



TEXAS A&M UNIVERSITY SAN ANTONIO

Spring 2026 Syllabus January 20 - May 12
General Psychology Psyc 2301.003 CRN 25563
Tuesday & Thursday – 11:00 to 12:15 pm
STEM 131

Gentle Reminder:

Given that our Final Study day is on May 5th
our last class meeting is Thursday April 30th

INSTRUCTOR:

Brenya Buchalski, MA, JD.

COMMUNICATION PLAN

Email is the method of communication with me:

I do not access any other form of communication

I will make an active effort to respond to class-related email queries within 24 hours. Therefore, **use the email information given above - not the WebCT email system).**

Contact information:

E-Mail Bbuchalski@tamusa.edu

Student Office Hours: Zoom per appointment

Class Location: STEM

Appointments for zoom office hours are preferred; there might be days for which I have to leave early.

If I have to be away, I can contact you if you've made an appointment.

You may also make appointments for other times outside office hours.

Textbook. Intro Book reference: OpenStax College, Psychology. Link to FREE textbook: <https://openstax.org/details/books/psychology-2e>

Recommended Reference Material (NOT required):

APA Manual (7th edition). American Psychological Association (2019). APA College Dictionary of Psychology. Washington, DC: Author. ISBN: 978-1-4338-0433-5

About the Instructor:

I have over 30 years of experience working with multiculturally diverse individuals and families within the fields of: Law, Criminal Justice and Psychology

As a Clinician I have also served Military Veterans and also Foreign Nationals from many countries

I have been blessed to be a Practitioner and also serve as both a Part time and also a full time professor since 1986

Course Description:

From the catalog:

Students will be introduced to the broad field of psychology. Subfields will be explored. Students will explore job opportunities and opportunities for advanced degrees. Topics may also include scientific methods, research, reading scientific articles, ethics, critical thinking, the A&M-SA degree plan, and goal setting.

Prerequisite: PSYC 2301

Student Learning Outcomes:

Student learning outcomes are based on the Specific Learning Objectives from APA Guidelines for Psychology Majors: <http://www.apa.org/ed/precollege/about/psymajor-guidelines.pdf>

In this class, the following student learning outcomes are expected:

1.1 Describe key concepts, principles, and overarching themes in psychology

1.3 Describe applications of psychology

1. **Use scientific reasoning to interpret psychological phenomena**
2. **Demonstrate psychology information literacy**
3. **Engage in innovative and integrative thinking and problem solving**

2.5 Incorporate sociocultural factors in scientific inquiry

1. **Apply ethical standards to evaluate psychological science and practice**
2. **Build and enhance interpersonal relationships**
3. **Adopt values that build community at local, national, and global levels**

1. **Demonstrate effective writing for different purposes**

2. **Exhibit effective presentation skills for different purposes**

3. **Interact effectively with others**

1. **Apply psychological content and skills to career goals**

2. **Exhibit self-efficacy and self-regulation**

5.5 Develop meaningful professional direction for life after graduation

PLEASE READ OVER THE ENTIRE SYLLABUS BEFORE EMAILING ME.

FIRST AND FOREMOST ALL WORK IS DUE on April 30th - at 11:59 PM – No Exception.

My part

Encouragement:

1. Student hours per zoom Meeting
2. Struggling with coursework or experiencing academic challenges at some point is a common part of learning, and is not judged.
3. I faced academic challenges when I was a student. I was able to overcome them with time and strategies
4. We in our Class follow Growth Mindset
5. There is support for student challenges – eg work – life conflict, housing /food issues, mental health
6. Life – Work Balance: I model health and family time – so am not available From Friday @ 5:00 pm to Monday @ 9:00 am
7. I do stick to policy and I do expect you to do your work within time stated on our syllabus I am helping you as a para professional.

You are learning through best practices to be a professional.

All weekly assignments and work due as per syllabus. Exception has to be syllabus and University sanctioned with Formal Documentation

Skill Development. In addition to learning some basics of careers in psychology, the assignments in this course are designed to help you develop a number of skills that are important to your success as a student:

- Social Interaction (Interacting with Professors and Fellow Students, Overcoming Social Anxiety)
- Using Campus Resources (Library, Writing Center, Career Services)
- Using Digital Tools and the Cloud
- Self-monitoring, Metacognition, and Planning
- Practice Reading Scientific Articles

Additional Readings

You will be provided with supplemental readings through Blackboard that will help you understand different topics. You will be expected to find readings on your own as a part of your assignments. These must come from peer-reviewed sources. If you

cannot find a PDF of the article, interlibrary loan can usually locate it for you. See the schedule and blackboard for due dates and details.

Quality of Written Work

All written work should be of academic quality submitted in APA format in order to expect full credit.

Withdrawal Policy

Any withdrawals after the last day for an *automatic* “W” date established by the university will receive the grade of “F”.

Grades. All assignments will be submitted through Blackboard, and instructions will be available on Blackboard unless otherwise noted. Your final grade in this class will be calculated as a simple average: your points earned divided by the maximum number of points you could have earned. In this class you can earn up to a total of 100 points.

Late Work. Due dates and times are clearly listed on the materials for every assignment. **Assignments are due Saturday at midnight.** Work turned in after the due date and time is considered late.

- Work turned in after, but within 24 hours of the due date will be graded at 50%.
- After 24 hours, the work will not be accepted. No exceptions. If you have an emergency situation, notify me ASAP for consideration, and include any necessary documentation.

This is a basic time-management skill you must learn to succeed in college and in life. Make a schedule, work ahead; you’ve got this!

Course Policies

Video and Audio Recording

For good reason Students are not permitted to Record Videos or Audio of content in class with out express Confidential permission from this Instructor.

As the instructor of this course, I may record meetings and lessons. You are expected to follow appropriate University policies and maintain the security of passwords used to access recorded lectures.

Recordings may not be published, reproduced, or shared with those not in the class. If the instructor or a UTSA office plans any other uses for the recordings, consent of the students identifiable in the recordings is required before such use unless an exception is allowed by law.

For more information on your privacy and class recordings, review [Student Privacy \(FERPA\) in Virtual Classrooms and Other Educational Recordings](#) and the [Guide to Secure Video Conferencing Tools](#).

Hours per Week

Student can expect and schedule and plan to complete this online class successfully. For every module that opens (each week) up to six hours work is expected. In other words expect to put into each week (*from January 20th to April 30th*) six to eight hours. The six hours will include your text reading, content review and completing each assignment. Plan for such time commitment. Do be mindful to **Schedule** such to stay organized from week to week.

Grading Information

Grading Schema for Final Grade:

Final grades will be based on the following cumulative point totals:

Total Points	Percentage	Grade
95 – 97.5	95 – 97.5%	A
85 – 87.5	85 – 87.5%	B
75.0 – 77.5	75 – 77.5%	C
65.0 – 67.5	65 – 67.5%	D
<60.0	<60%	F

Detailed Grading Scheme

Grades will sum to a maximum of 100 points in the following manner:

Source	Points	Percent
Introduction Class Approach Ice Breaker and picking your Team Syllabus Exercise	10 Class Team for points	10%
Thursday January 22 Team Work Team Contract	Team Exercise for points	5 %
What is Psychology Subfields 1/27	Class Exercise 5 points	5%
Intro to Psyc Research 1/29	Class Exercise 5 points	5%
Class Team: 2/3 and 2/5 Research example	Tuesday & Thursday <i>Class Exercise</i>	5%
Gardner Intelligence 2/26		5%
3/3/Review SONA	Participation	5%
3/ 5 Online Test	Midterm	5%
Memory 3/17 to 19	5 Points 5 points Tuesday Class Exercise	5% 5%
Social Psyc	5 points	

Team Role Play 3/24	Team 1 - 3	<i>5% if participate in Team Role play in person</i>
3/26 Team Role Play	Team 4 - 6 5 pts	
April 7 Emotion	5 points	
April 9 th Maslow	5 points	5%
REC/SONA Research If completed by April 30	5 points	5%
Thursday April 30 CBT	5 points	5%
Midterm and Final	5 points each	10%
Total	100	100% of total

There are no Bonus points or extra assignments – given our easy flow.

Tentative Course Schedule of Assignments and Exams

Week Module Date		Topic Read Chapter /View Dr. B Lectures/Discussion /Assignments/Papers
Orientation/Introduction		Class Approach, introducing each other (<i>who I am, who am I</i>)
Week 1		<ul style="list-style-type: none"> Picking your Team - Ice Breaker

1/20 Tuesday		<ul style="list-style-type: none"> • Syllabus Review Friday • Time Mgmt
Week 1 1/22 Thursday	Work on Team Contract with Team	Work on Team Contract with Team
Week 2 Tuesday 1/27 Definition of Psychology and Subfields Thursday 1/29 What is Psyc Research	Read Chapter 2	What is Scientific Research? Key Points
Week 3 Tuesday 2/3 and Thursday 2/5		Our Example of Scientific Research - application
Week 4 Tuesday 2/10 and Thursday 2/12		Learning: and Classical Conditioning and Operant Conditioning
Week 5 Tuesday 2/17 & Thursday 2/19		Tuesday: Observational learning Thursday: we study sleep
Week 6		Tuesday: Intro to Intelligence

Tuesday 2/24 and Thursday 2/26		Thursday: Intelligence: Gardner (For points)
Week 7 Tuesday 3/3 & Thursday 3/5		Review SONA Participation – 5 points Thursday Online test – 5 points
March 9 - 14	SPRING BREAK	Enjoy
Week 8 Tuesday 3/17 to Thursday 3/19		Thursday Chapter Memory Class Team Exercise For points
Week 9 Tuesday March 24 & Thursday March 26		Stress & Read Chapter 12: Intro Social Psychology Teams prep for Social Psyc role play March 24 Social Psychology Team Role Play for points March 26

Week 10 Tuesday March 31 & Thursday April 2		Life Span Development Read Chapter 9
Week 11 Tuesday April 7 & Thursday April 9th	Emotion Class Team For points Maslow Class Team Exercise for points	SONA/REC Reminder Read Chapter 10 Motivation & Emotion points Maslow points
Week 12 Tuesday April 14 & Thursday April 16		Read Chapter 11 Healthy Personality Chapter 15 Intro: Mental Health & Psychological Disorders
Week 13 Tuesday April 21 & Thursday April 23		Continue Psychological Disorders – PD's Personality Disorders Mood Disorders (Major Depressive Disorder)
Week 14 Tuesday April 28 & Thursday April 30		Therapies in General Class Exercise CBT : 5 points
Final 5 points		TBA

Syllabus Changes

The syllabus is subject to change at the instructor's discretion. Any changes/corrections to the course materials, assignment dates, or other updates will be communicated to the students ahead of time. Students are responsible for checking Blackboard for corrections or updates to the syllabus.

Texas A&M University San Antonio Important Policies and Resources



**TEXAS A&M UNIVERSITY
SAN ANTONIO**

University Email Policy and Course Communications

All correspondence between professors and students must occur via university email accounts. You must have your Jaguar email account ready and working. If it is not working, contact the help desk at helpdesk@tamusa.edu or at 210-784-HELP (4357).

If you don't hear back within 48 hours, contact them again. They have many requests during the first part of the semester, so you may need to follow up with them.

Academic Accommodations for Individuals with Disabilities

Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us at the website or email us at dss@tamusa.edu. Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their academic accommodation with Disability Support Services and their instructors as soon as possible.

Academic Learning Center

All currently enrolled students at Texas A&M University-San Antonio can utilize the Academic Learning Center for subject-area tutoring. The Academic Learning Center provides free course-based tutoring to

all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the Tools section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu, calling (210) 784- 1307, or visiting the Central Academic Building, room 202.

Online tutoring is also available for after hours and weekend assistance.

While tutoring hours may change based on tutor schedules and availability, the current tutoring hours for MATH in the ALC are as follows:

Day of the Week	Appointments Available	Walk-in Tutoring (no appointment needed)
Monday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Tuesday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Wednesday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Thursday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Friday	8:00 AM – 5:00 PM	11:00 AM – 4:00 PM

Counseling/Mental Health Resources

As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, visit our website, call 210-784-1331 or visit Madla 120 between the hours of 8:00 AM and 5:00 PM.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. Crisis support is available 24/7/365 by calling the SCC at 210-784-1331 or through the TELUS student support App.

The [TELUS Student Support App](#) provides a variety of mental health resources to include 24/7/365 support for in the moment distress, crisis support, an anonymous peer-to-peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.

Emergency Preparedness

JagE Alert is Texas A&M University-San Antonio's mass notification system. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit the [Jag E Alert System website](#). You can access more information about [Emergency Operations Plan and the Emergency Action Plan on our website](#). Download the [SafeZone App](#) for emergencies or call (210) 784-1911.

Non-Emergency (210) 784-1900.

Financial Aid and Verification of Attendance

According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include

class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended by the published Census Date (the first week of class). Any student receiving federal financial aid who does not attend prior to the published Census Date (the first week of class) will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Jaguar Writing, Language, and Digital Composing Center (WLDCC)

The Jaguar Writing Center provides writing support to graduate and undergraduate students in all three colleges as well as faculty and staff. Writing tutors work with students to develop reading skills, prepare oral presentations, plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as e-portfolios, class presentations, or other digital multimedia projects.

The Writing Center offers face-to-face, synchronous online, and asynchronous digital appointments. Students can schedule appointments with the Writing Center in JagWire under the **Student Services tab**. Click on **Writing, Language, and Digital Composing Center** to make your appointment. Students wanting to work in real time with a tutor can schedule an **Online Appointment**. Students wishing to receive asynchronous, written feedback from a tutor can schedule an **e-Tutoring appointment**. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on the [Writing Center's website](#). The Writing Center can also be reached by emailing: writingcenter@tamusa.edu.

Meeting Basic Needs

Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live and believes this may affect their performance in the course, is urged to [submit a CARE report for support](#). Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources. The [General's Store is a food pantry](#) that is available on campus as well.

Military Affairs

Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu or (210)784-1397.

Religious Observances

Texas A&M University-San Antonio recognizes the wide variety of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided with an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule

Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's

GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as “F” grades and will impact the student’s GPA.

Statement of Harassment and Discrimination

Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual on our campus and within our state, nation, and world. All decisions and actions involving students and employees are to be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, based on race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the University’s Civil Rights Officer at 210-784-2061 or titleix@tamusa.edu. Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university. If you have experienced any form of sex discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking based on sex, know that help and support are available. A&M-San Antonio’s Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related sex-based misconduct, the faculty member must share that information with the university’s Title IX Coordinator (titleix@tamusa.edu, 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students

Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student’s studies; (3) participate in an alternative program; (4) change the student’s major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide reasonable accommodation for pregnant students as it would be provided to a student with a temporary medical condition that is related to the health and safety of the student and the student’s unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu; 210-784- 2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources. Young Jaguars can support parenting students with daycare if students meet this criteria: (1) must be enrolled in classes at Texas A&M-San Antonio in the current semester, (2) must be Pell eligible or a single parent, (3) child(ren) must be aged 3 to 12-years-old, and (4) child(ren) must be enrolled in Pre-K-3 through 6th grade. For more information, please contact Young Jaguars at youngjaguars@tamusa.edu or call (210) 784-2636.

Students' Rights and Responsibilities

The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university students' rules shall be assured a fundamentally fair process.

Students' Responsibilities

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, Student Code of Conduct, on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
4. A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.
5. A student has the responsibility to check their university email for any updates or official university notifications.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the [Student Code of Conduct](#) or visit the resources available in the [OSRR website](#).

Important Spring 2026 Dates

Dates	Event
January 13	Tuition and Fee Payments deadline
January 19	Marting Luther King Jr. Day – No Classes
January 20	First Day of Class
February 4	Census Date
March 6-23	Midterm grading period
March 9-14	Spring Break
April 3	Study Day – No classes
April 17	Last day to drop with an automatic withdrawal
May 1	Last day to drop a course or withdraw from the university
May 4	Last Day of Classes
May 5	Study Day – No classes
May 6-12	Final Exams
May 19	Commencement

The complete [Academic Calendar](#) as available on our website.

Artificial Intelligence Policy

No Use of Generative AI Permitted [Insert Course Number]

This assumes that all work submitted by students will be generated by the students themselves, working individually or in groups.

Students should not have another person/entity do the writing of any portion of an assignment for them, which includes hiring a person or a company to write assignments and/or using artificial intelligence (AI) tools like ChatGPT. Use of any AI-generated content in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio's standards of academic integrity.

(Note: [There is guidance for how to cite AI-generators, like ChatGPT on the APA website.](#))