

# BELLEVUE COLLEGE

## Winter Quarter 2012

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### Psyc& 100 Online Class

Item 5416, 5 credits

Section OAS

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Office hours: By appointment  
Email: Use **Vista email** in this course to reach me. If Vista is down, use:  
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**Required Text:** *Hockenbury & Hockenbury, Discovering Psychology, 5<sup>th</sup> Edition (Paperback). New York, NY: Worth Publishers*

**Textbook website:** <http://bcs.worthpublishers.com/discoveringpsych5e> (This website has practice quizzes and other optional material that may be useful for you. You need to register to the site with an email address, but the resources are free)

### 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, motivation, emotion, psychological disorders and personality. We will also talk a lot 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. Demonstrate knowledge of the scientific process by applying and/or critiquing 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 important psychological terms, concepts, processes and principles.
6. Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
7. Demonstrate the application of 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 (500 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 unit. None of the quizzes is comprehensive; each quiz only covers the material for the given unit. Each quiz will be available from Friday morning to Saturday at 11pm and must be taken during this time. The last 40-point quiz will be available from Tuesday March 20<sup>th</sup> morning to Wednesday March 21<sup>st</sup> 11pm. 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 illness or death in the family. Documentation such as a doctor's note or a death certificate may be required.
- 2) **Assignments (70 points):** There will be two article assignments in which you will be given real scientific research articles to read. You will pick one article from a selection of articles and answer questions about it, and submit your answers to me in writing. You can earn up to 30 points per article assignment. Turning in assignments late without a documented reason leads to 50% reduction in points for that assignment. No assignments will be accepted more than 4 days late. There will also be a Historical Psychology Person assignment in the second week of the quarter that is worth 10 points. More information about these assignments will be provided during the quarter.
- 3) **Discussions (220 points):** You need to post at least 4 TIMES A WEEK in discussions related to the assigned chapters, films and article assignments. The first postings are due the first week of the quarter.

You have to post 2 times in response to my questions, and 2 times in response to other students' posts. 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 SATURDAY BY MIDNIGHT. Each posting each week is graded in the scale of 1, 3 or 5 points, so that you can collect up to 20 points per week for 11 weeks (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 Getting Started section of the online site.

- 4) Personal introduction (10 points): You will be asked to post a personal introduction by Friday January 6<sup>th</sup> and respond to another student's introduction by Monday January 9<sup>th</sup> in the Getting Started section of the online site.

**Extra Credit:** Course activities may include extra credit opportunities at random.

### 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:

%	Letter Grade
92-100%	A
88-91	A-
83-87	B+
79-82	B
75-78	B-
72-74	C+
68-71	C
60-67	C-
55-59	D+
50-54	D
49 or less	F

For example, if you earn 385 points out of the total possible 500 points, your points are divided by the total possible points to obtain a percentage of the total points ( $385/500 = 0.77 = 77\%$ ). Once you have the percentage, refer to the table above to figure out the grade ( $77\% = B-$ ).

**Course Schedule**

	FILMS	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Unit 1 (Ch. 1: History of Psychology and Research Methods)	<i>Past, Present and Promise</i>		1/3 FIRST DAY OF THE QUARTER	1/4 Unit 1	1/5 Unit 1	1/6 Unit 1 POST PERSONAL INTRO BY MIDNIGHT
Week 2 Unit 1, Unit 2 (Ch. 2: Neuroscience and Behavior)	<i>Understanding Research</i>	1/9 Unit 1 RESPOND TO ANOTHER STUDENT'S INTRO BY MIDNIGHT	1/10 Unit 1 <b>HISTORICAL PSYCHOLOGY PERSON ASSIGNMENT DUE</b>	1/11 Unit 1, Unit 2	1/12 Unit 1, Unit 2	1/13 ( <b>Unit 1 Quiz: History &amp; Research Methods</b> )
Week 3 Unit 2 (Ch. 2: Neuroscience and Behavior)	<i>Behaving Brain; Cognitive Neuroscience</i>	1/16 HOLIDAY	1/17 Unit 2	1/18 Unit 2	1/19 Unit 2	1/20 Unit 2 <b>(Unit 2 Quiz: Neuroscience and Behavior)</b>
Week 4 Unit 3 (Ch. 4: Sleep and Consciousness)	<i>The Mind Awake and Asleep</i>	1/23 Unit 3	1/24 Unit 3	1/25 Unit 3	1/26 Unit 3	1/27 Unit 3 <b>(Unit 3 Quiz: Sleep)</b>
Week 5 Unit 4 (Ch. 5: Learning)	<i>Learning</i>	1/30 Unit 4	1/31 Unit 4	2/1 Unit 4	2/2 Unit 4	2/3 Unit 4 ( <b>Unit 4 Quiz: Learning</b> )
Week 6 Unit 5 (Ch. 6: Memory)	<i>Remembering and Forgetting</i>	2/6 Unit 5	2/7 Unit 5	2/8 Unit 5	2/9 Unit 5	2/10 Unit 5 <b>(Unit 5 Quiz: Memory)</b>
Week 7 Unit 6 (Ch. 9: Lifespan Development)	<i>Developing Child; Language Development; Maturing and Aging</i>	2/13 Unit 6	2/14 Unit 6	2/15 Unit 6	2/16 Unit 6	2/17 Unit 6 <b>(Unit 6 Quiz: Lifespan Development)</b>
Week 8 Unit 7 (Ch. 10: Personality)	No film	2/20 HOLIDAY	2/21 Unit 7 <b>ARTICLE ASSIGNMENT 1 DUE</b>	2/22 Unit 7	2/23 Unit 7	2/24 Unit 7 <b>(Unit 7 Quiz: Personality)</b>
Week 9 Unit 8 (Ch. 11: Social Psychology)	<i>The Power of the Situation</i>	2/27 Unit 8	2/28 Unit 8	2/29 Unit 8	3/1 Unit 8	3/2 Unit 8 ( <b>Unit 8 Quiz: Social Psychology</b> )
Week 10 Unit 9 (Ch. 12: Stress, Health & Coping), Unit 10	<i>Health, Mind and Behavior</i>	3/5 Unit 9	3/6 Unit 9	3/7 Unit 9	3/8 Unit 10	3/9 Unit 10 <b>(Unit 9 Quiz: Stress, Health &amp; Coping)</b>
Week 11 Unit 10 (Ch. 13: Disorders, and Ch. 14: Therapies)	<i>Psychopathology; Psychotherapy</i>	3/12 Unit 10 <b>ARTICLE ASSIGNMENT 2 DUE</b>	3/13 Unit 10	3/14 Unit 10	3/15 Unit 10	3/16 Unit 10
Week 12 (Finals week)		3/19 Unit 10	3/20 ( <b>Unit 10 Quiz: Disorders and Therapies</b> )	3/21	3/22	3/23

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

## 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/>

**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.

## ONLINE PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION

Revised Spring 2009

### 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 is 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/>