

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

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:	<a href="mailto:daxton@sierranevada.edu">daxton@sierranevada.edu</a>
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

This class will utilize lectures, small group work, assigned readings, written assignments, presentations.

## CLASS REQUIRMENTS

Written assignments: You will be asked to answer questions about the assigned reading. The material of the more personal papers is confidential. All written assignments will be graded on content, organization, completeness and correct grammatical style. Late assignments will be given partial credit – you will lose 1 point out of 15 for each day you are late turning in the assignment.

Exams: Exams will be developed by the instructor, with input from the class, and both midterm and final exams will have a "take home" component to allow students to demonstrate their acquisition of knowledge through thoughtful completion of exam questions. There will also be a closed-book component of the exam that will be given in class.

Class attendance and participation	300 points
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Each class is worth -      5 points attendance  
    5 points prepared and intelligent participation

Exams	300 points
Midterm	100 points
Midterm take-home essay	50 points
Take-home Final	50 points
In-class final	100 points

A	920 - 1000	C	720 - 779
A -	900 - 919	C -	700 - 719
B +	880 - 899	D +	680 - 699
B	820 - 879	D	620 - 679
B -	800 - 819	D -	600 - 619
C +	780 - 799	F	Below 600

## PRIM LIBRARY RESOURCES

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**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.

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**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.

- 1<sup>st</sup> 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.
- 2<sup>nd</sup> 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.
- 3<sup>rd</sup> 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](mailto: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:**

Liberal Arts	Professional Preparedness
Entrepreneurial Thinking	Sustainability

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## 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

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**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

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**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 7<sup>th</sup> – Study Day – No Classes

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