NEUR/PSY 4900 Biological Rhythms Seminar
Spring 2017
TTh 10:30-11:45 AM
SS 317

Professor’s Name: Dr. Lauren Fowler
Professor’s e-mail: LFOWLER@WEBER.EDU
  **(This is BY FAR the best way to contact me)
Professor’s Office Phone: 801-626-7620
Office Hours: MWF 9:30 AM, TTh 10 AM; also by appointment
Office Location: SS 379b
Class Web Site: canvas.weber.edu

Note: As a seminar course, our class time is devoted to informed and educated discussion. A heavy emphasis is placed on reading and thinking about the material prior to each class session.

Textbook:
  b. Supplemental materials will be available through the course website.

I. Course Overview
This course will explore the biological basis of circadian clocks that exert pervasive influence on the physiology and behavior of organisms from cyanobacteria to man. An overview of biological rhythms, including the cellular, molecular, and systems basis of cognitive, behavioral, psychological, and physiological rhythms will be explored. Emphasis will be placed on the application of knowledge, gained through readings from the text and current literature, through both presentations and a culminating project. Human circadian systems and the influence of our brain’s biological clock on health, mental health, and disease will also be considered in depth.
II. Course Grade
There will be four main forms of assessment: an exam, participation and journals, group presentations, and a final project.

A. Examination (20% of final grade):
Students will be assessed on the preliminary content covered through lecture during the first 7 weeks of class. The exam will be given February 24-27 (where? More info on this later). This exam will primarily cover material from the first 7 chapters of your text, but some additional readings will be provided.

B. Class Participation/Weekly Journals (25% of final grade):
A large part of this class is participation on a daily basis. You will be graded based on the quality and the quantity of participation. You will receive full credit unless I tell you in advance that you are in danger of losing credit. You will lose credit for not participating on a weekly basis, early departures and late arrivals, or repeated absences. This class is a small class, and we depend on everyone participating to help with learning. In addition to participating in class, you will have a weekly journal assignment. This is your chance to explain (in a paragraph or two or eight) what you have learned this week. This is NOT a place where you need to type your notes. This is your chance to truly reflect on what you learned and what it means to you. Weekly Journals are due no later than Saturday at midnight each week (preferably earlier!). I will drop the 2 lowest scores on these.

C. Group Discussion Leaders (25% of final grade):
After we cover selected content to build a basis of knowledge, student groups will take over the presentation of materials to the class. From March 14-30th, groups of students will become discussion leaders for topics covered in class. Dr. Fowler will provide some topics, and groups will gather readings and questions to be addressed by the class. Then the groups will have a class period to lead discussions on these topics. More information will be provided about this
assignment, and a list of possible broad topics to cover will also be provided.

D. Individual Student Projects (30% of final grade)
Students will work on an individual project that will be the culmination of their knowledge gained through this class. They will incorporate information learned from the first 11 weeks of class and apply it to a specific topic associated with biological rhythms. Topics must be approved no later than March 20th. Student projects will be assessed based on the following:

1. Written Paper (15%): Students will write a research paper in APA style that reflects their review of the literature and the incorporation of information learned throughout the semester. More information on this paper will be provided on a separate handout.

2. Presentation (15%): Students will present their final projects to the class in 20-25 minute presentation during the last few weeks of the course. More information on the presentations will be provided on a separate handout.

E. Grading Scale
The course grade will be assigned according to the scale indicated below:

<table>
<thead>
<tr>
<th>Numeric Score</th>
<th>Letter Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A</td>
</tr>
<tr>
<td>80-89</td>
<td>B</td>
</tr>
<tr>
<td>75-79</td>
<td>C</td>
</tr>
<tr>
<td>Below 75</td>
<td>E</td>
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III. Course Outline:

Unit 1 Material:
Chapters 1 – 7 from Foster and Kreitzman text. Additional readings will be provided. Traditional lecture format.
Assessment:
Exam (2/24-2-27)
Class Participation
Weekly Journals

Unit 2 Material:
General topics covered through discussion in class. Readings, questions, discussions, and topics will be selected by discussion group leaders.

Assessment:
Discussion Groups (3/14-3/30)
Class Participation
Weekly Journals

Unit 3 Material:
Specific topics presented to class by individual presenters. Topics, presentations, and readings will be selected by individual students.

Assessment:
Class presentations (4/4-4/20)
Final Papers (due 4/3)
Class Participation
Weekly Journals

VI. Additional Information

A. Attendance
Attendance is required for this class and will be monitored. Students will not be penalized for missing 3 of the 28 class sessions. **IF you miss class, there are two things you can do to get the material you missed. You may look on Canvas for the relevant articles, PPTs, etc, and/or you may get notes from a classmate. **DO NOT email me or come to my office to ask what you missed.** It is your responsibility to attend class or, if you cannot, contact a classmate to catch up. Please DO email me or come to my office for any other purpose if you think I can be of help. If you miss more than 3 of the scheduled
classes, if you consistently arrive late or leave early, or if you miss a class for which you are the discussion leader, your grade will be penalized.

B. Class Courtesy
Please be courteous of others when coming late to or leaving early from class. Do not make a habit of arriving late or leaving early as many (including me) find it very distracting. The following behaviors are rude when they take place during class time: a) holding private conversations, b) sleeping, c) reading other material, or d) doing other work. Eating and drinking in class may be permitted, so long as it is not disruptive to the learning environment. **POLICY FOR ELECTRONIC DEVICES: ALL ELECTRONIC DEVICES ARE TO BE OFF AND OUT OF SIGHT/REACH DURING CLASS. This is a discussion class, so electronic devices are not needed. Any disruptive behavior will be addressed immediately, and if the behavior does not cease, you will be asked to leave class.

C. Grade Appeals
If, after receiving an assignment back during class, you think a mistake has been made in the grading of your work, please do not ask about this during class. In canvas, write (via email) what your questions are, provide reference to notes in class or specific pages from the book, and submit your rational for your appeal. You will receive a response, and any grade adjustment necessary, within one week. **THIS IS THE ONLY WAY that your concerns will be addressed. ONLY written questions and comments THAT YOU SUPPORT will be evaluated.

D. Academic Dishonesty/Plagiarism/Cheating
I encourage students to work and study together whenever possible. **However, students must hand in their own work.** Whenever you try to pass off someone’s work that is not your own, that is cheating. If you cheat on ANY assignment, you will receive a grade of **E (Failing) for the course.** Plagiarism is when you represent someone else’s ideas or words as your own. For a very detailed description of plagiarism, please go to the class web site and review the
PLAGIARISM description in the HOW TO AVOID PLAGIARISM document. You are responsible for knowing what constitutes plagiarism. ANY plagiarism (even unintentional) will result in a failing grade in the course. Please refer to the following web site for a complete listing of infringements that constitute cheating: http://documents.weber.edu/ppm/6-22.htm.

E. Completing all Work
All assignments must be completed in order for students to pass the course. Students will receive a grade of UW (unofficial withdrawal) if any work is missing when the final grades are computed.

F. Students with Disabilities
Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD) in room 181 of the Student Service Center. SSD can also arrange to provide course materials (including this syllabus) in alternative formats if necessary.

G. Students’ Rights and Responsibilities
Please refer to the following web site for a complete listing of all WSU student rights and responsibilities: http://documents.weber.edu/ppm/6-22.htm

**The course syllabus provides a general plan for the course; deviations may be necessary. By continuing in the course after reading the syllabus, you are indicating that you accept the terms of the syllabus.

The purpose of higher education is to be challenged, to be exposed to different views and, above all, to be exhilarated by the exercise of free speech — other people’s as well as one’s own.