

PSYCHOLOGY 100 SYLLABUS



Fall Quarter, 2010

11:30-12:20 Daily

Room L124

Instructor: Dr. Helen Taylor
Office Hours: 9:30-10:20 M-F
Office: B100C
Mailbox: D110 (Social Science Division)
Phone: 425-564-2328 (Voicemail)
425-564-2331 (Social Science Division)
E-mail: htaylor@bellevuecollege.edu

FOCUS:

Psychology 100 is an introductory survey course designed to introduce students to the major concepts, theories, and research findings in the field of psychology. Through reading, lectures, discussion, videos, and demonstrations, students will be exposed to the wide range of research issues addressed by psychologists, and hopefully will gain an appreciation of the importance of psychological research in its application to human life.

COURSE OBJECTIVES:

Upon completion of the course, the student should be able to:

1. Describe the purpose, scope, and applications of the field of psychology.
2. Demonstrate knowledge of basic scientific principles by applying research methods used by psychologists.
3. Recognize, compare and contrast varying theoretical perspective used to explain psychological phenomenon.
4. Identify the historical and present-day contributions of major psychologists.
5. Define important psychological terms, concepts, processes and principles.
6. Apply critical thinking to "commonsense" ideas and unsubstantiated claims.
7. Apply to one's own life some of the findings and principles described by psychologists.



GENERAL EDUCATION OUTCOMES

This course meets the following General Education outcomes:

Critical Thinking, Creativity, and Problem Solving

Cultural Diversity

The Nature of Science

**TEXT:**

Myers, D. G. (2011). *Exploring Psychology*, Eighth Edition. New York, NY: Worth. (new texts may come with a shrink-wrapped CD, but it's optional).

ISBN: 1-4292-3826-7

TEXT WEBSITE: <http://bcs.worthpublishers.com/exploring8e/>

**REQUIREMENTS****QUIZZES**

There will be 10 weekly quizzes given (scheduled as noted on the calendar) based on readings and lectures from the previous week. Each quiz will have 30 multiple choice questions, to be answered on a scantron sheet available for purchase at the bookstore. Since the lowest quiz score will be dropped, there will be no make-ups for missed quizzes. Quizzes will be reviewed immediately in class and will be worth about half of the final grade.

ASSIGNMENTS

Students will select two out of four assignments for the quarter related to the class material (one from the first two and one from the second two):

1. Design a summer camp using principles of child development
2. Apply principles of classical and operant conditioning to change behavior
3. Complete a stress, coping, and health assessment
4. Design a social psychology experiment

These assignments will be described in detail in class and on separate handouts. The total possible points for assignments will be worth about a quarter of the final grade. No late assignments will be accepted.

FINAL EXAM

A comprehensive final exam will be administered during the scheduled final exam period. This exam will have 130 multiple-choice and matching questions and will include questions from the entire quarter. The final will be worth 130 points or 13% of the grade.

CLASSMATE INTERVIEWS

Students will be asked to briefly interview five other students in the class the first week of the quarter. This activity will be fully explained in class, and is worth 30 points.

ATTENDANCE/ HOMEWORK

Attendance is strongly encouraged and will be taken on a routine basis. In addition, brief homework assignments and in class assignments will be made from time to time. A total of 100 points, or 10% of the final grade, will be based on class attendance and completed homework assignments. Students who attend for 94% of the class sessions and complete all homework assignments will get an A in this section of the class, 90% an A-, etc., with points assigned accordingly.

Students are expected to arrive on time, to have cell phones turned off and put away (no texting), and to treat each other with respect at all times. Use of laptops is discouraged; see the instructor if you have a specific request to use one in class. Students with special learning needs should contact the instructor as soon as possible.



GRADING

Grades will be determined on the basis of points earned, rather than on a curve. Possible points for each part of the class are as follows:

CLASSMATE INTERVIEWS	=	30
QUIZZES (Top 9 of 10 quizzes @ 30 pts. each x 2)	=	540
ASSIGNMENTS (2 out of 4 @ 100 pts. each)	=	200
FINAL EXAM	=	130
ATTENDANCE/HOMEWORK/PARTICIPATION	=	100
TOTAL		= 1000

FINAL GRADE BREAKDOWN

940-1000	A	740-769	C
900-939	A-	700-739	C-
870-899	B+	670-699	D+
840-869	B	640-669	D
800-839	B-	Below 640	F
770-799	C		



QUARTERLY READING SCHEDULE

Week 1/ Unit 1	Ch. 1 Thinking Critically with Psychological Science
Week 2/ Unit 2	Ch. 2 The Biology of Mind Ch. 4 Nature, Nurture, and Human Diversity (p. 105-112, 117-126)
Week 3/ Unit 3	Ch. 5 Developing Through the Life Span
Week 4/ Unit 4	Ch. 6 Sensation and Perception (p. 205-220) Ch. 3 Consciousness and the Two-Track Mind
Week 5/ Unit 5	Ch. 7 Learning
Week 6/ Unit 6	Ch. 8 Memory
Week 7/Unit 7	Ch. 9 Intelligence (p. 313-334) Ch. 10 Motivation
Week 8/ Unit 8	Ch. 11 Emotions, Stress, and Health
Week 9/ Unit 9	Ch. 13 Psychological Disorders Ch. 14 Therapy
Week 10/ Unit 10	Ch. 15 Social Psychology

All printed materials for the class, including the syllabus and assignments, will also be available in our class site on MyBC.

Revised Winter 2008

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 Community 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 Community 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.

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 BCC 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 Centre (DRC) office located in B132 (telephone 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 Centre, 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 secretaries will not give out grades. Students should access their grades through the BCC 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 Community 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.*

Assignment Overview

Psyc 100

Students will select two of the following four assignments to complete, one from the first pair and one from the second pair. Since the assignments are linked to the course material, they each need to be submitted by specific due dates, so you'll need to decide early in the quarter which two you plan to do. I would suggest choosing the two projects in which you have the most interest and that fit your schedule the best. A brief description of each assignment follows.

Choose one:

Assignment 1: Design a Summer Camp

Due Fri., Oct. 8

In the lifespan development chapter, we'll be studying a number of theories about how children, adolescents, and adults grow and change. For Assignment 1, you'll be applying two theories of child development, that of Piaget and Erikson, to a hypothetical camp situation. You will describe activities that are both socially and intellectually stimulating according to current psychological theory for four age groups. For this assignment, you'll be using material from the text and from additional websites that describe these theories in more detail.

Assignment 2: Behavior Modification
Oct. 22

Part I due Wed., Oct. 13; Part II due Fri.,

Based on the material in the chapter on learning, for this assignment you will attempt to change your behavior (or the behavior of someone else) using the principles of operant conditioning and effective goal setting. You will need to identify a specific goal for behavior change and then develop a plan to reach this goal, using principle of reinforcement and punishment. The assignment will involve 2 parts: identifying a specific goal and plan, using text material and additional websites, and keeping a log of your progress. For the write-up, you will identify the goal, your motivation, the step-by-step plan, your progress toward the goal, and whether your choice of goal, method for achieving it, and reward worked.

Choose one:

Assignment 3: Stress and Coping
Nov. 12

Part I due Fri., Nov. 5; Part II due Fri.,

In the chapter on emotions, stress, and health, we'll be studying sources of stress and stress-coping methods. For this assignment, you will describe your habitual ways of coping with stress, take a stress-coping questionnaire, analyze current stressors, and conduct research on selected aspects of stress, coping, and health. This assignment will also be collected in two parts, with the first part reflecting the assessment of stressors and the second part recording your stress coping efforts.

Assignment 4: Design a Social Psychology Experiment
29

Due Mon., Nov.

This assignment asks you to design an experimental study on one of the topics in the last chapter on social psychology. You will be asked to select a topic from a list and design a simple field experiment to answer a question of interest. You will need to describe how you will set up the experiment, how you will get your subjects, how you will measure the outcome, etc. Your write up will be in the form of a proposal for a research project.

More detailed descriptions of each assignment will be posted on MyBC and discussed in class.
Note: Doing extra assignments beyond the two required will not result in extra credit, nor can you do an additional assignment to improve the grade for one of the submitted assignments.

Psyc 100 Course Calendar Fall 2010

Mon	Tues	Wed	Thurs	Fri
Sept. 20 First day of class	21 Ch. 1	22	23	24 Classmate interviews due
27 Quiz 1 Ch. 1	28 Ch. 2	29	30 Ch. 4 (p. 105-112, 117-126 only)	Oct. 1
4 Quiz 2 Ch. 2, 4	5 Ch. 5	6	7	8 Assignment 1 due: Summer Camp
11 Quiz 3 Ch. 5	12 Ch. 6 (p. 205-220 only)	13 Ch. 3 Assignment 2 Part I due: Behavior Change	14	15
18 Quiz 4 Ch. 6, 3	19 Ch. 7	20	21	22 Assignment 2 Part II due: Behavior Change
25 Quiz 5 Ch. 7	26 Ch. 8	27 No classes (college issues day)	28	29
Nov. 1 Quiz 6, Ch. 8	2 Ch. 9 (p. 313-334 only)	3 Ch. 10	4	5 Assignment 3 Part I due: Stress and Coping
8 Part I Assn. 3 due Quiz 7, Ch. 9, 10	9 Ch. 11	10	11 No classes (professional devel. day)	12 Assignment 3 Part II due: Stress and Coping
15 Quiz 8 Ch. 11	16 Ch. 13	17	18 Ch. 14	19
22 Quiz 9 Ch. 13, 14	23 Ch. 15	24	25 Thanksgiving	26 Holiday
29 Assignment 4 due: Social psych. experiment	30	Dec. 1 Quiz 10 Ch. 15	2	3 Last day of class/ review
6 Final Exam 11:30-1:30	7	8 Last day of quarter		

**Classmate Interviews
Due Friday, Sept. 24**

In the first week of the quarter, you will be asked to interview five classmates who you didn't know before entering this class. We will be generating a list of questions in class, but you can come up with your own set of questions. The goal is to get to know a few people in the class by name and a little bit about them. These interviews can be short, conducted before or after class, or you can arrange to talk to classmates at more length. You should record the information you gather.

To complete the assignment, turn in the index card passed out in class with the names and something interesting you learned about each of your five interviewees.