

PSYC 2301-PCM
INTRODUCTION TO PSYCHOLOGY

María G. Cisneros-Solís, Ph.D.

Course Syllabus



FALL 2007

DISTANCE LEARNING: PCM
INTRODUCTION TO PSYCHOLOGY
COURSE SYLLABUS

PSYCHOLOGY 2301/SYN-SECTION 09498-OPC 046
FALL SEMESTER 2007

Instructor:	Dr. María Guadalupe Cisneros-Solís
Course Title:	Introduction to Psychology
Course Abbreviation Number:	PSYC 2301
Syn. & Section Numbers:	09498 & OPC 046

Instructor's Office:	RGC Attaché Building, Room 213
Instructor's Telephone Number and email	223-3388; drmariacs@hotmail.com
Instructor's Office Hours and web page:	Wednesdays 3:30 to 5:30pm and by appointment http://austincc.edu/mcisnero
Required Text:	Psychology: Concepts & Connections, by Spencer A. Rathus; Ninth OR Tenth Edition: Thomson Learning, Inc. Publishers, 2005...or 2007.
BLACKBOARD LOG IN SITE	http://acconline.austincc.edu/.

SPECIAL INSTRUCTIONS

- THIS SYLLABUS WILL GIVE YOU ALL THE INFORMATION ABOUT THE COURSE. PLEASE READ IT CAREFULLY
- LOG ON TO BLACKBOARD (click on blue rectangle) ■ ON September 24 (you will have until October 5th) TO COMPLETE THE REQUIRED ORIENTATION.
- EMAIL INSTRUCTIONS: PLEASE BE SURE TO LIST PSYC 2301 on all the emails you sent to me.....next to PSYC 2301 write Orientation, Urgent, Contact, or Question under subject, so that I know how soon to reply and the nature of your communication (remember that I will have over 100 students, and teach 2 different classes, so please help me out so that we can communicate effectively as possible)

COURSE DESCRIPTION:

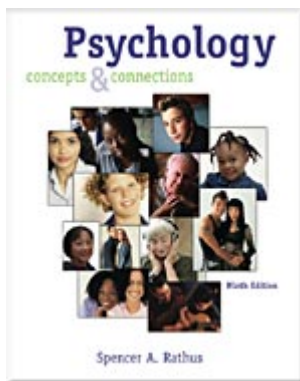
This course is a survey of introductory topics such as learning, memory, sensation and perception, personality, life-span development, physiological basis of behavior, stress and health, psychological disorders, social psychology, and research methods. Additional topics such as language development, states of consciousness, and psychotherapy may also be included as determined by the instructor. The Honors course provides a more in-depth introduction to the science and profession of psychology with emphasis on developing oral and written communication skills as they relate to the analysis and discussion of research and controversial issues in psychology.

PURPOSE OF COURSE:

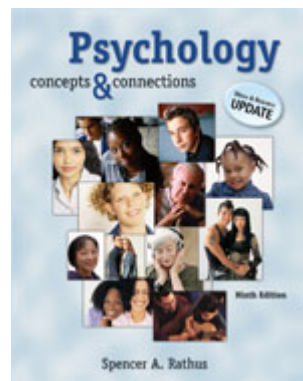
The purpose of this first course in psychology is to introduce students to the topics and issues that psychologists study, the research methods they employ, their major findings, and the ways in which psychologists apply the research findings to the solution of personal and societal problems. Also, this course provides students with the basic terminology and principles that enable them to take more advanced courses in psychology if they wish to learn more about some particular area.

INSTRUCTIONAL RESOURCES:

REQUIRED TEXTBOOK: The student will have two options for the textbook for this course....the old (9th edition) [Psychology: Concepts & Connections](#), by Spencer A. Rathus; Ninth Edition: Thomson Learning, Inc. Publishers, 2005.



OR



OR THE NEW EDITION: [Psychology - Concepts and Connections, Media & Research Update](#), by Spencer A. Rathus, Thomson Wadsworth Publishers, 9th Edition ©2008. Click [here](#) to go to the publisher's web site, where practice quizzes and electronic flash cards are provided for students. This book is available in the [ACC Bookstore](#). It is the student's responsibility to read the assigned chapters of this book in a timely manner.

OPTIONAL RECOMMENDED RESOURCES

1. [PUBLISHERS WEB SITE](#) FOR THE TEXTBOOK

Click [here](#) to go to the publisher's web site, where practice quizzes and electronic flash cards are provided for students. You will get extra credit points for using these internet activities and evaluating them (see extra credit under evaluation)

2. CONNECTIONS STUDY GUIDE BOOK FOR TEXTBOOK:

The materials in this study guide provide a chapter summary, multiple choice practice tests, critical thinking activities, etc.

3. CONNECTIONS STUDENT NOTEBOOK FOR THE TEXTBOOK:

This book is a collection of chapter outlines to help students follow and retain concepts by taking notes.

4. CONNECTIONS CD-ROM FOR THE TEXTBOOK:

The CD-ROM is free with the purchase of a new textbook and includes animations, demonstrations, quizzes, etc. If you bought a used textbook, don't worry you can use the website.

Relevant Websites:

[Library](http://library.austincc.edu/) at <http://library.austincc.edu/>

[Distance Learning](http://dl.austincc.edu) at <http://dl.austincc.edu>.

[Student's Handbook](http://www.austincc.edu/handbook) at <http://www.austincc.edu/handbook>

[Academic Testing Center Website](http://www.austincc.edu/testctr) at <http://www.austincc.edu/testctr>

COURSE OBJECTIVES:

The common course objectives or goals include the following: The student will be able to discuss representative theories, findings and/or principles concerning the following topics:

- Research Methods
- Personality
- Learning
- Life-Span Development
- Physiological Basis of Behavior
- Cognition (including Sensation, Perception, and Memory)
- Stress (as well as intellectual, social, physical and emotional health)
- Psychological Disorders
- Social Psychology

You are expected to demonstrate full knowledge and understanding of important psychological concepts and principles as well as the major theories, methods, and applications of psychology covered in the textbook and other required instructional resources. You will receive a handout containing specific learning objectives for each chapter in the textbook. Careful attention to this handout will aid your progress.

FOR A DETAILED DESCRIPTION OF SPECIFIC LEARNING OBJECTIVES THAT CAN SERVE AS YOUR STUDY GUIDE, CLICK ON THE OBJECTIVES OF MY WEBSITE FOR PSYC.2301....OR/AND UNDER COURSE DOCUMENTS IN BLACKBOARD

MAJOR TOPICS:

This course surveys the following major topics: (1) historical background and current perspectives, (2) research methodology, (3) evaluation of evidence and ethical considerations, (4) biology and behavior, (5) sensations, perceptions, and consciousness, (6) learning, memory, and thinking, (7) lifespan development, (8) personality structures, dynamics, and development, (9) social psychology: group behavior and attitude change, (10) stress and health, (11) psychological disorders, and (12) methods of therapy.

INSTRUCTIONAL METHODOLOGY & STUDENT REQUIREMENTS

The format of this course is PCM, which means it is internet based. This means that it is essential that you have internet skills and access to a computer. It is required that you log on to Blackboard as soon the semester begins and fill out your personal information under tools. In addition to reading your textbook, taking tests at the ACC testing centers, there will be some internet assignments offered as extra credit. Student requirements include internet skills, word processing skills (use WORD), and email.

COURSE ASSIGNMENTS:

As a student, you are responsible for:

1. **Log on to Blackboard. You can use the following link:**
<http://itdl.austincc.edu/blackboard/stlogin.htm>.
2. **Fill out your personal information in Blackboard under “Tools”**
3. **Complete your on-line Orientation on Blackboard**
4. **read the required textbook readings for each lesson,**
5. **consulting with the instructor at least twice during the semester via email, and,**
6. **taking three (3) objective-type, multiple-choice exams during the semester by the assigned deadline dates.**

REQUIRED EXAMS:

You are required to take **THREE objective-type (multiple choice) exams**. The three exams are each worth 100 points, or more, since I occasionally add bonus questions to the tests. Most of the tests will consist of 50 items . Therefore, to get your final score on each test just multiply the number correct times two and that will equal your score. I may surprise you on some exams and include bonus questions. If I do, just multiply the raw score (total number correct)by 2 to get your grade score (the total possible will be greater than 100 in those cases).

If you cannot meet the stated deadlines, you must contact the instructor prior to the deadline to discuss alternate dates for testing, and these late tests will need to be taken at the RGC testing center. However, check your Announcements on Blackboard first because your professor will occasionally grant general extensions for students...also listen to message on your instructor’s voicemail.

ALL EXTENSIONS ON TESTS WILL REQUIRE THAT STUDENTS TAKE THE TEST AT THE RGC TESTING CENTER.

Unusual circumstances will be taken into consideration if discussed with the instructor before these deadlines. **The instructor reserves the right to refuse any late tests**, unless the instructor had previously agreed to extend the deadline. If you did not take all three required exams, your final average will be lowered by one full letter grade or lower, depending on the number of tests missed. In addition, numerical scores for exams not taken will be zero. **There are no retests in this course.**

Exam Questions – Most of the exam questions cover the assigned readings in the textbook and are based on the **objectives or course outline (found under Course Documents in**

Blackboard). If you know the answers to all the essay questions on your Specific Course Objectives and Outline, you should do well on your exams. Try the Publishers web site to enhance your learning.

Exam Feedback – After you have completed a test, the Testing Center staff will give you a Student Feedback Form with the result of your test. It is essential that you keep this form; it is your only evidence that you took that particular test. Errors in the system are rare, but they do occur. After you have received your final grade in the course, it is safe to dispose of your Student Feedback Forms. Any duplicate exams received by the instructor will result in a score of zero for that particular item.

You may come by during my office hours or call for an appointment to go over items missed on the exam. Please allow time for your test to be returned to me by intercampus mail (may take 10 days to 2 weeks).

TESTING CENTERS:

All exams will be taken at the Testing Centers located on the Northridge, Pinnacle, Riverside, Rio Grande, Round Rock, Eastview, Cyprus Creek, Fredericksburg and San Marcos campuses. The deadline for each exam is listed in the Course Deadlines section of this syllabus. **Test permits are not required.**

[Click here for Testing Center Hours](#) . No exams will be given one hour before closing hours unless otherwise noted. Testing center hours are subject to change without notice. Please call the testing center where you wish to take your test before going in. This could save you some time and frustration. Also, particularly around deadlines and at the end of the semester, there can be a wait of an hour or more to get into the testing centers.

After you have completed a test, the Testing Center staff will give you a Student Feedback Form with the result of your test. It is essential that you keep this form; it is your only evidence that you took that particular test. Errors in the system are rare, but they do occur. After you have received your final grade in the course, it is safe to dispose of your Student Feedback Forms. Any duplicate exams received by the instructor will result in a score of zero for that particular item.

MANDATORY CONFERENCES WITH THE INSTRUCTOR:

The Texas State Coordinating Board of Education has required that for a self-paced or ITV course to be certified, instructors and students need to have at least two contacts with each other (in person, by email, or over the phone) during the semester, in addition to the required orientation session. THEREFORE, FOR A STUDENT TO GET CREDIT FOR THIS COURSE, HE/SHE MUST MAKE CONTACT, EITHER BY EMAIL, IN PERSON, OR BY PHONE, WITH THE INSTRUCTOR OR HER TEACHING ASSISTANT ON AT LEAST TWO OCCASIONS DURING THE SEMESTER. DEADLINES FOR CONTACTS ARE FLEXIBLE. You are; of course, welcome to have as many additional contacts with the instructor or her assistant as you wish.

EXTRA CREDIT: OPTIONAL ACTIVITIES: MAXIMUM NUMBER OF EXTRA CREDIT POINTS: 30 POINTS

VOLUNTEER WORK OR BONUS TEST OR EVALUATION OF PUBLISHERS WEB SITE OR DISCUSSION BOARD ON BLACKBOARD

EVALUATION OF PUBLISHERS WEB SITE: 20 POINTS

VISIT THE PUBLISHERS WEB SITE FOR THE TEXTBOOK: Click [here](#) to go to the publisher's web site

Each chapter will have activities for you to explore such as tests, crossword puzzles, flashcards, tutorials, and links. On the first chapter you will need to evaluate all of the activities on the subsequent chapters you will pick 10 of your favorite to evaluate. You will need to evaluate all the chapters for each unit of study, and receive from 5 to 10 points for each unit of study, depending on the quality of your work. There are three units of study, so you can pick 2 of the 3 or evaluate all three however only 20 points of extra credit can be given for this activity.

In order to access the information needed to complete the evaluation, see the outline format on page 13 ...last page of this syllabus.....you can email me the evaluation when finished, by the deadline.

VOLUNTEER WORK =20 POINTS

For additional points, students may complete 20 hours of volunteer work in the community. This experience has to be related to psychology and must be approved by the instructor (see attached information sheet on volunteer work). Students may also create their own extra credit project to replace community service. This project will need to be related to Psychology and must be approved by the professor of this course. The **Volunteer Log** and instructions are given at the end of your syllabus, on page 12.

BONUS TEST=20 POINTS

Students can increase their score by taking the Bonus Test on Chapter 12: Gender and Sexuality. This test will consist of 20 items and the student will receive ONE point for each correct response. However, in order to be eligible for these bonus points, the students must obtain 70% of the questions correct.

In order to access the information needed to complete the bonus test, you must log-on to [Blackboard](#), at <http://ACConline.austincc.edu>.AFTER THE SEMESTER BEGINS

Go to "COURSE DOCUMENTS" within Blackboard, and then "Bonus Test" to complete this activity. DO NOT ATTEMPT IT UNTIL YOU ARE READY TO TAKE THE TEST. BLACKBOARD WILL NOT LET YOU TAKE IT AT A LATER TIME AFTER YOUR FIRST ATTEMPT EVEN IF YOU DO NOT ANSWER ANY OF THE QUESTIONS!!!!

There are no study guides or objectives for this bonus test...so be sure and read the entire chapter comprehensively...you may want to explore some of the activities in the publishers web site on this chapter which you have found the most helpful

DISCUSSION FORUM = 15 POINTS

Contributions to a discussion focus on topics covered in the textbook before the relevant exams. Each unit of study will have options on topics you may wish to discuss. The purpose of this assignment is to share reactions and insights to the readings with other students. YOU may also choose a topic or idea from your text to discuss. The page number from your text reflecting the idea or topic needs to be noted, and then the observation is shared. Contributions are encouraged which discover something in the text which is useful, memorable, intriguing, counterintuitive, controversial, noteworthy, novel, applicable to one's own or others' lives, etc....

In any course situation that includes discussion and critical thinking, there are bound to be many differing viewpoints, especially on sensitive, controversial topics. We must respect the views of others and create an atmosphere where both the students and the instructor are encouraged to think, learn, and share information. Viewpoints that are carefully thought and expressed in an organized, orderly manner can be used to enhance learning. These viewpoints as well as any feedback or general comments must be provided in a non-offensive, respectful manner. Your course grade will not be adversely affected by the viewpoints that you may express on assignments. Instead, the grade will be based on your knowledge and understanding of concepts and principles within the specific subject area as well as their theoretical and research-based foundations and applications.

Your contribution to each topic within each unit will be worth from 1 to 5 points depending on the content of your discussion....5 points total for each unit will be given and entries must be made before the test for that specific unit of study.

In order to access the discussion unit forum, you must log-on to [Blackboard](#), at <http://ACOnline.austincc.edu>. This is **not** possible until the semester for which you are registered has actually begun. Information on user name and password is available at the log-in site. Go to "Communications" within Blackboard, and then "Discussion Boards" to participate in the Discussion Forum.. If you want to start a new topic for discussion, use the "Add Forum" button. **NOTE:** The discussions are **not** in real time. You may contribute at any hour of the day or night **prior** to the deadline.

GRADE DETERMINATION:

Your grade in this course is determined by a point system. You may accrue points toward your final grade by a combination of the Required Exams, and Extra Credit Options including the Optional Volunteer Work/Paper, Survey: Evaluation of the Publishers Web Site, Discussion Forum, and Bonus Test.

Four Required Exams: 300 points (or more when bonus questions are included on your tests)

Extra Credit: 30 Points

MAXIMUM TOTAL POINTS POSSIBLE: 330 +points

Letter grades will be assigned as follows:

90 – 100%	(270-330 +points)	A
80 – 89%	(240 – 269 points):	B
70 – 79%	(210 – 239 points):	C
60 – 69%	(180 – 209 points):	D
Lower %	(less than 180 points):	F

COURSE POLICIES

WITHDRAWAL POLICY:

A student may withdraw at any time during the semester until the withdrawal deadline without academic penalty. To withdraw from a course, simply complete the withdrawal form available at any ACC Admissions and Records office. It takes about five minutes, does not affect GPA, and looks much better on your transcript than a “D” or an “F”. **While the instructor reserves the right to withdraw a student for lack of progress in the course, the responsibility of officially withdrawing rests entirely with the student. If you stop meeting the requirements of the course and are not officially withdrawn, you will then receive a grade of “F”.** The last day to withdraw is November 26, 2007.

Adding, Dropping, or Withdrawing from a Course: Additional Information

Adding, dropping, or withdrawing from a course may affect financial aid, veterans’ benefits, international student status, or academic standing. See an advisor or counselor before making changes. **Adding or dropping a course (schedule changes):** Students may add or drop a course before open registration ends or during the session’s official schedule change (add/drops) period. See the course schedule for information on add/drops procedures, deadlines, and tuition refunds. **Withdrawing from a course: Students may withdraw from one or more courses prior to the withdrawal deadline by submitting a request form to Admissions and Records.** Withdrawal deadlines are published in the academic calendar. Withdrawal courses appear on the student’s record with a grade of W. Until a student is officially withdrawn, the student remains on the class roll and may receive a grade of F for the course. Students are responsible for understanding the impact withdrawing from a course may have on their financial aid, veterans’ benefits, international student status, and academic standing. Students are urged to consult with their advisor before making schedule changes.

Per state law, students enrolling for the first time in fall of 2007 or later at any Texas college or university may not withdraw (receive a W) from more than six courses during their undergraduate college career. Some exemptions for good cause could allow a student to withdraw from a course without having it count toward this limit. Students are encouraged to carefully select courses; contact an advisor or counselor for assistance.

INCOMPLETE:

In general, an incomplete will not be given. Exceptions to this would include verifiable cases involving hospitalization or excessive travel required by one’s employer. The instructor has the option to evaluate the severity of the student’s situation and decide if an incomplete is merited. You will need to **write a letter requesting an incomplete for either personal, health, or work related reasons, include the course information, name, telephone numbers where you can be reached, mailing address, signature** and when you believe

you can complete the course requirements (date). You can email or send to my office at RGC or mail to ACC, Dr. Maria Cisneros-Solis, 1212 Rio Grande Street, Austin Texas 78701

SCHOLASTIC HONESTY/ETHICAL CONDUCT:

“Acts prohibited by the college for which discipline may be administered include scholastic dishonesty, including but not limited to cheating on an exam or quiz, plagiarizing, unauthorized collaboration with another in preparing outside work. Academic work submitted by students shall be the result of their thought, research, or self-expression. Academic work is defined as, but not limited to tests, quizzes, classroom presentations, and homework.” (Student Handbook 2002-2003, p. 32) The instructor will be responsible for specifying the penalty that will be assessed for violation of this policy.

Students are expected to produce their own work. Plagiarism, collusion, or any other type of dishonest behavior on tests, written assignments, or other required tasks will be sufficient cause for the student to receive a zero or F on that task. Also, students may be reported to the appropriate ACC official and required to drop the course, or receive an F in the course. *Plagiarism* is the appropriating, buying, receiving as a gift, or obtaining by any means another person’s work and the unacknowledged submission or incorporation of it in one’s own work. *Collusion* is the unauthorized collaboration with another person in preparing written work for fulfillment of a course.

ACADEMIC FREEDOM/LEARNING ATMOSPHERE:

In any course situation that includes discussion and critical thinking, there are bound to be many differing viewpoints, especially on sensitive, controversial topics. We must respect the views of others and create an atmosphere where both the students and the instructor are encouraged to think, learn, and share information. Viewpoints that are carefully thought and expressed in an organized, orderly manner can be used to enhance learning. These viewpoints as well as any feedback or general comments must be provided in a non-offensive, respectful manner. Your course grade will not be adversely affected by the viewpoints that you may express on assignments. Instead, the grade will be based on your knowledge and understanding of concepts and principles within the specific subject area as well as their theoretical and research-based foundations and applications.

INSTRUCTIONAL SUPPORT SERVICES

TESTING CENTER:

[Click here for Testing Center Hours](#)

As mentioned in a previous section, students will be using the testing center for all their tests. The testing center requires a current ACC student ID in addition to a second ID with a photo. It is the student’s responsibility to check the testing center’s hours of operation.

LEARNING RESOURCE CENTER:

For the library research project, students will be using the Learning Resource Center (Library). Students will need a current ACC student ID in order to be able to check out textbooks and other instructional materials.

STUDENTS WITH SPECIAL NEEDS/OFFICE OF STUDENTS WITH DISABILITIES:

It is very important that students who have special educational needs notify the instructor as soon as possible so that the appropriate modifications in instruction and evaluation can be made. This instructor welcomes all students and is committed to making the needed modifications to ensure the student's success.

Each ACC campus offers support services for students with documented physical or psychological disabilities. Students with disabilities must request reasonable accommodations through the Office for Students with Disabilities on the campus where they expect to take the majority of their classes. Students are encouraged to do this three weeks before the start of the semester.” (Student Handbook 2002-2003, p. 14)

COURSE OUTLINE/CALENDAR TENTATIVE COURSE SCHEDULE/CALENDAR:

REQUIRED TEST SUMMARY

REQUIRED TESTS	DATE DUE	CHAPTERS COVERED
TEST 1:	10/11/07	Chapters 1, 2, 3, and 4
TEST 2:	11/8/07	Chapters 5,6,7,8, 9
TEST 3:	12/03/07	Chapters 10,11, 13,14,15,16

Summary of Course Deadlines

It is recommended that you complete the course work before the deadlines, however tests must be taken on or before the following deadlines .

Required	Optional	Deadline
Test 1	Discussion Forum Unit 1	10/11/07
	Survey: Evaluation of Web: Unit I	10/11/07
Test 2	Discussion Forum Unit 2	11/8/07
	Survey: Evaluation of Web: Unit 2	11/8/07
Test 3	Discussion Forum Unit 3	12/03/07
	Survey: Evaluation of Web: Unit 3	12/03/07
	Bonus Test	12/09/07
	Volunteer Work Paper	12/09/07
Contact #1	(by email, telephone, or in-person, during office hours)	11/13/07
Contact #2	(by email, telephone, or in-person, during office hours)	12/11/07

All extensions on tests must be taken at RGC Testing Center.

Extensions

Extensions on contacts or consultations will be easily granted, just be sure to contact me twice by phone or email letting me know how you are doing and your current scores on tests or assignments...in order to clear up any discrepancies.

Extensions on tests will usually be granted on an individual basis unless a general extension for all students is stated in my voicemail or announcements on Blackboard. If an emergency situation emerges during the semester, and the student cannot keep the above deadlines, it is the student's responsibility to contact the instructor immediately by phone so that other arrangements can be made. In some cases, there will be general extensions for deadlines on my voice mail, so listen carefully....also check your announcements on Blackboard regularly.

The professor has the option to extend or refuse to extend these deadlines, depending on the nature of the emergency or situation. **Student's who need extra time due to emergency situations will need to take all late tests at RGC by the deadline given during the instructor-student consultation.** It is important to contact the instructor for permission.

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REMEMBER TO CALL AND EMAIL ME IF AN EMERGENCY SITUATION ARISES...ALSO REMEMBER TO CHECK YOUR ANNOUNCEMENTS ON BLACKBOARD AND LISTEN TO MY VOICE MAIL FOR INFORMATION REGARDING GENERAL EXTENSIONS ON TESTS AND ALWAYS LET ME KNOW YOUR NAME, TELEPHONE NUMBER AND WHICH COURSE YOU ARE ENROLLED IN SO I CAN GIVE YOU CREDIT FOR A CONTACT.

Detailed Outline on Volunteer Work

VOLUNTEER WORK: A minimum of 20 hours is required. This extra credit work is optional. It will be worth 5 to 20 points (depending on the summary paper). No work less than 20 hours will be accepted. A log and a two-page summary are required. The summary must be typewritten and include the advantages and disadvantages of the experience, as well as how it applies to Psychology. Be sure to include the chapter and page number in your textbook where the topics or concepts which you are applying to your experience. The following outline for the time log can be used:

VOLUNTEER LOG

Date	Hours	Activity

Total Hours _____

Name of Supervisor _____

Name of Agency _____ Telephone _____

Signature of Supervisor _____

SURVEY

EVALUATION OF THE PUBLISHERS WEBSITE FOR YOUR TEXTBOOK Psychology: Concepts & Connections

List each of the activities in each of the chapters on the unit of study and then answer the following questions and rate each activity on a 5 point scale (with 1 as the lowest and 5 as the highest rating)

Remember that for the first chapter you will need to list all of the activities, and for subsequent chapters only your favorite 10. You will need to evaluate all the chapters for each unit of study, and receive from 5 to 10 points for each unit of study, depending on the quality of your work. There are three units of study, so you can pick 2 of the 3 or evaluate all three however only 20 points of extra credit can be given for this activity.

Questions to answer for each activity:

Chapter # _____ Name of the Activity _____

1. Describe the activity.
2. Overall Rating _____ Why?
3. Was it easy to access this activity?
4. Did you complete the activity? How long did you work on it?
5. What did you learn from doing this activity?
6. Rate how well it helped you on your test _____

For example:

Chapter 1:What is Psychology Activity #1:Pre-test

1. Describe the activity: This pre-test contained 10 multiple choice questions addressing.....
2. Overall Rating 4 Why? Because, I scored 100% on this pre-test after taking it 2 times.
3. Was it easy to access this activity? Yes
4. Did you complete the activity? How long did you work on it? Yes...it took me 45 minutes each time
5. What did you learn from doing this activity?
I learned the definition of psychology,, (list at least 3 concepts you learned)
6. Rate how well it helped you on your test:4 _____