



Welcome to General Psychology

"Education is the most powerful weapon which you can use to change the world."

--Nelson Mandela

COURSE INFORMATION

Quarter/Year: Winter 2015

Course Item/Section: 5407

Course: PSYC& 100 General Psychology

Credits: 5

Class Days/Times: Daily 8:30 am – 9:20 pm

Room: R101

INSTRUCTOR INFORMATION

Instructor: Rick Mangan

Office: A 245G

BC email: rmangan@bellevuecollege.edu

Office Hours: M-F 9:30 pm - 10:30 pm

BC Phone: 425-564-5589

And by appointment

Social Science Division Office: 425-564-2331 (D110)

Social Science Division website: <http://www.bellevuecollege.edu/socsci/>

REQUIRED MATERIALS

Meyers, David, G. Exploring Psychology

COURSE OVERVIEW, OBJECTIVES, & OUTCOMES

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.

The major goals of this course are to:

1. Develop critical thinking skills and become prepared to be cautious and analytical consumers of information that proclaims to be scientific or based on some form of research.
2. Examine how human behavior is studied and analyzed by psychologists.
3. Gain greater insight into human behavior.
4. Develop familiarity with the theories describing human behavior.
5. Become familiar with the symptoms of psychological disorders and various treatment options.

BC Course Learning Objectives

Upon completion of Psychology 100, students will be able to:

1. Describe the purpose, comprehensive scope, and areas of application in the field of psychology.
2. Demonstrate knowledge of the scientific process by applying and/or critiquing 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 important psychological terms, concepts, processes, and principles.
6. Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
7. Demonstrate the application of psychological principles and findings to one's own life.

BC General Education Outcomes

Bellevue College is committed to providing students a comprehensive learning experience that addresses critical dimensions of student personal, professional, and intellectual growth. Bellevue College's General Education program is designed to address areas and specific requirements to ensure that students' learning experiences prepare them to build fulfilling and successful lives as individuals, workers, citizens, and life-long learners. As a reflection of our values of maintaining excellence and anticipating future needs in teaching and learning, Bellevue College has identified three main overarching General Education areas: Creative & Critical Thinking; Communication; and Connections. This course satisfies the area of Creative & Critical Thinking in that General Psychology students must learn to apply critical thinking methods in assessing the validity of claims about human behavior.

COURSE EXPECTATIONS & POLICIES

You are about to learn *a lot* about why people do the things they do. My goals for you, beyond acquiring new knowledge, are development of (1) **critical thinking skills** (how to effectively evaluate new information), and (2) the ability to **apply** concepts in psychology to situations beyond the classroom. You will learn new material every week through a combination of lecture, whole-class discussion, and small group activities. Every 2 weeks, you'll take an quiz to test what you've learned in that time.

Respect & Diversity

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.

MY CLASSROOM is an LGBTQ Safe Space. In fact, it is a safe place for everyone where I welcome your individuality, and I will defend your right to be yourself in the spirit of learning and in an environment of mutual respect.

I am committed to maintaining an environment wherein we all feel safe to do so.

Respect of Others: I expect courtesy, attentiveness, maturity, and a willingness to learn. In demonstrating these traits you will earn my respect as a responsible adult, and be treated accordingly. I will not tolerate your interference in another student's learning experience. That includes, **distracting noise** or



behavior, Cell-phone use, texting, whispering, insults, cruelty, harassment (of any kind), or ridicule. I am sure that you as a responsible adult will not tolerate these things either. I

whole-heartedly believe that learning requires trust and courage. Keep in mind that no one feels free to take risks in an environment where they fear being ridiculed or criticized and learning requires risk-taking. You are responsible for creating the kind of open environment where you, yourself, feel free to learn, and find understanding and support from those around you.

You are responsible for keeping yourself on schedule, knowing due dates, and planning ahead. Study concepts you do not understand, and ask for help right away if you need it. This class goes quickly, and you'll need to stay on top of the reading to do well. If you have questions about the class, **read this syllabus first**. Be an active participant in your own education. You will be expected to **read the book before class**, take **notes**, **think** about the stuff 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. Thinking deeply about the course material not only will help you remember it better – it'll make it more useful for the future.

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.

Class conduct expectations will be in compliance with policies described in the BC student handbook. *Cheating and plagiarism* will not be tolerated. All work that you submit in this course must be the product of your own efforts. In either case, zero points will be allotted. In addition, *cell phone* use in class is not allowed; cell phone ringers/modes are to be turned off prior to entering the classroom. *Laptop/tablet* use will not be allowed in class. For more information and to see the Student Code, Policy 2050, in its entirety, please visit: http://bellevuecollege.edu/policies/2/2050_Student_Code.asp

GRADING POLICY

There will be a total of 1000 possible points in this class. Letter grades are based on percentage of the total number of points earned. The following criteria will be used:

A	94 - 100%	940 - 1000 pts		
A-	90 - 93%	900 - 939		
B+	87 - 89%	870 - 899	Quizzes	= 200 pts (15%)
B	83 - 86%	830 - 869	Exams	= 400 pts (30%)
B-	80 - 82%	800 - 829	Assignments	= 200 pts (15%)
C+	77 - 79%	770 - 799	Attendance Activities	= 200 pts (15%)
C	73 - 76%	730 - 769	Total Possible	= 1000 pts
C-	70 - 72%	700 - 729		
D+	67 - 69%	670 - 699		
D	63 - 66%	630 - 669		
F	62% and below			

For more info on grading policies, visit: <http://www.bellevuecollege.edu/catalog/enroll/grades.asp>

Quizzes and Exams

Multiple-Choice Quizzes: Throughout the quarter, we will cover 10 chapters. You will be quizzed on 2 chapters at a time. Staying on top of your reading and attendance during lectures are the keys to success on these quizzes.

Written Exams: There will be three in-class written exams throughout the quarter. In total, these will be worth 400 points. The first two will be worth 125 and the final will be worth 150. Each will cover information from the text, class lecture, and videos. A portion of the points may be accumulated throughout the quarter in the form of in-class activities. These points cannot be made up if you miss class; therefore, it is in your best interest to attend each class session. With each exam, you can expect to make connections between the lecture material and your life by coming up with real-life examples. The exams may consist of multiple-choice questions, essay questions, matching items, labeling, and/or drawing. You will be provided a study guide for the written exams.

Exams will not be given late. If you know ahead of time that you will be unable to attend class on any exam day, you may make arrangements with me to take an alternative exam early. If you come late to class on an exam day, you will not be allowed any additional time. Make-up exams will be allowed only with appropriate documentation. All exams given outside of class must be taken in paper form and during office hours.

Assignments

Throughout the quarter, you will complete two written assignments that deal with critical thinking (CTA) and the multiple perspectives in the field of psychology (DPA). Directions and details will be posted on the class site on Canvas in the appropriate Module. These assignments will be submitted on Canvas. Late assignments will only be accepted within 24 hours of the due date and at penalty of 20% off the total points possible.

Attendance

Attendance will be taken in the form of in-class activities worth, in total, 100 points. If you are not in class, you cannot participate; if you do not participate, you will not receive credit for in-class activities.

Punctuality is expected. Please be on time for class. Arriving late or leaving early undoubtedly 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.

Extra Credit

There may be limited opportunities to earn extra credit for this course. These opportunities may consist of outside activities (e.g., attending a campus lecture or workshop, viewing a film, etc.) and written papers pertaining to the topics covered in this course. Such opportunities will only be announced in class.

INSTRUCTOR EVALUATION

As always, you are encouraged to come to me first with any questions or concerns.

Course Evaluations are encouraged. You are encouraged to complete a course evaluation before the end of the quarter. The Bellevue College Online Evaluation web site is secure and submissions are completely anonymous. College instructors, program chairs and administrators are granted access to a class composite document on the web site *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.

Participation is encouraged. You are encouraged to participate in discussions of the theoretical issues presented in class. Some theories may appear counter-intuitive and may provoke much reaction, sparking lively discussions. Within these discussions, it is important to remain respectful of your fellow students. Everyone has a point of view. While discussion is encouraged and will be solicited, side comments and off-topic talk will not be tolerated.

COLLEGE POLICIES & RESOURCES

Email

All students registered for classes at Bellevue College are entitled to a network and e-mail account. In addition, all students are required to use this email account when contacting instructors. 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 Canvas. To create your account, go to: <https://bellevuecollege.edu/sam>

Official Emergency & Closure Status

In the event of inclement weather or emergency conditions, check the BC website at <http://bellevuecollege.edu/status/> or call 425-401-6680 for a recorded message. You may also listen to local radio stations or watch local television stations (KING, KIRO, KOMO) for school closure announcements. In addition, you may sign up for Rave Alert to receive email or text messages about school emergency alerts. Visit <http://bellevuecollege.edu/> for more information.

Class Calendar General Psychology

Fall 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 5 Read Prologue Read Chapter 1	6	7	8	9
12 Read Chapter 2 Biology of Mind	13	14	15	16 Quiz Ch. 1 & 2 The story of Psychology Thinking Critically. Biology of mind
19 No Class Holiday	20 Read Chapter 3 Consciousness	21	22	23
26 Read Chapter 5 Gender & Sexuality	27	28	29	30 Quiz Ch 3 & 5 Consciousness Gender and Sexuality
Feb 2 Read Chapter 7 Learning	3	4	5 Exam 1	6 Prof. Dev. Day No Classes
9 Read Chapter 8 Memory	10	11	12	13 Quiz Ch. 7 & 8 Learning Memory
16 Prof. Dev. Day No Classes	17 Read Chapter 9 Thinking, Language & Intelligence	18	19	
23 Read Chapter 12 Personality	24	25	26	27 Quiz Ch. 9 & 12 Thinking, Language & Intel. Personality
March 2 Read Chapter 14 Psych. Disorders	3	4 Exam 2	5	
9 Read Chapter 15 Therapy	10 No Class College Issues Day	11	12	13 Quiz Ch. 14 & 15 Psychological Disorders Therapy
16 Read Chapter 11 Health/Flourishing	17	18	19	20 <i>Last Class Session</i>
23 <i>Finals Week (no class)</i>	24 <i>Finals Week (no class)</i>	25 <i>Final Exam Exam 3 7:30 AM – 9:20 AM</i>		

The schedule and procedures in this course are subject to change; you will be given advance notice of such changes.

**PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION
Fall 2014**

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.*