

PSYC 100: General Psychology Syllabus, Winter 2017

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Office Hours: Mon and Tue (10:30 to 11:30 am) or by appointment

Course Time: Daily (9:30 – 10:20 am)

Credits: 5 Credits

Class Location: B204

Office Location: D 200B

COURSE DESCRIPTION

Presents methods, concepts, and principles of psychology. Topics include psychophysiology, human development, learning and memory, emotion, health, stress, and abnormalities, group psychology, love, prejudice, and happiness.

COURSE OBJECTIVES

After completing this class, 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.

Required Texts

- Grison, S., Heatherton, T., Gazzaniga, M. (2016). Psychology in Your Life (2nd Edition). London: W. W. Norton & Company, Ltd. ISBN-13: 978-0393265156
- First Edition is acceptable

Canvas Website

We have a Canvas website for our class. This course makes extensive use of Canvas as a supplement to face-to-face class time. Canvas will be used for communication with the instructor, watching videos, accessing course materials, submitting assignments, and so forth. Plan to check it regularly. Our course homepage can be accessed from the Courses dropdown menu on the left side of the page. Please connect with me if you need help getting access to Canvas.

Contacting Me

I am here to help each of you excel in this class. Therefore, I am always free for questions about class, psychology, research, etc. If you cannot attend my office hours, I can meet with you by appointment. The best way to contact me is through email. I will respond

to your email within 24 hours of your sent email. Please put “Psyc 100” in your subject line of your email so that I can keep track of class emails. If I do not reply in time, please send the email again.

Special Needs

The Disability Resource Center (DRC) 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. If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. Contact asn@bellevuecollege.edu or (425) 564-2764. ASN is located in the Library Media Center in D 125. www.bellevuecollege.edu/autismspectrumnavigators/.

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 TTY at (425) 564-4110. Please visit DRC website for application information into our program and other helpful links at www.bellevuecollege.edu/drc/.

General Course Rules and Expectations

- **Attendance:** Attend all class meetings and come to class ON TIME. Your presence (physical as well as psychological) in the class contributes significantly toward your final grade in the course as I cover a lot of material in class that cannot be found in the readings. More than *three unexcused absences* or tardiness will lower your grade, and continue to do so as you miss more classes. To have an absence or tardy considered as “excused”, you must discuss it with me PRIOR to the absence or tardy, unless it is an emergency. Excused absences include doctor’s visits, family emergencies, and sometimes work-related issues. **If you miss class, please a) inform me via Canvas or BC email, and b) connect with your classmates before the next class to find out what you missed.** I highly recommend that you get the names and contact information of at least one or two of your classmates so that you can contact them for any assignments or notes you may have missed in your absence.

- **Preparation:** You should come to class having done all the assigned reading(s) and homework, and you should always bring the proper supplies with you daily, including your textbook, paper to take notes on, scantron, and pen(cil). Note that the BC guideline for homework is two hours outside of class for each hour spent in class.

- **Technology:** There are a number of text editors available in the market. In the past, a few students have submitted assignments that I have either not been able to open or their format is not feasible for me to give feedback on. Therefore, I am requiring all assignments for this course to be submitted in Microsoft Word format with file extensions .doc or .docx. If you have another text editor, that you think works as good as Microsoft Word, please discuss it with me and I might be able to make exceptions for you.

- **Assignments:** All assignments are due at the START of the class period. Assignments are mostly due on Canvas. Emailed assignments are NOT accepted. If you know you are going to be absent on the day an assignment is due, then turn it in early. All

major due dates are indicated below in this syllabus as well as on the Canvas calendar. Please see Canvas for the writing guidelines for the format of submitting all written assignments.

- **Late Work:** I believe that one of the major lessons students take away from college is the importance of meeting deadlines. As a result, NO late work will be accepted unless you have had it approved by me BEFORE the due date. Late work will receive a **zero** grade.

- **Contribution:** Learning about each other's experiences and perspectives is an integral part of the learning process in this course. Therefore, you are expected to be an ACTIVE participant in our learning environment. **An active participation can include contributing to discussions, but can also mean getting to class on time, taking notes, listening to your peers, and coming to class prepared.** You should do your best to contribute to class discussions and group activities. Please **raise your hand** whenever you'd like to contribute your opinion (unless told otherwise), and **do not talk out of turn** (no side conversations/ whispering to your neighbor or giving your unsolicited opinion without raised hand).

- **Classroom Etiquette:** All electronic devices are prohibited in the classroom at all times. This includes cell phones, blackberries, laptops, i-pods/mp3 players, etc. If you need a laptop to take notes, I will need verification. All texting devices must be in silent mode and placed in your bag for the duration of the class. Please note that texting, excessive talking, sleeping, or other disruptive behavior is not only disrespectful to me, it is also disrespectful to the classmates around you. Your participation grade will be affected and lowered by these types of behaviors.

- **Respect:** I expect that your behavior in the classroom be respectful. Learning about diverse experiences is central to this course, so it is of the utmost importance that you respect your classmates' experiences, differences, and opinions. In order for us to learn from each other, we have to allow each other to make mistakes and to offer unpopular positions for debate. Please refrain from excessive talking or whispering, consistent late arrivals, or early departures. Students who are disrespectful to their classmates or the instructor will be asked to leave class and will be marked absent until arrangements are made with the instructor to return to class and will result in your participation credit lowering.

- **Plagiarism:** Cheating, stealing, and plagiarizing (using the ideas or words of another person as one's own without crediting the source) are violations of the Student Code of Conduct at Bellevue College. This is a serious offense, which can result in possible probation or suspension from Bellevue College and go on your permanent academic record. **DO NOT DO IT!** If you cheat/ plagiarize, you FAIL. No excuses will be taken into account. Your work must be your own, except when you are asked to work with other students. Furthermore, you are required to acknowledge in your papers if you have borrowed any ideas, terms or phrases. Do not copy and paste material from Wikipedia or any other website into your assignments, as with is a severe form of cheating (that is very easy to catch, by the way). In this class your assignments should be grounded in the textbook rather than web resources, which are often wrong. If you have any hesitation or if you are in doubt about one of these issues, feel free to ask me.

TAKE CARE OF YOURSELF! Stay hydrated, eat protein bars, seek counseling and advising for additional help, take deep breaths, do things to ensure your well-being. This is 5 days, 50 min class, and so schedule accordingly.

Resources outside of class

- TRIO, MCS, Veterans Admin Programs, Center for Career Connections & Women's Center, Counseling, Advising, and Financial Aid are located in the B building.
- Academic Success Center: Writing/ Reading Lab and Academic Tutoring can be found in D204
- Free drop-in psychology tutoring is available both in person and online through the Academic Success Center (D204).
- Career Education Options (CEO): checkout <https://www.bellevuecollege.edu/ceo/>
- Open computers and printers are in N250 and C bldg. The library also has computer use.
- See separate handout for a list of all Student Support Services and appropriate contact information. The link: <http://bellevuecollege.edu/resources/services/>

Course Requirements

The students will be evaluated in the following **FIVE** ways:

1. Attendance and Course Participation (110 points out of 550; 20%) – Attendance is always expected. Class will meet for 11 weeks and attendance for each week is worth 10 points. Participation is essential to the format of this class and will therefore contribute significantly toward your grade. In short, your success in this course depends on your active participation in class as well as completion of homework. Participation includes attendance, getting to class ON time, actively contributing in class discussions, engaging in-group work, and coming prepared to class by doing the readings, watching the videos on Canvas. Quality of participation will be rewarded over quantity, including demonstrated attentive listening. Disruptive behavior, excessive talking, texting while in class, or other interruptions will lower this portion of your grade. Please do not take this portion of your grade lightly.

2. Reading Anticipation (RA) Guides (90 points out of 550; 16%) – An anticipation guide is a set of statements strategically designed to activate students' prior knowledge or belief about a topic before reading the text, help guide the students during their reading of the text, and encourage critical evaluation of the text content after reading. You will complete 9 reading anticipation guides (10 points each) during the quarter, after reading the relevant book chapters. You can find the guides on Canvas. These reading guides will help you be a more focused reader and will highlight some of the most important concepts in each chapter/module. Also, by completing the reading guides before you come to class you'll be ready to participate in the discussions we'll have during class time about these topics. Your responses to anticipation guides must be paraphrased from the text in your own words rather than quoted. All reading guides need to be submitted in .doc or .docx extension. Note that Canvas will NOT allow you to upload any file with extension other than .doc and .docx.

3. Quizzes (90 points out of 550; 10 points each; 16%) – Nine quizzes will be given throughout the quarter on the reading materials and will be worth **10 points each**. There will be **NO** make-up for a missed quiz. You will have a quiz every Friday in class from the content we covered during that week.

All quizzes require a **scantron and #2 pencil**. These materials can be purchased in the bookstore and you are responsible for providing them. The purpose of these quizzes is to ensure that you have done the readings and understand them on a basic level. These

quizzes will also help you in learning material for your exams.

4. Exams (Two exams worth 80 points each, 30%) There will be two exams that will be worth 80 points each that will count towards your final grade in the class. Exams are designed to make sure you understand important course concepts and themes. Each exam will consist of multiple-choice questions, true/ false statements, and/or a few short answer questions. Please note that I DO NOT give make-up exams, OR allow students taking exams early or late. All exams also require a scantron and #2 pencil.

5. Research Paper (100 points out of 550; 18%) You will be asked to write a short (3-5 page) paper in American Psychological Association (APA) format that is based on a psychological topic chosen by you and approved by your instructor. The topic should be in the form of a real question about a psychological issue that you raise. In writing this paper, you will integrate information from your experiences, textbook and at least **three peer reviewed articles**. The paper assignment, its grading criteria and resources available to help you with it are described more fully under "Research Paper Instructions" on Canvas.

Research paper is divided into following assignments, which are to be submitted on Canvas. Please submit these assignments ONLY in Word format, which means .doc and .docx file extensions.

1. Topic of your research paper (5 points, due: Thursday, Jan 19th)
2. Three references: (10 points, due: Monday, Feb 6th)
3. First draft: (25 points, due: Friday, Feb 17th)
4. Final paper: (60 points, due: Friday, Mar 17th)

Paper Formatting: Papers should be in APA 6th Edition format and 3-5 pages, not including the title page and reference page.

- White 8.5 x 11 inch paper
- Typed in black ink
- Standard margins (1 inch on each side)
 - Note: If you have an older version of Microsoft word the default margin is 1.25 inches
- 12 point, Times New Roman font
- APA style, 6th Edition (www.apastyle.org)
- <https://owl.english.purdue.edu/owl/resource/560/01/>

*Points will be deducted for length if these guidelines are not followed. If you have not used APA format in the past or do not know how to find peer reviewed articles, DO NOT WORRY. You will be provided information about these in class.

Watching Video resources on Canvas: There are a number of video resources provided on Canvas to supplement your learning. Information from these videos will be included in exams and quizzes. Therefore, it is your responsibility to watch these attentively.

Practice Quizzes on Canvas: When you scroll down Canvas Home page, you will see a section for Exam Preparation Resources. This section includes three resources for each chapter: Pre-Lecture Quiz, Post-Study Quiz and Flashcards. These resources are not graded but are provided to help you prepare for exams. See the section “How to study effectively for the course?” below to see how you can make use of these practice quizzes.

Extra credit opportunities You can earn a maximum of 25 points in extra credits for this course. Following are some of the ways to earn extra credit:

1. Write a (3-5 pages) paper critically evaluating the film **Inside Out** based on the material covered in the class (worth 25 extra points). See detailed instructions for this paper on Canvas under the assignment.
2. Completing each of the practice quizzes will earn you 4 points of extra credit. These include the chapter Pre-Lecture Quiz and Post-Study Quiz.
3. You can earn 10 points when you schedule a meeting with the staff at Writing Lab, Reading Lab or Library to support your learning in this class. You can meet with an instructor at the Reading Lab to improve your reading skills. The Writing Lab can help you in writing your research paper. When you meet with an instructor, simply ask them to send me an email as a proof of your visit. Make sure that your visit for my class in particular and not for any other class.

Summary of assignments

Assignment	Possible Points	Percentage
Attendance	110	20%
Reading Anticipation (RA) Guide (9 RAs, 10 points each)	90	16%
Quizzes (9 Quizzes, 10 points each)	90	16%
Exam # 1	80	15%
Final exam	80	15%
Paper	100	18%
Total	550	100%

Grading

Letter Grade (Percentage of Points)	
93-100% = A	73-76% = C
90-92% = A-	70-72% = C-
87-89% = B+	67-69% = D+
83-86% = B	63-66% = D
80-82% = B-	60-62% = D-
77-79% = C+	Less than 59% = F

How to study effectively for this course?

This class is intensive on reading. You will be reading a chapter from the textbook every week. As you read, find a strategy/technique to retain information that works for you. Some strategies used by people to retain information are taking notes and making flashcards. You can make flashcards on paper or online through free websites/apps. A famous flashcards website is <https://quizlet.com/>. Another

part of studying effectively is by self-testing. I encourage you to make a schedule for studying for this class. Following is an example of a study schedule:

1. **Before class:**
 - a. Every weekend read the assigned chapter readings and watch the assigned videos. Complete the RA Guide. Self-test your knowledge of the reading by taking the Pre-Lecture Quiz before coming to class. No worries if you do poorly on this quiz, because it is not graded. Also you can earn up to 4 extra points for attempting this quiz.
 - b. Make sure to print out lecture slides for the upcoming week
2. **During class:** Attentively listen to the lecture and take notes on the print out of your slides.
3. **After class:**
 - a. Every day after lecture, spend 30-60 minutes to review information covered in class.
 - b. On Thursday, read your notes/flashcards to prepare for the quiz on Friday. After you have prepared, take the Post-study Quiz. Again, there is nothing to lose by giving this quiz.
4. **Quiz on Friday:** Above schedule will help you prepare for the quiz every Friday and also exams.

I encourage you to study with other people for this class. On this syllabus, write name and contact information of two people you can contact for help on this course.

Class friend #1: _____ Email/Phone: _____

Class friend #2: _____ Email/Phone: _____

TENTATIVE CLASS SCHEDULE

Date	Class Topic	Readings	Assignments (Due Time: 8:00 am)
Week 1: Introductions Tuesday, Jan 3rd	- Introduction to the course (syllabus)		
Wednesday, Jan 4th	- Icebreaking activity to know your classmates - What is psychology?	Read the syllabus	
Thursday, Jan 5th	- Different types of psychology	Reading: Chapter 1 (pages 5 to 22)	
Friday, Jan 6th	- Growth mindset (Ted Talk Carol Dweck) - Using mnemonics for memory		Syllabus quiz in class
Week 2 (Research) Monday, Jan 9th	- Psychology as a science, steps in scientific method	Chapter 1 (pages 23 to 37)	Submit: RA Guide # 1
Tuesday, Jan 10th	- Reading lab presentation		
Wednesday, Jan 11th	- Ethics in research - Research methods (experimental design, correlation)		
Thursday, Jan 12th	- Research methods (surveys, observational, case studies; cross-sectional & longitudinal studies) - Discussion & class activity		Watch: Ted Talk: Battling bad science
Friday, Jan 13th	- Review and quiz	Quiz # 1 in class	1. Quiz # 1 in class
Week 3: Biological Basis of Behavior Monday, Jan 16th	No class per college calendar		
Tuesday, Jan 17th	- Neurons and neurotransmitters	Chapter 2	1. Submit: RA Guide # 2 2. Watch: Neuron Structure 3. Watch: Neurotransmission
Wednesday, Jan 18th	- The Brain - How does brain communicate with our body?		1. Watch: Right Brain vs Left Brain 2. Watch: What happens when you remove the hippocampus?

			3. Watch TED Talk: Could your brain repair itself?
Thursday, Jan 19th	<ul style="list-style-type: none"> - Drugs and brain - Class discussion and activity 		Submit your topic for the research paper
Friday, Jan 20th	<ul style="list-style-type: none"> - Review and quiz 		Quiz # 2 in class
<u>Week 4 (Learning)</u> Monday, Jan 23rd	<ul style="list-style-type: none"> - Classical conditioning 	Chapter 6	Submit RA Guide # 3
Tuesday, Jan 24th	<ul style="list-style-type: none"> - Operant conditioning 		<ol style="list-style-type: none"> 1. Watch: Operant conditioning 2. Watch: The difference between classical and operant conditioning
Wednesday, Jan 25th	<ul style="list-style-type: none"> - Finding peer reviewed articles for your paper - Class discussion and activity 		
Thursday, Jan 26th	<ul style="list-style-type: none"> - Observational learning 		Watch: Bandura Bobo Doll Experiment
Friday, Jan 27th	<ul style="list-style-type: none"> - Review and quiz 		Quiz # 3 in class
<u>Week 5 (Memory)</u> Monday, Jan 30th	<ul style="list-style-type: none"> - Types of memories - Encoding, storage, and retrieval 	Chapter 7	Submit RA Guide # 4
Tuesday, Jan 31st	<ul style="list-style-type: none"> - Three memory stores - Informational processing model 		<ol style="list-style-type: none"> 1. Watch: TED Talk How your "working memory" makes sense of the world 2. Watch: TED talk How memories form and how we lose them
Wednesday, Feb 1st	<ul style="list-style-type: none"> - Déjà vu - False memories 		Watch: How reliable is your memory?
Thursday, Feb 2nd	<ul style="list-style-type: none"> - Memory retrieval - Tips to improve memory 		<ol style="list-style-type: none"> 1. Memory: Proactive & Retroactive Interference 2. Watch: The benefits of good night's sleep 3. Read Child Trends: Importance of Adolescent Sleep

Friday, Feb 3rd	Review and quiz		Quiz # 4 in class
<u>Week 6 (APA references and Developmental Psychology)</u> Monday, Feb 6th	- APA references and paper outline - Work in groups to create reference list of your references		Submit five references for your paper on Canvas
Tuesday, Feb 7th	Development in the womb		1. Watch: Prenatal development 2. Watch: Ted Talk What we learn before we are born
Wednesday, Feb 8th	- Review of Exam # 1		
Thursday, Feb 9th	No class per college calendar		
Friday, Feb 10th	- Exam # 1 in class		Exam # 1 in class
<u>Week 7 (Developmental Cont.)</u> Monday, Feb 13th	- Development during infancy and childhood	Chapter 4	1. Submit RA Guide # 5 2. Watch: False Belief Test
Tuesday, Feb 14th	- Adolescent development		1. Watch: Harlow Monkeys 2. Watch: Strange Situation Experiment
Wednesday, Feb 15th	- Writing		
Thursday, Feb 16th	- Adulthood development		
Friday, Feb 17th	- Review and quiz		Quiz # 5 Paper Draft Due at 8:00 am
<u>Week 8 (Motivation and Emotion)</u> Monday, Feb 20th	No class per college calendar		
Tuesday, Feb 21st	- What motivates our behavior?	Chapter 9	Submit RA Guide # 6
Wednesday, Feb 22nd	- What motivates eating and sexual behavior? - Class activity and discussion		Watch: The puzzle of motivation
Thursday, Feb 23rd	- How do we experience and regulate emotions?		Watch Ted Talk: The habit of happiness
Friday, Feb 24th	- Class demonstration - Review and quiz		Quiz # 6

Week 9 (Psychological Disorders) Monday, Feb 27th	- What is psychopathology?	Chapter 14	Submit RA Guide # 7
Tuesday, Feb 28th	- Mood disorders - Anxiety disorders		Watch: What is psychopathology?
Wednesday, Mar 1st	- Disorders of thought - Personality disorders - Disorders of childhood		Watch: Ted Talk A tale of mental illness from the inside
Thursday, Mar 2nd	- Class activity and discussion - Treatment of psychological disorders		
Friday, Mar 3rd	- Review and quiz		Quiz # 7
Week 10 (Social Psychology) Monday, Mar 6th	- Judgments and stereotypes	Chapter 12	1. Submit RA Guide # 8 2. Watch: Ted Talk The danger of a single story 3. Watch: How microaggressions are like mosquito bites
Tuesday, Mar 7th	No class per college calendar		
Wednesday, Mar 8th	- Attitudes		Listen NPR: Bias Isn't Just A Police Problem, It's A Preschool Problem
Thursday, Mar 9th	- Psychology of groups		
Friday, Mar 10th	- Review and quiz		Quiz # 8
Week 11 (Health and Wellness) Monday, Mar 13th	- What affects our health? Obesity, smoking, and positive habits	Chapter 11	Submit RA Guide # 9
Tuesday, Mar 14th	- How does stress affect our health?		1. Watch: Ted Talk How to make stress your friend 2. Watch: Does stress cause pimples?
Wednesday, Mar 15th	- Coping with stress		1. Watch Ted Talk: The happy secret to better work

			2. Watch: The Innovation of Loneliness
Thursday, Mar 16th	- Review of exam		
Friday, Mar 17th	- Review		Quiz # 9 Final Research Paper is due 8:00 am
Week 12 (Exam # 2)	<i>Date to be decided</i>		

*The syllabus is subject to change. I will notify the class of any changes. Please check our class website for the most updated syllabus and schedule.