Instructor:  Sandra Trafalis, PhD

Office Location:  DMH 230

Telephone:  (408) 924-5614 or (408)-375-2545

Email:  sandra.trafalas@sjtu.edu

Office Hours:  Wednesdays 1:00-3:00pm

Class Days/Time:  Monday and Wednesday 3:00-4:15

Classroom:  DMH 355

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 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 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) Gain 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) Understand the role of brain structures and neurochemicals in producing various states of consciousness, including sleep, and the role of biological factors in sexual behavior and mating.
6) Be able to describe the biological bases of sleep disorders.
7) Demonstrate a broad understanding of the biological basis of psychopathology and other neurological disorders
8) 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, psychopharmacology, and psychological and neurological disorders. A broad understanding of the psychobiological basis of mental illness and the action of psychotrophic 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 CANVAS.

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 CANVAS (e.g., id and password)
   (There will be mandatory online quizzes that you must be able to access to succeed in the class.)

**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, in-class examinations, online quizzes, take home quizzes, and a final examination.

- Information about dates are included in the Course Calendar.

**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.

Assignments and Grading Policy

Grading information:
- 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.
- 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.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>1. 3 Unit Exams @100 pts each</td>
<td>300</td>
<td>54%</td>
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<tr>
<td>2. 5-Online Quizzes (20 pts each)</td>
<td>100</td>
<td>18%</td>
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<tr>
<td>3. Final Exam (cumulative)</td>
<td>100</td>
<td>18%</td>
</tr>
<tr>
<td>4. In Class Assignments</td>
<td>60</td>
<td>10%</td>
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<tr>
<td><strong>Total Points</strong></td>
<td><strong>500</strong></td>
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<table>
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<tr>
<th>Percent</th>
<th>Grade</th>
<th>Percent</th>
<th>Grade</th>
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<tbody>
<tr>
<td>100-93</td>
<td>A</td>
<td>79-78</td>
<td>C+</td>
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<tr>
<td>92-90</td>
<td>A-</td>
<td>77-73</td>
<td>C</td>
</tr>
<tr>
<td>89-88</td>
<td>B+</td>
<td>72-70</td>
<td>C-</td>
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<tr>
<td>87-83</td>
<td>B</td>
<td>69-65</td>
<td>D</td>
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<tr>
<td>82-80</td>
<td>B-</td>
<td>64 or less</td>
<td>F</td>
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Assessment of Student Performance: The requirements for this class include in-class examinations and online quizzes.

Final Exam: The final exam will be cumulative and with a heavy focus on the chapters covered since the previous exam.
Online Quizzes: There will be 5 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 quizzes are always due by 11:59 pm on the date indicated by the course calendar. The quizzes become available on the due date of the previous quiz and remain open until the due date indicated on the course calendar. The purpose of these quizzes is to help reinforce key concepts.

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.

The format for quizzes and midterms is objective (multiple choice, true/false, fill-in, match) and short answer.

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 web site. You are responsible for checking the class web site before each class. Therefore, it is extremely important to check the website before each class.

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 or activity and therefore cannot be made up by students not present in class. Extra credit points cannot exceed 3% of the total points earned for the class.

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/.

**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.

**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.

- 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.”
  - In order to obtain permission, please let me know of your request in person and permission will be granted in writing.
  - 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 by the student.
- 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.

**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 Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.
Student Technology Resources (Optional)

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 (Optional)

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 (Optional)

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 (Optional)

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.
<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Topic</th>
<th>Reading</th>
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<tbody>
<tr>
<td>Week 1 8/21</td>
<td>Welcome! Introduction to the class</td>
<td>Chapter 1 and 2</td>
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<tr>
<td>Week 2 8/26 &amp; 28</td>
<td>Research Methods and Ethics A tour of the Brain</td>
<td>Chapter 3</td>
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<tr>
<td>Week 3 9/4</td>
<td>9/2 No Class, Labor Day Neurons, neurotransmitter and neural transmission Neural Transmission</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>Week 4 9/9 &amp; 9/11</td>
<td>9/9 No Class Neurons, neurotransmitter and neural transmission Neural Transmission</td>
<td>Chapter 4 Online Ch 2 Quiz (9/11)</td>
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<tr>
<td>Week 5 9/16 &amp; 9/18</td>
<td>Drugs, Brain and Behavior Exam 1 (1-2)</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>Week 6 9/23 &amp; 9/25</td>
<td>Drugs, Brain and Behavior Sexual Behavior</td>
<td>Chapter 10</td>
</tr>
<tr>
<td>Week 7 9/30 &amp; 10/2</td>
<td>Sexual Behavior Exam 2 (Chs. 3–4)</td>
<td>Chapter 11 Online Ch3 Quiz (10/2)</td>
</tr>
<tr>
<td>Week 8 10/7 &amp; 10/9</td>
<td>Sleep and Waking</td>
<td>Chapter 12</td>
</tr>
<tr>
<td>Week 9 10/14 &amp; 10/16</td>
<td>Learning and Memory</td>
<td>Chapter 14 Online Ch 12 Quiz (10/16)</td>
</tr>
<tr>
<td>Week 10 10/21 &amp; 10/23</td>
<td>Learning and Memory</td>
<td>Chapter 14 Online Ch 14 Quiz (10/23)</td>
</tr>
<tr>
<td>Week 11 10/28 &amp; 10/30</td>
<td>Emotions and Aggression Exam 3 (Chs. 10-12)</td>
<td>Chapter 14</td>
</tr>
<tr>
<td>Week 12 11/4 &amp; 11/6</td>
<td>Emotions and Aggression</td>
<td>Chapter 15</td>
</tr>
<tr>
<td>Week 13 11/13</td>
<td>11/11 No Class, Veteran’s Day Psychological Disorders</td>
<td>Chapter 16</td>
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<tr>
<td>Week 14 11/18 &amp; 11/20</td>
<td>Psychological Disorders</td>
<td>Chapter 16 Ch 14 Quiz (11/20)</td>
</tr>
<tr>
<td>Week 15 11/25</td>
<td>Psychological Disorders</td>
<td>Chapter 15 Online</td>
</tr>
<tr>
<td>Week 16 12/2 &amp; 12/4</td>
<td>Neurological Disorders</td>
<td>Final Exam Review</td>
</tr>
<tr>
<td>Final Exam</td>
<td><strong>Friday, December 13 12:15-2:30</strong> The final exam will be cumulative with an emphasis on the chapters covered since Exam 3</td>
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</table>

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