

# BELLEVUE COLLEGE

## Winter Quarter 2016

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### Psyc& 100 Online Class

Item 5421, 5 credits

Section OCS

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Instructor: Ilona Pitkänen, Ph.D.  
Office: D200A  
Office hours: By appointment, and Thursday 2:30-3:20pm  
Email: Use **Canvas email** in this course to reach me. If Canvas is down, use:  
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**Required Text:** *Hockenbury & Hockenbury, Discovering Psychology, 6<sup>th</sup> Edition with DSM-5 update. New York, NY: Worth Publishers* (Launchpad website access and study guide are additional optional resources that you can purchase with the book if you wish to use them)

### Course Description

Welcome to the Psychology 100 online 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. ALL THE INSTRUCTION IN THIS CLASS OCCURS ONLINE, INCLUDING THE EXAMS. THERE ARE NO SCHEDULED MEETINGS ON CAMPUS.

### 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

## **Exams & Activities (490 points total)**

- 1) **10 Quizzes (200 points):** There will be 10 quizzes that you will take online. 9 of them are each worth 20 points, and a longer final quiz is worth 40 points. Of the 9 20-point quizzes, your lowest score will be automatically dropped, so that only 8 of the quizzes (160 points) count towards your final grade. The last 40-point quiz cannot be dropped. The quizzes cover the readings and films for each module. None of the quizzes is comprehensive; each quiz only covers the material for the given module. Most quizzes will be available from Friday morning (8am) to Sunday at midnight (11:59pm) and must be taken during this time. The last 40-point quiz will be available during the final exam week (see the course schedule). The quizzes are timed and can only be taken once. **No make-up quizzes will be given. Since your lowest score will be dropped, if you miss a quiz, the missed quiz will be accepted as your lowest score.** However, please contact me for exceptional circumstances such as serious illness or death in the family. Documentation such as a doctor's note or a death certificate is required.
- 2) **Paper assignment (60 points):** Each student picks one topic from any field of psychology, finds at least 3 sources, at least two of which must be scientific, peer-reviewed journal articles, and writes a paper that summarizes and discusses the findings related to the topic. Example topics might include "Retrograde and Anterograde Amnesia", "Eyewitness Testimony", "Narcolepsy", "Learning during sleep", "Adolescent brain", "The Bystander effect", "Dissociative Identity Disorder". Check out the Paper Assignment module for more information about this assignment. Late assignments without a documented and pre-approved reason will not be accepted for grading.

- 3) Discussions (220 points): You need to post at least 4 TIMES A WEEK in discussions related to the assigned chapters, films and articles. For each discussion, you have to post 2 times in response to my questions, and 2 times in response to other students' posts. In most weeks, the responses to my questions must be posted by EACH THURSDAY BY MIDNIGHT, and the responses to other students' posts must be posted by EACH SUNDAY BY MIDNIGHT. Exception to this is the first week: please see the introduction and the course schedule for the deadlines. Each posting each week is graded in the scale of 1 or 5 points, so that you can collect up to 20 points per discussion for 11 discussions (total  $11 \times 20 = 220$  points). It is very important that you read the detailed instructions about how to post in the file labeled "Course structure and expectations" in the introductory module in Canvas.
- 4) Personal introduction (10 points): You need to post a personal introduction and respond to another student's introduction in the introductory module in Canvas. See the course schedule for the deadlines.

### **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 390 points out of the total possible 490 points, your points are divided by the total possible points to obtain a percentage of the total points ( $390/490 = 0.80 = 80\%$ ). Once you have the percentage, refer to the table above to figure out the grade ( $80\% = B$ ).

COURSE SCHEDULE

MODULES AND CHAPTERS	FILMS	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 MODULE 1 Ch. 1: History of Psychology and Research Methods	<i>Past, Present and Promise</i>	1/4 FIRST DAY OF THE QUARTER	1/5	1/6	1/7	1/8 Post personal intro
Week 2 MODULE 1 Ch. 1: History of Psychology and Research Methods	<i>Understanding Research</i>	1/11 Respond to another student's intro; Post twice in discussion 1a	1/12	1/13 Respond to two student posts in discussion 1a	1/14 Post twice in discussion 1b	1/15 <b>Module 1 Quiz: History &amp; Research Methods (quizzes are available till Sunday),</b> Respond twice in discussion 1b by Sun Jan 17th
Week 3 MODULE 2 Ch. 2: Neuroscience and Behavior	<i>Cognitive Neuroscience</i>	1/18 HOLIDAY	1/19	1/20	1/21 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	1/22 <b>Module 2 Quiz: Neuroscience and Behavior</b>
Week 4 MODULE 3 Ch. 4: Sleep and Consciousness	<i>The Mind Awake and Asleep</i>	1/25	1/26	1/27	1/28 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	1/29 <b>Module 3 Quiz: Sleep and Consciousness</b>
Week 5 MODULE 4 Ch. 5: Learning	<i>Learning</i>	2/1	2/2	2/3	2/4 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	2/5 <b>Module 4 Quiz: Learning</b>
Week 6 MODULE 5 Ch. 6: Memory	<i>Remembering and Forgetting</i>	2/8	2/9	2/10	2/11 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	2/12 <b>Module 5 Quiz: Memory</b>
Week 7 MODULE 6 Ch. 9: Lifespan Development	<i>Developing Child; Maturing and Aging</i>	2/15	2/16	2/17	2/18 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	2/19 <b>Module 6 Quiz: Lifespan Development</b>
Week 8 MODULE 7 Ch. 10: Personality	No film	2/22	2/23	2/24	2/25 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	2/26 <b>Module 7 Quiz: Personality</b>

Week 9 MODULE 8 Ch. 11: Social Psychology	<i>The Power of the Situation</i>	2/29	3/1	3/2	3/3 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	3/4 <b>Module 8 Quiz: Social Psychology</b>
Week 10 MODULE 9 Ch. 12: Stress, Health and Coping	<i>Health, Mind and Behavior</i>	3/7	3/8	3/9	3/10 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	3/11 <b>Module 9 Quiz: Stress, Health &amp; Coping</b>
Week 11 MODULE 10 Ch. 13: Disorders; Ch. 14: Therapies	<i>Psychopathology; Psychotherapy</i>	3/14 <b>PAPER ASSIGNMENT DUE by midnight</b>	3/15	3/16	3/17 Post twice in the week's discussion by Thursday midnight, and respond to two posts by Sunday	3/18
Week 12 Final exam available 12/8-12/10		3/21 <b>FINAL QUIZ Module 10: Disorders and treatment (available Sun 3/20-Wed 3/23 midnight)</b>	3/22	3/23 <b>FINAL QUIZ CLOSSES BY MIDNIGHT</b>		

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

### Course Policies

#### **LATE POLICY**

**No make-up quizzes will be given. Since your lowest score will be dropped, if you miss a quiz, the missed quiz will be accepted as your lowest score.** However, please contact me for exceptional, prolonged circumstances such as serious illness or death in the family. Documentation such as a doctor's note or a death certificate is required. No late discussion posts are accepted (other than in exceptional circumstances with documentation). 'Computer problems' are not an excuse for lateness, other than the Canvas server being down which I will get confirmation for from the IT people. I cannot confirm other types of computer issues, so I cannot accept them as a reason for lateness. You have several days or weeks to complete the quizzes and assignments, and it is never a good idea to leave them for the last minute. It is your responsibility to find alternative computer access, for example at the campus computer resources or libraries.

**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/>

## **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.

**Plagiarism** Plagiarizing (using the ideas or words of another as one's own without crediting the source) is a violation 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**

**discussion posts.** 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. 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)

## **ONLINE PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION**

### Bellevue Community College's 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 BC, and students, faculty, staff members, and administrators are to treat one another with dignity and respect.

The college's "Affirmation of Inclusion" is in line with the principle of free speech in a free society: we have the right to express unpopular ideas as long as we don't show disrespect for reasonable people who might believe otherwise. In an online course, you will be expressing ideas through the medium of the course site rather than face to face in the classroom. In that case, these expectations refer to the courtesy with which you communicate with one another through e-mails and e-discussions. Part of this respect involves professional behavior towards the instructor, colleagues, and the class itself.

### Cheating, Stealing, and Plagiarizing\* and Inappropriate Behavior

Cheating, stealing and plagiarizing (using the ideas or words of another as one's own without crediting the source) and inappropriate/ disruptive behavior are violations of the Student Code of Conduct at Bellevue Community College. Examples of unacceptable behavior include, but are not limited to: plagiarizing material from the Internet and posting rude or personal attacks in discussions. When you are in doubt about any behavior, please consult your instructor. In addition, you may wish to review the general applicable rules of cyberspace, such as in the [Core Rules of Netiquette](#). The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors. 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 Community 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, [link to Student Code](#).

### Incomplete

If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete (I). It is the student's responsibility for maintaining contact and adhering to the agreed-upon actions. Vista class sites, and material, may not be directly accessible after the end of the quarter so it important to make arrangements before the quarter ends. The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an F). There is a standard form that instructors have access to in their instructor's grade briefcase.

### F Grade

Students who fail a course will receive a letter grade of "F."

### Final Examination Schedule

Final examinations may involve proctored on-campus arranged exams or may be administrated completely online at the discretion of the instructor and in keeping with the stated policies provided in the course syllabus. Please refer to the syllabus at the start of the quarter for additional details and contact the instructor directly for any clarifications. A student who is not in compliance with the scheduled format 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 in compliance with 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 during the standard academic year (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course. Check [Enrollment Calendar Deadlines, Refunds/Withdrawals](#), for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.

### Hardship Withdrawal (HW)

From page 9 of the current course catalog, [2008-2009 online catalog](#), HW indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. The student must contact the instructor to request this withdrawal option, or the faculty member may initiate the contact. No points are calculated into the grade-point average. 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 contact the Disability Resource Centre (DRC). The office is located in B132 (telephone 425.564.2498 or TTY 425.564.4110, email [drc@bellevuecollege.edu](mailto:drc@bellevuecollege.edu)). Students will need to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation letter or contact your online instructor directly by email. Students who require accommodation in a course should review the DRC accommodation letter with each instructor during the first week of the quarter.

### Distribution of Grades

Students should access their grades through the BC Web site. Any returned material should be accessed prior to the end of the quarter. After the end of the quarter, Vista class sites may not be accessible by students. Individual instructors may use non-Vista tools for recording and maintaining the students' progress. Questions about grades assigned should be initially directed to your instructor.

### Submission and Returning of Papers, Assignments and Assessments:

Specific guidelines for taking exams and submitting assignments are published in the syllabus. Please contact instructor at the start of the quarter for any clarifications.

### Technical Assistance

Vista-related or technical issues should be referred to Distance Education, [link to Distance Education web](#)



[resources](#). You may also email them at [landerso@bellevuecollege.edu](mailto:landerso@bellevuecollege.edu) or call 425-564-2438 (1-877-641-2712). Vista tutorial help and basic instructions can be found at <http://bellevuecollege.edu/distance/studentguide/>

*\*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 Chair (D110), the Vice President 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 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.

The DRC office is located in B 132 or you can call our reception desk at 425.564.2498. Deaf students can reach us by video phone at 425-440-2025 or by TTY at 425-564-4110. Please visit our website for application information into our program and other helpful links at [www.bellevuecollege.edu/drc](http://www.bellevuecollege.edu/drc)

#### **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/>