

Bellevue College

General Psychology: PSYC&100 5415 P

Spring 2017 Syllabus

Course Basics

Instructor: Jessica Urschel, Ph.D.

Office: D200A

Office Hours: WF 11:30a-12:20p

Email: Jessica.urschel@bellevuecollege.edu

Item #: 5415

Credits: 5

Class Time: MTWThF 12:30-1:30p

Location: D259

Required Text

Myers, D. G. Exploring psychology with updates on DSM-5. (*9th ed*). New York, NY: Worth.

Any format is acceptable, including eBook, notebook, paperback, or loose-leaf edition. An access code is NOT required for this class.

ISBNs: 1-4641-6336-7, 1-461-8949-8, 1-4631-8956-0

Links to supplemental articles required to complete article assignments will be posted on Canvas by the first day of the corresponding unit.

Course Information

Description

Psychology is the science of behavior and mental processes. If you stop and think about it, that's quite a bit of material to cover in one course! In the next 10 weeks, you will be exposed to fundamental questions, research methods, concepts, principles, subfields, perspectives, and real-world applications of psychology. Students will engage with the course content through a variety of learning experiences, including lectures, discussions, activities, videos, in class exam reviews, and written assignments designed to expose students to psychological, empirical research in psychology and APA style. I hope that after taking this class, you will more critically evaluate claims about human behavior made by scientists, other academics, the media, your friends and family, and even me! It is up to each one of us to reach our own conclusions, but I hope that, in these brief 10 weeks, you will develop new ways to consider important issues pertaining to human behavior.

Outcomes

After completing this class, students should be able to:

- Describe the purpose, comprehensive scope, and areas of application in the field of psychology.
- Demonstrate knowledge of the scientific process by applying and/or critiquing 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 important psychological terms, concepts, processes, and principles.
- Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
- Demonstrate the application of psychological principles and findings to one's own life.

Grading

Course Format

The course will be comprised of 4 units and a final exam. For each unit, students will earn points for attendance and participation, take an in-class exam, take online chapter quizzes, and complete a writing assignment intended to engage the student with empirical research in diverse subfields of psychology.

Course Grade

- Your course grade will be wholly determined by the total number of points you accumulate on the assignments described below.
- There will be opportunities to earn 12 points of extra credit through in-class unit exam reviews. These cannot be made up for any reason.
- There will be no extra credit assignments offered at the end of the semester (i.e., participation points are the only form of extra credit).
- I will not round up final grades; for example, 449.5/500 (89.9%) is a B+ in all cases.

Assignment	Points	% of Grade
Syllabus Review Quiz	8	1.6%
Chapter Quizzes (11 @ 6pts)	66	13.2%
In-class Exams (best 4/5 @ 60pts)	240	48.0%
Article Assignments (4 @ 20pts)	80	16.0%
Unit Objectives (4 @ 10pts)	40	8.0%
Participation (11 @ 6pts)	66	13.2%
TOTAL	500	100%

Course Grade

The College Grading Policy is located on page 10 of the Course Catalog. The course letter grade is related to the point total as follows:

Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	F
Minimum %	93%	90%	87%	83%	80%	77%	73%	70%	67%	63%	60%	0%
Minimum Points	465	450	435	415	400	385	365	350	335	315	300	0-299

Syllabus Review Quiz

You should always consult the syllabus first when you have a question about the class. Chances are, an associated policy is outlined here, and I strictly adhere to my policies. To make sure you have read and understood the policies for this course, you will take a syllabus review quiz on Canvas as your first assignment.

Chapter Quizzes

Students will complete a short multiple-choice quiz for each chapter we have covered for that unit. These quizzes can be found on the “**Quizzes**” page of the Canvas website. The due dates for these quizzes can be found on the class schedule. All chapter quizzes will open during the first week of the course and are available to retake as many times as needed to obtain a perfect score before the due date. These quizzes have no time limit. **Quizzes cannot be made up for any reason beyond the due date (except, in exceptionally rare, long-term medical or legal issues with documentation).** Take these quizzes early and often *well before* the due date. There is **no reason** to wait until the due date for your first attempt.

In-Class Exams

Each unit will culminate in an in-class 60-point exam. These exams will consist of multiple choice, short answer, and essay questions. These exams will be administered in class. The final exam, given in class, will be comprehensive and is also worth 60 points (i.e., equal to a unit exam). **You will need to buy 5 Scantron sheets from the bookstore to take PSYC& 100 exams. The lowest exam score will be dropped. This policy includes the comprehensive final exam. Therefore, if you are satisfied with your first four exam scores, you do not have to take the final exam.**

BECAUSE OF PAST CHEATING, IF YOU ARRIVE TO THE EXAM AFTER A STUDENT HAS COMPLETED THE EXAM AND LEFT THE ROOM, YOU WILL NOT BE ABLE TO START THE EXAM. BE ON TIME. YOU WILL NOT BE ALLOWED TO LEAVE THE ROOM TO USE THE RESTROOM (OR FOR ANY OTHER REASON) DURING AN EXAM.

NOTE: If you are concerned about your ability to understand exam questions due to a language barrier, you may use a translation dictionary or an electronic translator **without internet access**. If this applies to you, speak with me immediately. **I must approve your device before you may use it on an exam.**

Article Assignments

For each exam period there will be a writing assignment based on an empirical article related to the unit's material. Links to articles will be available before or during the first class period of the unit. I will provide 2 or 3 articles to choose from. After reading the article, students will answer questions about the article following the instructions below. Students are responsible for uploading their assignments to Canvas before the due date noted in the syllabus and on Canvas.

1. (4pts) How does this article connect to information presented in this unit of this course? Be specific. You must cite Myers (the textbook author) in APA style. For full credit, you should write at least a full paragraph (4-6 sentences) and include a detailed explanation of at least one related term.
2. (2pts) In your own words, what was the research question the authors were attempting to answer?
3. (2pts) Paraphrase, in your own words, what methods the researchers used to answer their research question.
4. (2pts) Paraphrase the results of the study.
5. (4pts) Describe the relevant strengths/weaknesses of this research. Provide at least 2 specific strengths **AND** 2 specific weaknesses for full credit.
6. (4pts) Note your responses to the research. Answer at least 2 of the following: What did you find interesting about this article? What did you find challenging? What did you take away from this article? Why are these results important? How can this knowledge help improve our lives? Again, this should be a full paragraph (4-6 sentences).
7. (2pts) Citation in APA style (6th edition).

Unit Objectives

I have organized everything you need to know to do well in this class and made it accessible to you before we meet on the first day of the quarter. Where can you find this information? On Canvas, under **Files**, you will find the course files organized by unit with every Powerpoint presentation and accompanying chapter objectives for the quarter.

For the four unit exams, you will need to submit your completed objectives either through Canvas or in class for 10 points towards your course grade. These cannot be turned in late without medical or legal documentation.

Attendance & Participation

It is essential to attend class regularly in order to thoroughly understand and apply the material of the course. **During 11 class periods during the semester, up to 6 points will be given for lecture attendance and one of the following: activity completion, homework completion, reading quiz, or review completion.** These activities may only be made up when students have provided advance notice of the dates of religious holidays or can provide legitimate documentation for an absence (doctor's note, exam times, notice of job interview, etc.). At least 12 points of extra credit will be available through successful completion of these in-class activities. **Extra credit for in-class participation is the only form of extra credit guaranteed in this class.**

Late Policy

Only article assignments may be turned in late. Article assignments may be turned in up to a week late for a maximum of 50% credit.

Remember, quizzes, objectives and participation exercises cannot be made up without date-specific medical or legal documentation.

Make Up Exams

If you miss one of the unit exams given for any reason, that exam will count as your lowest score and will be dropped. Please be advised that if you miss 2 (or more) exams, you will receive a 0 for the second exam unless there is legal or medical documentation to explain your absence. Exams may be taken early with at least one week's notice and with written documentation for the upcoming absence.

Tips for Success

- Attend all classes. It is your responsibility to obtain and learn material for classes you miss.
- Read all material before coming to class. Complete the chapter learning objectives.
- PowerPoint slides will be available online. Download the day's material before class.
- Take advantage of office hours or email if you have questions about the material.
- Google SAFMEDs. Make flash cards of key terms, be able to name terms when given a description, and vice versa.
- Form a study group with other students in the class (but make sure to complete assignments independently).
- Go to Psychology Tutoring in the Academic Success Center (D204).

Important Notes About Technology Use

I will be posting class material (e.g., syllabus, Powerpoints, announcements, readings, assignments, and links to articles) regularly on the Canvas course website. **Plan to check the Canvas website regularly.** If you don't have a home computer with Internet access, an open computer lab is available in N250. You will have plenty of time to complete assignments. Excuses such as "my internet wasn't working," "I couldn't make it to the computer lab this morning," or "I thought I posted on the discussion board" will not be accepted.

You are required to create a BC student network account. The student network account may be created any time after you receive your student identification number (SID) and personal identification number (PIN). For students enrolled in credit classes, the SID and PIN are issued after you apply for admissions. For students enrolled in classes through BC Continuing Education, the SID and PIN are established after you register for a class. Continuing Education students may contact the Continuing Education office directly to request this identification information. Once you have your student network account, go to the Bellevue College website and click Canvas under Student Links to log into the course website. Our course homepage can be accessed from the Courses dropdown menu on the left side of the page.

Classroom Learning Atmosphere

Affirmation of Inclusion

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination. We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect.

Classroom Etiquette

Basic respect for each other is expected of all students and the instructor. In accordance with this there are a few class rules:

1. During class, all cell phones and text-messaging devices must be turned off or left outside the classroom.
2. If you must come late or leave early, minimize disruption by sitting near the door, removing outerwear and getting your needed course materials ready before coming into the room.
3. **Intentional, disruptive activities including (but not limited to): texting, holding private conversations with your neighbors, and using computers for purposes unrelated to the course will cost you 1 point for each occurrence. I will not give warnings.** If I have to 'call you out' in class or wait for you to finish your conversation or put

away your phone, you will definitely lose one participation point, but you may lose one point even if I don't 'call you out' in class. I will enter this into the grade feedback on Canvas.

Disagreeing with the instructor, and engaging in passionate, intellectual discussion are not disruptive behaviors as long as they are done with basic respect. If you feel that your rights have been violated, please contact me immediately. Appropriate action will be taken. Respect is important in three other class rules:

1. Students and teaching staff will not silence the views of others they do not agree with in this class.
2. No one may threaten or intimidate others involved in this course with violence or threats of violence.
3. Harassment, sexual and otherwise, will not be tolerated in this class.

Email Communication

Please use standard professional guidelines for all written communication, including using a formal greeting, writing in complete sentences, and signing your name. Your email should do one of the following:

1. Ask a short, clarifying question whose answer cannot be found in the syllabus
2. Request to meet at a time other than during my scheduled and posted office hours, and include at least two days and times you are available for this meeting.
3. Request additional feedback on a graded assignment. Include: a) the question, b) your answer, c) the feedback you have already received, and d) any follow-up questions.

Great email:

Hi Jessica,

I missed our PSYC& 100 class Wednesday, and after reading the book and discussing the objectives with Abed, I still have questions about the operant conditioning examples that I would like to talk to you about. I have class during your office hours, but I am free Mondays and Wednesdays after 2:30 PM. Please let me know when you are available.

Thank you,

Troy

Terrible email:

Hey jess so i missed class cuz i felt bad. did i miss anything important?? O ya can I turn in that homework now??? I forgot! Haha! Thx!!!! ;) -t

Religious Holidays

Students who expect to miss classes, examinations, or any other assignments as a consequence of their religious observance should be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent, preferably at the beginning of the term. Students who are absent on days of examinations or class assignments should be offered an opportunity to make up the work without penalty (if they have previously arranged to be absent), unless it can be demonstrated that a makeup opportunity would constitute an unreasonable burden on a member of the faculty. Should a disagreement arise over what constitutes an unreasonable burden or any element of this policy, parties involved should consult the department chair, or Dean.

College Anti-Discrimination Statement (Title IX)

Bellevue College does not discriminate on the basis of race or ethnicity; color; creed; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; gender identity or veteran status in educational programs and activities which it operates. For further information and contacts, please consult College Anti-Discrimination Statements.

Procedures & Guidelines of the Social Sciences Division

Bellevue College's Affirmation of Inclusion: Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and

discrimination. We value our different backgrounds at BC, and students, faculty, staff members, and administrators are to treat one another with dignity and respect. The college's "Affirmation of Inclusion" is in line with the principle of free speech in a free society: we have the right to express unpopular ideas as long as we don't show disrespect for reasonable people who might believe otherwise. In this course, you will be expressing ideas through the medium of the course site as well as face to face in the classroom. In that case, these expectations refer to the courtesy with which you communicate with one another in the classroom and on the course website. Part of this respect involves professional behavior towards the instructor, colleagues, and the class itself.

Plagiarism and Other Conduct Policies: Plagiarism is a form of academic dishonesty that occurs when students use information or material from outside sources and do not properly cite those sources. This is grounds for disciplinary action. It is your responsibility to understand plagiarism and its consequences. Plagiarism occurs if:

1. You do not cite quotations and/or attribute borrowed ideas as references.
2. You fail to enclose borrowed language in quotation marks.
3. You do not write summaries and paraphrases in his/her own words and/or doesn't document his/her source.
4. You turn in work created by another person.
5. You submit or use your own prior work for a current or past course, or work from one current course in another course without express permission from your professors. This may also be considered academic dishonesty.

Consequences: If you have plagiarized or engaged in other forms of academic dishonesty, you will likely fail the assignment and possibly the course, despite points earned through other work. Acts of academic dishonesty are reviewed for disciplinary action. If you are new to writing then please come talk to me during office hours and/or visit the Writing Center. Their website is <http://www.bellevuecollege.edu/asc/writing/> and they are located in D204.

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 behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: Plagiarizing material from the internet and posting rude or personal attacks in discussions. When you are in doubt about any behavior, please consult your instructor. In addition, you may wish to review the generally applicable rules of cyberspace, such as in the Core Rules of Netiquette. The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors.

The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Vice President of Student Services. http://www.bellevuecollege.edu/policies/2/2050_Student_Code.asp (Links to an external site.)

Incomplete vs. F: If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). It is the student's responsibility for maintaining contact and adhering to the agreed-upon actions. Canvas class sites, and material may not be directly accessible after the end of the quarter so it is important to make arrangements before the quarter ends. The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F"). There is a standard form that instructors have access to in their instructor's grade briefcase.

F Grade: Students who do not withdraw by the deadline and fail a course will receive a letter grade of "F."

Final Examination Schedule: Final examinations may involve proctored on-campus arranged exams or may be administrated completely online at the discretion of the instructor and in keeping with the stated policies provided in the course syllabus. Please refer to the syllabus at the start of the quarter for additional details and contact the instructor directly for any clarifications. A student who is not in compliance with the scheduled format 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 in compliance with 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: Academic Year: 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. Check the [enrollment calendar \(Links to an external site.\)](#) for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.

Hardship Withdrawal (HW): Hardship Withdrawal indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. The student must contact the instructor to request this withdrawal option, or the faculty member may initiate the contact. No points are calculated into the grade-point average. 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) <http://bellevuecollege.edu/drc/>. The office is located in B132 (telephone 425.564.2498 or TTY 425.564.4110 email drc@bellevuecollege.edu). Students will need to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation letter or contact your online instructor directly by email. Students who require accommodation in a course 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.

If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. Contact Autism Spectrum Navigators. Email and phone number are on the web page. ASN is located in the Library Media Center in D125. The DRC office is located in B132 or you can call our reception desk at 425.564.2498. Deaf students can reach us by Skype: the address is DRCatBC (NOTE: There is no @ sign...it is actually DRCatBC). Please visit our website at Disability Resource Center for application information into our program and other helpful links.

COURSE SCHEDULE:

Day/Date	Topics	Readings and Assignments Due
M 4/3	Introductions & Syllabus	Obtain textbook and read syllabus carefully
T 4/4	What is Psychology? A Brief History & Overview	Myers Ch 1 pp. 2-14
W 4/5	Scientific Method & Research Designs I	Myers Ch 1 pp. 15-31
Th 4/6	Scientific Method & Research Designs II	Myers Ch 1 pp. 15-31
F 4/7	Scientific Method & Research Designs III	Myers Ch 1 pp. 15-31 Syllabus Quiz due @ 11:59pm
M 4/10	Biology of Behavior I	Myers Ch 2 pp. 46-60
T 4/11	Biology of Behavior II	Myers Ch 2 pp. 60-70
W 4/12	Biology of Behavior III	Myers Ch 2 pp. 60-70
Th 4/13	Consciousness & the Two-Track Mind I	Myers Ch 3 pp. 78-96
F 4/14	NO CLASS	Chapters 1 & 2 quizzes due @ 11:59pm
M 4/17	Consciousness & the Two-Track Mind II	Myers Ch 3 pp. 78-96
T 4/18	Consciousness & the Two-Track Mind III	Myers Ch 3 pp. 78-96
W 4/19	Article Discussion	Choose & read an article from unit 1; attempt assignment and be ready to ask questions Article Assignment 1 due @ 11:59pm
Th 4/20	Unit 1 Review	Complete Unit 1 Review
F 4/21	Exam 1 (Chs 1, 2, & 3)	Chapter 3 quiz due @ 11:59pm Unit Objectives due in class or online @ 11:59pm
M 4/24	Classical Conditioning I	Myers Ch 7 pp. 237-245
T 4/25	Classical Conditioning II	Myers Ch 7 pp. 237-245

W 4/26	Operant Conditioning I	Myers Ch 7 pp. 246-260
Th 4/27	Operant Conditioning II	Myers Ch 7 pp. 246-260
F 4/28	Observational Learning	Myers Ch 7 pp. 261-267 Chapter 7.1 quiz due @ 11:59pm
M 5/1	Memory I	Myers Ch 8
T 5/2	Memory II	Myers Ch 8
W 5/3	Memory III	Myers Ch 8 Article Assignment 2 due on Canvas @11:59pm
Th 5/4	Unit 2 Review	Complete Unit 2 Review
F 5/5	Exam 2 (Ch 7 & 8)	Chapters 7.2 & 8 quizzes due @ 11:59pm Unit 2 Objectives due in class or on Canvas @ 11:59pm
M 5/8	Developmental I	Myers Ch 4 pp. 117-124
T 5/9	Developmental II	Myers Ch 4 pp. 124-131
W 5/10	Developmental III	Myers Ch 4 pp. 132-140
Th 5/11	Developmental IV	Myers Ch pp. 140-151
F 5/12	Social Psychology I	Myers Ch 13 pp. 458-465 Chapter 4 quiz due @ 11:59pm
M 5/15	Social Psychology II	Myers Ch 13 pp. 465-470
T 5/16	Social Psychology III	Myers Ch 13 pp. 470-475
W 5/17	Social Psychology IV	Article Assignment 3 due @ 11:59pm
Th 5/18	Unit 3 Review	Complete Unit 3 Review
F 5/19	Exam 3 (Ch 4 & 13)	Unit 3 Objectives due in class or on Canvas @ 11:59p Chapter 13 quiz due @ 11:59pm
M 5/22	NO CLASS	HAPPY MEMORIAL DAY!
T 5/23	Psychological Disorders I	Myers Ch 14
W 5/24	Psychological Disorders II	Myers Ch 14
Th 5/25	Psychological Disorders III	Myers Ch 14
F 5/26	Therapy I	Myers Ch 15 Chapter 14 Quiz due @ 11:59pm
M 5/29	Therapy II	Myers Ch 15
T 5/30	Therapy III	Myers Ch 15
W 5/31	Stress, Health, & Human Flourishing I	Myers Ch 11
Th 6/1	Stress, Health, & Human Flourishing II	Myers Ch 11
F 6/2	Stress, Health, & Human Flourishing III	Myers Ch 11 Chapter 15 Quiz due @ 11:59pm
M 6/5	Stress, Health, & Human Flourishing IV	Article Assignment 4 due at 11:59pm
T 6/6	Unit 4 Review	Complete Unit 4 Review
W 6/7	Exam 4 (Ch 11, 14, 15)	Unit 4 Objectives due in class or online at 11:59pm Chapter 11 Quiz due @ 11:59pm
Th 6/8	NO CLASS	
F 6/9	NO CLASS	Pick up exams from D200A: 10:30a - 1:20pm
M 6/12	Final exam review	Bring all old exams to class to review
W 6/14 11:30a - 1:20p	Comprehensive final exam	All covered chapters No work accepted after 1:20pm