

PSYCHOLOGY through LITERATURE
Sierra Nevada College – Donna Axton, instructor
Fall 2015

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| Course Code | PSYC 384/ENGL 384, Section 1 |
| Course Title (Credits): | Counseling and Clinical Psychology |
| Term & Year: | Fall 2015 |
| Course Ref. No. (CRN): | 80257/ 80289 |
| Instructor: | Donna Axton |
| Phone(s): | X7586 or 775-881-7586 |
| Email: | daxton@sierranevada.edu |
| Office: | David Hall 103 |
| Office Hours: | Tuesday- Thursday 1-2 and by Appointment |
| Class Meeting Time: | Monday & Wednesday, 11:30-12:45 |
| Location: | Prim Library 213 |
| Prerequisites: | PSYC 101 – Introduction to Psychology ENGL 101 – English Or permission of Instructor. |

COURSE DESCRIPTION:

This is a 3 credit course. Study of psychological types, principles, and approaches as illustrated and interpreted in short stories, plays and poetry. Topics include mental illness, perception, motivation, child development, and interpersonal relating.

STUDENT OUTCOMES

Upon completion of this course, a student will be able to

1. Be able to identify and understand psychological terms, issues, and processes revealed through literature.
2. Appreciate the narrative function of psychological conflict and resolution
3. Sympathetically observe the lives of others and become enriched through the analysis of their motives and drives, hopes and fears, loves and hates.
4. Enter the writer/artist's world, and relate this to their own human experience
5. Delineate accepted and unaccepted attitudes as they relate to the culture of the time and be able to trace the consequences of these mores.
6. Understand motivation, values, personality types, and roles in the context of human experience.
7. Reflect on their own psychological issues with compassion and understanding
8. Enrich their own creative writing with a deeper understanding of life and art.

METHODS OF ASSESSING STUDENT OUTCOMES

1. Homework based on assigned readings
2. Tests and exams
3. In-class projects
4. Class discussion and participation
5. Presentations

PRIM LIBRARY RESOURCES

Using the library's resources effectively (not just Internet resources) contributes to developing each of SNC's core themes by exposing students to high quality academic resources, diverse opinions, new ideas, and a future that includes building on a liberal arts education. In this course, you will be expected to utilize the library's resources (either on-site or remotely) as you complete your assignments.

Prim Library Resources include

1. Lib Guides: <http://libguides.sierranevada.edu/psychology>. These web pages have been compiled to highlight specific resources in psychology. Tabs indicate Prim library information regarding books, articles, websites, citations, and general interest psychology information.
2. Introduction to Prim Library website – <http://libguides.sierranevada.edu/library>
3. Books (to be checked out):
 - a. In general, books related to psychology have Library of Congress Classification numbers can be found in the BF and RC sections. Search the Prim Library Catalog using key words related to the topic that you are researching.
 - b. In general, books related to literature have Library of Congress Classification in the P section(P, PA, PB etc). However, you will find books related to our course with other LCC numbers, so search the Prim Library Catalog using key words related to your project or paper topic.
4. Electronic databases (for peer-reviewed research articles, reviews, newspaper and magazine articles): Electronic databases include EBSCO,PROQUEST, CQ Researcher and more. Electronic databases most likely to include articles on psychology topics are EBSCO: Academic Search Premier, and PsycInfo. To access electronic databases off campus, use your first initial and your last name as the username and your 9 digit student ID number as the password.
5. Hardcopy periodicals: Prim Library has current subscriptions for a few academic psychology journals; however, many full-text articles are available through the electronic databases.

Sanctions for Cheating and/or Plagiarism**The Honor Code**

The faculty of SNC believes students must be held to high standards of integrity in all aspects of college life in order to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

Consequences of Violating the Student Honor Code

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student's academic record.

1st Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

2nd Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

3rd Offense: Student is expelled.

ADA Accommodations

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, hconover@sierranevada.edu, office in Prim Library: PL-304.

The SNC Email System

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

The Sierra Nevada College Mission Statement:

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

The Core Themes:

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| Liberal Arts | Professional Preparedness |
| Entrepreneurial Thinking | Sustainability |

Course Outline and Assignments

WEEK 1

Monday, August 17 - **Overview of course content, activities, goals, and learning objectives; Important psychological themes in literature.** .

Wednesday, August 19 – **Relationship between psychology and literature**
Function of folk tales, fairy tales in psychological insight

WEEK 2

Monday, August 24 – **The Brain**

Due Today: “In the House of Double Minds” by Silverberg

Wednesday, August 26 – **Cognition**

Due Today: Excerpts from Leaving Time” by Picault

WEEK 3

Monday, August 31 - **Perception**

Due Today: “Sphinx” by Poe

“ All the Sounds of the Rainbow” by Spinnad

Wednesday, Sept 2 – **Learning and Conditioning**

Due Today: “Learning Theory” by McConnell

Excerpts from Brave New World

WEEK 4

Monday, September 7 – NO CLASSES – LABOR DAY

Wednesday, September 9 - **Altered States of Consciousness**

Activity: see parts of the film Altered States

WEEK 5

Monday, September 14- **Dreams and the Unconscious**

Literature that elucidates the dream world. Becoming aware of your own personal dreamscape

Wednesday, September 16 – **Love as savior**

Due Today: Song lyrics assignment

WEEK 6

Monday, Sept 21 – **Love as tormenter**

Due Today: Song lyric Assignment
Excerpt from “Big Little Lies”

Wednesday, September 23 – **Childhood lessons**

Due Today: excerpts from Winnie the Pooh by Milne
Other children’s literature

Activity: see part of film Winnie the Pooh

WEEK 7

Monday, September 28 - **Aging and Attitudes towards death**

Due Today: excerpt from The House of Many Rooms by White
Insights from Shakespeare

Activity Cocoon

Wednesday, September 30 -

Due Today: I

WEEK 8

Monday, October 5 – REVIEW FOR MID TERM

Wednesday, October 7 - MIDTERM

WEEK 9

Monday, October 12

Activity: see film The Lathe of Heaven

Wednesday, October 14 - **Neurosis – obsessive-compulsive**

Due Today: “Pnin” by Nabokov

WEEK 10

Monday, October 19 - **Neurosis – reaction formation and repression**

Due Today: “A Rose for Emily” by Faulkner

Wednesday, October 21 – **Neurosis – phobia**

Due Today: “Silent Snow, Silent Snow” by Aiken

WEEK 11

Monday, October 26 – **Developmental issues/Autism**

Due Today Readings from Temple Grandin’s books

Activity: see film A Mother’s Courage

Wednesday, October 28 - **Psychosis**

Due Today: “The Yellow Wallpaper” by Gilman

Activity: see film Madness

WEEK 12

Monday, November 2 – **Psychological therapy**

Due Today: “The Sacred Table” by Worsley

Wednesday, November 4 – **Therapy gone wrong**

Due Today: “Christlings” by Techner

“Diary of a Rose” by LeGuin

Activity: see part of film One Flew Over the Cuckoo’s Nest

WEEK 13

Monday, November 9- **Healing and Fulfillment**

Activity: see film Separate Tables

Wednesday, November 11 – NO CLASS – VETERANS’ DAY

WEEK 14

Monday, November 16 – **Introversion/Extraversion**

Due Today Excerpt from Thoreau

Excerpt from “Quiet”

Wednesday, November 18

Due Today: Student Projects

THANKSGIVING RECESS: November 23-27

WEEK 15

Monday, November 30– Student Projects

Wednesday – December 2

Review for Final

Monday – December 7th – Study Day – No Classes

FINAL EXAM – Tuesday, December 8 – 3-6pm