



PSY 275 Special Topics: Brain & Behavior (1 credit)
1 weekend: Friday, October 23 and Saturday, October 24
Location: Room 2307

Instructors: Dana Kobold and Maryann Touitou

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Important Dates:

Thursday, October 22 – Drop date*

Friday, October 23 – Withdrawal date*

*Students are encouraged to meet with Financial Aid before dropping or withdrawing from this course

Tuesday, October 27 – Assignments due in person to Office 1262, Learning Commons or by email to BOTH instructors **by 5 pm**

Course Description:

Welcome to Brain & Behavior! We strongly believe that if an individual knows how the brain is structured and functions AND the importance of its care, then one can maximize it for peak performance in school, work, and life settings.

Course Content:

- Intros, Icebreaker, and Syllabus
- Brain Structure and Function
- Metacognition
- Attention and Memory
- Learning Styles
- Stress and the Brain
- Nutrition and the Brain
- Exercise and the Brain
- Sleep and the Brain
- Application and Wrap Up

Note: Instructors reserve the right to modify the syllabus if needed. Students will be informed of changes.

Course Outcomes:

At the end of this course, the student will:

- Understand the general brain regions, structures and functions
- Understand the process of thinking about thinking
- Understand how memory is formed in the brain and how to facilitate memory enhancement
- Understand the learning process and characteristics of the main learning styles
- Understand the “fight or flight” mechanism and negative effects of long-term stress on the brain
- Understand how proper nutritional practices can enhance the brain’s ability for learning and productivity
- Understand how increased activity can positively impact brain function
- Understand how restful sleep contributes to enhanced learning and diminished anxiety

Attendance: Attendance is required. We meet for a short time, thus it is imperative to be present for the duration of class hours. This is an interactive course. With that said, we expect everyone to be participants, not spectators, in the discussions, activities, and group work.

Assignments: You will participate in reading, thinking, and writing that will contribute to your personal and/or professional growth related to the course topics. There will be 7 assignments that will focus on application of the content. Late work will not be accepted.

Breakdown on Grades	
Attendance	130 points
Assignments	70 points
Total points	200 points

Total Point Breakdown	
A	180-200 points
B	160-179 points
C	140-159 points
D	120-139 points
F	< 119 points

Additional Grading Info:

Instructors will not give “I” grades or offer extra credit for this course.

Class Etiquette:

As a common courtesy to your classmates, please arrive on time, be prepared, and stay for the duration of the period. Pick a seat with the fewest distractions for you.

The use of cell phones, music devices, and other electronics is not condoned during class – your focus is important! You are welcome to enjoy them on your breaks. Recording devices and laptops are allowed for note-taking purposes as long they don’t become a distraction to you or others. Let us know if you plan to utilize them.

Course Materials:

Please bring a slim 3-ring binder or pronged pocket folder, paper, pens or pencils. A highlighter is optional. Hard copy handouts and assignments will be provided and you are welcome to utilize D2L (Desire to Learn) to access power points and additional content of your choosing.

Academic integrity/student rights & responsibilities/student code of conduct:

Every RRCC student has the right to take part in incredible educational experiences. Admission to Red Rocks Community College implies that you agree to respect the rights of others to learn, grow, and achieve goals. Thus, interference with the normal process of education in the classroom or elsewhere on campus will be regarded as unacceptable conduct. Students who do not abide by the RRCC policies may be subject to disciplinary action ranging from failing an assignment up to college expulsion. In addition to providing details for the above, the Student Handbook contains a great deal of useful information about the many RRCC offices and services. You can access all this valuable information at <http://www.rccc.edu/sites/default/files/StudentLifeStudentHandbook.pdf>.

Accommodations:

ADAAA (Americans with Disabilities Act Amendments Act of 2008) and Section 504 of the Rehabilitation Act of 1973: Red Rocks Community College is committed to access for students with disabilities. If you are a student with a disability and need assistance or are interested in requesting accommodations, please contact Accessibility Services. Faculty are not obligated to provide accommodations without proper notification by Accessibility Services and accommodations are not retroactive. Students may contact the Access staff by phone or email to make an intake appointment at 303-914-6733 or access@rccc.edu.

Accessibility Services is located in Suite 1182 at the Lakewood campus. More information is available at www.rccc.edu/accessibility-services.

Thank you for joining this class because your **Grey Matter Matters!**

Syllabus Statement

I have read/reviewed the class syllabus and understand what is expected of me as a successful student enrolled in PSY 275 Sp T: Brain & Behavior.

Signature: _____

Date: _____