PSY 101: Introduction to Psychology (2020 Fall)

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PSY 101: Introduction to Psychology FALL 2020 (August 24 – December 2)

M-W 3:05 to 4:20

Classroom: ASU Sync

Professor: Dr. Elizabeth Nelson, Ed.D.

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Office: SCOB 145

Office Hours: Wednesday Noon - 1:30, via appointment on ZOOM

Make your appointment here: https://calendly.com/emedwar3/office-hours

Teaching Assistant

Mary Kuckertz (<u>mkuckertz@asu.edu</u>)

Dr. Nelson is happy to answer questions about the course content, your grades, the field of Psychology, Human Development, and any concerns you may have. Please contact me via e-mail and we can either address your question that way or set an appointment during office hours.

For general questions about the syllabus, exams, technical issues or other questions please first check your Syllabus, and then Announcements on the Canvas site – if you don't find your answer there, contact your TA Mary Kuckertz at the e-mail above.

Description:

Psychology is the study of human behavior and mental processes. We can better understand people, relationships, families, societies, cultures, and ourselves through this lens. Psychology is a science and therefore grounded in research; we will begin this course by understanding the process by which researchers ask questions, gather data, and interpret what they find. We will learn about how the brain functions (biological psychology), takes in and interprets information (attention, memory, thought & language, intelligence), and how these functions interact with our environment to result in our experience of

the world and ourselves. We will also explore the roots of psychological disorders and treatment.

Course Design:

You do not need to purchase a textbook. ASU will be providing you with access to the adaptive instructional system being used in the course.

Course Materials:

This course will use something called *MindTap*, an online system that contains a complete textbook (*Discovering Psychology, 2nd Edition*, by J. Cacioppo & L. Freberg, Cengage Learning, 2016), as well as teaching videos, exercises and quizzes. We will also have in-person class sessions, as explained below. All of the materials you need are included with the course, and delivered online. **Thus, you do not need to buy a separate textbook**. The link connecting to *MindTap* is found on the **Canvas** page for our class. In addition, our Canvas course page will contain other important information: announcements, links, readings, videos or other interesting materials. It will contain the gradebook (updated as we progress through the course). **Please sign in frequently!**

This course will likely be different from previous classes you have taken, in two key ways: First, the class has a "flipped" design. In standard classes, students hear lectures in class and read at home (often the night before an exam). This is a classic (and often excellent) teaching model, but it comes with a steep cost: If students miss class (or are present but tired, hungry, distracted...), they miss key lecture material and course performance suffers.

In the "flipped" class, you have **24/7 online access** to readings, video lectures, practice quizzes, etc. Class periods are used for active learning, discussion, and "value-added" teaching. This model has the great advantage that students are able to engage with the class material when it's convenient, so leaving town or getting sick does not spiral into an academic disaster.

Our expectation is that students will review the on-line course materials on MONDAYS, so that they can participate fully in lecture on WEDNESDAYS.

ASU Sync

This semester, we are also using the ASU Sync model:

- 1) What would normally be "live" lectures will be presented on Zoom at the usual class time on WEDNESDAYS.
- 2) The Zoom lectures are also recorded and available to review at your convenience.

We will not take attendance. Attend the lectures in whatever format works for you.

REQUIRED COURSEWORK	How many?	Possible point value of each	Total points possible	% of Final Grade
Quizzes (on-line)	13 (lowest quiz score is dropped)	20	240 (12 x 20)	51%
Pre-post reflection questions or activities	10 required (There are 12 activities, you are required to complete 10)	20	200 (10 x 20)	42%
Extra Credit Opportunity	1	Participation in ASU Research Studies	(4% possible)	
FINAL EXAM	1	35	35	7%
Total:			475 possible	100%

GRADING:

Online System:

This is a "flipped" class, meaning that you are expected to complete coursework outside of lecture – for that reason we meet (on-line) one day, not two. The online system is designed to progress students through the course material in a nice, linear fashion: Each section of the class is broken into readings, videos, and (sometimes) other exercises. Each chapter concludes with a **graded, online quiz - useful as a way to consolidate your understanding** (see grading details). The system is designed to be user-friendly, and to ensure that every student is prepared to perform well. Quizzes are open book / open note, and you have 45 minutes to complete each quiz once you start.

A key requirement is that students **keep up** with the material. Class sessions are scheduled to complement the online materials: Your goal is to attend class (online or by viewing the Zoom video), having already familiarized yourself with the concepts for that day. Note that the work you do outside of class is a requirement of the class, and 51% of your final grade will be determined by your performance on the online, chapter-ending quizzes. These should be relatively easy, if you

carefully work through the materials. These quizzes have firm deadlines and cannot be made up for any reason. Remember that this is a TWO-DAY per week class, even though we usually only meet on one day. You have Mondays to do your reading and complete your quiz and you are expected to have completed your reading before Wednesday. To make life easier, we have given you the option of taking the weekend when needed to complete your quizzes, but there's no reason to wait until the last minute, and again - no extensions will be given for any reason.

Zoom Meetings / Lecture / Class Participation

Wednesdays

Wednesdays we will have a live lecture on Zoom. For those who can't attend, these lectures will be available on-line on the course website - they will be available once ASU Sync has had the opportunity to provide captions and upload them, so if the recording is not there immediately do not be concerned. It should be available within 24 hours depending on the upload time. In these class sessions, we will expand upon topics from the book, conduct demonstrations, do thought exercises, etc. These sessions should be fun and memorable, as we explore different psychological topics. We will not take attendance. Course lecture material will often be reflected in the post-chapter challenge questions.

Please note that materials from the Wednesday classes will **overlap** with the online materials, but will not be a recitation of what you have already read. They will appear in the challenge questions!

Mondays

Given the flipped nature of the class, Monday class time is set aside in your schedule, for working on the material independently.

Best Strategies for Note-taking During On-Line Lectures

First, watch this video:

https://youtu.be/AffuwyJZTQQ

The video describes 5 methods of note-taking: Outline, Cornell, Mind Map, Flow, and Write on Slides.

You may choose to take notes any way you wish. However, in my experience the WORST note-taking methods for this class are Outline and Write on Slides. The problem with these methods are they turn your brain into a dictation machine instead of a Meaning Making Machine. These methods are distracting, boring, and stressful, because they rely on you capturing every word the

professor says without having time to think about it, make connections, and really learn.

The BEST method (for this class) is Flow. The goal of flow-based note-taking is to make MEANINGFUL CONNECTIONS with the material while you are watching the lecture. You are saving yourself valuable study time, because you aren't trying to write it all down to learn later, you're learning on the spot.

Other Resources for Lecture

On the Canvas site for the course you will find a folder called "Lecture Guides". The best way to use the Lecture Guide is described on every Guide. PowerPoint slides are never shared or published on the course website, with the exception of occasional, detailed slides that are included as attachments on the Lecture Guide.

Learning Outcomes

Part 1: Students will be able to identify cognitive distortions and describe why they occur. They will be able to name pioneers in the field of Psychology and describe their contributions. They will know the steps of the Scientific Method and the purpose of each. They will be able to describe the role of ethics in research. Students will be able to explain how the human brain functions, including the role of different parts of the brain, neurotransmitters, hormones, neural networks, plasticity, and other aspects of brain function. Students will be able to describe how memory functions, and the role of attention in memory.

Part 2: Students will be able to identify basic theories of language development. They will describe what intelligence is from different theoretical viewpoints as well as the role of research methodology in early misconceptions about intelligence. Students can correctly identify the stages of sleep and describe the role of sleep in brain function. They will be able to discern fact from myth with regards to hypnosis, repressed memories, and the impact of drugs on consciousness.

Part 3: Students will be able to identify theories of motivation and connect them with their source. They will be able to explain theories of emotion and identify the relationship between feelings, thoughts, and behaviors. Students will be able to express a basic understanding of developmental psychology, including how the stress response develops over time and is influenced by the environment.

Part 4: Students will be able to describe four major approaches to understanding personality development, as well as methods of personality assessment. They will be able to write critically about the diagnosing of psychological disorders, demonstrating an understanding of the process & criteria of diagnosis. They will be able to discuss the inter-related nature of mental well-being, brain chemistry, and environmental factors. They will be able to identify major approaches to

treatment and what treatment methodologies have the most proven benefit to specific diagnoses.

These Learning Outcomes fall under the following APA sub-goals for Undergraduate Psychology:

[Goal 1: Knowledge Base in Psychology]

- 1.1 Describe key concepts, principles, and overarching themes in psychology (*APA 1.1*)
- 1.2 Develop a working knowledge of psychology's content domains (*APA* 1.2)
- 1.3 Describe applications of psychology (*APA 1.3*)

[Goal 2: Scientific Inquiry & Critical Thinking]

- 2.1 Use scientific reasoning to interpret psychological phenomena (APA
- 2.1)
- 2.2 Demonstrate psychology information literacy (APA 2.2)
- 2.3 Engage in innovative and integrative thinking and problem solving (APA

2.3)

[Goal 3: Ethical & Social Responsibility in a Diverse World]

- 3.1 Apply ethical standards to evaluate psychological science and practice (APA 3.1)
- 3.2 Build and enhance interpersonal relationships (APA 3.2)

[Goal 4: Communication]

4.1 Demonstrate effective writing for different purposes (APA 4.1)

[Goal 5: Professional Development]

- 5.1 Apply psychological content and skills to career goals (APA 5.1)
- 5.2 Exhibit self-efficacy and self-regulation (APA 5.2)

Extra Credit Research Credits

For up to 4% of extra credit, complete research credits. Each study you participate in is worth .5 of a %, or 2.38 points, that will be added to your final grade. "Last Call" to turn in your research credits is TUESDAY, DECEMBER 1st. See detailed instructions under the "Research Credits" tab on Canvas. These research credits are not graded. Studies DO fill up, and there are

fewer options as the semester goes on. Start early in the semester if you want to complete the maximum number of credits!

Final Grades

Final grades are based on a very straightforward system of points earned. We will add up the points earned in the class and divide them by the points that were possible. There is no additional or individual "extra credit" available at the end of the course that will help boost your grade, so PLEASE DO NOT ASK. You cannot make up missed quizzes after the due date has passed. Plan ahead to get the grade you want. We will use the following scale to assign final grades:

Grade	Percentage
A+	98.6 - 100
A	91.6 -98.5
A-	89.6 – 91.5
B+	87.6 - 89.5
В	81.6 - 87.5
B-	79.6 – 81.5
C+	77.6 - 79.5
C	69.6 - 77.5
D	59.5 – 69.5
Е	<59.5

ABSENCES / Missed Deadlines

A) MISSED QUIZZES (READ CAREFULLY!):

There are no individual make-up opportunities for quizzes for any reason. Why? Well, because someone might miss a deadline on a quiz for all

kinds of reasons. They get sick, or have car trouble, or have to be out of town for important reasons outside of their control. What's a "good enough" reason to miss an quiz? We don't want to decide that for you! Please do not submit doctor's notes! Providing a doctor's note creates a fairness issue — on the one hand, some students do not have access to medical care in a timely fashion, and would not be able to get a note even for a serious medical issue. On the other hand.... sometimes doctor's notes are a little TOO easy to get.... Therefore, we have created a system that is a fair as possible, and takes into account that "things happen". However, you are enrolled in the class, and quizzes are an important outcome measure for this class. The expectation is the same for everyone.

If you miss a quiz deadline you have two options:

Option 1: The missed exam score (which will be a 0) will be your "dropped" exam and will not negatively affect your grade. Your lowest exam grade is automatically dropped at the end of the semester.

Option 2: Suppose you forgot to take your quiz by midnight on Friday. You remember on Sunday at noon. What to do? TAKE YOUR QUIZ! There is an optional, do-it-yourself, no permission needed, top secret extension policy until Sunday at midnight. After Sunday at midnight, there are NO EXTENSIONS GRANTED, and you'll have to go with option 1.

- **B) MISSED LECTURES:** If you miss a lecture, watch the recorded version on Zoom. Lecture PowerPoints will **not** be made available either before or after lecture, no exceptions.
- C. QUIZ DEADLINES: (again) Because the quizzes are on-line and can be accessed and completed at any time up to the deadline, there is no such thing as an "excused" late quiz. Watch the schedule and complete your quizzes BEFORE the deadline. Do not wait until the last minute. You have 45 minutes to complete your quiz once you start. Your lowest quiz score will be dropped. Use the optional extension if you need it. Don't get in the habit of doing your quizzes at the last minute on Sunday. Quizzes cannot be made up for any reason, even if you start on Sunday night and your internet fails.
- **D. PRE- POST- ACTIVITIES DEADLINES**: Like dairy products, these activities expire, and can't be revived. Don't use expired dairy products, and don't miss the deadlines! These deadlines vary by assignment. Pay attention to the schedule. If you wait until there are <10 assignments available to start, you can't complete activities that have already expired.

E. FINAL EXAM:

Exam Policy

Exam will take place online. Exam will be timed, and will only be available for a specific window of time. You will need a reliable, high-speed internet connection; a computer (PC or Mac; exams will NOT run on a smart phone, tablet or Chromebook).

The final exam may contain questions from any part of the course. It is an online, open note exam and will be available for 12 hours on Monday, December 7th (8 a.m. to 8 p.m.). The Final is TIMED - once opened you must complete and submit it within 2 hours (120 minutes). You may not save, leave the exam, and return later. The clock starts when you open your exam. There are no make-ups for the Final and no extensions to the timeline. If you start your exam later than 6 p.m. on Monday 12/7, you will have less than 2 hours to complete it.

F. ABSENCES: We will not take attendance, either in the classroom or on Zoom. For your information, the following are ASU's general policies with regard to specific reasons for absence.

- ABSENCES RELATED TO RELIGIOUS OBSERVANCES /
 PRACTICES: Please inform the instructor if you need to be absent due to a
 religious observance or practice. Absences related to religious
 observances/practices are excused absences in accordance with ACD 304–
 04 "Accommodations for Religious Practices." Please click on this link to
 review the criteria in the ASU Academic Affairs Manual.
 http://www.asu.edu/aad/manuals/acd/acd304-04.html
- ABSENCES RELATED TO UNIVERSITY SANCTIONED EVENT
 ACTIVITIES: Please inform the instructor if you need to be absent due to a
 university sanctioned event or activity. Information related to excused
 absences related to university sanctioned events activities can be found here:
 http://www.asu.edu/aad/manuals/acd/acd304-02.html

MISSING POINTS AND TRACKING YOUR GRADE

It is your responsibility to monitor your points for INDIVIDUAL ASSIGNMENTS and report any missing points to a TA within a week of their submission. It's important to stay on top of this, because if you don't report it within that time period, you will forfeit the points. Note that the "TOTAL" that Canvas shows you on your My ASU dashboard IS NOT ACCURATE!!! It will only show you end of chapter quizzes you have completed, therefore it is not accurately calculating how many points have been available in the course so far - if you have missed quizzes, they will not be factored in. It will not take into account your participation in the Challenge Questions. Don't get in the habit of looking at the percentage shown on My ASU to check your progress. Go to the Canvas page for the course and look at your individual grades. If you want to track your grade, you can use this spreadsheet:

TECHNOLOGY SUPPORT

MindTap: If you are having trouble using the program, there is a button at the bottom of the page of your Dashboard that says "Cengage Technical Support". If you can't resolve the issue that way, please contact your TA for assistance.

Canvas: If you are having trouble with Canvas, please contact your TA.

ACADEMIC INTEGRITY

Academic honesty is expected of all students in all examinations, papers, and laboratory work, academic transactions and records. The possible sanctions include, but are not limited to, appropriate grade penalties, course failure (indicated on the transcript as a grade of E), course failure due to academic dishonesty (indicated on the transcript as a grade of XE), loss of registration privileges, disqualification and dismissal. For more information, see http://provost.asu.edu/academicintegrity.

RESOURCES AVAILABLE

If you are not earning the grade you were hoping for:

The course TAs are available to advise all students on labs and for study skills tutoring that can significantly increase your grades (not just in this class but all of your remaining academic classes). The sooner you begin study skills tutoring, the better, so don't hesitate to contact your TA.

Writing Lab: Although ASU's Learning Support Services (www.asu.edu/lss, 480.965.6254) does not offer tutoring for psychology course content, they do offer help in writing and proofing papers for *any* class. Having someone else read and help you edit your paper can improve your grades, and using these writing tutors regularly throughout your college years can significantly increase your written communication skills, regardless of your current level.

Counseling Services: ASU Counseling

Services (https://eoss.asu.edu/counseling) offers professional, confidential counseling services for students experiencing emotional concerns, problems with adjusting to college, or any other issue that may negatively impact your well-being and your personal and academic goals. The Tempe location is in the Student Services Building, room 334. You can walk-in or call (480)965-6146 for an appointment.

ACCOMMODATING STUDENTS WITH DISABILITIES

Accommodations can be provided in test-taking, homework, reading materials, and in other areas for students who have registered with the Disability Resource Center (DRC). Please let us know as close to the beginning of the course as possible so we can provide materials as needed to the DRC. Students who feel they will need disability accommodations in this class but have not registered with the Disability Resource Center (DRC) should contact DRC immediately. The DRC

Tempe office is located on the first floor of the Matthews Center Building. DRC staff can also be reached at: (480) 965-1234 (V) or (480) 965-9000 (TTY). For additional information, visit: www.asu.edu/studentaffairs/ed/drc.

EXPECTED CLASSROOM BEHAVIOR

Be sure to log in on time for class, and to stay until the end. Please always wear clothes. More than underwear. Usually at the start of class I'll ask that you have your webcam on if possible so we can see each other. Unless otherwise requested, please mute your camera and microphone. There will be times you'll be invited to "check in", and at that point you can activate your mic, or camera, or both.

IF YOU NEED HELP, PLEASE ASK

If you are experiencing chronic physical or mental health problems or other issues that are interfering with your studies, or if you are in some way experiencing a "semester from hell", please let the professor know. There are several resources at ASU that exist for the purpose of helping you navigate through an especially rough semester, and I am happy to help you connect with them.

Violations of any ASU or course policies will result in an Academic Status Report recommending that your Adviser meet with you to discuss the underlying issues resulting in these behaviors and the feasibility of your continuing enrollment in the course.

POLICY AGAINST THREATENING BEHAVIOR

All incidents and allegations of violent or threatening conduct by an ASU student (whether on-or off campus) must be reported to the ASU Police Department (ASU PD) and the Office of the Dean of Students. If either office determines that the behavior poses or has posed a serious threat to personal safety or to the welfare of the campus, the student will not be permitted to return to campus or reside in any ASU residence hall until an appropriate threat assessment has been completed and, if necessary, conditions for return are imposed. ASU PD, the Office of the Dean of Students, and other appropriate offices will coordinate the assessment in light of the relevant circumstances.

COURSE CALENDAR

FALL Semester 2020 - August 24 - December 3

August NOTE: For Fall 2020 "In Person" means live via Zoom at your usual class time

NOTE: you must complete 10/12 of the Challenge Exercises - your choice which 10, but watch the deadlines! Most of these can only be completed within a given week and cannot be made up later.

Mon	8/24	ON-LINE: watch welcome video, read syllabus, take syllabus quiz by Midnight on Fri 8/28. Introduction "Challenge Exercise" available on Canvas.
Wed	8/26	In-Person 1: Introductory Lecture - How things work and what we'll learn
Fri	8/28	ON-LINE SYLLABUS QUIZ DUE by MIDNIGHT (required! This is your first QUIZ!)
SAT	8/29	Deadline for pre/post Challenge Activity: Introduction
Mon	8/31	On-Line: READ Chapter 1 Chapter 1 "Challenge Exercise" available on Canvas (you must complete 10/12 Challenge Exercises, you may choose which 10).
September		
Wed	9/2	In-Person 2: Ch. 1 Pioneers of Psychology
Fri	9/4	Ch1 QUIZ DUE by midnight
SAT	9/5	Deadline for Pre/Post Challenge Activity Ch. 1
Monday	9/7	LABOR DAY! Deadline for On-line Quiz Ch. 2 extended from Friday 9/6 to Monday 9/14
Tues	9/8	On-Line: READ Chapter 2 Chapter 2 "Challenge Exercise" available on Canvas
Wed	9/9	In-Person 3: Chapter 2 - Can You Trust Your Gut? : Psychological experiments
Monday	<mark>9/14</mark>	ON-LINE QUIZ CH. 2 DUE BY MIDNIGHT On-Line: READ Chapter 3 Chapter 3 "Challenge Exercise" available on Canvas

Wed	9/16	In-Person 4: Ch. 3 Give Me Your Lunch Money: Understanding bullying & human behavior
		THERE IS NO ON-LINE QUIZ DUE FOR CH. 3
		Have you reviewed the pre/post challenge activities?
Monday	9/21	On-Line: READ Chapter 4
		Chapter 4 "Challenge Exercise" available on Canvas
Wed	9/23	In-Person 5: Chapter 4 -
Friday	9/25	ON-LINE QUIZ CH. 4 DUE by MIDNIGHT
	0/20	On-Line: READ Chapter 6
Mon	9/28	Chapter 6 "Challenge Exercise" available on Canvas
Wed	9/30	In-Person 6: Chapter 6 - You Are Getting Sleeeepy: Altered states of consciousness
October		
Fri	10/2	ON-LINE QUIZ CH. 6 DUE BY MIDNIGHT
Mon	10/5	On-Line: READ Chapter 7
	10/3	Chapter 7 "Challenge Exercise" available on Canvas
Wed	10/7	In-Person 7: Chapter 7 - I Just Want To Be Friends: Emotions & why they change
Fri	10/9	ON-LINE QUIZ CH. 7 DUE BY MIDNIGHT
Mon	10/12	On-Line: READ Chapter 8
Mon		Chapter 8 "Challenge Exercise" available on Canvas

Wed	10/14	In-Person 8: Chapter 8 - I Did Not See That Coming: Why our own behavior can surprise us
Fri	10/16	ON-LINE QUIZ ch. 8 DUE by MIDNIGHT
Mon	10/19	On-line: READ Chapter 9 Chapter 9 "Challenge Exercise" available on Canvas
Wed	10/21	In-Person 9: Chapter 9 – Remember This: Making your memory work for you
Fri	10/23	ON-LINE QUIZ ch. 9 DUE BY MIDNIGHT
Mon	10/26	On-line: READ Chapter 10 Chapter 10 "Challenge Exercise" available on Canvas
Wed	10/28	In-Person 10: Chapter 10 - Get Smart: Thinking about thinking
Fri	10/30	ON-LINE QUIZ ch. 10 DUE by MIDNIGHT
November		
Mon	11/2	Reading will be linked on Canvas. Psychology & the Paranormal: Review the module for Essay 1 on Canvas Psychology & the Paranormal "Challenge Exercise" available on Canvas
Wed	11/4	In-Person 8: Psychology & the Paranormal - using critical thinking to evaluate the unknown
Fri	11/6	No on-line quiz this week - this is a great week to do the Challenge activity!
Mon	11/9	On-line: READ Chapter 12 No Challenge Activity available this week.

Wed	11/11	VETERANS DAY! No class, no live lecture for Ch.12 Deadline for On-line Quiz Ch. 12 extended from Friday 11/13 to Monday 11/16
Monday	<mark>11/16</mark>	ON-LINE QUIZ Ch. 12 DUE by MIDNIGHT - Extended due to holiday: from 11/13 to 11/16 On-line: READ Chapter 13 No Challenge Activity this week!
Wed	11/18	In-Person 13: Chapter 13 - Understanding prejudice
Friday	11/20	ON-LINE QUIZ ch. 13 DUE by MIDNIGHT
Mon	11/23	Begin On-line: READ Chapter 14 and 15 Chapter 14 & 15 "Challenge Exercise" available on Canvas
Wed	11/25	No class, no live lecture. Thanksgiving Holiday is 11/26 & 11/27
Mon	11/30	Complete On-line: READ Chapter 14 and 15
Wed	12/1	In-Person 14: Chapter 14 - Mental Health and Intervention
Fri	12/3	TWO ON-LINE QUIZZES Ch. 14 & 15 DUE by MIDNIGHT
Mon	12/6	On-line FINAL EXAM. Open note. Any material from the semester may be included. 35 points possible. Open from 8:00 a.m. to 8:00 p.m. This exam is TIMED - you have 120 minutes to complete it from the time you open it, you can't "SAVE", exit, and return.

TITLE IX

Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on

the basis of sex or sexually assaulted, you can find information and resources at https://sexualviolenceprevention.asu.edu/faqs.

As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, https://eoss.asu.edu/counseling, is available if you wish to discuss any concerns confidentially and privately. ASU online students may access 360 Life Services, https://goto.asuonline.asu.edu/success/online-resources.html (Links to an external site.).