

Psychology 100  
General Psychology  
M – F 10:30 – 11:20  
Winter 2011

Instructor: Julia Wales  
Office hours: by appointment  
Office: D 200 F  
email: jwales@bellevuecollege.edu

**REQUIRED READING:**

Hockenbury and Hockenbury, (2010). *Discovering Psychology* (5<sup>th</sup> Ed). New York: Worth Publishers

**COURSE DESCRIPTION:**

Psychology can be defined as the scientific study of mental processes and behavior. While psychology is most often associated with clinical issues (i.e. abnormal, personality), this makes up only a small portion of the field. Thus, this course will serve as an overview of the major fields within psychology with an emphasis on developing an understanding of psychology as the science of human thought and behavior. We will also learn to critically evaluate knowledge about how people function.

**FORMAT:**

The course will be a lecture/discussion format. Occasional videos will be shown to complement the lecture material. The discussions as well as group and individual assignments will provide an atmosphere that will encourage active learning. You are responsible for the material covered in your text book.

**GENERAL EDUCATION OUTCOMES:**

Upon Completion of this course, students will be able to:

Use cognitive and creative skills:

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

Improving communication skills:

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

Applying personal skills:

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

**SPECIFIC COURSE LEARNING OUTCOMES:**

Upon completion of the course students will be able to:

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.

### **COURSE REQUIREMENTS:**

#### **Exams**

There will be four exams for this course. Exams will cover material from the readings, lectures, and videos. Each exam will be worth 100 points. EXAMS MUST BE TAKEN AS SCHEDULED. In the case of a legitimate emergency, please contact the instructor as soon as possible to discuss your options. There will be no comprehensive final exam; Exam 4 will be given during the scheduled final for this class.

#### **Participation**

Participation points will be given for being involved in class discussions, demonstrations, and for in class and out of class assignments.

#### **Study Guides:**

You will be given a study guide before each Exam. The study guides will consist of a comprehensive set of questions pertaining to the upcoming Exam. In addition to being a study aid, study guides are also assignments and are due on the day of the exam. They are worth 25 points each, and I encourage you not just to complete them, but to USE them to study. I have several suggestions on how to use the study guide as a tool to study for exams – please come talk to me about this if you need any ideas. Also, the study guide is your grade insurance. If you are unhappy with your grade on any exam, you may make an appointment with me to take an oral exam. To take the oral exam, bring your study guide to my office. I will take it from you and ask you any questions that I choose from the study guide. If you answer every question correctly, I will change your grade to a 90%. This is an all or nothing option – you cannot get any answers wrong. Also, YOU MUST TURN IN YOUR STUDY GUIDE ON THE DAY OF THE EXAM or you cannot take an oral exam.

### **GRADING:**

Grades will be assigned based on total points. Below is a rough estimate of how many points will be possible, but depending on how the course goes, we may have more or less quizzes than listed. Your grade at the end of the quarter will be based on how many points have been possible throughout the quarter.

Participation/Assignments	50
Exams - 4 @ 100 pts. each	400
<u>Study Guides – 4 @ 25 points each</u>	<u>100</u>
<b>TOTAL</b>	<b>650</b>

### **STUDENTS WITH DISABILITIES:**

If you require accommodations based on a documented disability, emergency medical information to share, or need special arrangements in case of emergency evacuation, please make an appointment with me as soon as possible.

