

Michigan State University
Department of Physiology
PSL 480 Special Topics in Physiology
Spring 2025 Syllabus

Course Modality: This class will have 6-in person class sessions, plus online asynchronous activities.

In person meeting time: Friday 10:20am-11:40am

Dates: January 17, January 31, February 21, March 14, April 4, and April 25

1. Course directors

Dr. Lori Seischab, PhD

Phone: 517-884-5200

Office: 2240 BPS

seischab@msu.edu

Ashley Maloff, M.Ed.

Phone: 517-432-4301

Office: 2240 BPS

maloffas@msu.edu

2. Communication

The best way to communicate with Dr. Seischab or Ashley is by sending a message to their MSU email with the subject line: "PSL 480." You can generally expect a response to email within 48 hours. You can request office hours meetings by sending an email with two or three proposed times to meet. Your instructors will communicate with you through D2L and your MSU email account.

3. Course Purpose and Outcomes

The purpose of this course is to have conversations and complete activities on topics such as teamwork, goal setting, community values, collaboration, and controversy with civility.

The philosophy of teaching and learning in this class recognizes that learning can be challenging, personally and intellectually. To meet the objectives for this course, you must be prepared to actively participate in each class session. If you fully engage with the activities, discussions, and assignments, by the end of the course, you will:

- Increase your self-awareness, self-efficacy, and personal effectiveness.
- Increase your understanding of the concepts and language associated with leadership
- Increase your self-awareness, self-efficacy, and personal effectiveness
- Improve your communication skills
- Work collaboratively to select, plan, and carry out a service-learning project

4. Course materials

There is no textbook for this course. All course materials are provided in the online learning management system, Desire2Learn (D2L): <https://d2l.msu.edu/d2l/home/1826893>.

5. Grading Policies

Your grade will be based on two types of assignments (60% of your grade), attendance (36% of your grade), and participation (4% of your grade). You can earn up to 500 possible points.

Grading Scale:

<u>Grade</u>	<u>Points</u>	<u>Percentage</u>
4.0	450 – 500	90.0 – 100%
3.5	425 – 449	85.0 – 89.9%
3.0	400 – 424	80.0 – 84.9%
2.5	375 – 399	75.0 – 79.9%
2.0	350 – 374	70.0 – 74.9%
1.5	325 – 349	65.0 – 69.9%
1.0	300 – 324	60.0 – 64.9%
0.0	Under 300	under 60.0%

Grading Expectations:

Sometimes students assume that seminar courses provide an automatic 4.0. Students in this course must put forward quality work to earn their grades.

- 4.0 Exceptional work: work greatly exceeds expectations and is free of all but minor errors; work integrates course materials and other references appropriately and shows thinking beyond the obvious; work exhibits new knowledge and understanding that connects various ideas and perspectives.
- 3.0 Above average work: work generally exceeds expectations and is relatively free of errors; work integrates course materials.
- 2.0 Average work: work meets basic standards and expectations; work shows understanding of lesson materials and information.
- 1.0 Below average or poor work: work fails to meet class and instructor expectations; work contains many errors and is unacceptable for college-level effort; work does not clearly exhibit understanding of course concepts.
- 0.0 Failing: Work incomplete or missing.

6. Assignments

Ungraded assignments

Directions for and links to ungraded assignments will be available within D2L. You will be listening to podcasts, watching videos, and reading articles. The LISTEN, WATCH, and READ assignments will give you theoretical frameworks and background for the small-group discussions with your faculty mentor.

Graded assignments

Directions for all graded assignments will be available within D2L. You will be completing two types of graded assignments: REFLECT assignments and COLLABORATE assignments. The five REFLECT assignments will help you prepare for the small-group discussions with your faculty mentor. The five COLLABORATE assignments will help guide your small-group through a community service project.

7. Course Schedule (tentative)

The table below provides an overview of the primary tasks for the course. If it becomes necessary to change the syllabus or the course schedule, the instructors will communicate such changes to the students in an email message and in an announcement in class.

Deadlines

Assignments are due on Fridays. If class is meeting that day, the assignment is due before class (10:00 AM). If class is not meeting that day, the assignment is due before midnight (11:59 PM).

Expected Hours of Preparation / Work Outside Class per Week

A one-credit college course, by definition, must include a minimum effort of 42 hours, which is a combination of in-class time and out-of-class time. This averages out to three hours per week for this 14-week course, but some weeks will require more, and others will require less.

Module	Task	Pts	Due
1. Individual	READ: Course Syllabus	-	Jan 17
	REFLECT: Google Slide Introduction	30	Jan 17, 10:00AM
	ATTEND: In-person class on 1/17	30	Jan 17
	LISTEN: Hidden Brain: You 2.0 Your Future is Now Podcast	-	Jan 24
	REFLECT: Letter to Your Future Self	30	Jan 24, 11:59PM
2. Group	READ: Mentor Research Profile and Biography	-	Jan 31
	READ: Benne & Sheats (1948) Functional Role of Group Members	-	Jan 31
	READ: The Ultimate Cheatsheet for Critical Thinking	-	Jan 31
	WATCH: Tuckman's Stages of Group Development	-	Jan 31
	REFLECT: Discussion questions on roles in a group	30	Jan 31, 10:00AM
	ATTEND: In-person class on 1/31	30	Jan 31
3. Community	READ: Aging Out of Foster Care: Why it Happens and How Social Workers Can Help	-	Feb 7
	WATCH: I am FAME Video	-	Feb 7
	WATCH: To Transform Child Welfare, Take Race Out of the Equation	-	Feb 15
	LISTEN: From Foster Care to Freshman Year	-	Feb 15
	REFLECT: Discussion questions on community	30	Feb 21, 10:00AM
	ATTEND: In-person class on 2/21	30	Feb 21

4. Service	READ: Project and Proposal Guidelines	-	Feb 28
	COLLAB: Draft of service project proposal	30	Mar 14, 10:00AM
	ATTEND: In-person class on 3/14	30	Mar 14
	COLLAB: Revised service project proposal	30	Mar 21, 11:59PM
5. Future	COLLAB: Completed service project	30	*Apr 11, 11:59PM*
	WATCH: Commencement address	-	April 4
	REFLECT: Letter FROM your future self	30	April 4, 10:00AM
6. Share	ATTEND: In-person class on 4/4	30	April 4
	COLLAB: Service project file	30	April 25, 10:00AM
	COLLAB: Service project presentation	30	April 25, 10:00AM
	ATTEND: In-person class on 4/25	30	April 25
	Participation	20	
	TOTAL POINTS	500	

8. Late Assignments

All graded assignments should be completed and uploaded to their respective assignment folders within D2L by the specified due date and time. However, we understand that students may have experiences that put them behind in their work. At the discretion of the instructors, exceptions can be made individually when personal emergencies (e.g., health, family, etc.) occur and/or disability accommodation is requested. To request an extension on an assignment, any time before the last two weeks of class, you can copy and paste this email and send it to us:

Subject: PSL 480

Dear Dr. Seischab and Ashley,

I know the deadline for this assignment is (DATE). I will not be able to meet this deadline. However, I will have the assignment completed and submitted by (DATE).

Thank you for your patience.

(TYPE YOUR NAME)

9. Attendance & Active Participation

A seminar course relies upon active engagement by all course participants. This means that every participant must be prepared, contribute to class and small group discussions, and give the learning activities with their full attention. Attendance is required for all class sessions. Because of the nature of this course, students must be on time. Students earn 40% of their overall grade through on-time attendance and active engagement. Contact the instructors as far in advance as possible for an anticipated absence or late arrival/early departure, and as soon as reasonably possible after an unexpected absence. Communicate your absences through email to both instructors: Dr. Seischab seischab@msu.edu and Ashley maloffas@msu.edu.

10. Course Policies

Academic Integrity

Article 2.3.3 of the Academic Freedom Report states, "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." This course adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations. (See [Spartan Life: Student Handbook and Resource Guide](#) and/or the [MSU Web site](#).)

Therefore, unless authorized by your instructor, **you are expected** to complete all course assignments without assistance from any source. You are expected to develop original work for this course; therefore, you may not submit coursework you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the www.koofers.com web site to complete any course work for this class. Students who violate MSU rules may receive a penalty grade, including--but not limited to--a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work. (See also <https://ombud.msu.edu/resources-self-help/academic-integrity>)

The Spartan Code of Honor

"As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor in ownership is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do."

Health and Wellness

If you are experiencing concerns, seeking help is a courageous thing to do for yourself and those who care about you. If the source of your stressors is academic, please contact us so that we can find solutions together. For personal concerns, MSU offers many resources, some of which are listed on Student Health and Wellness website. You can also search for additional resources on that website: <https://studenthealth.msu.edu/>

Accommodations for Students with Disabilities

MSU is committed to providing equal opportunity for participation in all programs, services, and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu. Once your eligibility for an accommodation has been determined, you will be issued an accommodation letter. Please present this form to your instructors at the start of the term and/or two weeks prior to the accommodation date (assignment, quiz, etc.). Requests received after this date will be honored whenever possible.

Technical Issues

Regardless of how much we prepare, or how good we are with technology, problems will arise. MSU provides assistance with technical questions or problems arise. *Please call the MSU IT Service Desk 24-hour help line for assistance, and keep this number nearby at all times: 1-844-678-6200 or locally (517) 432-6200.*

It is recommended that you do not type directly in Desire2Learn (D2L) any assignment, assessment, or discussion forum. Instead, you should create a file using a word processing program (such as Microsoft Word), where you can compose your answers and then SAVE the file. This will give you a record of your submissions (you can keep them all in the same folder). In the case of technical difficulties, you will be able to resubmit your work without a problem.

Phones and Internet

Technology is a valuable tool when used appropriately. While in sessions, students should put their cell phones to silent or turn them off. Students should refrain from sending/reading text/email messages during sessions or using applications or the internet in ways that are not immediately relevant to the class.

Commercialization of Course Notes and Materials

MSU prohibits students from commercializing their notes of lectures and University-provided class materials without written consent of the instructors. Commercialization of lecture notes and course materials is not permitted in this course.

Withdrawal for behavior that interferes with the instructional process

Students should be aware that disruptive behavior that impedes the teaching/learning process will not be tolerated. An instructor may withdraw a student for disruptive behavior that is interfering with the instructional process.

Also, you will interact with a broad, diverse range of individuals throughout your studies at MSU. Language and stereotypes that demean individuals in our community are not only disrespectful, but also ignorant and unbecoming of the Spartan legacy. When asked by a faculty member, staff, or peer to refrain from using such language, please understand that it is not about censorship, politics, or political correctness. Treating others with respect and dignity is not political; it is a basic part of living and learning in a community. Any individual at MSU who is found to have consistently or egregiously harmed another person can be reported to the Office of Institutional Equity and adjudicated appropriately.

For more information on MSU's policies and your rights, please see the Office of Institutional Equity: <http://oie.msu.edu/>

Limits to Confidentiality

Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, students should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. As the instructor, I must report the following information to other University offices (including the Department of Police and Public Safety) if you share it with me:

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child;
- Allegations of sexual assault, relationship violence, stalking, or sexual harassment; and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting, you are encouraged to make an appointment with the MSU Counseling and Psychiatric Services (<https://caps.msu.edu>).

Religious Observance

The Policy on Religious Observance asks that faculty and staff: “be sensitive to the observance of these observance days so that students who absent themselves from classes on these days are not disadvantaged in any way... It is the responsibility of those students who need to be absent to inform their instructor at least two weeks before the observance day, make arrangements in advance with their instructors, and catch up on any material discussed and arrangements given during that class period.”

Hence, if students have needs related to religious holidays, observances, or customs, they should let the instructors know as soon as possible.

(see <https://reg.msu.edu/ROInfo/Notices/ReligiousPolicy.aspx>)

Grief Absence

MSU also has a policy for students grieving the loss of a loved one or family member. This policy states: The faculty and staff should be sensitive to and accommodate the bereavement process of a student who has lost a family member or who is experiencing emotional distress from a similar tragedy so that the student is not academically disadvantaged in their classes or other academic work (e.g. research). For undergraduate and master's (Plan B) students without research responsibilities, it is the responsibility of the student to: a) notify the Associate Dean or designee of their college of the need for a grief absence in a timely manner, but no later than one week from the student's initial knowledge of the situation, b) provide appropriate verification of the grief absence as specified by the Associate Dean, and c) complete all missed work as determined in consultation with the instructor.

(see <https://reg.msu.edu/roinfo/notices/griefabsence.aspx>)

Land Acknowledgement

We collectively acknowledge that Michigan State University occupies the ancestral, traditional, and contemporary Lands of the Anishinaabeg – Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. In particular, the University resides on Land ceded in the 1819 Treaty of Saginaw. We recognize, support, and advocate for the sovereignty of Michigan’s twelve federally-recognized Indian nations, for historic Indigenous communities in Michigan, for Indigenous individuals and communities who live here now, and for those who were forcibly removed from their Homelands. By offering this Land Acknowledgement, we affirm Indigenous sovereignty and will work to hold Michigan State University more accountable to the needs of American Indian and Indigenous peoples. – [Land Acknowledgement developed by AIIS](#)

Student Perceptions of Learning Survey (SPLS)

Michigan State University takes seriously the opinion of students in the evaluation and effectiveness of instruction and has implemented the SPLS process to gather student feedback. You will receive an email in the last week of class asking you to fill out the SPLS at your convenience. There is an option on the SPLS form to decline to participate in the survey. We hope students are willing to provide

frank and constructive feedback so the information can be used to enhance the quality of teaching in the future. MSU protects student confidentiality by reporting SPLS responses as an aggregated summary after the window closes for instructors to submit grades. More information is available at <https://spls.msu.edu/>

Resources for Students

Resource	Website / Contact Information
Registered Student Organizations	https://studentlife.msu.edu/rso-s/index.html
Neighborhood Resources	https://nssc.msu.edu/
The Writing Center	https://writing.msu.edu/
Libraries	https://lib.msu.edu/ or (517) 353-8700
MSU IT Service Desk	https://tech.msu.edu/support/ or (517) 432-6200
Office of the Ombudsperson	https://ombud.msu.edu/ or (517) 353-8830
Olin Student Health Center	https://olin.msu.edu/
Counseling & Psychiatric Services	https://caps.msu.edu/ or (517) 355-8270
English Language Center	https://elc.msu.edu/
Community Groups: Adult Students, International Students, Persons with Disabilities, Gender and Sexuality Campus Center, Student Parent Resource Center, Reflection Room, Veterans, The Women’s Council, Women’s Student Services	http://splife.studentlife.msu.edu/information-and-services/services-for-community-groups

We’re looking forward to a great semester!