UNIVERSITY of HAWAI'I
WINDWARD COMMUNITY COLLEGE
Ke Kulanui Kaiāulu o ke Ko'olau

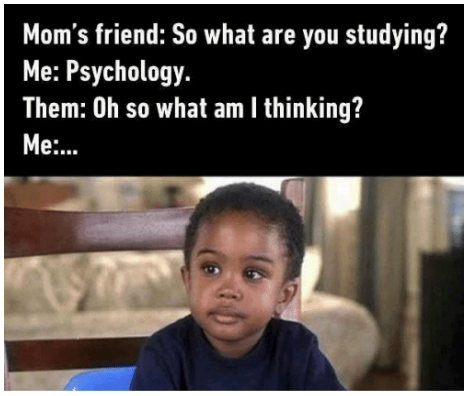
PSY 100 Survey of Psychology

Fall 2026
3 Credits, CRN: 62018
Online, Asynchronous
24 August – 18 December

Windward Community College Mission Statement

'O keia ka wā kūpono e ho'onui ai ka 'ike me ka ho'omaopopo i kō Hawai'i mau ho'oilina waiwai. Aia nō ho'i ma ke Kulanui Kaiāulu o ke Ko'olau nā papahana hou o nā 'ike 'akeakamai a me nā hana no'eau. Me ke kuleana ko'iko'i e ho'ohiki ke Kulanui e kāko'o a e ho'okumu i ala e hiki kē kōkua i ka ho'onui 'ike a nā kānaka maoli. Na mākou nō e ho'olako, kāko'o a paipai i nā Ko'olau a kō O'ahu a'e me nā hana no'eau ākea, ka ho'ona'auao 'oihana a me ka ho'onui 'ike ma ke kaiāulu — hō'a'ano a e ho'oulu i nā haumāna i ka po'okela.

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O‘ahu’s Ko‘olau region and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence



Instructor Information

Instructor: Lisamarie Bensman, Ph.D.

Email: bensman@hawaii.edu

Office Hours: By email and appointment via video chat (Google or Zoom). Email is an excellent way to get a hold of me; email anytime. I will respond within 24 hours, except on Saturdays (when I don’t check my email at all). We can also set up a time to meet in my office on campus, if you prefer that to Zoom.

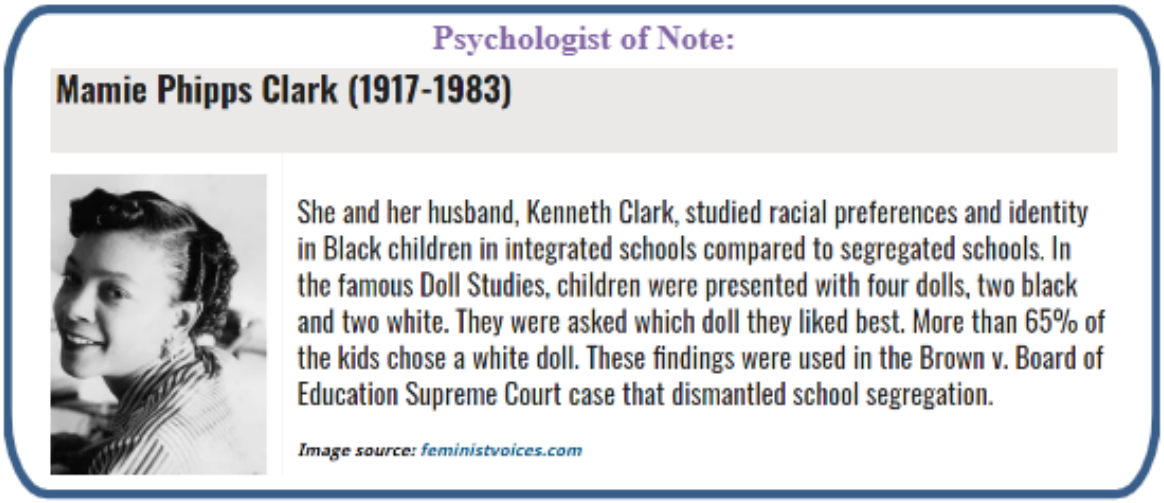
Alternate Contact Information: If you are unable to contact the instructor, have questions that your instructor cannot answer, or for any other issues, please contact the Academic Affairs Office in Alakaʻi 121 or via phone, (808) 235-7422.

Course Information

When you hear the word psychology, what comes to mind? While psychology is a popular subject, most people are not aware of the many elements contained within this scientific study of behavior and mental processes. Through this course however, you will be, as we'll survey a wide variety of the topics and approaches within psychology, providing you an idea of the breadth and diversity of the discipline. Our course is intended to increase your understanding of the relevance of psychological concepts to everyday living and to provide a basic foundation for subsequent coursework in psychology.

Catalog Description
Psych 100 is an introductory course with emphasis on principles of human behavior. Topics covered include motivation, learning, perception, emotion, development, personality, group processes, problem solving and thinking, and methods of inquiry. (3 hours lecture.)

Activities Required at Scheduled Times Other than Class Time
This is an online asynchronous course, so all assignments will be completed at times of students' choosing, provided they are submitted by assignment deadlines. There are also two required synchronous meetings with the instructor. These meetings will take place via Zoom with sign-up sheets posted on Lamakū. The first meeting is in the first two weeks of the semester and the second meeting is mid-semester.



Student Learning Outcomes
Upon completion of the course, you will be able to:

1. Recognize the study of psychology as a science.
2. Discuss the biological and environmental basis of human behavior.
3. Integrate the basic perspectives, concepts, principles, and general information comprising the field of psychology.

Required Materials
Our required materials for the course:
Spielman, R. M., Jenkins, W., & Lovett, M. (2020). *Psychology, 2nd Edition.* OpenStax CNX. April 22, 2020 https://openstax.org/details/books/psychology-2e .

We are using an OER (Open Education Resource) for this class, which means that our textbook is free! If you'd like to print our text, I recommend going to TRiO. If you'd like to read the text online, you can use the following link: https://openstax.org/books/psychology-2e/pages/1-introduction. **Each chapter covers multiple pages, so as you read each chapter, be sure to keep hitting the 'Next' button until you reach the next chapter.**

If you'd prefer a hard, bound copy of the textbook, it is available for PURCHASE (**or again, print it for FREE** in TRiO [one chapter at a time is probably best if printing on campus]).

Along with our textbook, our class lectures, and additional course materials are available on Lamakū.

Course Format

This is a 16-week, asynchronous distance learning class conducted via the internet using Lamakū, the University of Hawai'i's web-based course management system. A web-based course such as this one requires that you have computer literacy skills. **Our course also requires an electronic device,** such as a laptop or desktop, **that can open Microsoft Office (Word and PowerPoint). The course cannot be completed using a smartphone or tablet** (some, but not all of our materials may open on these devices and Lamakū can have problems registering assignments submitted via these types of devices. Save yourself a lot of aggravation by doing your work on a laptop or desktop).

Communication & Regular Substantive Interaction
Online courses at Windward Community College follow the college's RSI Definition for ensuring quality instruction.

There are several ways to communicate in this course:

- **Email:** Email anytime. I will respond within 24 hours, excluding Saturdays.

- **Zoom Meetings:** I will meet with each student individually over Zoom twice throughout the semester, once at the beginning of the semester and once at midterm. I am available for additional meetings throughout the semester (both via Zoom and in person on campus). Email anytime to request one.

I will also reach out to you regularly with course updates:

- **Announcements:** You can expect Announcements every Monday morning with a reminder about our standardized schedule for the week. I will also send assignment reminders the morning that an assignment is due (i.e. every Wednesday, Friday, and Sunday). I will also send out a notice when assignment feedback is available for any manually graded work (i.e. our Reading Checks and Chapter Activities). Please allow Lamakū notifications so that you receive them.
- **Course Content:** All of our class content is already available on Lamakū. While our course is not self-paced, you make work ahead, if you would like to do so.
- **Grades:** All feedback and grading will be given on Lamakū. Assignment rubrics are included in assignment instructions and in final grading feedback. I will grade projects according to the provided rubrics and provide customized post-assessment feedback for project work within a week of completion. A notice will be sent out when feedback is available.
- **Videos**: I provide weekly videos & notes for each course topic. These can be found in each weekly widget as the "Supplemental PP/Class lecture" for the chapter.

All course activity due dates are listed in Lamakū on the Calendar. Please check your UH email often and set your Lamakū Notifications (both email and D2L Brightspace Pulse App) to receive 4 course notices, such as grading updates, announcements, and activity reminders. I will keep our Lamakū course Grades as current as possible.

Participant Verification

Campuses are required by federal regulations to verify the participation of students in their classes. In accordance with Executive Policy 7.209, all students in the University of Hawai'i system are required to establish "participation" to ensure that they are not dropped from their

class(es). Students who fail to participate by the late registration period for a class will be administratively dropped from that class. Students may also be dropped from dependent prerequisite and/or corequisite classes if both courses do not establish participation.

Course Tasks & Grading

Because this course is conducted via the internet, our class communication, assignments, and textbook are all online and available via Lamakū (https://lamaku.hawaii.edu/d2l/login). Lamakū is WCC's online course management system (you might already be familiar with it from previous classes). On Lamakū, you will find our syllabus, class announcements, gradebook, and weekly widgets that include links to our assignments as well as our class lectures/PowerPoints. Access to Lamakū requires your regular UH school username and password. **Throughout the semester, I recommend checking Lamakū and your UH email once a day.**

You are responsible for keeping up in this class: logging in regularly to Lamakū and engaging with our content in a timely fashion is essential to your success. **No late work is accepted** (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

We have much to learn this semester and you'll demonstrate the knowledge and skills you've acquired using a variety of different formats. As you will see, you will be submitting more work for this class than you likely do for most of your face-to-face courses. Since this is an asynchronous online course, I need to be able to measure how well you are keeping up with the materials; these assignments allow me to gauge your understanding of the course material.

Reading Checks:	12 x 5 points = 60 points
Chapter Activities:	12 x 20 points = 240 points
Quizzes:	12 x 25 points = 300 points
Meetings with Professor	2 x 15 points (extra credit but required)
TOTAL:	**600 points**

Psychologist of Note:

Stanley Sue, PhD, is recognized nationally as an active contributor on issues related to minority populations and mental health. He is one of the most prominent leaders in multicultural studies (Rockwell, 2001). Sue was born in Portland, Ore., and was the third of six children born to first and second generation Chinese immigrants. He received a Bachelor's degree from the University of Oregon followed by a PhD from the University of California Los Angeles in Psychology.

Click to learn more about the Sue brothers

Our assignments follow a uniform structure. We spend one week on each chapter of our textbook. On Wednesday evening, the first assignment (the reading check) is due. This

assignment helps "get your feet wet" regarding the chapter content. On Friday evening, the second assignment (the chapter activity) is due. This assignment deepens your understanding of core chapter concepts. On Sunday evening, the final assignment (the chapter quiz) is due. This assignment gauges your mastery of the chapter material. All assignments may be submitted early, but no assignments are accepted late (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

Our class works on a mastery system. This means that it's more important that you get concepts eventually than to get them right away (although, it's awesome if you do get them right away). To this end, our class assignments and policies are all set up for you to succeed, provided you continue to put in the work. Success is obtainable even if you struggle initially or experience difficulties throughout the semester. Each week is set up with assignments of increasing difficulty and credit, so that the first assignment—when you're likely the most unsure on our content—is the least complex and worth the least amount of credit. As your knowledge grows throughout the week, so too does the complexity of and credit for our assignments. The final, and therefore most complex, assignment can be revised and resubmitted as many times as you'd like, provided you do so by the assignment deadline. As a final feature of our mastery system, we will cover 14 chapters over the semester but only your highest 12 scores in each assignment category count. This means you don't have to worry if an assignment or two doesn't go your way as you can replace that score with another score from that category. Counting only the 12 highest scores also means that when life inevitably gets in the way and makes it difficult for you to complete your work, you can simply make that an assignment you don't submit (in other words, you can miss two assignments in each assignment category with no penalty).

Reading Checks (5 points each, highest 12 scores count, 60 points total)
To encourage you to keep up with our assigned readings, for each chapter that we cover, you'll WRITE two quiz questions. One question should come from the textbook and the other question should come from the supplemental PP (a.k.a. our class lecture, which is available on Lamakū in the weekly chapter widget). Question format is up to you (multiple choice and true/false are great go-to options). Provide the question, the answer options, the correct answer, and indicate where you found this information. For example:

1. Who is considered the founding father of psychology?
    a. Sigmund Freud

b. John Watson
c. B.F. Skinner
d. Wilhelm Wundt

*the correct answer is D; answer can be found on slide 6 of the supplemental PP

The questions that you write will go into a question bank for next semester's students to answer, so please be thoughtful and clear. Also, feel free to write in your own voice (i.e. formal/stiff/academic writing isn't necessary, unless you'd like to use it). 'Own voice' includes the option to write in Pidgin (please note somewhere in your submission that you're writing in Pidgin). If you choose this option, you'll be allowing future semesters of students the chance to answer quiz questions in Standard English or Hawaiian Pidgin, per their choosing.

Questions are submitted to the 'Assignments' tab on Lamakū. Together these two questions are worth 5 points (please see assignment on Lamakū for grading rubric), with partial credit available.

There are 14 reading checks throughout the semester and your highest 12 scores count, so you can skip two checks without any negative impact on your final grade. No need to tell me which reading checks you're skipping; just don't do them. Reading checks are due on Wednesdays. They may be submitted early (if the chapter is available under the 'Assignments' tab on Lamakū, go for it), but not late. Late reading checks are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

Psychologist of Note:

Reiko True

Born in Japan, she attended university in Tokyo, one of only 3 women in a class of 80. She remains passionate about equal access to mental health care and lobbied to create the first mental health center in California to serve Asian Americans. She then led the center, ensuring staff were trained in Asian languages and culture.

Image source: apa.org

Chapter Activities (20 points each, highest 12 scores count, 240 points total)
For each chapter, you will complete an activity related to that topic. Activities vary chapter to chapter; for example, one week you might complete a short experiment, another week watch and review a film, and yet another week you might contribute a discussion post to our class discussion board, but all activities will draw on the posted supplemental PP (i.e. our class lecture) content for that chapter. Additionally, all activities are submitted through Lamakū. Details on each individual activity (complete with grading rubrics and examples from previous students) are available on our Lamakū in the weekly widgets. Regardless of the specific activity, your submission should make use of the information from the textbook, supplemental PP (a.k.a the class lecture), and any additional posted materials, be thoughtful and thorough, and when responding to a discussion post, build on the responses of fellow students.

There are 14 chapter activities throughout the semester and your highest 12 scores count, so you can skip two activities without any negative impact on your final grade. No need to tell me which activities you're skipping; just don't do them. Activities are due on Fridays. They may be submitted early, but not late. Late activities are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

Chinese gymnast Zhou Yaqin reaction to the Italian gymnast podium celebrations

Quizzes (25 points each, highest 12 scores count, 300 points total)
For each chapter, you will complete a quiz through Lamakū. The quizzes are open-book, open-notes but should be entirely your own work. **The quizzes work on the mastery system, so you can take them as many times as you would like until the assignment deadline.** The computer will record your highest score, so there's no harm in trying a quiz multiple times (your score can't get lower but can improve). Each quiz is worth 25 points. There are 14 quizzes throughout the semester and your highest 12 scores count, so you can skip two quizzes without any negative impact on your final grade. No need to tell me which quizzes you're skipping; just don't do them. Quizzes are due on Sundays. They may be submitted early (if the chapter is available on Lamakū under the 'Quizzes' tab, go for it), but not late. Late quizzes are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

Meetings with Professor (Required to pass the course)
To ensure that this is a successful semester for you, we will meet individually twice throughout the semester. Each meeting is 15 minutes long. There will be a link on Lamakū for you to sign-up for a day and time that works for you.

The first meeting, a Meet & Greet, will take place between 24 August – 6 September (required to pass the course but also worth 10 points of extra credit).

The second meeting, the Mid-Semester Check-In will take place between 19 – 25 October (required to pass the course but also worth 15 points of extra credit).

Late Work/Assignment Policies
Late assignments are not accepted, except in cases of serious documented emergencies with written verification of the extenuating medical, legal, or other qualifying circumstances. The determination of a qualified emergency is made by me; please contact me as soon as you anticipate or experience a problem.

There are two exceptions to this policy: Late passes and Mulligans (do-overs).

1. **Late passes:** Each student gets three late passes to turn in an assignment late. Each late pass buys an extra week (seven days) after its due date to submit the assignment. To use a late pass on a reading check or activity, simply email me your assignment by the late pass deadline. To use a late pass on a quiz, email me to say you'd like to use a late pass on the quiz and I'll reopen the quiz for you on Lamakū.
2. **Mulligans (do-overs):** Each student gets three Mulligans (do-overs). A Mulligan (do-over) allows a student to revise and resubmit a previously submitted assignment. For example, if you miss the mark on a chapter activity, you could revise your work and resubmit. Mulligans can be used within one week (seven days) of the graded assignment being returned. To use a Mulligan, email me to say you'd like to use it and I'll let you know how to resubmit the work.

Psychologist of Note:

Jennifer Eberhardt

Her research shows how subliminal images activate racial stereotypes, changing what and how people see. She investigates the largely unconscious yet deeply ingrained ways that individuals racially code and categorize people, with a particular focus on associations between race and crime. She uses these findings to raise awareness about stereotypes in the criminal justice system and in education. In 2014, she received a MacArthur Foundation award for her groundbreaking work.

Image source: www.macfound.org

AI Use
AI use is NOT permitted in any way for this course. The purpose of our class is for you to learn our class content and develop skills that will help you in future courses and your career. This is the time to practice your critical thinking and writing, as well as test your understanding of our class concepts, but this can only be done by actually working with our material yourself. Our class is the time to make mistakes and engage in a productive struggle. This is a supportive environment focused on growth and progress rather than solely the end product. Skipping this

opportunity for learning by using AI wastes your time and money and will leave you unprepared for future work. Plus, your thoughts are way more interesting and valuable than anything AI can come up with.

To discourage the use of AI (which, again, is not permitted in any capacity), for both the Reading Checks and chapter activities, you will need to provide the page/slide numbers of all cited content. If these numbers don't align with our materials, no credit will be earned for the assignment. Should this not alleviate the AI usage in our course, we will switch to a system wherein screenshots of all cited materials are required.

Extra Credit

At this point, in addition to the mandatory two meetings with me (which come with extra credit points), 3 optional extra credit opportunities are anticipated for the semester. Most are available now and due in the first week of the course:

1. Syllabus quiz. Taken on Lamakū. Worth up to 5 points. Due 30 August.
2. Introduce yourself to the class using Lamakū's discussion board. Worth up to 2.5 points. Due 30 August.
3. Meet and Greet with instructor. With online classes, it can be easy to feel you're all alone in your learning process, but you're not. I'm in it with you so let's get to know one another. Sign up for a quick, 10-minute one-on-one introduction with me. **This meeting is REQUIRED but also worth 10 points of extra credit.** The sign-up sheet is available on Lamakū. Due 6 September
4. Mid-semester survey. Worth 2 points. Complete between 19 – 25 October.

5. Mid-semester check-in with instructor. **This meeting is REQUIRED but also worth 15 points of extra credit.** The sign-up sheet will be available on Lamakū.Complete between 19 – 25 October.

IMPORTANT NOTE:
Please do NOT wait until the last day to do your work because all kinds of problems (especially technological ones) can happen. This is a reality of online courses. If you experience problems near the deadline and miss submitting the work, your grade will be recorded as a zero (if you have a late pass remaining, you could then choose to still submit the work, but if you are out of late passes, you'd be out of luck).

Thank you for reading the syllabus so carefully. If you email me a picture of a llama anytime through Sunday, 30 August you'll earn 5 points of extra credit.

Course Content/Schedule (tentative & subject to change)

Week	Dates	Topic	Assignment Due
1	24 – 30 Aug.	Orientation	Familiarize yourself with our course and Lamakū; download textbook; do optional extra credit; have mandatory Meet & Greet
2	31 Aug. – 6 Sept.	Introduction to Psychology	W, 2 Sept.: Reading Check F, 4 Sept.: Activity Su, 6 Sept.: Quiz **Su, 6 Sept.: Last day for Meet & Greets**
3	7 – 13 Sept.	Psychological Research	W, 9 Sept.: Reading Check F, 11 Sept.: Activity Su, 13 Sept.: Quiz
4	14 – 20 Sept.	Biopsychology	W, 16 Sept.: Reading Check F, 18 Sept.: Activity Su, 20 Sept.: Quiz
5	21 – 27 Sept.	Sensation & Perception	W, 23 Sept.: Reading Check F, 25 Sept.: Activity Su, 27 Sept.: Quiz
6	28 Sept – 4 Oct.	Learning	W, 30 Sept.: Reading Check F, 2 Oct.: Activity Su, 4 Oct.: Quiz
7	5 – 11 Oct.	Thinking & Intelligence	W, 7 Oct.: Reading Check F, 9 Oct.: Activity Su, 11 Oct.: Quiz
8	12 – 18 Oct	Memory	W, 14 Oct.: Reading Check F, 16 Oct.: Activity Su, 18 Oct.: Quiz
9	**19 – 25 Oct.**	**Cognitive Processing Week**	**Required Mid-Semester Check-in with Lisamarie via Zoom**
10	26 Oct. – 1 Nov.	Lifespan Development	W, 28 Oct.: Reading Check F, 30 Oct.: Activity

			Su, 1 Nov.: Quiz
11	2 – 8 Nov.	Emotion & Motivation	W, 4 Nov.: Reading Check
			F, 6 Nov.: Activity
			Su, 8 Nov.: Quiz
12	9 – 15 Nov.	Personality	W, 11 Nov.: Reading Check
			F, 13 Nov.: Activity
			Su, 15 Nov.: Quiz
13	16 – 22 Nov.	Social Psychology	W, 18 Nov.: Reading Check
			F, 20 Nov.: Activity
			Su, 22 Nov.: Quiz
14	23 – 29 Nov.	Stress, Lifestyle, & Health	W, 25 Nov.: Reading Check
			F, 27 Nov.: Activity
			Su, 29 Nov.: Quiz
15	30 Nov. – 6 Dec.	Psychological Disorders	W, 2 Dec.: Reading Check
			F, 4 Dec.: Activity
			Su, 6 Dec.: Quiz
16	7 – 13 Dec.	Therapy & Treatment	W, 9 Dec.: Reading Check
			F, 11 Dec.: Activity
			Su, 13 Dec.: Quiz

Assigned work is due by 11.59 p.m. on the date it is listed. Beyond the late passes, late work is not accepted, excepting documented, qualified emergencies (as determined by me, see course policy below).

> My therapist taught me to interrupt my anxious thinking with thoughts like: "What if things work out" and "What if all my hard work pays off?"
>
> So, I'm passing that onto you wherever you are, whatever you're leaving, or whomever you're becoming.
> — Sinclair P. Ceasar III (@Sinclair_Ceasar) April 11, 2018

Grade Tracker

You're spending your valuable time and money on this course, so let's make sure that you are on course for success. Using this grade tracker sheet, you can always be aware of your grade in our course. Simply fill in your scores as you earn them.

Grade Tracker:

Reading Checks

Intro to Psych = _____/5 points
Psychological Research = _____/5 points
Biopsychology = _____/5 points
Sensation & Perception = _____/5 points
Learning = _____/5 points
Thinking & Intelligence = _____/5 points
Memory = _____/5 points
Lifespan Development = _____/5 points
Emotion & Motivation = _____/5 points

Highest 12 of 14 Scores = ____/60 points

Personality = _____/5 points
Social Psych = _____/5 points
Stress, Lifestyle, Health = _____/5 points
Psychological Disorders = _____/5 points
Therapy & Treatment = _____/5 points

Chapter Activities

Intro to Psych = _____/20 points
Psychological Research = _____/20 points
Biopsychology = _____/20 points
Sensation & Perception = _____/20 points
Learning = _____/20 points
Thinking & Intelligence = _____/20 points **Highest 12 of 14 Scores = ____/240 points**
Memory = _____/20 points
Lifespan Development = _____/20 points
Emotion & Motivation = _____/20 points
Personality = _____/20 points
Social Psych = _____/20 points
Stress, Lifestyle, Health = _____/20 points
Psychological Disorders = _____/20 points
Therapy & Treatment = _____/20 points

Quizzes

Intro to Psych = _____/25 points
Psychological Research = _____/25 points
Biopsychology = _____/25 points
Sensation & Perception = _____/25 points
Learning = _____/25 points
Thinking & Intelligence = _____/25 points **Highest 12 of 14 Scores = ____/300 points**
Memory = _____/25 points
Lifespan Development = _____/25 points
Emotion & Motivation = _____/25 points
Personality = _____/25 points
Social Psych = _____/25 points
Stress, Lifestyle, Health = _____/25 points
Psychological Disorders = _____/25 points
Therapy & Treatment = _____/25 points

Point Total:

_____ + _____ + _____ + _____ = _____
Reading Checks | Chapter Activities | Quizzes | Extra Credit | Point Total

Total Points = _____ /600 points

Final Course Grades:

A = 600.0 – 540 points [percentage of 90 – 100%]

B = 539.9 – 480 points [percentage of 80 – 89.9%]
C = 479.9 – 420 points [percentage of 70 – 79.9%]
D = 419.9 – 360 points [percentage of 60 – 69.9%]
F = Below 360 points [percentage of 0 – 59.9%]

To figure out your grade at any point during the semester, total up all the points you've earned up until thus far and use this formula:

(Points earned ÷ Points possible thus far) x 100 = Current grade

For example, say it's partway through the semester and you've earned 179 points thus far and there have been 200 points available. You would take 179 ÷ 200, which equals .895, and then multiply .895 by 100, which equals 89.5%. Using the above grade breakdown, we'd see that a percentage of 89.5 means that your current grade would be a 'B'.

Psychologist of Note:

Richard Suinn, PhD, obtained a bachelor's degree from the Ohio State University and his doctorate in counseling psychology from Stanford University. He was the third ethnic minority and the first Asian-American president of the American Psychological Association when elected in 1999. Previous to serving in this leadership role, Dr. Suinn was very involved in APA governance. He was one of the first members of the Committee on Ethnic Minority Affairs in 1979.

Suinn has conducted extensive research in the areas of sport psychology, behaviors and ethnic minority issues. Much of his career was spent at Colorado State University as a professor and department chair. During his time there, he established a program that served to recruit and retain ethnic minority students. He was involved in the early establishment of the Asian American Psychological Association and in 1972, became the first psychologist to serve on a U.S. Olympic sports medicine team. Additionally, he has served as city councilperson and mayor of the city of Fort Collins, Colo.

Academic Integrity

Work submitted by you must be your own work. The work of others should be explicitly marked, such as through the use of quotes or summarizing with reference to the original author. **In this course, students are not permitted to use generative Artificial Intelligence (AI) applications such as ChatGPT, Bard, or Bing, in whole or in part, to generate course materials or assignments.** Grammar and spell checking tools such as those integrated into MS Word may be used. If you have any questions about whether a particular tool or specific use is permitted, check with the professor.

I take academic dishonesty, plagiarism, and cheating very seriously. If I think you have committed academic dishonesty, plagiarized (intentionally or unintentionally) or cheated, you will earn a zero for that assignment, no exceptions. A second instance of either will result in failure of the course (i.e. two instances of plagiarism, two instances of cheating, or one instance of plagiarism and one instance of cheating).

All cases of academic dishonesty, plagiarism, and cheating are referred to the Vice Chancellor for Student Affairs.

Windward CC Student Conduct Information

UH System Student Conduct Policy EO 7.208

Student Responsibilities

This class is designed for you to succeed, even if you experience struggles throughout the semester, provided you stick with it and keep submitting assignments.

To encourage you to keep up with our assignments and to keep class fair for all, we have the following **Late Work Policy:** Beyond the late passes, late assignments are not accepted, except in cases of serious documented emergencies with written verification of the extenuating medical, legal, or other qualifying circumstances. The determination of a qualified emergency is made by me; please contact me as soon as you anticipate or experience a problem.

I strongly uphold the University of Hawai'i's non-discrimination policy in my class. Any discriminatory acts or language on the basis of race, religion, sex, gender, gender identity, age, national origin, ancestry, disability, or sexual orientation will NOT be tolerated. We will maintain our online classroom as a safe environment for all. Please review our Hawai'i-Style Netiquette, which blends the values of ALOHA with approaches to how we should treat each other online.

I am here to help you succeed in this course. Please don't hesitate to email me, reach out to schedule a video chat, or stop by my office if you have any questions, concerns, or problems. At any point in the semester, if you have concerns about our class that you would prefer not to discuss with me, an alternative contact for any concerns is wccaa@hawaii.edu.

How to Seek Academic or Technical Support

Academic Support

- Windward Community College Library
- Library eResources
- Library Research Units (LRUs)
- Ka Piko Tutoring Services: Math Lab, Speech Lab, Writing Lab, 'Ōlelo Hawai'i Lab
- Online Learning at Windward Community College

- STAR Balance

Technical Support

- UH ITS Help Desk – email help@hawaii.edu or call 956-8883 (or 1-800-558-2669) for Lamakū and most technology support. Available 24 hours a day, 7 days a week, including holidays.
- Student Tech Support - email winhelp@hawaii.edu, call 808-235-7437, or stop by in person at Hale La'akea 228. Available Monday–Friday from 8:00 am–4:00 pm.
- Lamakū – Click on the Request Assistance link at the bottom of any Lamakū Page to fill out and submit a question and get your answer via email.
- Information Security for Students

Psychologist of Note:

2. FRANCIS CECIL SUMNER (1895-1954)

Contributions: First African American to receive his Ph.D. in Psychology. Helped establish the psychology department at Howard University to train African American Psychologists. Sumner completed vast amount of research which counteracted racism and bias in psychological studies of African Americans. Some of his students went on to becoming leading psychologist in their own right, for example Kenneth Clark.

College Policies & Support Services

Disabilities Accommodations Statement

The Windward Community College's Disability Student Services Office (WCC-DSSO) is committed to providing equal access to qualified students with disabilities. If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to participate fully in this class, you are encouraged to contact the Disability Specialist Counselor, Roy Inouye, to discuss reasonable accommodations that will help you succeed in this class. The Disabilities Counselor can be reached at 808-235-7448, wccdsso@hawaii.edu, or stop by the office (Hale Kako'o 105) for more information. Accommodations begin AFTER the Disabilities Counselor contacts the instructor (i.e. accommodations are not retroactive).

Basic Needs

Basic needs include food and housing, childcare, mental health, financial resources, and transportation. Student basic needs security is critical for ensuring strong academic performance, persistence and graduation, and overall student well-being. If you or someone you know is experiencing basic needs insecurity, please see the UH System Basic Needs website.

Mental Health Counseling
Mental Health and Wellness at Windward Community College counseling services and activities on campus to support students' life goals as well as their academic goals. Information about services can be found at the WCC Mental Health & Wellness.

Psychologist of Note:

Martha Bernal (1931-2001)

The first Latina to earn a PhD in psychology in the United States, she studied ethnic identity and made clinical training more relevant for minorities. She also mentored Latino/a psychologists and founded the National Hispanic Psychology Association.

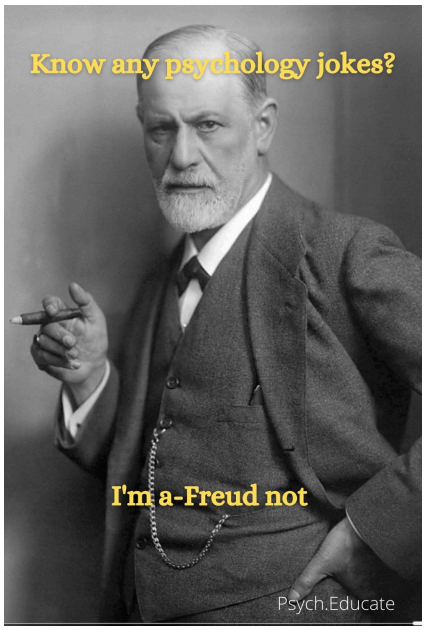
Image source: palantelatino.com/

UH Alerts
The UH Alert emergency notification system alerts the university community in the event of a natural, health or civil emergency. The information you provide will only be used in the event of an emergency that impacts the health and safety of the UH community or the closure of whole campuses. It will not be shared with others or used for routine UH communications or announcements. To sign up, visit UH Alerts for more information.

Financial Aid
If you are receiving financial aid and are contemplating not completing the course it is highly recommended that you contact the Financial Aid Office at (808) 934-2712 or email them at wccfao@hawaii.edu ***BEFORE*** you withdraw to discuss the impact this decision may have on your financial aid eligibility.

LGBTQ+
The University of Hawai'i system and Windward Community College are committed to building an inclusive community that supports and advocates for all students, staff, and faculty. We welcome all members of our campus community to our campuses: transgender, māhū, and people of all gender identities. All members of our campus community deserve a work and educational environment free from harassment or bullying based on their sexual orientation, gender identity, or expression. For more information, see the University of Hawai'i Commission on LGBTQ+ Equality. Windward Community College Commissioner: Scott Sutherland, scottjks@hawaii.edu

Student Conduct Code
Windward Community College follows the University of Hawai‘i Code of Student Conduct which defines expected conduct for students and specifies those acts subject to University sanctions. Students should familiarize themselves with the Code of Student Conduct since, upon enrollment at Windward Community College, the student has placed herself/himself under the policies and regulations of the University and its duly constituted bodies. The disciplinary authority is exercised through the Office of the Vice Chancellor for Student Affairs. Copies of the Student Conduct Code are available at the Office of the Vice Chancellor for Student Affairs.



TRiO Program
The Federal TRiO Programs are educational opportunity outreach programs designed to motivate and support students from disadvantaged backgrounds. TRiO includes six outreach and support programs targeted to serve and assist low-income, first-generation college students and students with disabilities in progressing through the academic pipeline from middle school to post-baccalaureate programs. Information about services can be found at Windward CC TRiO.

Title IX - Sex Discrimination And Gender-Based Violence Resources
Windward Community College is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. If you or someone you know is experiencing any of these, WCC has staff and resources to support and assist you. To report an incident of sex discrimination or gender-based violence, as well as receive information and support, please contact one of the following:

Kalaiku Stephenson, WCC Confidential Advocate
Phone: (808) 235-7383
Email: kalaikus@hawaii.edu
Office: Hale Kākoʻo 103

Mykie E. Menor Ozoa-Aglugub, J.D., Title IX Coordinator
Phone: (808) 235-7468
Email: mozoa@hawaii.edu
Office: Hale Kākoʻo 109

Desrae Kahale, Mental Health Counselor & Confidential Resource
Phone: (808) 235-7393
Email: dkahale3@hawaii.edu
Office: Hale Kākoʻo 101

Karen Cho, Deputy Title IX Coordinator
Phone: (808) 235-7404
Email: kcho@hawaii.edu
Office: Hale ʻAlakaʻi 120

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, the University's Title IX resources, and the University's Policy, Interim EP 1.204, go to https://www.hawaii.edu/titleix