



## Welcome to General Psychology

*"Education is not just the filling of a pail, it is the lighting of a fire."*

~B. F. Skinner

### COURSE INFORMATION

**Quarter/Year:** Spring 2015

**Course:** PSYC& 100 General Psychology

**Class Days/Times:** MW 10:30 am – 12:20 pm

**Course Item/Section:** 5406 HYG

**Credits:** 5

**Room:** A206

### INSTRUCTOR INFORMATION

**Instructor:** Carol Anderson

**BC email:** carol.anderson@bellevuecollege.edu

**BC Phone:** 425-564-2327

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

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

**Office:** D100F

**Office Hours:** MT 12:30 pm - 2:30 pm

Th 12:30 pm – 1:30 pm

And by appointment

### REQUIRED MATERIALS

Grison, S., Heatherton, T., & Gazzaniga M. (2015). *Psychology in Your Life* (1<sup>st</sup> ed.). New York: Norton.

### 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. Examine how human behavior is studied and analyzed by psychologists.
2. Gain greater insight into human behavior.
3. Develop familiarity with the theories describing human behavior.
4. Become familiar with the symptoms of psychological disorders and various treatment options.
5. 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.

#### 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.

## 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	10 MC Exams	= 200 pts (20%)
B	83 - 86%	830 - 869	4 Reflection Papers	= 100 pts (10 %)
B-	80 - 82%	800 - 829	3 W Exams	= 400 pts (40%)
C+	77 - 79%	770 - 799	2 W Assignments	= 200 pts (20%)
C	73 - 76%	730 - 769	Attendance/Activities	= 100 pts (10 %)
C-	70 - 72%	700 - 729	Total Possible	= 1000 pts
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>

### Exams

*Multiple-Choice Exams* Throughout the quarter, we will cover 9 chapters. For each chapter, there will be a timed multiple-choice exam, worth 20 points each. While these weekly exams will be completed online on Canvas, they are not considered open-book. If you have difficulty taking multiple-choice exams online, you will be allowed to take a paper/scantron exam during office hours. You will be provided study guides for these exams.

*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 study guides for these 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 (MPA). 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.

In addition, for the hybrid portion of the course, you will view four online videos pertaining to the text chapter at hand. For each video, you will write a 500-word minimum word count reflection paper, each worth 25 points, answering specific questions about the video. Details will be posted on the class site on Canvas. Late assignments will be accepted only within 24 hours of the due date and at penalty of 20% off the total point possible. See the Class Calendar for due dates.

### 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.

### 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.

## 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 week, you'll take an online quiz to test what you've learned that week.

This is a *hybrid* class with both in-class and online components. Hybrid classes combine classroom interaction and online resources. Many course interactions are conducted online, reducing the amount of face-to-face meeting time. **To succeed in this class, you must regularly use a computer with Internet access.** If you do not have a home computer with Internet access, an [open computer lab](#) is available in N250 to all BC credit students.

This might be one of your first college classes. College works quite differently from high school. There is less structure, time, and guidance, and a lot more is expected from 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.

**Attendance** is not optional. As adult students, you are expected to manage your own time and priorities. If you miss any class session, you are responsible for obtaining any lecture notes from fellow students, missed assignments from me, and for staying abreast of any class announcements or changes to the class schedule or policies. Emailing me of your absence is appreciated. *Note:* when emailing me outside of Canvas, please include your full name and class section; in the email subject line, it is helpful to start with "STUDENT" so that it does not get lost in the melee of emails.

**Class conduct** expectations will be in compliance with policies described in the BC student handbook.

"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."

*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](http://bellevuecollege.edu/policies/2/2050_Student_Code.asp)

**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.

**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.

**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 and on Canvas.

## COLLEGE POLICIES & RESOURCES

### 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. As such, our classroom is a **Safe Space** 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. For more information, visit the following site: <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 the DRC as soon as possible. The DRC office is located in B132. Their reception desk can be contacted by calling 425-564-2498 or TTY 425-564-4110. <http://bellevuecollege.edu/drc/>.

### Support Services

In addition to the DRC, BC has a variety of support services available to students, each with the aim of promoting student success. Examples include the Academic Success Center, Career Education Options (CEO), Counseling Center, LGBTQ Resource Center, Multicultural Student Services (MCS), Student Programs, TRiO, and the Veterans Office. For more information, I encourage you to spend some time perusing this site: <http://www.bellevuecollege.edu/resources/services/>

### 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>

### Public Safety

The Bellevue College 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/>.

### 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

Spring 2015

Monday	Tuesday	Wednesday	Thursday	Friday
4/06	4/07	4/08	4/09	4/10
4/13 <b>RP 1</b> ____	4/14	4/15	4/16	4/17 <b>Q Ch 1</b> ____ <b>Introducing the World of Psychology</b>
4/20 <b>CTA</b> ____	4/21	4/22	4/23	4/24 <b>Q Ch 2</b> ____ <b>The Role of Biology in Psychology</b>
4/2 <b>RP 2</b> ____	4/28	4/29	4/30	5/01 <b>Q Ch 5</b> ____ <b>Sensation &amp; Perception</b>
5/04 <b>Exam 1</b> ____	5/05	5/06	5/07	5/08 <b>Q Ch 4</b> ____ <b>Development Across the Lifespan</b>
5/11	5/12	5/13	5/14	5/15 <b>Q Ch 6</b> ____ <b>Learning</b>
5/18 <b>RP 3</b> ____	5/19	5/20	5/21	5/22 <b>Q Ch 11</b> ____ <b>Social Psych</b>
5/25 <i>No School Holiday</i>	5/26	5/27 <b>Exam 2</b> ____	5/28	5/29 <b>Q Ch 7</b> ____ <b>Memory</b>
6/01 <b>RP 4</b> ____	6/02	6/03	6/04	6/05 <b>Q Ch 12</b> ____ <b>Self &amp; Personality</b>
6/08 <b>MPA</b> ____	6/09	6/10	6/11	6/12 <b>Q Ch 13</b> ____ <b>Psychological Disorders</b>
6/15 <i>Final Class Session</i>	6/16	6/17 <i>Final Exam Week</i> <b>Exam 3</b> ____ <b>0930 - 1120 AM</b>	6/18 <i>Final Exam Week</i>	6/19 <i>Final Exam Week</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**  
**Spring 2015**

**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.*