



## General Psychology: 2016-17

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### Course Overview

Psychology is generally defined as the study human behavior. However, human behavior is a vast field with many different topics to explore. This course will serve as an introduction to the field of psychology. During this semester long course we will explore topics such as the formation of identity, healthy/abnormal psychology, sports/motivational psychology, and applications of psychology in the real world. By the end of this course, you will hopefully have developed a better understanding of not only the behavior of others, but will have learned valuable lessons that you can apply to your own life in the present and future.

### Topics of Study & Assessment

#### *Unit I: The Psychology of Identity*

**Topics of Study:** Learning, The Teenage Brain, Stereotypes, Personality, Origins of Gender.

**Individual Project:** 6 Things You Should Know About...ME.

#### *Unit II: Health and Abnormal*

**Topics of Study:** Stress/Anxiety, Addiction, Abnormal Conditions.

**Individual Project:** Stress Diary Response

**Collaborative Project:** Abnormal Psychology Artwork

**Quarter I Summative Project:** *Perks of Being a Wallflower Connections Article*

#### *Unit III: Sports & Motivational Psychology*

**Topics of Study:** Motivation, Goal Setting, Competition Prep, Skills Development, Teamwork.

**Individual Project:** Motivational Diary

**Collaborative Project:** Motivational Video & Film Analysis

#### *Quarter IV: Psychology Applications and Careers*

**Topics of Study:** Application of Careers if Psychology of Choice.

**Collaborative Project:** Psychology Application Project

## Academic Honesty

- Academic honesty is of the utmost importance to me and I will follow school policies in the unfortunate event that dishonesty occurs.

## Behavioral Expectations: Responsible, Respectful, Safe

1. **Be Present:** Be physically and mentally present while in class.
2. **Everyone Talks, Every Day:** Each of you have your own voice and ideas that are essential to the progress of our class. You will talk, whether in partners, small groups, with teachers, or to the whole class every day.
3. **Phones Off and Away:** In order to create a productive and collaborative learning environment, students will be asked to shut off their phones when they walk into class. If phones are used in class, they will be confiscated and turned into SAO. A second offense requires parents to pick phone up from the SAO office. In case of emergency, please contact Tualatin High School Student Affairs Office at 503-431-5631.
4. **Respect:** Show respect for the ideas and feelings of all members of our classroom and school community. *Sexist, racist, homophobic, or any other hurtful comments will not be tolerated in our classroom community.*
5. **Take Responsibility for your learning:** If you have a question, ask. If you need further assistance, come see me. If you want your work checked, talk with me or your peers. If you are acting in a way that is hindering your ability to learn, change your behavior.

## Website

For this course, I have created a website, [bonicapsych.weebly.com](http://bonicapsych.weebly.com), to help support our learning. On the website you will find course documents, readings, announcements, and videos. If you miss class for any reason, this is a great first resource.

## Remind App

To increase the avenues of communication, I will be using the Remind App which allows for teachers to send reminders via text messages and/or emails to entire classes and parents. This App is specifically designed with privacy and safety in mind to be used in the classroom. It does not share personal phone numbers or emails, does not allow for teachers to send personal texts, saves all message history, and does not allow students to text back to teachers. Parents are also highly encouraged to sign up to ensure that they are also aware of what is happening throughout the course.

To learn more about the Remind App, please visit: [www.Remind.com](http://www.Remind.com)

To Receive Text Reminders from Mr. Bonica Text [@GenPsych16](https://www.remind.com/texting) to 81010

## Wellness Warm-Ups

I believe that school should not be just a place where you learn new information and ideas, but also how to become a happier, healthier, more compassionate person. In order to combat the negative stressors and emotions that school can often bring, I will be introducing you to a variety of scientifically defended wellness activities that promote mental and physical health. These may come in the form of guided mindfulness exercises, short yoga routines, gratitude exercises, and many other possibilities.

## Assessment

Your grade will be determined based on your ability to demonstrate knowledge about psychology in both individual and collaborative projects and tasks. These will be designed to help you apply psychology to the real world.

Individual Challenges: 50%

Unit Group Projects: 50%

## TAG Statement

To ensure that students designated as “Talented as Gifted” (TAG) receive academic instruction that is appropriate for their rate and level of learning, the curriculum and instruction of this course may be differentiated to include specialized groupings, compacting of curriculum, accelerated pacing, and providing of extension / challenge activities (this would be different work of a complementary nature and not extra work on top of existing assignments).

## My Promise

I will strive to treat you fairly, act with compassion, but also to uphold my classroom expectations and policies that I believe will help all of us find success this year. If at any time you have questions, concerns, or comments please voice them to me and I will do the best I can to assist you. I truly look forward to working and learning with you all this year.

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## General Psychology Movie Permission

As part of the World History course at Tualatin High School, we will be viewing films that are rated PG and PG-13. These videos will all be carefully selected, highly relevant to the course learning outcomes, and edited when necessary.

*Please circle one of the following choices.*

- I permit my student to watch films rated PG, PG-13, and Unrated Documentaries in Psychology.
- I request an alternative assignment for my student.

Student Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_