

## PSYC 100: General Psychology

5407 H / Winter 2016

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Canvas webpage: <https://bc.instructure.com/>  
Mailbox: Leave items with secretary in D110  
Class Meets: M-F, 11:30am – 12:20pm; A206

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Office Hours: By appointment  
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### Course Information:

Psychology is the scientific study of human behavior and mental processes. This course will present the methods, concepts, and core principles of psychology. Topics to be covered include, but are not limited to, psychophysiology, sensation and perception, learning and memory, motivation, development, emotion, health, stress, personality, and psychological disorders and their treatments. A key component of this course is to learn how psychological research methods and constructs can be applied to daily life—and to any career path that a student may choose.

After completing *Psychology 100*, students should be able to:

- Describe the purpose, comprehensive scope, and areas of application in the discipline of psychology.
- Apply and/or critique various research methods used by psychologists in the study of behavior.
- Recognize, compare and contrast various theoretical perspectives used to explain and guide psychological research and application.
- Identify historical and present-day contributions of major psychologists.
- Define key psychological terms, concepts, processes and principles.
- Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
- Apply psychological principles and findings to one's own life.

### Course Requirements / Measuring Outcomes:

#### Homework Assignments:

This course will involve **five homework assignments** that consist of several short-answer questions in which you will be asked to apply psychological concepts discussed **in class and in the text** to daily, real-world situations. Each assignment is worth **15 points** and will cover roughly 6-7 modules worth (1-3 chapters) of material. I will post each assignment on Canvas several days before it is due.

Any additional instructions about the assignment will be provided in class. **To receive full credit, homework assignments must be submitted at the start of class the day they are due** (listed on the course calendar). You may submit them in either hardcopy or electronic format. Late assignments will be penalized -3 points per day they are late and will NOT be accepted more than 2 days after the official due date.

If your assignment will be late due to any of the reasons listed above (e.g., personal illness, death in the family), let me know as soon as possible to make alternate arrangements, as necessary.

Do NOT simply send your assignment to me via email if you miss the deadline and have not discussed your circumstances with me prior. I will return it to you unread.

#### Quizzes and Exams:

There will be **four quizzes** and **two exams** (midterm & final) during the quarter, with the dates indicated on the course calendar. The quizzes and exams will take place **in class**, promptly at the start of the class session. Each quiz will be allotted **30 minutes** (with brief lecture to follow) and each exam will be allotted **50 minutes**.

Quizzes will consist of 25 multiple-choice questions. Each quiz is worth **25 points**.

Exams will consist of 50 multiple-choice questions. Each exam is worth **50 points**.

- **Materials:** You will need a scantron form and a #2 pencil for all quizzes and exams. Neither of these materials will be provided, so be sure to bring them with you. You may use the backs of used scantrons to save on scantrons.
- **Preparing for Quizzes/Exams:**
  - The publisher’s quizzes provide a good basis for the types of questions that will appear on the in-class quizzes and exams:  
[http://bcs.worthpublishers.com/myers9einmodules/?raxsts=c1450210423957&uid=0&rau=0#t\\_522492](http://bcs.worthpublishers.com/myers9einmodules/?raxsts=c1450210423957&uid=0&rau=0#t_522492)
  - In addition, the publisher’s website includes a variety of study tools that will assist you in preparing for quizzes and exams including, but not limited to, flashcards (in English and Spanish), PsychSim tutorials, worksheets, animations, and more.
  - The introductory section of the Myers’ text also covers a variety of time management and helpful study skills (pp. xxxiv – xl).
  - I recommend that you study for quizzes/exams by reviewing the powerpoint slides from each lecture (also posted on Canvas) and studying the relevant sections of the Myers’ text. Test questions may come from either of these sources.
  - I will post a study guide for each **exam** (NOT for quizzes!) on Canvas, on the “Home” page; I highly recommend that you study with this guide.
  - Prior to the midterm and final exams, we will have a class period for review. Time allowing, we can review/discuss any questions you may have about the quizzes during the class period prior to the scheduled quiz.
- **Make-up Quizzes/Exams:**
  - I will allow a make-up of a missed quiz or exam if it was missed for one of the following reasons (with appropriate documentation):
    - Personal illness or injury, documented by a doctor’s note, and with notification to me before the exam is missed (via phone or email).
    - Illness or injury in the immediate family, which requires the student’s presence, as documented by a physician or appropriate medical personnel.
    - Death in the immediate family, documented by a note from clergy or the funeral director.
  - Quizzes and Exams must be made up within one week of the original quiz/exam date.
  - If you know you’re going to miss a quiz or an exam for an unavoidable reason, the quiz/exam can be given before the scheduled date.
    - No make-ups will be given after the original test date if you did not notify me of your absence beforehand (or on the date of the test), with proper documentation.
    - No early final exams will be given to accommodate winter break travel plans!

## Grading:

### Grading Scale Distribution:

Percent	Grade	Percent	Grade
93%+	A	73-76.4%	C
90-92.4%	A-	70-72.4%	C-
87-89.4%	B+	67-69.4%	D+
83-86.4%	B	63-66.4%	D
80-82.4%	B-	<63%	F
77-79.4%	C+		

## Grading Breakdown:

Quizzes:	4 @ 25 pts. = 100 pts.
Exams:	2 @ 50 pts. = 100 pts.
Assignments:	5 @ 15 pts. = <u>75 pts.</u>
Total:	275 pts.

You can find Bellevue College's Grading Policy page 10 of the Course Catalog: [Grading Policy](#) .

## Books and Materials Required

- *Exploring Psychology In Modules*, 9<sup>th</sup> ed. (with updates for DSM-5). David G. Myers. Worth Publishers.

## Canvas: The Course Website (<http://bc.instructure.com>)

Canvas will be used for communication, downloading materials, submitting assignments, and so forth. Plan to check it regularly. Our course home page can be accessed from the *Courses* dropdown menu on the left side of the page. To correspond with me privately about the course, please use the Conversations feature of Canvas (the *Inbox* link in the upper right corner). If you don't have a home computer with Internet access, an [open computer lab](#) is available in N250.

The following site provides assistance with Canvas:

<http://depts.bellevuecollege.edu/helpdesk/students/canvas/>

## Classroom Learning Atmosphere:

### Instructor's Expectations:

I treat students with respect and professionalism and expect the same in return. One of my goals as an instructor is to create a safe classroom environment so that learners will feel comfortable sharing ideas or opinions that may differ from mine or from those of other students. I also understand that not everyone learns in the same way; therefore I try to present material in a variety of different formats (e.g., Powerpoint slides, videos, discussion). If you find you are having difficulties with any aspect of the course, please let me know as soon as possible so we can address the issue in the most appropriate way. I view this course as being collaborative in nature, where we can all learn something from one another.

### Attendance:

Class begins promptly; please be on time. I fully expect that you will attend lectures regularly. A great deal of information is presented in the text; therefore the lectures will serve to narrow that information down and help you focus on what will be covered on the quizzes, exams, and the homework assignments. Your attendance and participation will also be taken into consideration for your final grade, especially if you are on the cutoff between two grades (i.e., you may be bumped up to a B+ from a B if you were actively engaged in class). Plus – psychology is fun! You will miss out on informative and entertaining videos, discussions, etc., if you miss class.

Furthermore, during class we will be covering material not necessarily discussed in the textbook and I also periodically distribute handouts to be used for in-class activities. If you have a question about the lectures, assigned readings, or other issues, please make an effort to discuss this with me either after class, during my office hours, or via email. I will NOT provide notes if you miss a lecture, in which case you are encouraged to make arrangements with another student in the class to obtain any material you have missed, and review the lecture slides posted on Canvas.

If this is one of your first college classes, please know that college works quite differently than high school. There is less structure, time, and guidance from the instructor, and more independent learning is required. **You are responsible for keeping yourself on schedule, knowing due dates, and planning ahead. I don't assign your grade – you EARN your grade!**

## Technology in the Classroom:

- Mobile phones should be *silenced* and put away before class. Unless otherwise instructed, **do not use your phone during class**. Students whose phones ring, who send or receive texts, check emails, or wear ear buds during class time may 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 will be referred to the Dean of Student Success for disciplinary action.
- Use of a laptop in class should be confined to taking notes or looking up relevant information as requested by the instructor. DO NOT spend your time surfing the web, checking Facebook, etc. If your laptop use becomes disruptive to the class, you may also be asked to leave or referred to the Dean (as stated above).
- If you want to use another form of technology to help with note-taking, such as a voice recorder, or if you need to use an electronic dictionary during class, please see me for permission.

## 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.

## Religious Holidays

Students who expect to miss classes, examinations, or any other assignments as a consequence of their religious observance should be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent, preferably at the beginning of the term. Students who are absent on days of examinations or class assignments should be offered an opportunity to make up the work without penalty (if they have previously arranged to be absent), unless it can be demonstrated that a makeup opportunity would constitute an unreasonable burden on a member of the faculty. Should disagreement arise over what constitutes an unreasonable burden or any element of this policy, parties involved should consult the department chair, or Dean.

## College Anti-Discrimination Statement (Title IX)

Bellevue College does not discriminate on the basis of race or ethnicity; color; creed; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; gender identity or veteran status in educational programs and activities which it operates.

For further information and contacts, please consult [College Anti-Discrimination Statements](#).

## Division Statements:

Information regarding the procedures and policies of Bellevue College's Social Science Division can be found at: <http://www.bellevuecollege.edu/socsci/procedures-guidelines/>

## Student Code of Conduct and Academic Integrity:

Any act of academic dishonesty, including cheating, plagiarism (using the ideas or words of another as one's own without crediting the source), and fabrication 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 Success for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Code of Conduct at: [Student Code](#)

Information about Bellevue College's copyright guidelines can be found at: [College Copyright Policy](#)  
This link provides a good, short summary of how to avoid plagiarism: [Avoiding Plagiarism](#)

This 22-minute video also provides a good overview of how to avoid trouble when using sources: From the college home page select SERVICES, then LIBRARY MEDIA CENTER, then DATABASES, then FILMS ON

DEMAND. At their site, search by title for **PLAGIARISM 2.0: ETHICS IN THE DIGITAL AGE**.

## Important Links:

### Bellevue College E-mail 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: [Create Email](#)

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 [Technology Help Desk](#)

### 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 me at the start of the quarter.

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.

## Public Safety:

### Public Safety and Emergencies

Public Safety is located in the K building and can be reached at **425-564-2400** (easy to remember because it's the only office on campus open 24 hours a day—2400). Among other things, Public Safety serves as our Parking Permits, Lost and Found, and Emergency Notification center. Please ensure you are signed up to receive alerts through our campus alerting system by registering at [RAVE Alert Registration](#)

If you work late and are uneasy about going to your car, Public Safety will escort you to your vehicle. To coordinate this, please phone ahead and let Public Safety know when and where you will need an escort.

Please familiarize yourself with the emergency postings by the door of every classroom and know where to go in the event of an evacuation. Your instructor will be asked if anyone might still be in the building, so check in before you do anything else. Emergency responders will search for anyone unaccounted for.

**If a major emergency occurs, please follow these three rules:**

- 1) Take directions from those in charge of the response** -We all need to be working together.
- 2) Do not get in your car and leave campus (unless directed to)** - Doing so will clog streets and prevent emergency vehicles from entering the scene. Instead, follow directions from those in charge.
- 3) In an emergency, call 911 first, then Public Safety.**

Please do not hesitate to call Public Safety if you have safety questions or concerns at any time. You may also visit the [Public Safety](#) web page for answers to your questions.

### Final Exam Schedule:

- Our final exam will be held **Monday, March 21<sup>st</sup> from 11:30am – 1:20pm**. More information can be found at: [Final Exam Schedule](#)

### 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](#) On this calendar you will find admissions and registration dates and important dates for withdrawing and receiving tuition refunds.
- [College Calendar](#) This calendar gives you the year at a glance and includes college holidays, scheduled closures, quarter end and start dates, and final exam dates.

### Course Calendar:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	JANUARY 4 Welcome & Introduction	5 M1:History & Scope of Psychology	6 M2: Research Strategies	7 M2: Research Strategies	8 M3:Neural & Hormonal Systems
2	11 M3:Neural & Hormonal Systems	12 M4: The Brain	13 M4: The Brain	14 M5:Genetics, Evol. Psych & Behavior	15 <b>Quiz 1</b>
3	18 <b>HOLIDAY NO CLASS</b>	19 M6: Dual Processing	20 M6: Sleep & Dreams	21 M7: Hypnosis	22 M8: Drugs <b>Homework #1 DUE</b>
4	25 M8: Drugs	26 M9:Development: Prenatal, Newborn	27 M10:Infancy & Childhood	28 M11: Adolescence; M12: Adulthood	29 <b>Quiz 2</b>
5	FEBRUARY 1 M:15 Sensation & Perception	2 M16: Vision	3 M17: Nonvisual Senses	4 M18:Basic Learning: Classical Condition.	5 M18: Classical Conditioning <b>Homework #2 DUE</b>
6	8 M19: Operant Conditioning	9 M20: Biology, Cog. & Learning	10 Midterm Review	11 <b>NO CLASS</b>	12 <b>MIDTERM EXAM</b>

<b>WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
7	15 M21: Studying & Building Memories	16 M22: Storage & Retrieval	17 M23: Forgetting, Mem. Const. & Improve.	18 M24: Thinking	19 M25: Language & Thought <b>Homework #3 DUE</b>
8	22 M26: Intelligence & Its Assessment	23 M27: Influences on Intelligence	24 <b>Quiz 3</b>	25 M28: Basic Motivation	26 M30: Theories & Phys. of Emotion
9	29 M31: Express. & Experiencing Emo.	MARCH 1 M32: Stress & Illness	2 M33: Health & Happiness	3 M34: Classic Persp. on Person.	4 M35: Cont. Persp. on Personality <b>Homework #4 DUE</b>
10	7 <b>Quiz 4</b>	8 <b>NO CLASS</b>	9 M36: Social Thinking & Influence	10 M37: Antisocial Relations	11 M38: Prosocial Relations
11	14 M39: Psych & Mood Disorders	16 M39: Psych & Mood Disorders	16 M40: Schizophrenia <b>Homework #5 DUE</b>	17 M41: Other Disorders	18 M42 & 43: Psych & Bio Therapies Exam Review
12	21 <b>FINAL EXAM 11:30am – 1:20pm</b>	22	23	24	25

**Note:** The syllabus and the above schedule are for informational purposes only. I do reserve the right to make modifications as the quarter progresses. Any required changes will be discussed in class and/or presented on Canvas. Students are responsible for all announced changes.