

*"If the brain were so simple that we could understand it,
we would be so simple that we couldn't."*

Lyle Watson

INTRODUCTION TO PHYSIOLOGICAL PSYCHOLOGY

PSYCHOLOGY 202A

TIME: 12:30- 1:30 PM, (5 credits)

INSTRUCTOR: VIRGINIA BRIDWELL

OFFICE: D110J

OFFICE HOURS BY APPOINTMENT

PHONE: (425) 564-2198

E-MAIL: virginia.bridwell@bellevuecollege.edu

FALL QUARTER 2015

REQUIRED TEXT: James W. Kalat; Biological Psychology, 10th, 11th, or 12th edition, Thomson/Wadsworth, Publisher

COURSE DESCRIPTION:

Psychology is the scientific study of behavior, thought and emotion. This course will introduce terminology, methodology, concepts and theories of the biological aspects of behavior. This course will examine the structures and functions of the brain, sensory systems, and endocrine system on a molecular, cellular and organ level as they are integrated to process information and perform behaviors.

COURSE OBJECTIVES:

Upon completion of this course, the successful student will:

1. Identify the components of the nervous system, endocrine system, and immune system and describe their functions.
2. Describe the chemical influences on behavior at the cellular level, the neural level and at the level of the organism.
3. Describe applications of the scientific method to the study of behavior and mental processes.
4. Distinguish between the various methods and technologies employed in studying the brain.
5. Demonstrate an appropriate use of terms and theories related to physiological psychology.
6. Identify the prominent theorists in the field of physiological psychology and discuss their contributions to the field.
7. Discuss the dynamic relationship between evolution, genetics and the environment as it influences physiology and behavior.

8. Be able to critically analyze claims that are made about behavior in a number of forums, from media to academia.

GENERAL EDUCATION OUTCOMES:

1. Critical Thinking, Creativity and Problem Solving. (2)
2. The Nature of Science (3)
3. Science and the Natural World (3)
4. Technology and Society (2)

GRADING AND EXAMS:

In conformity with BC's grading policy the grades will be assigned as follows:

| | | |
|----|------------|-----|
| A | 100 – 95 | 4.0 |
| A- | 94 - 90 | 3.7 |
| B+ | 89 - 86 | 3.3 |
| B | 85 - 83 | 3.0 |
| B- | 82 - 80 | 2.7 |
| C+ | 79 - 75 | 2.3 |
| C | 74 - 70 | 2.0 |
| C- | 69 - 60 | 1.7 |
| D+ | 59 - 55 | 1.3 |
| D | 54 - 50 | 1.0 |
| F | 49 - BELOW | 0.0 |

Your final grade will be based on a potential total of 500 points. They are broken down as follows:

EXAMS: (400 points)

There will be five exams, each worth 100 points. Your final grade will be calculated on the basis of your best four scores. Each exam will cover information from the text, lectures and class discussions. The test format will contain multiple choice and essay questions. You may expect your exams to be returned to you within three days (depending on the number of essay questions in the exam). You will need to bring a **scantron sheet and a number two pencil** to each exam. You will also need paper for the essay questions. If after the final exam you wish to receive your results prior to receiving your transcript, you may bring a self-addressed, stamped envelope to the final exam and your exam will be mailed to you.

MAKE - UP EXAM POLICY:

There will be no make - up exams. No Exceptions. If you have a **documented** situation causing you to be unable to attend class on the day of an exam, you may arrange to take

it before the scheduled date. Otherwise, since it is my policy to drop the lowest exam score, your missed exam will count as your lowest score.

EXTRA CREDIT POLICY:

Extra credit is already built into the course in the form of extra credit questions during exam times or at random times throughout the quarter. Any additional points granted for busy work to compensate for poor performance would have the effect of distorting the measure of your mastery of the concepts of the course and thus will not be granted.

DISABILITY RESOURCE CENTER (DRC)

THE DISABILITY RESOURCE CENTER SERVES STUDENTS WITH A WIDE ARRAY OF LEARNING CHALLENGES AND DISABILITIES. IF YOU ARE A STUDENT WHO HAS A DISABILITY OR LEARNING CHALLENGE FOR WHICH YOU HAVE DOCUMENTATION OR HAVE SEEN SOMEONE FOR TREATMENT AND IF YOU FEEL YOU MAY NEED ACCOMMODATIONS IN ORDER TO BE SUCCESSFUL IN COLLEGE, PLEASE CONTACT US AS SOON AS POSSIBLE.

IF YOU ARE A PERSON WHO REQUIRES ASSISTANCE IN CASE OF AN EMERGENCY SITUATION, SUCH AS A FIRE, EARTHQUAKE, ETC., PLEASE MEET WITH YOUR INDIVIDUAL INSTRUCTORS TO DEVELOP A SAFETY PLAN WITHIN THE FIRST WEEK OF THE QUARTER.

IF YOU ARE A STUDENT WITH A DOCUMENTED AUTISM SPECTRUM DISORDER, THERE IS AN ADDITIONAL ACCESS PROGRAM AVAILABLE TO YOU. CONTACT AUTISM SPECTRUM NAVIGATORS EMAIL AND PHONE NUMBER IS ON THE WEB PAGE. ASN IS LOCATED IN THE LIBRARY MEDIA CENTER IN D125. THE DRC OFFICE IS LOCATED IN B132 OR YOU CAN CALL OUR RECEPTION DESK AT 425.564.2498. DEAF STUDENTS CAN REACH US BY SKYPE: THE ADDRESS IS DRCatBC (NOTE: THERE IS NO @ SIGN...IT IS ACTUALLY DRCatBC). PLEASE VISIT OUR WEBSITE AT DISABILITY RESOURCE CENTER FOR APPLICATION INFORMATION INTO OUR PROGRAM AND OTHER HELPFUL LINKS.

Accessibility

THE ONLINE ELEMENTS OF THIS COURSE ARE DESIGNED TO BE WELCOMING TO, ACCESSIBLE TO, AND USABLE BY EVERYONE, INCLUDING STUDENTS WHO ARE ENGLISH-LANGUAGE LEARNERS, HAVE A VARIETY OF LEARNING STYLES, HAVE DISABILITIES, OR ARE NEW TO ONLINE LEARNING. BE SURE TO LET ME KNOW IMMEDIATELY IF YOU ENCOUNTER A REQUIRED ELEMENT OR RESOURCE IN THE COURSE THAT IS NOT ACCESSIBLE TO YOU. ALSO, LET ME KNOW OF CHANGES I CAN MAKE TO THE COURSE SO THAT IT IS MORE WELCOMING TO, ACCESSIBLE TO, OR USABLE BY STUDENTS WHO TAKE THIS COURSE IN THE FUTURE.

RECIPROCAL PEER TUTORING ASSIGNMENT: (100 points)

Objective: This is a challenging course that requires systematic and rigorous study to master the concepts and theories presented. Research and anecdotal experience from tutors has shown that tutors achieve relatively greater understanding of academic information than their students. (Fantuzzo and Riggio, 1990)

Assignment description: To ensure your successful mastery of the course material, you will be randomly assigned to a study partner with whom you will be both student and tutor for the duration of the quarter. The course is divided into five units. Each unit culminates with an exam. You will be required to **meet** with your study partner for a **minimum** of one hour each week. In preparation for these meetings, each student must create the following:

1. An **original** multiple choice or short answer practice exam to be administered to the partner during the meeting. There should be a minimum of 20 questions per chapter.
2. A set of answers for each test item with a brief explanation of why the answer was the correct one.
3. Two **original** essay-type questions (one per chapter) covering unit material with an outline of the answers.
4. Students will be prepared to discuss the questions and compare answers with their partner.
5. Taped sessions of the discussions will be randomly sampled of each study partner group at least two times per quarter taped sessions are to be sent by email attachment, CD, or the recording and will be called for by the instructor at the beginning of the hour.

Study group materials will be turned in on the day of the exam. You will need to place your tests and answer keys in a two pocketed folder. **Late material will not be accepted. No exceptions. Study materials that plagiarize the study guide materials that accompany your text will not be accepted and will be treated with the consequences stipulated by the college and social sciences policies regarding plagiarism.** (See attached policies handout)

(Adapted from Reciprocal Peer Tutoring by Fantuzzo and Ron Riggio, Ph.D. (1990) Presented to the Terman Teaching Conference of Western Psychological Association Convention, 2006)

CLASS POLICIES:

ATTENDANCE:

As adult students, you are expected to manage your own time and priorities. Therefore, with the exception of days when demonstrations, exams and activities are scheduled, daily attendance is not taken. This is college. Your courses are based on the assumption of your regular attendance. This is not a course that you can survive if you

do not attend regularly. If however, you are not able to attend; you **are** expected to obtain notes from your peer tutor to gain information regarding announcements or lectures that you have missed. Studies have shown that the students who attend class regularly do achieve better grades and comprehension. They are also the students who enrich the class with their questions, participation, and discussions. Consequently, I will reward attendance with extra credit points by taking attendance randomly throughout the quarter (usually on days when attendance is low). These points will be logged in my grade book and assessed when your grade appears to be on the borderline between grades and I need to justify rounding your grade up to the higher grade.

PUNCTUALITY:

Please be on time for class. Late arrivals result in loss of important information and distract students' opportunity to hear announcements. If circumstances prevent you from arriving on time, please take a seat closest to the door to reduce the number of students that you distract.

Once class has commenced, do not leave once class has begun. Students sometimes encounter circumstances in which they have to leave class before the end of the hour.

Make every effort to avoid leaving class before the end of the hour. Once again, this creates a distraction for others that can be very disturbing when it results in loss of information or confusion. Arrange for such occurrences by speaking to me about it before class and **planning to sit next to the door and do not reenter the room once you have left.**

CLASS PARTICIPATION:

You are encouraged to participate in discussions of the theories and concepts presented in class. This has the effect of expanding your comprehension of the material and enriching the learning experience for yourself and your fellow students. Many of the theories may seem counter-intuitive and will provoke much reaction. You are encouraged to share your reactions with the class as they pertain to the material.

However, side - comments directed to fellow students contribute to distractions that are disturbing to students and will not be tolerated. **Students who distract from the lecture/discussion will be asked to leave the class.**

CELL PHONES:

Cell phones are a convenience, not a right. They create a distraction for your fellow students. **Cell phones are to be turned off while in the classroom. Students who neglect to turn off their phones before class will be excused from class for the remainder of the hour if their phones ring during class time.**

LAP TOPS:

Laptops create a distraction for you and the students around you. They and all other modes of electronic communication are therefore not permitted. If you have an ADA accommodation to use your laptop, please make your documentation available to me

and prepare to send your lecture notes to me as a Word attachment immediately upon request.

TRANSLATION DICTIONARIES:

If English is not your primary language and a translation dictionary is needed during exam time, this is permitted **so long as it is NOT an electronic one**. Please feel free to discuss your dictionary needs with me prior to your first exam.

HARDSHIP WITHDRAWAL:

According to the Social Science Division guidelines (see document in your Canvas file), hardship withdrawals are for **extreme and exceptional circumstances** that prevent the student from completing the course. They will require documentation such as a death certificate, coroner's report, doctor's letter or a comparable form of evidence.

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>

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/>

Proposed Class Schedule*

| <u>Week of:</u> | <u>Chapters:</u> | <u>Readings:</u> |
|---------------------|------------------------|---|
| 9/21 | Chapter 1, Module 1.2 | Genetics of Behavior |
| 9/28 | Chapter 2 | Nerve Cells and Nerve Impulses |
| | Chapter 3 | Synapses |
| <u>10/5</u> | <u>EXAM I</u> | <u>CHAPTERS 1, 2, and 3</u> |
| 10/6* | Chapter 4 | Anatomy of the Nervous System |
| 10/15** | Chapter 5 | Development and Plasticity of the Brain |
| <u>10/26</u> | <u>EXAM II</u> | <u>CHAPTERS 4 and 5</u> |
| 10/27 | Chapter 6 | Vision |
| 11/2 | Chapter 7 | The Other Sensory Systems |
| <u>11/9</u> | <u>EXAM III</u> | <u>CHAPTERS 6 AND 7</u> |
| 11/10*** | Chapter 8 | Movement |
| 11/16 | Chapter 13 | The Biology of Learning and Memory |
| <u>11/23</u> | <u>EXAM IV</u> | <u>CHAPTERS 8, and 13</u> |
| 11/24**** | Chapter 9 | Wakefulness and Sleep |
| 12/1***** | Chapter 11 | Reproductive Behaviors |

Final Exam:

12/10 11:30 - 12:20 EXAM V CHAPTERS: 9, and 11

*This schedule is an estimation of the time required to cover the material. It is subject to change. It is essential that you attend class daily to obtain announcements of changes in the schedule.

*10/ 9 and 12 class will be held virtually. Consult your Canvas site for specific class presentations and assignments for that day.

**10/20, College Issues day, no class

***11/11, Holiday, no class

**** 11/27 and 28, Holiday, no class

*****12/7, Professional development day, no class

Top Ten Campus Resources for Students:

Academic Success Center – Get free (!) tutoring (in virtually any subject), writing help, or math assistance at this great campus resource! Students who visit the Academic Success Center, we believe, do better in their classes. Stop by the Center in D204, or visit them online at <http://bellevuecollege.edu/asc/>

CEO (Career Education Options) – This is an EXCELLENT program for students aged 16-20 who did not receive high school diplomas. CEO advises and mentors its students, helping them attain a degree. Many of our students, with the help of CEO, have succeeded at their second chance at education. To learn more, visit <http://bellevuecollege.edu/ceo/> or call (425) 564-4035

Counseling Center – Did you know that BC offers free, short-term counseling for students? If you're having a problem in your life and you'd like to talk to someone about it, consider seeing a BC Counselor. We have referred our students to the Counseling Center for a very wide range of issues, ranging from stress and depression to relationship problems to sexual assault and other forms of abuse. BC's Counselors are sensitive, understanding, and trained. To make an appointment with a counselor, call (425) 564-2212. If you have a crisis and cannot reach the Counseling Center, call the 24 hour Crisis Clinic Hotline at (206) 461-3222 or 1-800-244-5767.

DRC (Disability Resource Center) – Although many BC students already know about the great people at the Disability Resource Center, there are some students with disabilities who haven't yet gone by the DRC for assistance. If you have any kind of disability whatsoever, we strongly encourage you to visit the DRC in B132. They are a wonderful group of folks who are dedicated to providing students with open, fair, and equitable access to education. You can also visit them online at <http://bellevuecollege.edu/drc/>

Human Development Classes and Workshops – The Counseling Center offers many classes that can have long-term impact on your life, such as "Stress Management," "Selecting a Major," "Assertive Communication," "Building Self-Esteem," and "Race in America." These classes typically range from one to three credits, so they don't meet as often as sociology courses, nor do they cost as much money.

LGBTQ Resource Center – The LGBTQ Resource Center is a place on campus where students can feel safe to be themselves, free from harassment, prejudice, or ridicule. Hang out, meet new people, use the computers to get some work done, or check out the books on a variety of LGBTQ-related themes. For more information, stop by their office in C225 or call them at (425)564-6041.

MCS (Multicultural Student Services) – MCS specializes in assisting students of color, gay/lesbian/bisexual/transgender students, and refugee and immigrant students. BC's MCS office is wonderful! MCS aims to help all students reach their academic goals, so 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 has been a shoulder our students have leaned upon and a network of friends to turn to. We have seen MCS 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. MCS pretty much can

do it all – and if they can't, they can DEFINITELY connect you with the right people who can! For more information, visit <http://bellevuecollege.edu/mcs/index.html> , stop by their office in B233, or call them at (425) 564-2208

Student Programs – Meet new people! Get involved! There is a wealth of student clubs and organizations on our campus. The Muslim Student Association, the Math Club, the Black Student Union, El Centro Latino, the Peer-to-Peer Mentoring Program, the Street Dance Club, Student Government, and MANY more organizations (there are dozens!) are housed in Student Programs. We are confident that every student can find something of interest. Stop by Student Programs in room C212, or visit their site at <http://bellevuecollege.edu/stupro/>

TRiO – 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 tell us that their experiences with TRiO are amazing, and we have personally witnessed our students THRIVE (!) with TRiO's assistance and guidance. 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. For more information, visit <http://bellevuecollege.edu/trio/> , stop by their office in B233, or call them at (425) 564-5475.

Veterans Office – If you are a veteran of the United States Military, BC's Veterans Office can help you with a variety of issues, most notably financial assistance. They will guide you along the GI Bill benefits, and they can help you activate your Veterans Affairs Educational Benefits. For more information about your options, visit <http://fa.bellevuecollege.edu/veterans> To contact them, call (425) 564-2220.

PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION

Revised Winter 2006

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 Community 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 Community 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.

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 BCC 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 Support Services (DSS) office located in B132 (telephone 425.564.2498 or TTY 425.564.4110), to establish their eligibility for accommodation. The DSS office will provide each eligible student with an accommodation letter. Students who require accommodation in class should review the DSS 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 Support Services, and review those needs with the instructor as well. See the updated DRC notice in the syllabus.**

Distribution of Grades

Grades will not be posted in the Social Science Division or in faculty offices, and secretaries 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.

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