

# BELLEVUE COLLEGE

## Winter Quarter 2016

Course: Psyc& 100 Section HYN, Item 5413, 5 credits  
Time: TTh: 12:30PM – 2:20PM  
Room: D274C

Instructor: Ilona Pitkänen, Ph.D.  
Office: D200A  
Office hours: By appointment, and Thursday 2:30-3:20pm  
Email: Canvas email, or [ilona.pitkanen@bellevuecollege.edu](mailto:ilona.pitkanen@bellevuecollege.edu)  
Phone: Phone: (425) 564-2706 (My voicemail); (425) 564-2331 (Social Science)  
Mailbox: Social Science Division Office (D110)

**Required Text:** *Hockenbury & Hockenbury*, *Discovering Psychology*, 6<sup>th</sup> Edition with DSM-5 Updates *New York, NY: Worth Publishers*  
(Launchpad website access and study guide are additional optional resources that you can purchase with the book)

Here is a FREE website for the earlier edition of the book:

[http://bcs.worthpublishers.com/discoveringpsych6e/#t\\_831452\\_\\_\\_\\_\\_](http://bcs.worthpublishers.com/discoveringpsych6e/#t_831452_____)

## Course Description

Welcome to the Psychology 100 class! The field of psychology is defined as a “scientific study of behavior and mental processes”, and you will learn that psychologists study a remarkably wide range of topics. Such a diversity of topics makes it more likely that everyone will find something in this class that particularly interests them. Examples of topics we will cover include learning and memory, sleep, lifespan development, social psychology, psychological disorders and personality. We will also talk about the brain, and about how psychologists conduct research. The main purpose of the course is to introduce you to the major concepts, theories and research findings in psychology. More specific goals for the course are listed below.

**Please read this entire syllabus as it contains a lot of important information regarding the class!** If you have any questions or concerns, please contact me as soon as possible.

## Course Purpose & Goals

### **COURSE OUTCOMES**

1. Describe the purpose, comprehensive scope, and areas of application in the discipline of psychology.
2. Apply and/or critique 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 key psychological terms, concepts, processes and principles.
6. Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
7. Apply psychological principles and findings to one's own life.

### **STUDENT LEARNING OUTCOMES**

In terms of general education outcomes, students will be able to:

Use cognitive and creative skills:

- a) Analyzing (identifying and evaluating problems)
- b) Synthesizing (interpreting situations, drawing conclusions, and making connections)

Improve communication skills:

- a) Doing research (gathering and documenting information)
- b) Delivering one or more written, oral and/or visual presentation with formal

documentation

Apply personal skills:

- a) Understanding the influence of stress, nutrition, and life style on personal health and performance

**IMPORTANT:** We are using Canvas in this course. I will be posting class materials and documents on the Canvas site. You can access Canvas on the Bellevue College website. We will talk about using Canvas in class.

For Technology related problems, contact the HELP desk at (425) 564-4357 or online at

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

### **Student Exams & Activities (430 points total)**

- 1) **Exams (200 points):** There will be 4 exams, each worth 50 points. The exams are NOT cumulative, and they consist of multiple choice and short-answer questions, and may include extra credit opportunities. No scantrons are needed, but you should **bring your own paper for answers to essay questions! Generally no make-up exams will be given.** However, please contact me for exceptional circumstances such as illness or death in the family. Documentation such as a doctor's note or a death certificate will be required. **When I allow a make-up exam (with documentation), the student needs to take it as soon as possible, and needs to communicate with me promptly.**
- 2) **Psychology paper (60 points):** Each student picks one topic from any field of psychology we discuss in class, finds at least 3 sources, at least two of which must be scientific journal articles, and writes a paper that summarizes and discusses the findings related to the topic. Example topics might include "Unilateral neglect", "Retrograde and Anterograde Amnesia", "Eyewitness Testimony", "Narcolepsy", "Learning during sleep", "Adolescent brain", "The Bystander effect", "Dissociative Identity Disorder". More information about this assignment will be provided in class. Late assignments without a documented and pre-approved reason may lead to a 50% reduction in points or may not be accepted for grading.
- 3) **Hybrid Assignments (90 points + 10 points for a Canvas introduction):** Students complete assignments that are related to the course material. Each student will be given or choose topics to research outside of class (e.g. the actions of drugs on the brain, sleep disorders). Students search for and evaluate journal articles and other sources, and discuss their findings online or in class. **Students are expected to research and write summaries of the topics, and attend and participate in the discussions online/in class to receive the points.** More information about these assignments will be given in class. In addition, students are expected to watch films outside of class, and to post an introduction in Canvas (worth 10 points).
- 4) **Attendance/Activities (70 points):** I will randomly check attendance and/or ask students to complete short class assignments based on the lecture material. Students must collect 7 class assignment/attendance recordings. An 8<sup>th</sup> assignment/attendance recording brings 10 extra credit points. This policy is designed to encourage regular attendance and to reward students who come to class.

## Course Schedule

CHAPTERS	FILMS	ASSIGNMENTS	Tuesday	Thursday
Week 1 Ch. 1: History of Psychology and Research Methods	<i>Past, Present and Promise</i>		1/5 Introduction to the class	1/7 Ch. 1 History of psychology
Week 2 Ch 1; Ch. 2: Neuroscience and Behavior	<i>Understanding Research</i>		1/12 Ch. 1 Research methods ( <b>POST INTRO IN CANVAS</b> )	1/14 Ch. 1 Research methods; Ch. 2 Neuroscience ( <b>RESPOND TO ANOTHER STUDENT'S INTRO</b> )
Week 3 Ch. 2: Neuroscience and Behavior	<i>Cognitive Neuroscience</i>	<b>Brain assignment</b>	1/19 Ch. 2 Neuroscience	1/21 Ch. 2 Neuroscience
Week 4 Ch. 4: Sleep and Consciousness		<b>Sleep disorder assignment</b>	1/26 <b>EXAM 1 (Ch. 1, 2);</b> Ch. 4 Sleep	1/28 Ch. 4 Sleep
Week 5 Ch. 4; Ch. 5: Learning	<i>The Mind Awake and Asleep</i>	<b>Psychoactive drug assignment</b>	2/2 Ch. 4 Sleep/Psychoactive drugs	2/4 Ch. 5 Learning
Week 6 Ch. 5: Learning; Ch. 6: Memory	<i>Learning</i>		2/9 Ch. 5 Learning/Ch. 6 Memory	2/11 NO CLASS
Week 7 Ch. 6: Memory	<i>Remembering and Forgetting</i>	<b>Memory assignment</b>	2/16 Ch. 6 Memory	2/18 <b>EXAM 2 (Ch. 4, 5 and 6);</b> Ch. 9 Development
Week 8 Ch. 9: Lifespan Development; Ch. 10: Personality	<i>Developing Child</i>	<b>Pregnancy/Child birth assignment</b>	2/23 Ch. 9 Development	2/25 Ch. 10 Personality
Week 9 Ch. 11: Social Psychology	<i>The Power of the Situation</i>	<b>Personality assignment</b>	3/1 Ch. 11 Social Psychology	3/3 <b>EXAM 3 (Ch. 9, 10, 11);</b> Ch. 13 Disorders
Week 10 Ch. 13: Disorders	<i>Psychopathology</i>		3/8 NO CLASS	3/10 Ch. 13 Disorders
Week 11 Ch. 13; Ch. 14: Therapies	<i>Psychotherapy</i>	<b>Paper assignment (due Monday 3/14 in Canvas)</b>	3/15 Ch. 13 Disorders; Ch. 14 Therapies	3/17 Ch. 14 Therapies
Week 12 FINAL EXAM WEEK			3/22 <b>FINAL EXAM (Ch. 13, 14) 11:30-1:20</b>	

*Note: The course schedule is a plan only and is subject to change. You will be notified if changes occur.*

### **Grading Information**

The total number of points you earn will be converted to a percentage of the total points possible. Your final grade will be assigned based on the letter grade scale as shown below.

<b>%</b>	<b>Letter Grade</b>
95-100%	A
91-94	A-
86-90	B+
80-85	B
75-79	B-
71-74	C+
66-70	C
60-65	C-
55-59	D+
50-54	D
49 or less	F

For example, if you earn 300 points out of the total possible 430 points, your points are divided by the total possible points to obtain a percentage of the total points ( $300/430 = 0.70 = 70\%$ ). Refer to the table above to figure out the grade ( $70\% = C$ ).

### **Course Policies**

**Hardship withdrawal policy:** According to the social science division policy, hardship withdrawals are for exceptional circumstances that prevent the student from completing the course. Documentation such as a death certificate or a doctor's letter may be required.

**Academic Problems:** It is important to me that you succeed in this class. If you have concerns about your performance, please contact me as soon as possible. Additionally, Bellevue College offers a variety of learning assistance services. See the following links for additional help:

Academic Success Center: <http://bellevuecollege.edu/asc/>

TRiO Student Support Services: <http://depts.bellevuecollege.edu/trio/>

**Attendance and missing class:** I expect that you attend the classes regularly. I randomly record attendance and you receive points for attending on those days (see the Attendance section under Student Activities & Assignments). In addition, in order to receive points for class assignments, **you need to be in class and participate in the activities.** It is your responsibility to find out from other students what you have missed when you are absent. If you stop attending, you must withdraw yourself from the class to avoid earning a 0.0 in the class.

**Punctuality and class conduct:** You should arrive on time for class and stay the entire period. If you do need to leave early, please notify me in advance and sit near the door if possible to avoid disrupting others. **Please keep your cell phones and other electronic devices silent or turned off during class. CELL PHONE USE IS NOT ALLOWED DURING THE LECTURES. This also includes “silent cell phone use”, such as texting.** You are encouraged to share your views and participate in class discussions in a manner that is respectful of others. You are encouraged to critique the material presented and discussed in class and the readings, but critique should be based on theory and research evidence, not individual experience alone. Side comments directed to other students, use of electronic devices, and activities that are not related to the learning material are disruptive. A student who engages in persistent disruptive behavior will be asked to leave the classroom.

**My laptop policy:** During lectures, I only accept the use of laptops FOR NOTE TAKING RELATED TO THE CLASS MATERIAL. Any other use of laptops is not permitted (unless pre-approved by me). This is because laptop use during lectures not only distracts you but also distracts other students. Laptop use is not allowed during films we watch in class.

### **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.

**Class evaluations:** You are encouraged to complete a voluntary course evaluation before the end of the quarter. My policy is that if **at least 90% of the class completes the evaluation, everyone will get 10 extra credit points.** The Bellevue College Online Evaluation website is secure and submissions are completely anonymous (I see how many students have submitted the evaluation but I will never know the identities of the students). College instructors, program chairs and administrators are granted access to a class composite document on the website 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. If you have questions or need assistance, please call the Distance Education Office at 425-564-2438 or toll free at 1-877-641-2712. I will discuss this process in class once the evaluation site becomes available.

## **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. Changing some words or sentences in the original source does not make it your own. **You need to completely write your own assignments and exam answers.** Other examples of academic dishonesty include behaviors

such as having someone else write your assignments, copying other students' answers on an exam, allowing other students to take credit for your work, etc. Additional 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. Documentation may be required.

### 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.

### 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.

---

*\*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.*

### Important Links

#### **Bellevue College email 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: <https://bellevuecollege.edu/sam> .

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 [Computing Services website](#).

#### **Disability Resource Center**

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 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.

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.

## **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.

## **Academic Calendar**

- Enrollment Calendar - <http://bellevuecollege.edu/enrollment/calendar/deadlines/>. On this calendar you will find admissions and registration dates and important dates for withdrawing and receiving tuition refunds.
- College Calendar - <http://bellevuecollege.edu/enrollment/calendar/holidays/0910.asp>. This calendar gives you the year at a glance and includes college holidays, scheduled closures, quarter end and start dates, and final exam dates.

## **Public Safety**

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.