

Of Mice and Matter: A Successful Journey to Personal Health

Fall Quarter 2012



Instructors

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| Office Hours | Kelly Elsenbaumer (Health) | MTWThF 1:30-2:20pm | G-100E |
| | Jennie Mayer (Chemistry) | Daily 8:30-9:20 am | S340A |
| | Sue Miller (Biology) | MTThF 2:30-3:30 and W 1:30 | S240I |

Additional Office Hours may be available in the Science Study Center S114. Those times and days will be announced and posted on our course website.

LEARNING COMMUNITIES, GROUP WORK AND INTERPERSONAL SKILLS

The formation of learning communities in class (and outside of class) has been proven to be an effective way for students to achieve success among a diverse group of students. It also fosters a comfortable and secure learning environment. Group work is highly valued in our classroom. Please participate and be respectful and helpful to fellow classmates. When one person in the group has a problem, it becomes the entire group's problem. Please try to work out any issues you have amongst your group, and let us know when it is beyond your control.

Course Information

Biology 160 and Chemistry 121 are introductory courses for students planning to enter a two year allied health program or for students planning additional work in the sciences. HLTH 250 Wellness is designed to help you gain the skills to make healthy lifestyle choices and research health topics for accurate information. A typical Biology 160 course requires you to have completed a previous chemistry course. The class welcomes students with no background in Chemistry, Biology, or Health. We'll cover all the **bases** in this class—and the **acids**, too! The prerequisite for this course is Math 098 or introductory/intermediate algebra.

You will receive credit for the following classes:

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|----------------|-----------|
| Biology& 160 | 6 credits |
| Chemistry& 121 | 6 credits |
| Health 250 | 5 credits |

Class Meeting Times and Locations: Any changes on a given day will be posted on the door and posted online. There will be a break for lunch and one or two smaller breaks throughout the day.

| TIME/DAY | MON | TUE | WED | THU | FRI |
|------------|-------|----------------------------|-------|----------------------------|-------|
| 9:30-10:20 | S-310 | S-310 | S-310 | S-310 | S-310 |
| 10:30-1:20 | S-310 | Lab Room S-312 OR S-216 | S-310 | Lab Room S-312 OR S-216 | S-310 |

Books and Materials Required

Biology& 160: General Biology w/Aplia by Starr ISBN:9781285142920 **REQUIRED**
 Biology 160 Lab Manual available on Moodle - you must print out BEFORE lab

Chemistry& 121: General, Organic, and Biological Chemistry: Structures of Life
 by Timberlake, 3rd Edition ISBN:9780555054079 **REQUIRED**
 Chem 121 Lab Manual available on Moodle - you must print out BEFORE lab

Health& 250: Handouts posted on Moodle

Moodle access (free): <http://scidiv.bellevuecollege.edu/moodle> (Directions listed below) **REQUIRED**

Other materials needed:

1. Soft-side splash goggles. May be purchased at the bookstore. **REQUIRED**
2. An inexpensive scientific calculator. **REQUIRED**

- 3. Scantrons. May be purchased at the bookstore. REQUIRED
- 4. A package of colored pencils and a package of 3x5 cards for flash cards. (Recommended)
- 5. Internet access is required. If you do not have internet at home, please use the Science Study Center (S-114) or the Open Lab (N-250) to complete your assignments. REQUIRED
- 6. Athletic shoes, comfortable exercise clothes, water bottle, pad lock for locker

The Mice and Matter course web site: Moodle

We will use Moodle to post solutions for assignments and exams. There is also a Discussion Forum where you can post your questions and comments. **Announcements will be posted. It is important to check this site (or your email) daily. Login directions.**

1. Go to <http://scidiv.bellevuecollege.edu/moodle>. Under the login button, click "create new account" and follow the steps. A confirmation email will be sent to you. If you cannot get access, contact Jennie Mayer ASAP by email or phone.
2. Once you have an account, "search" for "Mice and Matter" to find our class site, or go to "Other" and find our class. You will need to enter an enrollment key, which is "mice".

Computer Glitches. Computers seem to develop glitches on dues dates. Don't wait until the last day, hour, minute or second to complete your work. We are not sympathetic to last minute computer problems.

Discussion Forums. We recommend that you log into the Moodle site daily to keep up with the class. We also recommend that you use the Discussion Forums often, think of them as a virtual study group. The Discussion Forum titled "Just Chatting" can be used for you to talk informally to others in your class.

Grading

You will receive separate grades for CHEM& 121, BIOL& 160 and HLTH 250. Your chemistry, biology, and health grades will be based on the following:

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|----------------------|-------------|
| Unit Exams 40% | Labs 15% |
| Class Activities 15% | Project 10% |
| Homework 20% | |

A = 100-93%
 A- = 92-90%
 B+ = 89-87%

B = 86-83%
 B- = 82-80%
 C+ = 79-77%

C = 76-73%
 C- = 72-70%
 D+ = 69-66%

D = 65-60%
 F = 59-0%

Students who have an average of 59% or below will receive a failing (F) grade. If your situation changes during the course of the quarter and you feel that you need a hardship withdrawal you must talk to the instructors before the final exam.

Attendance and Late Work

There is no way to make up participation points or prelabs.

- o Any student who is absent for more than 5 class periods during the quarter will receive a failing (F) grade.
- o Students who stop attending this class and who do not formally withdraw by the end of week 7 will receive a failing (F) grade for the course.
- o All assignments due in class are due AT THE BEGINNING OF CLASS.
- o If you cannot turn it in on time, you can turn it in by the end of the day for a 25% deduction or anytime before the assignment is graded and returned to students for a 50% deduction (2 days late or more). We will not accept any work for an assignment which has already been graded and returned to the rest of the class.
- o If, due to an emergency (illness, accident, etc.), you are unable to take an exam at the time scheduled, you must notify one of your instructor as soon as possible and make-up exams will consist of only essay questions.

Assignments

Unit Exams: Exams will consist of multiple choice, fill-in the blank, matching, problem solving and short essay questions. There are four unit exams covering biology, chemistry, and health and are weighted as follows: 5%+10%+10%+15% = 40%. Please bring a #2 pencil and a Scantron on exam days. Exam regrade requests (grading corrections) must be submitted in writing no later than a week after graded exams are returned.

Class Activities: You are expected to attend class and participate in class activities. Activities include, but are not limited to, discussions, worksheets, health and fitness assessments, etc. We may ask you to turn in something each day

to keep track of your progress and you will get points for that. There are no substitutes for class activities - **you must be in class to get these points (no exceptions)**.

Information about fitness activities: We will occasionally do activities that require physical activity. Please dress appropriately (athletic shoes and clothing) for indoors / outdoor weather. If we are going outdoors, you may want to put your belongings in a locker or your car, as we may not stay in one place. There are lockers available (bring your own pad lock) on a daily basis in the G building locker room. Shower towels can be signed-out in the hallway near the main office (G 100). Take responsibility for yourself! Be sure to hydrate and properly fuel prior to and after class. Do NOT perform exercises that are contraindicated for you. If you have questions about what you should or should not do with regards to physical activity, please meet with Kelly.

Homework: Homework will be due throughout the quarter. We may also ask you to complete an assignment based on something we want you to view online. You will need to do some homework on Moodle, *Sapling*, and *Aplia* sites, which require internet access (see Moodle on p.2).

Labs: You must be prepared for lab. For chemistry lab, you are required to wear goggles and appropriate clothing or you will not be allowed to complete the lab. Please read the experiment before coming to the laboratory and complete any pre-lab assignment by the deadline BEFORE the lab begins. **No late prelabs are accepted.** On occasion a pop-quiz may be given at the beginning of the laboratory period. During the first 15-20 minutes of each laboratory period, we will give you specific information about changes in procedures and safety information. If you are LATE for the laboratory session, we may not allow you to work in the laboratory that day. For biology and chemistry lab worksheets are due immediately after completing the experiment.

Molecules of Change Project: You will be working toward a healthier lifestyle through awareness of your behaviors. Through the process of planning, tracking, and reflecting daily behaviors, you will notice patterns and make adjustments toward a healthier lifestyle. This project will take most of the quarter weeks and we will be discussing it at length in class.

Some important dates (more details will be available in the Google Calendar)

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|----------------------|--|
| Tuesday, 9/18 | Class starts |
| Friday, 9/28 | Unit 1 Exam (5%) |
| Monday, 10/1 | Last day to withdraw without a W |
| Friday, 10/19 | Unit 2 Exam (10%) |
| Tuesday, 10/9 | No class - College Issues Day |
| Friday, 10/26 | No class - Faculty Professional Development Day |
| Sunday, 11/4 | Last Day to withdraw "W", or an F will be posted on transcript |
| Monday, 11/12 | No class |
| Monday, 11/9 | Unit 3 Exam (10%) |
| Thursday, 11/22 | No class - Thanksgiving break |
| Friday, 11/23 | No class - Thanksgiving break |
| Wednesday 12/5 | End of quarter celebration and Review Session |
| Friday, 12/7 | Unit 4 Exam (15%) @ 10:30-12:30 in S-310 ---- Finals Week |

Student Responsibilities

- Attend all scheduled classes and access online materials
- Come to class on time and prepared
 - Homework and reading assignments completed
 - With note-taking materials, text and other required materials
- Actively participate in group activities
- Be respectful of fellow students' viewpoints and learning styles
- Observe the rule of academic honesty
- Check the Mice and Matter website daily.
- Turn your cell phones off!

How to get Extra Help

1. Please see us! We are an important resource for you. Office hours are set up for this purpose but check with us before or after class to see if we have time to meet with you.

2. Form a study group with other students in the class. You can meet in the SSC (S114) or the conference rooms (S201 and S301).

3. Visit the Science Study Center (SSC) in S114. This is a place to meet with chemistry and biology peer tutors, seek help from faculty, and work on computers. Additional information about the center, additional available software and a schedule is located at the following URL: <http://scidiv.bellevuecollege.edu/SSC>

4. Academic Success Center (ASC) in D204. The ASC has individual and group tutoring available free of charge for Biology 160 and Chemistry 121. <http://bellevuecollege.edu/asc/>

Affirmation of Inclusion

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination.

We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect. <http://bellevuecollege.edu/about/goals/inclusion.asp>

Disability Resource Center (DRC)

The Disability Resource Center serves students with a wide array of learning challenges and disabilities. If you are a student who has a disability or learning challenge for which you have documentation or have seen someone for treatment and if you feel you may need accommodations in order to be successful in college, please contact us as soon as possible.

If you are a person who requires assistance in case of an emergency situation, such as a fire, earthquake, etc, please meet with your individual instructors to develop a safety plan within the first week of the quarter.

The DRC office is located in B 132 or you can call our reception desk at 425.564.2498. Deaf students can reach us by video phone at 425-440-2025 or by TTY at 425-564-4110. Please visit our website for application information into our program and other helpful links at www.bellevuecollege.edu/drc.

Bellevue College E-mail

All students registered for classes at Bellevue College are entitled to a network and e-mail account. Your student network account can be used to access your student e-mail, log in to computers in labs and classrooms, connect to the BC wireless network and log in to MyBC. To create your account, go to: <https://bellevuecollege.edu/sam>.

BC offers a wide variety of computer and learning labs to enhance learning and student success. Find current campus locations for all student labs by visiting the Computing Services website.

Science Division Policy on Cheating

You, the student, are expected to conduct yourself with integrity. When you cheat*, or aid someone else in cheating, you violate a trust. If you cheat, the following actions will be taken:

1. You will receive a grade of "0" on the exam, lab, quiz, etc. where cheating occurs. This grade cannot be dropped.
2. A report of the incident will be sent to the Dean of Students. He may file the report in your permanent record or take further disciplinary action such as suspension or expulsion from the college.

If you feel you have been unfairly accused of cheating, you may appeal. (For a description of due process procedures, see WAC 132H-120, copies of which are available in the Student Body Government Office)

*Cheating includes, but is not limited to, copying answers on tests or homework, glimpsing at nearby test papers, swapping papers, stealing, plagiarizing, illicitly giving or receiving help on exams or assignments.

Student Code

“Cheating, stealing and plagiarizing (using the ideas or words of another as one’s own without crediting the source) and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Vice President of Student Services.” The Student Code, Policy 2050, in its entirety is located at: http://bellevuecollege.edu/policies/2/2050_Student_Code.asp

"Netiquette" Policy

You are expected to participate and conduct your communications in the course in a way that is conducive to learning and shows respect for both the instructor and your fellow students. Misunderstandings can be common when communicating electronically; this Internet etiquette or "netiquette" is essential to avoid such problems.

You should attempt to make your meanings clear in all of your postings and group projects. If you are unfamiliar with generally accepted online behaviors please see the following Netiquette websites for an introduction to the core rules of communicating online:

<http://www.albion.com/netiquette/>

www.dtcc.edu/cs/rfc1855.html

Disclaimer: YOU ARE RESPONSIBLE FOR ANY **CHANGES** IN DATES THAT ARE ANNOUNCED IN CLASS. Lectures and daily activities are structured to supplement material presented in the textbooks. You are responsible for the material covered in the textbooks, lectures, laboratory, etc. Exams will emphasize the chapters discussed most recently, however, some questions may concern topics discussed earlier in the course.