College of the Redwoods

Syllabus for Biology 1

Course Information

Semester & Year: Fall 2024

Course ID and Section number: BIOL-1-V8733

Instructor's name: Jamie Jackson

Day and time of required meetings: Asynchronous and Fully Online

Number of proctored exams: 0

Course units: 4.0

Instructor Contact Information

Office location or Online: Canvas Course Link

Office hours: Zoom by Appointment

Phone number: 626-768-8344 (Emergency Only: Please Text)

Email address: jamie-jackson@redwoods.edu

Communication notes: ***I will make every effort to respond to student inquiries within 24 Hours***

Catalog Description

An organ system approach to the study of human physiology. Special emphasis is given to molecular and cellular mechanisms responsible for homeostasis. Labs include experiments on human subjects as well as computerized simulations of complex physiological processes.

Note: This course is required for application to the CR nursing program

Course Student Learning Outcomes

Upon completion of this course, you will be able to:

- Illustrate how the integration and regulation of organ systems affects the maintenance of homeostasis in the human body.
- Relate the key functions of major organ systems with the cellular and molecular mechanisms that enable these functions.
- Analyze examples of disease processes and relate them to aberrations of normal physiological function.
- Utilize the process of science to design and carry out physiological experiments, analyze resulting data, and relate results to physiological principles.

Prerequisites/corequisites/ recommended preparation

NONE

Required Text and Materials

There is some flexibility around the required materials list for our course. Let me know if you have any questions about this.

Textbook: 2 options

A textbook is required for this class. However, you have three textbook options to choose from. You do NOT need all of them. But please take a look at all the required materials before making your decision.

- **Option 1- Concepts of Biology by OpenStax**
  This is an excellent biology text. It is an Open Educational Resource, which means you can access the content for free. Here are your options for accessing this text:

- Free online textbook

- Free PDF download of the textbook

- Hardcover book (in color, ISBN 978-1938168116) from Amazon ($30)

- **Option 2- Any non-majors biology textbook:**
  Not kidding-- any biology text will do. I really like the book "Biology: Concepts and Investigations" by Marielle Hoefnagels (ISBN 978-1260575880).

Lab materials- purchase on your own

Labs are a required part of this course. If you do not earn 70% of the lab points, you cannot pass the class. To save you money, we will NOT be using a lab kit for the class. However, that means you'll have to prep your own kitchen labs. I highly encourage you to check out the lab work each week and make sure you have the materials you need on hand so you can keep up with the lab activities. Here is a Link to the grocery lists you MUST purchase these materials for lab: Lab Material Grocery List

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- A learning disability (such as dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (such as audio books or E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Disability Services and Programs for Students (DSPS). If you are unsure whether you qualify, please contact DSPS for a consultation: dsps@redwoods.edu.

DSPS office locations and phone numbers
Eureka campus
- Phone: 707-476-4280
- Location: Student Services Building, first floor

- Phone: 707-465-2324
- Location: Main Building, next to the library

- Phone: 707-476-4280

Student Support Services

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

The following online resources are available to support your success as a student:

[CR Online Learning Support](#)

Tech support, laptop loans, guides to using Canvas, installing Office 365 for free, and more.

[Library Articles & Databases](#)

Find the best library databases for your research.

[Online Tutoring Resources](#)

Participate in tutoring over Zoom.

To learn more about the resources available to you, click on a title bar below, or click the down arrow to expand them all.

Klamath-Trinity students can contact the CR Klamath-Trinity Office for specific information about student support services at 530-625-4821.

Community College Student Health and Wellness

National Suicide Prevention Lifeline

If you are in distress or are with someone at risk right now, call or text the National Suicide Prevention Lifeline.

Call the National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Text the National Suicide Prevention Lifeline
741-741

Timely Care

When you're not feeling well physically or distressed mentally, Timely Care can offer the help you're looking for in just a few quick taps. Students can schedule an appointment anytime via phone, video, and chat. [Log in or set up an account with Timely Care](#).

Mental Health Counseling

Students should text, email, or fax Shawna Bell directly for scheduling and/or services.

- Text: 707-496-2856
- Email: shawnabmft@gmail.com
- Fax and voicemail: 707-237-2318

Wellness Central

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Wellness Central](#).

Counseling

[Counseling and Advising](#) can assist students in need of academic advising and professional counseling services. Call, email or stop by one of our offices to make an appointment!

Counseling and Advising office locations and contact info

Eureka campus
- Phone: 707-476-4150
- Location: Student Services Building, first floor
- Email: counseling@redwood.edu
- Hours: Monday through Friday, 9am to 4pm. Summer hours may vary

Del Norte campus
- Phone: 707-476-2300
- Location: Main Building, next to the library
- Hours: Summer hours may vary

Klamath-Trinity campus
- Phone: 530-625-4821
- Email: KT-staff@redwoods.edu
- Hours: Summer hours may vary

Basic Needs Center

[The Basic Needs Center](#) provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. [Submit a request for services and information](#).

Basic Needs Center contact info
- Phone: 707-476-4153
- Email: the-grove@redwoods.edu

Learning Resource Center

The Learning Resource Center includes the following resources for students:

Library Services

[Library Services](#) promotes information literacy and provides organized information resources.

Multicultural and Equity Center (MCE)

The [Multicultural and Equity Center](#) is a dynamic and inclusive place that supports all students in their academic and personal journeys at the college. We do this by creating community, home away from home, and a safe place for cultural expression, cross-cultural learning, access to college and dignity resources, and social justice work opportunities. The MEC is committed to retention and student success by offering activities related to leadership development, student connectedness and student equity. We are a student-centered program that fosters respect for all people.

Academic Support Center

The [Academic Support Center](#) offers tutoring and test proctoring for CR students.

Student Tech Help

[Student Tech Help](#) provides students with assistance around a variety of tech problems.

Extended Opportunity Programs and Services (EOPS)

[Extended Opportunity Programs and Services](#) (EOPS) provides services to eligible income disadvantaged students including: textbook awards, grants, career academic and personal counseling, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

TRiO Student Success Program

The TRiO Student Support Services Program provides eligible students with a variety of services including academic advising, career assessments, assistance with transfer, and peer mentoring. Students can apply for the program with the [Eureka TRiO office](#) or the [Del Norte TRiO office](#).

Veterans Resource Center

The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.

CalWORKS

California Work Opportunity & Responsibility to Kids ([CalWORKs](#)) provides supportive services to student parents with children under the age of 18, who are receiving cash assistance (TANF benefits), to become self-sufficient. Services include: transportation assistance, basic student supplies, tutoring, priority

registration, laptop and calculator loans, career, academic, and personal counseling, and more!

Evaluation & Grading Policy

Grades

The purpose of grading is to get an idea of how well you are mastering the material in this course. They help you pinpoint troublesome topics that might trip you up in future courses. There are a billion grades in the gradebook, which means you have a billion opportunities to earn points and improve your grade. Everything in the gradebook is driven by your performance on the assessments in the course... and nothing else. In other words, it doesn't matter how much I love you... the grades you EARN on assignments will translate into the grade you EARN in the class. (But I do love you.)

I will use the following scale to determine the letter grade you earn in my class.			
100.0 - 93.00% = A	89.99 - 87.00% = B+	79.99 - 77.00% = C+	69.99 - 60.00% = D
92.99 – 90.0% = A-	86.99 - 83.00% = B	76.99 - 70.00% = C	< 59.99% = F
	82.99 - 80.00% = B-		

I do NOT bump grades higher than the exact percentage you earn. This means that there is no rounding up. Since grade- boundaries are by definition arbitrary, there is no good rationale for letting the boundaries slide; there will always be a cut-off and there will always be someone who is close, but not quite there. Be grateful for the BILLION opportunities you have to earn points as outlined in this syllabus. The grade reported in Canvas is the grade you will earn in the course.

Assessment

Your performance in the course will be assessed based on your execution of the following requirements. (NOTE: I do not accept late work at any time. My life is just too crazy to handle your late stuff. it will get lost. That said. if you turn something in before I get around to grading everything, then chances are excellent that I will actually accept it. So even if it is late, consider completing the assignments anyway. I'm a busy chica.you might just get lucky!)

The following activities are set up to help you learn the course content and become more comfortable talking (and thinking) about biology. Your grade in the class is heavily weighted on exams. The other activities are designed to help you learn the content you'll need for the exams.

Lectures (5% of total grade)
Scoring: 1 (complete) or 0 (incomplete)

Course content is delivered through video lectures, and each lecture is accompanied by a series of tasks. (If the video lectures are difficult for you, you can also acquire course content by reading the textbook.) Here's how the lecture activities work:

First: Watch the lecture and take notes

Watch the video lecture and take notes in your External Brain. (You can also find the lectures on YouTube, but I encourage you to watch them in Canvas, because then you don't have to watch ads.) Treat the video just like an in-person lecture. Your ability to take good notes is critical for your success in this course.

Next: Participate (meaningfully) in the discussion

The goal here is to engage with the course content *and your classmates* in a way that is meaningful for your learning. There are no required post numbers or word counts. The only requirement is meaningful participation. Some ways you might participate are:

- **Share something muddy or fun**. This can include something you were confused about from the

lecture, or something you thought was particularly cool.

- **Post extra-value resources** like videos with explanations, images or links with descriptions, practice exam questions, vocabulary lists, or excerpts from your External Brain.

- **Share metacognitive insights** describing your thinking about the content and how your understanding may have changed (or deepened) as you engaged with the process.

- **Make authentic connections with classmates** and help build our learning community.

- **Ask questions** about the things that confused you. I highly encourage you to visit and participate in the discussion a couple times. Because we're running an asynchronous class, the discussion forum will change over time. Come back and see what else you can learn.

Labs (25% of total grade)
Scoring: 5-6 possible points, including data, analysis, selfies, and teamwork, marked mostly for completion

- Each week, there will be one lab assignment to complete. Each lab will include some sort of task as well as a discussion forum. If you work on the lab in a group, you do not have to participate in the discussion forum. Lab assignments should be started on Fridays and are due Sundays by 11:59pm. I highly encourage doing the lab work in groups. And please know-- each lab is designed to take about 3 hours to complete. If they are taking you much longer, let's talk. However, some do take three days to set up and complete.

- **Labs are a required part of this course**. If you do not earn 70% of the lab points, you cannot pass the class.

Weekly Check-in (5% of total grade)
Scoring: 1 (complete) or 0 (incomplete)

Three to four times over the semester, you will have the chance to do some sort of check-in with me. This is just an easy way for us to stay connected and it is a really important ingredient that helps me support your success in this class. There are 3 ways to complete your check-in assignments:

- Record a simple (and very BRIEF- 2 minutes or less) video in Canvas. I love this option because I get to see YOUR face and hear your voice, and I feel like I know you better after that. It doesn't facilitate very good back-and-forth conversations, though.

- Schedule a phone call or Zoom video chat, so we can have a more in-depth discussion.

Weekly Online Quizzes (5% of total grade)
Scoring: 5 points (marked for correctness)

- Administered through Canvas, these short quizzes (one per lecture) will cover the week's material. You can take them as many times as you want and Canvas will record your high score. Quizzes mimic the format of the multiple choice exams in this class. Each quiz will cover one topic, so you can practice that topic as much as you want. Most quizzes are 10-15 questions long, not timed. You are not shown the correct answer on the quizzes, but I encourage you to discuss them with your classmates, especially if you find something tricky. All quizzes are due Sunday night by 11:59pm, but you are welcome to continue taking them for practice, even after the due date.

Exams (60% of total grade)
Scoring: 50-100 points (marked for correctness)

There will be four midterm exams throughout the semester that cover material from both lecture and lab, as well as a comprehensive final exam. BE AWARE: There are no make-up exams of any type, unless you have a verifiable, unavoidable, and extreme circumstance.

Fall 2024 Dates

Date	To Remember
August 23	Last day to register for classes (day before the first class meeting)
August 24	Classes begin
August 30	Last day to add a class
September 2	Labor Day Holiday (district wide closure)
September 6	Last Day to Drop & Receive a Refund
September 8	Last Day to Drop w/out a "W"
September 9	Census Date (20% of class)
October 31	Last Day to Petition to Graduate & Petition for Certificate
November 1	Last Day for Student/Faculty Withdrawal
November 11	Veteran's Day Holiday (District Wide Closure)
November 25-26	Fall Break (No Classes)
November 27-29	Thanksgiving Holiday (District Wide Closure)
December 14-20	Final Examinations
December 20	Last Day to File P/NP Option
December 20	Semester Ends
December 27	Grades Due
January 3	Grades Available for Transcript Release

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the 2023-2024 College Catalog and CR Board and Administrative Policies.

AI Use Class Policy

Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. However, overuse of these tools in this class can undermine your learning and curtail the development of your critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, the policy of this class is that AI cannot be used at any point in the completion of class assignments, including discussion posts. Any or all of your assignment submissions and discussion posts may be screened by AI detection software, but the real penalty for AI misuse is that you will miss out on an opportunity to learn.

Disruptive Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the 2023-2024 College Catalog and CR Board and Administrative Policies.

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Canvas Information

- Log into Canvas at My CR Portal
- For help logging in to Canvas and general tech help, visit Student Technical Support
- Once you're logged in to Canvas, you click on the Help icon on the left menu
- Canvas online orientation workshop: Canvas Student Orientation Course

Setting Your Preferred Name and Pronouns in Canvas

Students have the ability to display personal pronouns and an alternate first name in Canvas. Students may change their pronouns on their own in Canvas (Account :: Settings :: Edit Settings). To request a change to your preferred list name, contact Admissions & Records. Your Preferred Name will only be listed in Canvas; this does not change your legal name in our records. See the Student Information Update Form (pdf).

Emergency Procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information visit Redwoods Public Safety.

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

To learn more about campus-specific Emergency Procedures, click on a title bar below, or click the down arrow to expand them all.

Del Norte Campus Emergency Procedures

Please review the Crescent City campus emergency map for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, visit Redwoods Public Safety.

Klamath-Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.
In the event of an emergency, communication shall be the responsibility of the district employees on scene:

1. Dial 911, to notify local agency support such as law enforcement or fire services.
2. If safe to do so, notify key administrators, departments, and personnel.
3. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
4. Contact 530-625-4821 to notify of situation.
5. Contact Hoopa Tribal Education Administration office 530-625-4413
6. Notify Public Safety 707-476-4111.

In the event of an emergency, the responsible district employee on the scene will:

1. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
2. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
3. Close all window curtains.
4. Get all inside to safe location Kitchen area is best internal location.
5. If a police officer or higher official arrives, they will assume command.
6. Wait until notice of all is clear before unlocking doors.
7. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
8. Do not leave site, unless it has been deemed safe by the person in command.