

# Psychology 100: General Psychology

Bellevue College

Winter 2015 | Item 5403 | Section E

Mon-Fri 9:30-10:20am | Room R204

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**Office phone:** 425-564-2329  
**Office location:** D100A (tower next to the fountain)  
**Office hours:** Mon-Fri 10:30-11:20am  
**Course website:** Canvas, accessible through <http://bc.instructure.com>

**Required textbook:** *Exploring Psychology* (9<sup>th</sup> ed.) by David Myers.

This syllabus is your guide to the class. If you have questions, **read the syllabus first** before asking me.

## INTRODUCTION

Psychology is the scientific study of mind and behavior. This course will survey the major concepts, theories, and research findings in psychological science. Through readings, lectures, discussion, and assignments, students will learn about the wide range of research issues addressed by psychologists and gain an appreciation of the importance of psychological research in its application to everyday human life.

This might be one of your first college classes. College works quite differently from high school. There is less structure, time, and guidance, and more independent student learning is required. You are responsible for keeping yourself on schedule, knowing due dates, and planning ahead. Be an active participant in your own education. Study concepts you don't understand, and ask for help right away if you need it.

Class lectures and activities highlight, supplement, reinforce, and clarify knowledge you have acquired from a thorough and careful reading of the textbook. Lectures are not a substitute for reading and studying the course material on your own. You will be expected to **read the book before class**, take **notes**, **think** about what you read, and come prepared to **discuss** the ideas with your professor and peers. Challenge assumptions, and consider the implications and applications of course material. Psychological research has shown that making connections between new material and what you already know helps you to remember it better.

**Come to office hours** with questions. Office hours are a set time I have set aside specifically to talk about the class. I am *always* available during office hours – no appointment needed. Just stop by! You can also schedule a different time to meet with me if my office hours don't work with your schedule, or we can chat online using Canvas.

**Study effectively** by self-testing. Each section of the text begins with a study question. Read the material, trying to understand the underlying ideas. A few minutes later, go back to the page and see if you can answer the question. Test yourself again with the multiple-choice questions at the end of each chapter. Several other great tools for self-testing are on LaunchPad, the textbook's website, which comes free with your book. See: RESOURCES FOR SUCCESS.

Class friend #1: \_\_\_\_\_

phone: \_\_\_\_\_

Class friend #2: \_\_\_\_\_

phone: \_\_\_\_\_

## LEARNING OUTCOMES

After completing this class, students should be able to:

- Describe the purpose, comprehensive scope, and areas of application in the discipline of psychology.
- Apply and/or critique various research methods used by psychologists in the study of behavior.
- Recognize, compare and contrast various theoretical perspectives used to explain and guide psychological research and application.
- Identify historical and present-day contributions of major psychologists.
- Define key psychological terms, concepts, processes, and principles.
- Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
- Apply psychological principles and findings to one's own life.

## COURSE REQUIREMENTS

### Reading

You are responsible for knowing and understanding all assigned readings. You should plan to spend 1-2 hours reading and studying the assigned chapter(s) **before** coming to class. I will spend class time highlighting the more difficult concepts from the chapter, conducting relevant activities, and answering your questions. Please be prepared to make the most of that time.

### Quizzes [200]

Quizzes (20 points each) are multiple-choice and given in class (see schedule). No late make-up quizzes are available. Your lowest quiz score will be dropped.

### Exams [300]

Two exams (150 points each) are multiple-choice and given in class. Exams *are not* cumulative: each exam covers the chapters listed in the course schedule. Question formats will be similar to quizzes.

- All exams are taken in class and require only a pencil. Bubble sheets will be provided for you to fill in your answers.
- Make-up exams can only be scheduled for valid and documented reasons, such as health issues or personal emergencies, and are given at my discretion. If you are unable to take an exam at the scheduled time, notify me in advance when possible and no later than the next class meeting.

### Psychology Journals [100]

By the end of each week, you will write a short journal entry about one topic covered that week and submit it on Canvas. The list of topics will be provided in each Assignments folder on Canvas. Each journal entry should be about a paragraph and consist of *either* (a) a **real-life example** of the concept or topic (e.g., "An example of the concept of \_\_\_\_\_ in my life is...") or (b) **what you learned** about the topic that you hadn't known before. Journal entries are worth 10 points each, and are given full credit upon completion. Early submissions are welcome. Late submissions will receive a two-point deduction for each day late. You may find it helpful to set yourself reminders to complete them on time.

### Participation [100]

- *Attendance (50 points)*. Please attend class regularly and let me know in advance if circumstances prevent you from doing so. You may have one unexcused absence per week without penalty. Additional unexcused absences within that week will decrease your score by 5 points per day. Absences that are documented and/or with advance notice are excused and will not be penalized.
- *Classroom Engagement (50 points)*. Credit will be awarded based on weekly contribution to discussion and activities. Quality will be rewarded over quantity, including demonstrated attentive listening. Points will be deducted for inattention during class, such as using your phone or not participating in activities.

## GRADES

Final grades are based on a possible 700 points as allocated below. It is your responsibility to earn the grade you want. Do not count on extra credit opportunities to make up for earlier lack of effort in the class. I will use Canvas throughout the quarter to post grades so that you can keep track of your progress. Incompletes are only given under extreme circumstances, and at the sole discretion of the instructor.

<i>Grading Category</i>	<i>Points</i>
<b>Quizzes</b> (10 x 20 pts)	200
<b>Exams</b> (2 x 150 pts)	300
<b>Psychology Journals</b> (10 x 10 pts)	100
<b>Participation</b>	100
<i>Total</i>	<i>700</i>

Points	Percent	Grade
651	93%+	A
630	90-92.4%	A-
609	87-89.4%	B+
581	83-86.4%	B
560	80-82.4%	B-
539	77-79.4%	C+

Points	Percent	Grade
511	73-76.4%	C
490	70-72.4%	C-
469	67-69.4%	D+
441	63-66.4%	D
<441	<63%	F

## COMMUNICATION

### Canvas: The Course Website (<http://bc.instructure.com>)

This course makes extensive use of Canvas as a supplement to face-to-face time. Canvas will be used for communication, downloading materials, submitting assignments, and so forth. Plan to check it regularly. Our course home page can be accessed from the *Courses* dropdown menu on the left side of the page. To correspond with me privately about the course, please use the Conversations feature of Canvas (the *Inbox* link in the upper right corner). I will respond to all messages within 24 hours on weekdays. Weekend messages may take longer; please plan accordingly. If you don't have a home computer with Internet access, an [open computer lab](#) is available in N250.

### Receive Class Texts

We will be using *cel.ly* as a quick, simple way to communicate with everyone. Our class "cell" is a mobile social network that works with any mobile phone or device. You will receive messages, polls, and reminders sent by me to everyone in the class, and you can also text anyone in the class while keeping phone numbers private. Join by texting **@BCPsych100** to **23559**. When you are asked for a username, please use your real name to make it easy to identify you. You can use *cel.ly* by simple texting only, or to download the app, choose your OS: [Android](#), [iPhone](#). Participation on *cel.ly* is optional.

## COURSE POLICIES

### Guidelines for Discussion

- The topics in psychology will make you want to share your thoughts – which is great! But the class will benefit from these conversations only if we follow some basic rules of courtesy. Talking during open discussion promotes learning, but *talking between students is disruptive*. So, please **raise your hand** to contribute your opinion, and **do not talk out of turn** (no side conversations or speaking up without raised hand). If you frequently talk to your neighbor or speak out of turn, I *will* ask you to leave class, and you will not receive participation credit for the day.
- If you contribute frequently, I may call on other people instead to get a variety of perspectives.

- In an academic setting, everyone has the right to express different views in a respectful atmosphere. Please be considerate of your classmates.

### Technology in the Classroom

Cell phones should be *silenced* and put away before class. **Do not use your phone during class.** Students whose cell phones ring, who send or receive texts, check emails, or wear ear buds during class time will be asked to leave class for the remainder of the class period and will not receive participation credit for that day. If the problem persists, the student(s) will be referred to the Dean of Student Success for appropriate disciplinary actions.

Scientific research has shown that using laptops to take notes in class results in *worse* learning of the material compared to the traditional pencil-and-paper method. I encourage you not to bring your laptop to class.

### Punctuality

- Please be on time for class. Arriving late or leaving early breaks the flow of the class and causes a distraction. If you arrive late, please take a seat close to the door. If you need to leave early, make arrangements with me ahead of time and sit close to the door. Do *not* disrupt class by walking through the middle of the room.
- Please ***do not pack up to leave early***. I will always let class out on time. Packing up your things during the last few minutes of class is distracting to everyone and may result in your missing out on important information.

### Attendance

Attendance is required in this class. However, as an adult, you are expected to manage your own time and priorities. If you miss any class session, consult the schedule to see what topics were covered. You are responsible for obtaining notes and information on any announcements from fellow students. **Do not contact me to ask what you missed.** If you have questions concerning the missed class that you are unable to answer yourself *after reviewing a classmate's notes*, please see me during office hours for clarification.

### Multitasking

Research shows that when we do more than one thing at a time, we're not actually doing them simultaneously. Instead, we're shifting our attention from one thing to another. During that shift, we lose focus, and it takes effort to refocus on the new task. In fact, some research shows that the more often we "multitask," the more distracted we are by irrelevant information, and the worse we are at concentrating. *Limit the temptation to multitask* in class.

## RESOURCES FOR SUCCESS

### Office Hours

Come to office hours with questions. Office hours are a set time I have set aside specifically to talk about the class. My door is open and I am *always* available during office hours – no appointment needed. Just stop by! See times and location listed at the top of this syllabus.

### Academic Success Center

Free drop-in psychology tutoring is available both in person and online through the Academic Success Center (D204). Check the schedule here: <http://www.bellevuecollege.edu/asc/tutoring/schedules/psychology/>.

### LaunchPad

You will have access to LaunchPad, the textbook website, if you purchased your book through the bookstore. LaunchPad is an incredibly useful tool that includes the entire text as an e-book (so you can study anywhere) and several activities and videos for clarifying ideas that can be difficult to understand. **One highly effective way of studying is by self-testing**, and you can easily test yourself using the LearningCurve quizzes at the end of each section and the summative quizzes at the end of each chapter.

## **Counseling Center**

You can make an appointment for [academic counseling](#) in the Student Success and Counseling Center (2nd floor B building) for help with study skills or test anxiety: 425-564-2212. The Counseling Center also provides free short-term counseling for a wide range of other issues, ranging from stress and depression to relationship problems to sexual assault and other forms of abuse.

## **Multicultural Services**

MCS specializes in assisting students of color, LGBTQ students, and refugee and immigrant students, but all BC students are welcome to use MCS's services free of charge. MCS is really wonderful at helping all students feel comfortable and welcome at Bellevue College. They will help integrate you into the life of our College. MCS can help with a wide variety of personal and professional challenges, from figuring out how to pay for college and secure childcare for kids, to personal counseling and advising. Stop by their office in B233 or call them at (425) 564-2208.

## **TRiO Student Support Services**

This department provides excellent academic support for students who have limited incomes, documented disabilities, or who are the first in their families to attend college. Students who join TRiO are given close and intensive academic advising, lessons in study skills, tutoring, and overall support not only as students but as human beings. Learn more by stopping by B233 or visiting the website at <http://bellevuecollege.edu/TRiO/>.

## **Disability Resource Center**

If you have a disability or learning challenge and feel you may need accommodations in order to be successful in college, please read: **Students Who Require Disability Accommodations** (below).

## **Students Who Require Disability Accommodations**

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.

If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. Contact [asn@bellevuecollege.edu](mailto:asn@bellevuecollege.edu) or (425) 564-2764. ASN is located in the Library Media Center in D 125.

[www.bellevuecollege.edu/autismspectrumnavigators/](http://www.bellevuecollege.edu/autismspectrumnavigators/).

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/](http://www.bellevuecollege.edu/drc/).

## PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION

**Cheating, Stealing, and Plagiarizing\*:** 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 Dean 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 Dean of Student Services. A good resource for avoiding plagiarism is the [Writing Lab](#).

*\*If you are accused of cheating, stealing exams and/or plagiarism, there is a Bellevue College Student Discipline and Appeals Procedure (the right to due process) which you may pursue. Contact the office of Division Chair (D110), the Dean of Student Services (B231A) or the Associated Student Body (C212) for information regarding the appeals process.*

**Email Communication** with instructors must be done through student email accounts only. Instructors cannot communicate with students about their course work or grades through students' personal email accounts.

**Incomplete:** If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F").

**F Grade:** Students who fail a course (earning less than 63% of the points) will receive a letter grade of "F."

**Final Examination Schedule:** The Social Science Division will adhere to the final examination schedule as stated in the BC Schedule. Final examinations will be held at the end of each quarter at fixed times. Instructors will not give examinations in advance of the regular schedule. A student who is absent from any examination held at any time during the quarter may forfeit the right to make up the examination. If, for illness or some other circumstance beyond the student's control, the student is unable to be present at any scheduled examination and has contacted the instructor on a timely basis, the student may be permitted to take such examination at a time designated by the instructor.

**Withdrawal From Class:** College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course.

**Hardship Withdrawal:** Instructors may assign the grade of "HW" (hardship withdrawal) at their discretion in the event that a student cannot complete the coursework due to extreme and exceptional circumstances. Students may also contact the Enrollment Services office *before* grades are assigned in cases of hardship.

**Distribution of Grades:** Grades will not be posted in the Social Science Division or in faculty offices, and program assistants or coordinators will not give out grades. Students should access their grades through the BC website.

**Return of Papers and Tests:** Paper and/or Scantron score sheet returns will be arranged in the following ways ONLY: by mail, if student supplies the instructor with stamped, self-addressed envelope (with appropriate postage); or by the instructor designating a time and place whereby the student may retrieve his/her papers. Unclaimed papers and/or Scantron score sheets must be kept by the instructor for a minimum of sixty (60) instructional days following the end of the quarter.

## 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>

## PSYC 100 Course Schedule

Due dates for assignments and exams, as well as required readings, are listed below. Readings should be completed prior to class. This schedule is subject to change at the instructor's discretion. Any changes will be announced in class.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	JANUARY 5 Welcome & Introduction	6 Community Building	7 Thinking Critically (1)	8 Thinking Critically (1)	9 <b>Quiz: syllabus, 1</b>
2	12 ASC Reading Lab: How to Study for College	13 Biology of Behavior (2)	14 Biology of Behavior (2)	15 Biology of Behavior (2)	16 <b>Quiz: 2</b>
3	19 NO CLASS: Martin Luther King Day	20 Consciousness (3)	21 Consciousness (3)	22 Consciousness (3)	23 <b>Quiz: 3</b>
4	26 Development (4)	27 Development (4)	28 Development (4)	29 <b>Quiz: 4</b>	30 Sensation & Perception (6)
5	FEBRUARY 2 Sensation & Perception (6)	3 Sensation & Perception (6)	4 <b>Quiz: 6</b>	5 Exam 1 Review	6 NO CLASS: College Issues Day
6	9 <b>Exam 1 (1 2 3 4 6)</b>	10 Learning (7)	11 Learning (7)	12 Learning (7)	13 <b>Quiz: 7</b>
7	16 NO CLASS: Staff Professional Development Day	17 Memory (8)	18 Memory (8)	19 Memory (8)	20 <b>Quiz: 8</b>
8	23 Motivation (10)	24 Emotion (10)	25 Emotion (10)	26 NO CLASS: Instructor at conference	27 <b>Quiz: 10</b>
9	MARCH 2 TBD	3 Personality (12)	4 Personality (12)	5 Personality (12)	6 <b>Quiz: 12</b>
10	9 Social Psychology (13)	10 NO CLASS: Faculty Professional Development Day	11 Social Psychology (13)	12 Social Psychology (13)	13 <b>Quiz: 13</b>
11	16 Psychological Disorders (14)	17 Psychological Disorders (14)	18 Psychological Disorders (14)	19 <b>Quiz: 14</b>	20 Exam 2 Review
12	23 <b>Exam 2 (7 8 10 12 13 14)</b>	24	25		

*Note: Exam 2 will be held on Monday 3/23 at our normal class time and in our normal classroom.*