

# BELLEVUE COLLEGE

## Spring Quarter 2015

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Course: Psyc& 100 Section HYL, Item 5410, 5 credits  
Time: T/Th: 12:30AM – 2:20PM  
Room: A138

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Instructor: Ilona Pitkänen, Ph.D.  
Office: D200A  
Office hours: By appointment, and Thursday 3-3:45pm  
Email: Use **Canvas email** in this course to reach me. If Canvas is down, use:  
[ilona.pitkanen@bellevuecollege.edu](mailto:ilona.pitkanen@bellevuecollege.edu)  
Phone: (425) 564-2706 (Voicemail); (425) 564-2331 (Social Science Division)  
Mailbox: Social Science Division Office (D110)

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**Required Text:** *Hockenbury & Hockenbury, Discovering Psychology*, 6<sup>th</sup> Edition with DSM-5 update. *New York, NY: Worth Publishers* (Launchpad website access and study guide are additional optional resources that you can purchase with the book)

### Course Description

Welcome to the Psychology 100 class! The field of psychology is defined as a “scientific study of behavior and mental processes”, and you will learn that psychologists study a remarkably wide range of topics. Such a diversity of topics makes it more likely that everyone will find something in this class that particularly interests them. Examples of topics we will cover include learning and memory, sleep, motivation, emotion, psychological disorders and personality. We will also talk a lot about the brain, and about how psychologists conduct research. The main purpose of the course is to introduce you to the major concepts, theories and research findings in psychology. More specific goals for the course are listed below.

**Please read this entire syllabus as it contains a lot of important information regarding the class!** If you have any questions or concerns, please contact me as soon as possible.

### Course Purpose & Goals

#### **COURSE OUTCOMES**

1. Describe the purpose, comprehensive scope, and areas of application in the discipline of psychology.
2. Apply and/or critique various research methods used by psychologists in the study of behavior.
3. Recognize, compare and contrast various theoretical perspectives used to explain and guide psychological research and application.

4. Identify historical and present-day contributions of major psychologists.
5. Define key psychological terms, concepts, processes and principles.
6. Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
7. Apply psychological principles and findings to one's own life.

## **STUDENT LEARNING OUTCOMES**

In terms of general education outcomes, students will be able to:

Use cognitive and creative skills:

- a) Analyzing (identifying and evaluating problems)
- b) Synthesizing (interpreting situations, drawing conclusions, and making connections)

Improve communication skills:

- a) Doing research (gathering and documenting information)
- b) Delivering one or more written, oral and/or visual presentation with formal documentation

Apply personal skills:

- a) Understanding the influence of stress, nutrition, and life style on personal health and performance

**IMPORTANT:** We are using Canvas in this course. I will be posting class materials and documents on the Canvas site. You can access Canvas on the Bellevue College website. We will talk about using Canvas in class, but below are some suggestions for navigating around our course site so that you can find what you need once you are on the Canvas site.

- **Course Tools:** To the left, you'll see a navigation bar with links. **Home** and **Pages** links take you to the **Front Page**. **Modules** link takes you to a list of all modules for the course. To the right, you'll also see a link to the Front page and **Web links** which contain some website links relevant to the class. You can reach the calendar by clicking the **Calendar** link at the top of the page. You can access your grades for Canvas assignments by clicking the **Grades** link at the top of the page (we don't take exams in Canvas, so your exam grades are not available in Canvas, but you will get your graded exams back). Canvas has an email, and you can access your email inbox by clicking the **Inbox** link at the top right corner of the page. You can use this email to contact me. You can also use my regular Bellevue College email ([ilona.pitkanen@bellevuecollege.edu](mailto:ilona.pitkanen@bellevuecollege.edu)) to contact me, especially if Canvas is down.

For Technology related problems, contact the HELP desk at (425) 564-4357 or online at <http://depts.bellevuecollege.edu/helpdesk/>

## **Student Exams & Activities (470 points total)**

- 1) **Exams (200 points):** There will be 4 exams, each worth 50 points. The exams are NOT cumulative, and they consist of multiple choice and short-answer questions, and may include extra credit opportunities. No scantrons are needed, but you should **bring your own paper for answers to essay questions! Generally no make-up exams will be given.** However, please contact me for exceptional circumstances such as illness or death in the family. Documentation such as a doctor's note or a death certificate will be required.
- 2) **Psychology paper (60 points):** Each student picks one topic from any field of psychology we discuss in class, finds at least 3 sources, at least two of which must be scientific journal articles, and writes a paper that summarizes and discusses the findings related to the topic. Example topics might include "Unilateral neglect", "Retrograde and Anterograde Amnesia", "Eyewitness Testimony", "Narcolepsy", "Learning during sleep", "Adolescent brain", "The Bystander effect", "Dissociative Identity Disorder". More information about this assignment will be provided in class. Late assignments without a documented and pre-approved reason may lead to a 50% reduction in points or may not be accepted for grading.
- 3) **Hybrid Assignments (50 points + 10 points for a Canvas introduction):** Students complete activities and assignments that are related to the course material. Each student will be given topics to research outside of class (e.g. the actions of drugs on the brain, sleep disorders, etc.). Students search for and evaluate journal articles and may discuss their findings in class, and the information learned can also be tested in exams. **Students are expected to research and write summaries of the topics, and attend and participate in the discussions in class if applicable to receive the points.** More information about these assignments will be given in class. In addition, students are expected to watch films outside of class that can be included in the exams, and to post an introduction in Canvas (worth 10 points).
- 4) **Discussions (80 points):** You need to post at least 2 TIMES A WEEK in Canvas discussions related to the assigned chapters, films and articles. For each discussion, you have to post once in response to my questions, and once in response to other student's posts. The responses to my questions must be posted by EACH FRIDAY BY MIDNIGHT, and the responses to other students' posts must be posted by EACH SUNDAY BY MIDNIGHT. Each posting each week is graded in the scale of 1 or 5 points, so that you can collect up to 10 points per discussion for 8 discussions (total  $8 \times 10 = 80$  points). It is very important that you read the detailed instructions about how to post in this syllabus.
- 5) **Attendance/Activities (70 points):** I will randomly check attendance and/or ask students to complete short class assignments based on the lecture material. Students must collect 7 class assignment/attendance recordings. An 8<sup>th</sup> assignment/attendance recording brings 10 extra credit points. This policy is designed to encourage regular attendance and to reward students who come to class.

**Extra Credit:** Tests may include extra credit opportunities at random. In addition, if at least 90% of the class completes an optional, anonymous class evaluation, everyone gets **10 extra credit points**. More information about this will be given in class when the evaluation becomes available.

## Grading Information

The total number of points you earn will be converted to a percentage of the total points possible. Your final grade will be assigned based on the letter grade scale as shown below:

%	Letter Grade
95-100%	A
91-94	A-
86-90	B+
80-85	B
75-79	B-
71-74	C+
66-70	C
60-65	C-
55-59	D+
50-54	D
49 or less	F

For example, if you earn 370 points out of the total possible 470 points, your points are divided by the total possible points to obtain a percentage of the total points ( $370/470 = 0.79 = 79\%$ ). Once you have the percentage, refer to the table above to figure out the grade (79% = B-).

## Course Schedule

CHAPTERS	FILMS	ASSIGNMENTS	Tuesday	Thursday
Week 1 Ch. 1: History of Psychology and Research Methods	<i>Past, Present and Promise</i>		4/7 Introduction to the class	4/9 Ch. 1 History of psychology
Week 2 Ch 1; Ch. 2: Neuroscience and Behavior	<i>Understanding Research</i>		4/14 Ch. 1 Research methods <b>(POST INTRO IN CANVAS)</b>	4/16 Ch. 1 Research methods, Ch. 2 Neuroscience <b>(RESPOND TO ANOTHER STUDENT'S INTRO)</b>
Week 3 Ch. 2: Neuroscience and Behavior	<i>Cognitive Neuroscience</i>	Brain assignment	4/21 Ch. 2 Neuroscience	4/23 Ch. 2 Neuroscience
Week 4 Ch. 4: Sleep and Consciousness	<i>The Mind Awake and Asleep</i>	Sleep disorders	4/28 <b>EXAM 1 (Ch. 1, 2);</b> Ch. 4 Sleep	4/30 Ch. 4 Sleep
Week 5 Ch. 4; Ch. 5: Learning	<i>Learning</i>	Psychoactive drugs	5/5 Ch. 4 Sleep/Psychoactive drugs	5/7 Ch. 5 Learning
Week 6 Ch. 5; Ch. 6: Memory	<i>Remembering and Forgetting</i>		5/12 Ch. 5 Learning; Ch. 6 Memory	5/14 Ch. 6 Memory
Week 7 Ch. 9: Lifespan Development	<i>Developing Child</i>	Memory assignment	5/19 <b>EXAM 2 (Ch. 4, 5 and 6);</b> Ch. 9 Development	5/21 Ch. 9 Development

<b>Week 8</b> <b>Ch. 10:</b> <b>Personality</b>			5/26 Ch. 9 Development; Ch. 10 Personality	5/28 Ch. 10 Personality
<b>Week 9</b> <b>Ch. 11: Social</b> <b>Psychology</b>	<i><b>The Power of the Situation</b></i>	<b>Personality test</b> <b>(due Tuesday 6/2</b> <b>in Canvas)</b>	6/2 Ch. 11 Social psychology	6/4 <b>EXAM 3 (Ch. 9, 10, 11)</b> Ch. 13 Disorders
<b>Week 10</b> <b>Ch. 13:</b> <b>Disorders</b>	<i><b>Psychopathology</b></i>	<b>Paper</b> <b>assignment (due</b> <b>Wed 6/10 in</b> <b>Canvas)</b>	6/9 Ch. 13 Disorders	6/11 Ch. 13 Disorders
<b>Week 11</b> <b>Ch. 14:</b> <b>Therapies</b>	<i><b>Psychotherapy</b></i>		6/16 Ch. 14 Therapies	6/18 <b>FINAL EXAM (Ch. 13, 14)</b> 11:30 a.m.

*Note: The course schedule is a plan only and is subject to change. You will be notified if changes occur.*

**IMPORTANT! READ THE FOLLOWING INSTRUCTIONS ABOUT THE GRADING AND QUALITY OF THE DISCUSSION POSTS:**

### **Discussions**

Each week you need to complete the assigned readings, watch the films, and then post comments in the discussion for the week. The **Discussion Forum** is where we'll digest the material of the course, where you can ask questions, share information that you have found elsewhere, and answer other students' questions. I monitor the discussions but I expect you to discuss the class topics with other students and help each other in understanding the material. Before you participate in the discussions, you must first complete the required reading and watch the film for the week. In each module, you need to post one response to one of my questions **BY FRIDAY (BY MIDNIGHT) OF THAT WEEK**, and one response to another student's post by **SUNDAY (BY MIDNIGHT) OF THAT WEEK**. Your response to a student must be related to a **DIFFERENT TOPIC** than the question you responded to previously during that week. The topics of my questions will be related to the reading material for the unit. In some weeks I will give scientific articles as additional reading, and there will be discussion questions related to those articles.

**I expect you to read all of the other students' posts each week.**

Below is a general criteria for how the points will be assigned for each post. **EACH OF YOUR TWO POSTS PER WEEK WILL RECEIVE EITHER 5 POINTS OR 1 POINT.** Read the requirements below for how to get 5 points. 1 point per post is given if you have posted but the requirements are not met. Note: These posts are not exams, and I don't deduct points for "incorrect answers" to my or other students' questions, and I don't deduct points if you have misunderstood something. In fact, misunderstandings which get corrected by others can be very useful: other people may have also misunderstood and really appreciate it that someone is discussing the confusing aspects of the class material! As long as you show evidence that you have read the material and thought about it, don't hesitate to post if you have not understood something; in fact that's a really good time to post!

**To get 5 points**, your response must add knowledge and/or ideas to the discussion and show that you have thought about the material. A good response often includes appropriate references to our class material (book, films, articles) and/or to other sources such as other books or websites (provide a link to websites) that can enrich our understanding of the class material. **WHEN YOU USE THE IDEAS/WORDS OF AN OUTSIDE**

SOURCE, YOU NEED TO GIVE CREDIT TO THE THAT SOURCE BY CITING IT. YOU SHOULD LIST THE SOURCES YOU USE AT THE END OF YOUR POST. You can use APA style (there are APA style guides in the final paper module in Canvas), or any other style. You should provide links to websites you use. If you talk about your own experiences, you must show how these experiences relate to the material we are discussing. If you present your opinion, you need to clearly explain and justify your position. It may be entirely appropriate (and is often desirable) to discuss your experiences and opinions in your posts, but these still need to reflect your knowledge of the concepts and terminology from the class material. I don't grade for length of your posts: quality matters more! Obviously a 5-point post cannot be extremely short, but your posts are not meant to be essays, and a good post can very well be just one or two paragraphs. To recap: for 5 points, I want to see evidence that you have read the material and also thought about it (even if you don't understand it and have questions which is very commonly the case), you have some ideas about it and may have done some additional research to find out more. Some questions require additional sources, for others it's optional. Make sure that you read the instructions for each question carefully before you post.

**To get a 1 point**, your post may support or disagree with someone else's post ("I agree", "Good comments", "I don't agree"), but you don't elaborate or explain your position. Also posts that reflect limited or no knowledge of the topic, or are irrelevant to the topic, receive 1 point.

Feel free to post short messages such as "Good comments!" several times if you wish as long as you have made 2 posts that are more substantive and meet the 5-point criteria (you don't get extra credit for additional posts but many students like to make short comments beyond the required posts). When I grade, I look for 2 extensive posts, and those are the ones I count. In addition, you are welcome to continue any discussion past the deadlines, but to get full credit you must post in the correct place at the correct time.

Give some thought to your comments and if necessary do some editing in a word document before copying and pasting into the discussion. These discussions are more formal than a "chat room;" I don't deduct points for grammatical errors (as long as your message is understandable!), but my expectation is that these posts will reflect college level writing, so proofread your postings, keep your language academic, and use spell-check if necessary. In addition, please be respectful and considerate of others in your posts even when you disagree with someone. I can modify or delete posts if necessary (but it has almost never happened).

Despite all these requirements you just read about, don't be nervous about posting in the discussions: nobody is expecting these posts to be a master's thesis! If you have done the reading, you most likely have questions and comments, and this is an excellent opportunity for you to voice your opinions and ideas and get feedback from others. If you are feeling unsure about what to post, read other students' comments first to get ideas.

## **Course Policies**

**Hardship withdrawal policy:** According to the social science division policy, hardship withdrawals are for exceptional circumstances that prevent the student from completing the course. Documentation such as a death certificate or a doctor's letter may be required.

**Academic Problems:** It is important to me that you succeed in this class. If you have concerns about your performance, please contact me as soon as possible. Additionally, Bellevue College offers a variety of learning assistance services. See the following links for additional help:

Academic Success Center: <http://bellevuecollege.edu/asc/>

TRiO Student Support Services: <http://depts.bellevuecollege.edu/trio/>

**Attendance and missing class:** I expect that you attend the classes regularly. I randomly record attendance and you receive points for attending on those days (see the Attendance section under Student Activities & Assignments). In addition, in order to receive points for class assignments, **you need to be in class and participate in the activities.** It is your responsibility to find out from other students what you have missed when you are absent. If you stop attending, you must withdraw yourself from the class to avoid earning a 0.0 in the class.

**Punctuality and class conduct:** You should arrive on time for class and stay the entire period. If you do need to leave early, please sit near the door if possible to avoid disrupting others. **CELL PHONE USE IS NOT ALLOWED DURING LECTURES! Please keep your cell phones and other electronic devices silent or turned off during class.** You are encouraged to share your views and participate in class discussions. However, side comments directed to other students, use of electronic devices, and activities that are not related to the learning material are disruptive. A student who engages in persistent disruptive behavior will be asked to leave the classroom.

**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.

**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](http://bellevuecollege.edu/policies/2/2050_Student_Code.asp) (See also the Procedures and Guidelines of the Social Science Division below).

**Class evaluations:** You are encouraged to complete a voluntary course evaluation before the end of the quarter. My policy is that if **at least 90% of the class completes the evaluation, everyone will get 10 extra credit points.** The Bellevue College Online Evaluation website is secure and submissions are completely anonymous (I see how many students have submitted the evaluation but I will never know the identities of the students). College instructors, program chairs and administrators are granted access to a class composite document on the website only after all grades are posted to transcripts at the close of the current quarter. To participate in the evaluation process, use your Student ID and PIN to log in on the following site:  
<https://bellevuecollege.edu/ClassEval/default.aspx>

On the BC Online Evaluation site, you will find a listing for each of your classes. Access to each course evaluation is granted only once, and after you press the SUBMIT button at the bottom of the page, you will see a screen telling you which class evaluations have been completed. If you have questions or need assistance, please call the Distance Education Office at 425-564-2438 or toll free at 1-877-641-2712. I will discuss this process in class once the evaluation site becomes available.



## **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 and at:

[http://bellevuecollege.edu/policies/2/2050P\\_Student\\_Code\\_\(Procedures\).asp](http://bellevuecollege.edu/policies/2/2050P_Student_Code_(Procedures).asp)

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

### Students Who Require Disability Accommodations:

Students with disabilities who have accommodation needs are encouraged to meet with the Disability Resource Centre (DRC) office located in B132 (telephone 425.564.2498 or TTY 425.564.4110), to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation



letter. Students who require accommodation in class should review the DRC accommodation letter with each instructor during the first week of the quarter.

Students with mobility challenges who may need assistance in case of an emergency situation or evacuation should register with Disability Resource Centre, and review those needs with the instructor as well.

### 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 Web site.

### 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.

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*\*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.*

## **Important Links**

### **Bellevue College email and access to MyBC**

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](#).

### **Disability Resource Center**

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 student with a documented autism spectrum disorder, there is a program of support available to you.

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

## **Academic Calendar**

The Bellevue College Academic Calendar is separated into two calendars. They provide information about holidays, closures and important enrollment dates such as the finals schedule.

- Enrollment Calendar - <http://bellevuecollege.edu/enrollment/calendar/deadlines/>. On this calendar you will find admissions and registration dates and important dates for withdrawing and receiving tuition refunds.
- College Calendar - <http://bellevuecollege.edu/enrollment/calendar/holidays/0910.asp>. This calendar gives you the year at a glance and includes college holidays, scheduled closures, quarter end and start dates, and final exam dates.

## **Public Safety**

The Bellevue College (BC) Public Safety Department's well trained and courteous non-commissioned staff provides personal safety, security, crime prevention, preliminary investigations, and other services to the campus community, 24 hours per day, 7 days per week. Their phone number is 425.564.2400. The Public Safety website is your one-stop resource for campus emergency preparedness information, campus closure announcements and critical information in the event of an emergency. Public Safety is located in K100 and on the web at: <http://bellevuecollege.edu/publicsafety/>