Psychology 380

**Family Development and Family Therapies**

**Spring 2016 Syllabus**

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| **Instructor:** | **John T. Wu, Ed.D.** |
| **Office:** | Culbertson Hall 207 |
| **Contact info:** | (619) 849-2464 • johnwu@pointloma.edu |
| **Meeting Times:** | Monday, Wednesday, Friday • 8:30-9:25 AM |
| **Final Exam:** | Friday May 6th, 2016 • 7:30AM -10 AM |

**Section on Technology in the Syllabus:**

**I am asking you not to use laptops**:

I strongly recommend not using laptops in class. The reasons are four fold:

1. It is hard to not check other things, which impairs your learning. You most likely are not aware of the impairment, but the research is quite clear.

<http://www.slate.com/articles/health_and_science/science/2013/05/multitasking_while_studying_divided_attention_and_technological_gadgets.html>

1. Even if it doesn’t impair your learning, it impairs others learning.

<http://www.sciencedirect.com/science/article/pii/S0360131512002254>

1. You write more but learn less. Writing your notes creates synthesis which increases your learning.

<http://pss.sagepub.com/content/early/2014/04/22/0956797614524581.abstract>

<http://chronicle.com/blogs/linguafranca/2014/08/25/why-im-asking-you-not-to-use-laptops/?cid=at&utm_source=at&utm_medium=en>

4. It also It impairs long-term retention. This new study shows a causal effect with

grades being lower by about half a letter grade.

<https://www.insidehighered.com/news/2018/07/27/class-cellphone-and-laptop-use-lowers-exam-scores-new-study-shows?utm_source=Inside+Higher+Ed&utm_campaign=f85b018bfd-DNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-f85b018bfd-198405577&mc_cid=f85b018bfd&mc_eid=d720a84995>

So I am asking you not to use laptops unless you need or strongly prefer a laptop to take notes. In that case talk to me and we will make that work.