

Introduction to Psychology
Psychology 100 C (5703)
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Required Text: Hockenbury and Hockenbury, Discovering Psychology 4rd edition, Worth, Publisher

Course Description:

Psychology is the scientific study of behavior and mental processing. In this survey course, important basic areas of psychological research will be examined including the biological aspects of life, social, emotional and cognitive development, as well as diagnosis and treatment of individual and social problems. This course will emphasize terminology, methodology, concepts and principles of psychology in the context of the dominant historical and theoretical perspectives.

Course Objectives:

Upon completion of this course, the successful student 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.

In terms of general education outcomes, students will be able to:

1. Use cognitive and creative skills.
Analyzing identifying and evaluating problems
Synthesizing (interpreting situations, drawing conclusions, and making connections.)
2. Improve communication skills.
Doing research (gathering and documenting information)
Delivering one or more written, oral and/or visual presentations with formal documentation.
3. Applying personal skills:
Understanding the influence of stress, nutrition, and life style on personal health and performance.

Grading and Exams:

In conformity with BCC's grading policy, the grades will be assigned as follows (percentages).

A	100 - 95
A-	94 - 90
B+	89 - 86
B	85 - 83
B-	82 - 80
C+	79 - 75
C	74 - 70
C-	69 - 60
D+	59 - 55
D	54 - 50
F	49 - Below

Your final grade will be based on a total of 600 points. They will be broken down as follows:

Exams:

There will be five exams, each worth 100 points. Your grade will be calculated on the basis of your best four exam scores. Each exam will cover information from the text, lectures and class discussions. The test format will contain multiple choice and essay questions. You will need to bring a **Scantron sheet and a number 2 pencil** to each exam. Paper for the essay questions will be provided. If after the final exam, you wish to receive your results prior to reviewing your transcript, you may bring a self-addressed stamped envelope to the final exam day and your exam will be mailed to you.

Essay quizzes:

There will be two essay quizzes (50points each) administered randomly throughout the quarter. Each quiz will measure your factual knowledge, your reasoning skills and your written communication skills.

Make- up exam policy:

No make-up exams will be given. It is customary to drop your lowest exam score. If you are unable to attend class on the day of an exam, the missed exam will be accepted as your lowest score. In the event of an exam that is scheduled at a time when you know that you will be gone, you may arrange to take it early. **Only one missed exam will be dropped.** Use this condition wisely.

Perspectives Project Portfolio:

Your writing assignment will consist of a portfolio that surveys research on any aspect of human behavior that can be explained from each of the major theoretical perspectives in the field of psychology. You are to find six articles from **academic journals, otherwise referred to as peer reviewed articles (not Psychology Today, Discover magazine, etc.)** These articles will represent the six theoretical perspectives that we will be discussing in the first week of the course. You will be identifying the words and phrases or research methods that indicate to you from which perspective it is being written. On a cover page attached to each article, you will summarize the article in your own words, discuss your understanding of the perspective that it reflects and discuss the indicators that helped you recognize the perspective from which it is written. It must be typed, double spaced, stapled, and bound in a flat binder (**no three holed binders or plastic covers are accepted**). Refer to the perspectives project handout and scoring rubric (attached) for detailed guidelines. The portfolio will be potentially worth 100 points. It is due no later than **the time and date indicated in your class schedule; no exceptions.** A 10% reduction will be assessed for each day that the portfolio is late. Portfolios that are delivered to the office will be assessed a 5% deduction.

Class Policies:

Attendance:

As adult students, you are expected to be able to manage your own time and priorities. Therefore, with the exception of days when demonstrations, exams and activities are scheduled, attendance will not be taken. This is college. You are not expected to call and explain your absence. However, you **are** responsible for obtaining lecture notes from fellow students and to gain information regarding announcements or changes in schedule that you may have missed. Studies have shown that the students who attend class regularly also achieve better grades and comprehension. They are also the students who enrich the class with their participation. Therefore, they will be rewarded for their contribution by attendance points taken randomly throughout the quarter.

Class Conduct:

While it is my hope that you will come to view your time in class as yours to use as best meets your needs, it is important to keep in mind that you are sharing this time with at least 41 other students who may have needs that differ from your own. In as much as all of you have paid dearly for the information that you need from this course, it is important to make sure that the classroom environment is as conducive to scholarship as possible. Therefore, a few courtesies are required and will be enforced by me:

Punctuality :

Please **be on time** for class. Late arrivals result in loss of important information and distract from students' opportunity to hear announcements and clarify information from previous class discussions and readings. If circumstances prevent you from arriving on time, please take a seat **closer to the door** to reduce the number of students that are distracted by your late arrival. Once class has commenced, **do not leave before the end of the hour**. Students sometimes encounter circumstances in which they have to leave class before the end of the hour. Once again, this creates a distraction for others. If you should have to leave early, **please arrange to sit close to the door and do not reenter the room once you have left**.

Class Participation:

You are encouraged to participate in discussions of the theories and concepts that I will be presenting to the class. This has the effect of expanding your comprehension of the material and enriching the learning experience for yourself and your fellow students. Many of the theories may seem counter-intuitive and will provoke much reaction. You are encouraged to share your reactions with the class as long as they pertain to the material. However, **side comments directed to fellow students contribute to distractions, not to learning, and will not be tolerated. Students caught distracting from the lecture will be asked to remove themselves from the classroom.**

Cell Phones:

Cell phones are a convenience, not a right. They create a distraction for your fellow students. **Cell phones are to be turned off while in a classroom. Students who neglect to turn off their phones before class will be excused from class for the hour if their phones ring during class time.**

Disabled Students:

If you require accommodation 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.

Course Schedule

<u>Date Starting:</u>	<u>Chapters:</u>	<u>Readings:</u>
3/31	Chapter 1	Introduction and Research Methods
4/7**	Chapter 2	Psychobiological Processes
4/18	EXAM I	Chapters 1 and 2
4/21	Chapter 3	Sensation and Perception
4/28	Chapter 4	Consciousness and Its Variations
5/2	Exam II	Chapters 3 and 4
5/5	Chapter 5	Learning
5/9	Portfolio Projects Due	
5/12	Chapter 6	Memory
5/19	Exam III	Chapters 5 and 6
5/19	Chapter 8	Motivation and Emotion
5/27	Chapter 9	Lifespan Development
5/30	Exam IV	Chapters 8, & 9
6/2	Chapter 13	Psychological Disorders
6/5	Chapter 14	Treatment

Final Exam Schedule:

6/11 9:30 – 11:20 Exam V Chapter 13 and 14

****NON INSTRUCTIONAL DAYS: 4/9 – 4/11**

This schedule is an estimate of the time required to cover the material. It is subject to change. It is essential that you attend class daily to obtain announcements of changes in the schedule.

PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION Revised Winter 2006

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 Support Services (DSS) office located in B132 (telephone 425.564.2498 or TTY 425.564.4110), to establish their eligibility for accommodation. The DSS office will provide each eligible student with an accommodation letter. Students who require accommodation in class should review the DSS 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 Support Services, 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 (A251), the Dean of Student Services (B231A) or the Associated Student Body (C212) for information regarding the appeals process.*

