

Introduction to Psychology**Psychology 100C****Instructor:** Virginia R. Bridwell**Office:** D110**Office hours:** 12:30 – 1:20**Phone:** (425) 564-2198**E-Mail:** vbridwel@bcc.ctc.edu**Winter Quarter 2008**

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.

Proposed* Class Schedule

1/2	Chapter 1	Introduction and Research Methods
1/7	Chapter 2	Psychobiological Processes
1/14	EXAM I	Chapters 1 and 2
1/14	Chapter 3	Sensation and Perception
1/22	Chapter 4	Consciousness and Its Variations
1/28	EXAM II	Chapters 3 and 4
1/28	Chapter 5	Learning
2/4	Chapter 6	Memory
2/11	EXAM III	Chapters 5 and 6
2/11	Chapter 8	Motivation and Emotion
2/15	Portfolio Projects Due	
2/19	Chapter 9	Lifespan Development
2/25	EXAM IV	Chapters 8 and 9
2/25	Chapter 10	Personality
3/3	Chapter 11	Social Psychology
3/10	Chapter 13	Psychological Disorders and Treatment
3/17	Chapter 14	Therapies

Final Exam Schedule:

3/18 @ 9:30 - 10:20 Exam V Chapters 10, 11, 13 and 14

* 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

