CLO 3 Explain the processes responsible for electrical and chemical signaling of neurons, including the impact of drugs on these processes.
4. CLO 4 Understand the biological and evolutionary bases of behavior including emotions, stress, aggression, and sexual behavior.
5. CLO 5 Describe the biological correlates and treatments of mental disorders including schizophrenia, depression, addiction, bipolar disorder, antisocial personality disorder

Program Learning Outcomes (PLO)

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

Materials/Resources
882-e Scantron Forms
No. 2 Pencils
Access to internet and CANVAS

Other Readings
Other readings will be posted to CANVAS.

PSYC 030 Introductory Psychobiology
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. More details about student workload can be found in University Policy S12-3 at http://www.sjsu.edu/senate/docs/S12-3.pdf.

The primary method of assessment for this course will be in-class activities, examinations and a cumulative final exam. Information about dates are included in the Course Calendar.

NOTE that University policy F69-24 at http://www.sjsu.edu/senate/docs/F69-24.pdf states that “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”

Exams: Exams will consist of multiple choice, short answer and short essay questions. Exams will be based on the textbook, lecture, and class activities. The final exam will include cumulative material and “new material.” The “new material” will be material in the previous exams during the semester.

Class Activities: There will be class activities throughout the semester. These will be graded on a credit/no credit basis. Because class activities are based on interaction and discussion, they cannot be made up. Students, however, may obtain information about the assignments and videos and may wish to complete these assignments to best prepare for the exams. Some class activities may involve bonus points for student participation and discussion. The exact timing of these activities will be based on timing of lectures and student need.

Quizzes: There will be take home quizzes which will be posted to CANVAS. Due dates are in the syllabus but these are tentative and may change based on timing of lectures and on student learning/need. Late quizzes will be penalized by 10% for each day late. Any late work accepted by the instructor will be accepted at the discretion of the instructor and will not be graded until the end of the semester and students may not receive feedback prior to that time for late assignments regardless of the reason for lateness.

Grading Policy

Grading information:
- Course grades will be based on the percentage weights throughout the semester. The assignment summary table on page 3 of this syllabus provides the points associated with each assignment
- Extra credit options, if available, will added to the total points earned in the course and cannot total more than 5% of the total point value of the class.

More guidelines on grading information and class attendance can be found from the following two university policies:
- University Syllabus Policy S16-9 (http://www.sjsu.edu/senate/docs/S16-9.pdf)
- University policy F15-12 (http://www.sjsu.edu/senate/docs/F15-12.pdf)
<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>% of Grade</th>
</tr>
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<tbody>
<tr>
<td>2 Unit Exams</td>
<td>200</td>
<td>60%</td>
</tr>
<tr>
<td>3-Quizzes</td>
<td>100</td>
<td>10%</td>
</tr>
<tr>
<td>Final Exam (cumulative)</td>
<td>200</td>
<td>30%</td>
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<tr>
<td><strong>Total Points</strong></td>
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**Grading Policy**

<table>
<thead>
<tr>
<th>Percent</th>
<th>Grade</th>
<th>79-78</th>
<th>C+</th>
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<tbody>
<tr>
<td>100-93</td>
<td>A</td>
<td>77-73</td>
<td>C</td>
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<tr>
<td>92-90</td>
<td>A-</td>
<td>72-70</td>
<td>C-</td>
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<tr>
<td>89-88</td>
<td>B+</td>
<td>69-65</td>
<td>D</td>
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<tr>
<td>87-83</td>
<td>B</td>
<td>64 or less</td>
<td>F</td>
</tr>
<tr>
<td>82-80</td>
<td>B-</td>
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**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. You should email me so we can set a time for the grade check, which may occur during office hours or before/after class at the discretion of the instructor and based on student need. Office hours will be held in person, via phone, or via videoconferencing to best accommodate student need. To set up a meeting please let me know by email, and we will determine the best way to meet. If a virtual meeting is decided upon, I will provide you with a videoconferencing link.

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.

Make-up Exams: There are no make ups for missed exams unless there is an officially documented reason (medical, etc.) or excused absences because of a University event. If you know ahead of time that you cannot make an exam, please let me know. In the case of an excused absence from an exam, you may make the exam up on the day of the final.

Course Communication: Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on Canvas. You are responsible for regularly checking this site for updates. Please contact me via email through Canvas (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 email me and do not receive a response within 1-3 days, please resend the email, and in the subject line, please indicate “2nd Request.”

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.

University Policies

University Policies
Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/

This website page contains information relevant to all courses at SJSU, including:

- General Expectations, Rights and Responsibilities of the Student
- Course Requirements and Assignments
- Attendance and Participation
- Accommodation to Students' Religious Holidays
- Dropping and Adding
- Consent for Recording of Class and Public Sharing of Instructor Material
- Academic integrity
General Expectations, Rights and Responsibilities of the Student

As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU’s policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arises. See University Policy S90–5 at http://www.sjsu.edu/senate/docs/S90-5.pdf. More detailed information on a variety of related topics is available in the SJSU catalog, at http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not serve to address the issue, it is recommended that the student contact the Department Chair as a next step.

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 and the following items to be included in the syllabus:

Common courtesy and professional behavior dictate 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. Such 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.”

Students must obtain the instructor’s permission in writing on a class by class basis to record lectures. In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly. 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 PSYC 030 Introductory Psychobiology.
Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Assignments are closed note and to be done alone unless otherwise directed by the instructor.

**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 at 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 to establish a record of their disability.

**Accommodation to Students’ Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.

**Student Technology Resources**

Computer labs for student use are available in the Academic Success Center at 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.
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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Assignments, Deadlines</th>
<th>Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8/25</td>
<td>Origins of Neuroscience &amp; Structure and Function of Cells of the Nervous System</td>
<td>Chapter 1 and 2</td>
</tr>
<tr>
<td>2</td>
<td>8/29 &amp; 8/31</td>
<td>Function of Cells of the Nervous System</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>3</td>
<td>9/5 (no class) &amp; 9/7</td>
<td>Labor Day Structure of the Nervous System</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>4</td>
<td>9/12 &amp; 9/14</td>
<td>Structure of the Nervous System</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>5</td>
<td>9/19</td>
<td>Video Assignment Psychopharmacology Quiz 1 *</td>
<td>Chapter 6</td>
</tr>
<tr>
<td>6</td>
<td>9/26 &amp; 9/28</td>
<td>The Visual System &amp; The Senses</td>
<td>Chapter 7</td>
</tr>
<tr>
<td>7</td>
<td>10/3 &amp; 10/5</td>
<td>Reproductive Behavior Exam 1 Ethics, Research Methods &amp; Basic Functions of the Nervous System (Chs 1-3)*</td>
<td>Chapter 10</td>
</tr>
<tr>
<td>8</td>
<td>10/10 &amp; 10/12</td>
<td>Reproductive Behavior</td>
<td>Chapter 10</td>
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<tr>
<td>9</td>
<td>10/17 &amp; 10/19</td>
<td>Review Day</td>
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<tr>
<td>10</td>
<td>10/24 &amp; 10/26</td>
<td>Emotion, Aggression &amp; Stress Quiz 2 *</td>
<td>Chapter 14</td>
</tr>
<tr>
<td>11</td>
<td>10/31 &amp; 11/2</td>
<td>Emotion, Aggression &amp; Stress</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>12</td>
<td>11/7 &amp; 11/9</td>
<td>Psychopathology: Schizophrenia</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>13</td>
<td>11/14 &amp; 11/16</td>
<td>Psychopathology: Schizophrenia</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>14</td>
<td>11/21 &amp; 11/23 (no class)</td>
<td>Psychopathology: Mood Disorders, Anxiety Disorders, Antisocial Personality Disorder No Class on 11/23</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>15</td>
<td>11/28 &amp; 11/30</td>
<td>Psychopathology: Mood Disorders, Anxiety Disorders, Antisocial Personality Disorder Quiz 3 *</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>16</td>
<td>12/5 &amp; 12/7 12/12</td>
<td>Psychopathology: Autism Course Wrap up</td>
<td>Chapter 16</td>
</tr>
<tr>
<td>Week</td>
<td>Date</td>
<td>Topics, Assignments, Deadlines</td>
<td>Readings</td>
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<tr>
<td>Final Exam</td>
<td>12/19</td>
<td>Final Exam</td>
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<td>12:15-2:30</td>
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Tentative schedule, which can be changed subject to fair notice. Changes will be announced in class. * Quizzes are due on the second class meeting and exams, other than the final, are held on the second class meeting of the week.