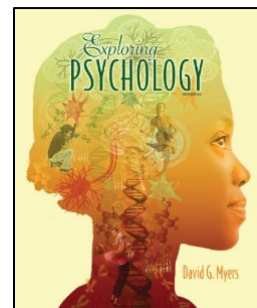


Psychology 100: General Psychology

Professor Tabitha K. Turowski

Spring 2014 | Item 5408 | Section HYH | TTh 10:30-12:20 pm | Room A138

This is a *hybrid* class: some of your work will be done online, outside of class.



Preferred Contact Method: Canvas	Office: D100A (next to the fountain)
BC Email: tabitha.turowski	Office Hours: M 12:30-2:30, TTh 12:30-1:20 & 3:30-4
Phone: (425) 564-2329	Website: Canvas: bc.instructure.com
Required Textbook: <i>Exploring Psychology</i> (9th ed.) by David Myers	

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.

What to Expect in This Class

You're about to learn *a lot* about why people do the things they do. My goals for you include development of (1) **critical thinking** skills (how to carefully evaluate new information), (2) the ability to **apply** concepts in psychology to situations beyond the classroom, and (3) **effective teamwork** skills. Each week, you'll learn new material in class through a combination of lecture, discussion, and small group activities, then take an online quiz to test what you've learned.

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 on our course website, 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 don't 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 don't 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 will not only help you remember it better – it'll make it more useful for the future.

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

Study effectively by self-testing. Each section of the text begins with a study question. Read the material, trying to understand the underlying ideas. A few minutes later, go back to the page and see if you can answer the question. Test yourself again with the multiple-choice questions at the end of each chapter. Several great tools for self-testing are on LaunchPad, the textbook's website, which comes free with your book. More about this on page 5.

Course Schedule

Wk	Date	Topic(s)	Reading	Online Assignments (Fridays)*
1	April 8	Welcome and Introduction	Syllabus	Quiz: Syllabus, Ch. 1 Journal
	April 10	Thinking Critically with Psychological Science	Chapter 1	
2	April 15	Biology of Behavior	Chapter 2	Quiz: Ch. 2, 3 Journal
	April 17	Consciousness & the Two-Track Mind	Chapter 3	
3	April 22	Developing Through the Lifespan	Chapter 4	Quiz: Ch. 4 Journal
	April 24	No class: professor at conference		
4	April 29	Exam 1	Chapters 1-4	Quiz: Ch. 6 Journal Groups form
	May 1	Sensation & Perception Group Project Preparation	Chapter 6	
5	May 6	Learning	Chapter 7	Quiz: Ch. 7, 8 Journal Group project plan
	May 8	Memory	Chapter 8	
6	May 13	Exam 2	Chapters 6-8	Quiz: Ch. 10 Journal Groups meet with prof
	May 15	Emotion Group Project Preparation	Chapter 10	
7	May 20	Personality	Chapter 12	Quiz: Ch. 12, 13 Journal Group project rough draft
	May 22	Social Psychology	Chapter 13	
8	May 27	Psychological Disorders	Chapter 14	Quiz: Ch. 14 Journal
	May 29	Psychological Disorders	Chapter 14	
9	June 3	Exam 3	Chapters 10, 12-14	Journal
	June 5	Group Project Preparation		
10	June 10	Group Presentations		Journal Group project final draft
	June 12	Group Presentations		
11	June 17 (19)	Final Exam (optional)		

**All online quizzes and assignments are due by 11:59pm on the dates listed and can be submitted on Canvas at <http://bc.instructure.com>. This schedule is subject to change at professor's discretion.*

How Do I Get An A?

Grading Category	Points	%
Quizzes (8 x 25 pts)	200	20
Exams (3 x 100 pts)	300	30
Group Presentation	200	20
Psychology Journals (10 x 20 pts)	200	20
Participation (Attendance 50 + Contribution 50)	100	10
Total	1000	100

Final grades will be determined according to the following schedule:

A	93%	B	83%	C	73%	D	63%
A-	90%	B-	80%	C-	70%	F	<63%
B+	87%	C+	77%	D+	67%		

Quizzes [200]

Quizzes (25 points each) are multiple-choice and will be due **online every Friday** in Weeks 1-8. All quizzes are on Canvas, the course website, and due by 11:59 pm. Late quizzes will be penalized by five points for each day (or fraction thereof) submitted past the due date. This penalty will be added manually after quizzes are automatically scored. You may find it helpful to set reminders in your phone or write due dates on your planner to complete these quizzes on time.

Exams [300]

Three exams (150 points each) are multiple-choice and are *not* cumulative: each exam covers the chapters listed in the course schedule. A cumulative, comprehensive final exam covering everything in the class will be given during finals week. Consult the course schedule for exam dates and times.

- **I will drop your lowest exam score.** This means that if you have done well all quarter, *the final exam is optional*. It also means that if you do terribly on one exam, you can take the final to make up for it.
- All exams are taken in class and require a scantron and #2 pencil. These materials can be purchased in the college bookstore; you are responsible for providing them.
- Make-up exams can only be scheduled for valid and documented reasons, such as health issues or personal emergencies, and are given at my discretion. Oversleeping is not a valid reason, nor is being unprepared. If you are unable to take an exam at the scheduled time, notify me in advance when possible and no later than the next class meeting. For the final, you must make arrangements for a make-up by the last day of the quarter.

Group Presentation [200]

In small groups, you will research a psychological topic from the book that is not covered elsewhere in the class. Groups will form in Week 4 and collaborate in and outside of class. Please make sure you are in class for the "Group Project Preparation" days (see Course Schedule). You may use a combination of the textbook and instructor assistance to understand the content and formulate ideas for presenting it. Outside resources are permitted but not required. This research will culminate in a 20-minute group presentation. All materials related to the project should be submitted in the appropriate Assignments folders on Canvas. Detailed information will be posted on Canvas.

Topic Choices:

Chapter 3: Drugs	Chapter 7: Cognitive & Observational Learning	Chapter 10: Motivation
Chapter 5: Gender	Chapter 9: Thinking	Chapter 11: Coping with and Reducing Stress
Chapter 5: Psychology of Sex	Chapter 9: Language	Chapter 11: Happiness
Chapter 5: Sexual Orientation	Chapter 9: Intelligence	Chapter 12: Psychodynamic Theories of Personality

Psychology Journals [200]

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

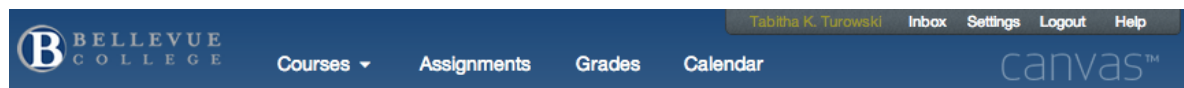
Participation [100]

- **Attendance (50 points).** Please attend class regularly and let me know in advance if circumstances prevent you from doing so. You may have two unexcused absences without penalty. Additional unexcused absences will decrease your score by 5 points per day. Excused (documented and/or with advance notice) absences will not be penalized.
- **Contribution to class (50 points).** Credit will be awarded based on weekly contribution to discussion, activities, and homework. Points will be deducted for demonstrating inattention during class, such as texting or not participating in activities. If you are not in class, you cannot participate.
 - **10 points of your contribution score are earned by coming to office hours** at least once during the *first month* of class (April 8-May 8). Office hour times and location are listed at the top of the syllabus. I am happy to schedule another time to meet with you if these times do not work with your schedule.

Course Policies

Canvas: The Course Website

This course makes extensive use of Canvas as a supplement to face-to-face time. Canvas will be used for communication, downloading materials, submitting assignments, taking quizzes, and so forth. Plan to check it regularly. Our course homepage can be accessed from the *Courses* dropdown menu on the left side of the page.



To correspond with me about the course, please use the Conversations feature of Canvas (the *Inbox* link in the upper right corner). If Canvas is down, you can email me at tabitha.turowski@bellevuecollege.edu. If emailing, please use your BC email. Per college policy and FERPA regulations, I cannot correspond with you at a personal email address. However, you can set up your BC email to forward to another email address; instructions are posted [here](#). I will respond to all emails/messages within 24 hours on weekdays; weekend messages may take more time. Plan accordingly.

LaunchPad

You will have access to LaunchPad, the textbook website, if you purchased your book through the bookstore. LaunchPad is an incredibly useful tool that includes the entire text as an e-book (so you can study anywhere) and several activities and videos for clarifying ideas that can be difficult to understand. One highly effective way of studying is by self-testing, and you can easily test yourself using the LearningCurve quizzes at the end of each section and the summative quizzes at the end of each chapter. Plan to read each chapter the weekend before we cover it (or at the very least, during that week – certainly no later), and test yourself with the summative quiz before the Canvas quiz each Friday. LaunchPad can be accessed here: <http://www.worthpublishers.com/launchpad/exploring9e/459427>

Guidelines for Discussion

- The topics in psychology will make you want to share your thoughts – which is great! But the class will benefit from these conversations only if we follow some basic rules of courtesy. Talking during open discussion promotes learning, but *talking between students is disruptive*. So, please **raise your hand** to contribute your opinion, and **do not talk out of turn** (no side conversations or speaking up without raised hand). If you frequently talk to your

- neighbor or speak out of turn, I *will* ask you to leave class, and you will not receive participation credit for the day.
- If you contribute frequently, I may call on other people instead to get a variety of perspectives.
 - In an academic setting, everyone has the right to express different views in a respectful atmosphere. Please be considerate of your classmates.

Use of Technology

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

Punctuality

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

Attendance

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

Multitasking

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

Study Skills & Tutoring Resources

- The course textbook contains a section on time management in pages xxxiv to xl and some tips for improving your memory for class material on pages 29-31 and 299-300. You can also make an appointment for [academic counseling](#) in the Student Success and Counseling Center (2nd floor B building) for help with study skills or test anxiety: 425-564-2212.
- Psychology 100 drop-in tutoring is available in the Academic Success Center, D204. Current schedule is posted [here](#).

Procedures and Guidelines of the Social Science Division

Cheating, Stealing, and Plagiarizing*

Cheating, stealing, and plagiarizing (using the ideas or words of another as one's own without crediting the source) and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Services for possible probation or suspension from Bellevue College. Specific student rights, responsibilities and appeal procedures are listed in the [Student Code of Conduct](#), available in the office of the Dean of Student Services. A good resource for

avoiding plagiarism is the [Writing Lab](#).

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

Incomplete

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

F Grade

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

Final Examination Schedule

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

Withdrawal From Class

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

Hardship Withdrawal

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

Students Who Require Disability Accommodations

Students with disabilities who have accommodation needs are encouraged to meet with the Disability Resource Center (DRC) office temporarily located in the Library (D125) (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 Center, 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 website.

Return of Papers and Tests

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

**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.

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>