

BELLEVUE COLLEGE

Summer Quarter 2017

Course: Psyc& 100 Section HYD, Item 5403, 5 credits
Time: Mon: 6:00PM – 9:50PM
Room: **L221**

Instructor: Ilona Pitkänen, Ph.D.
Office: D200A
Office hours: Mondays 3:30-4:20pm
Email: Canvas email, or ilona.pitkanen@bellevuecollege.edu
Phone: Phone: (425) 564-2706 (My voicemail); (425) 564-2331 (Social Science)
Mailbox: Social Science Division Office (D110)

Required Text: *Hockenbury & Hockenbury, Discovering Psychology, 6th Edition with DSM-5 Updates New York, NY: Worth Publishers*
(Launchpad website access and study guide are additional optional resources that you can purchase with the book, but you are not required to)

Course Description

Welcome to the Psychology 100 class! The field of psychology is defined as a “scientific study of behavior and mental processes”, and you will learn that psychologists study a remarkably wide range of topics. Examples of topics we will cover include learning and memory, sleep, psychoactive drugs, lifespan development, social psychology, psychological disorders and personality. We will also talk about the brain, and about how psychologists conduct research. The main purpose of the course is to introduce you to the major concepts, theories and research findings in psychology. More specific goals for the course are listed below.

Please read this entire syllabus as it contains a lot of important information regarding the class! If you have any questions or concerns, please contact me as soon as possible.

Course Purpose & Goals

COURSE OUTCOMES

After completing this class, students should be able to:

- Describe key concepts, principles, and overarching themes in psychology.
- Describe psychology's content domains and areas of application to human behavior.
- Use scientific reasoning to understand, apply and/or critique various research methods and theoretical perspectives used by psychologists to study and explain behavior.
- Apply critical thinking and ethical standards to evaluate assumptions, claims, and common sense ideas about behavior.
- Apply psychological principles and findings to enhance interpersonal relationships at individual, community, national, and global levels.
- Communicate effectively in written and/or oral formats in academic and professional life.

THIS IS A HYBRID CLASS: WE WILL MEET ONCE A WEEK ON CAMPUS, AND THE REST OF THE INSTRUCTION TAKES PLACE ONLINE. YOU ARE REQUIRED TO PARTICIPATE IN BOTH THE ONLINE AND THE CLASSROOM ACTIVITIES.

We use Canvas in this course. I will be posting class materials and documents on the Canvas site. You can access Canvas on the Bellevue College website.

For Technology related problems, contact the HELP desk at (425) 564-4357 or online at <http://depts.bellevuecollege.edu/helpdesk/>

Student Exams & Activities (400 points total)

- 1) **8 Quizzes (160 points):** There will be 8 quizzes that students take in Canvas. 7 of them are each worth 20 points, and a longer final quiz is worth 40 points. Of the 7 20-point quizzes, the lowest score will be automatically dropped, so that only 6 of the quizzes (120 points) count towards the final grade. The last 40-point quiz cannot be dropped. None of the quizzes is comprehensive; each quiz only covers one or two chapters. The quizzes are available WEDNESDAY MORNING 8 AM – SUNDAY NIGHT 11:59 PM on the designated week. Some weeks have 2 quizzes due. See the course schedule and calendar for the deadlines. The last 40-point quiz will be available Tuesday 8 am – Thursday 11:59pm of the final exam week. The quizzes are timed (40 minutes, and 60 minutes for the final quiz) and can only be taken once. **No make-up quizzes will be given. Since the lowest score will be dropped, if a student misses a quiz, the missed quiz will be accepted as the lowest score.** However, please contact me for exceptional circumstances such as serious illness or death in the family. Documentation such as a doctor's note or a death certificate is REQUIRED.

- 2) **Hybrid Assignments (105 points):** Students complete seven assignments in Canvas that are related to the course material. Each assignment is worth 15 points ($7 \times 15 = 105$). Each student chooses a topic related to the assignment theme (e.g. the actions of drugs on the brain, evaluation of children's toys, cross-cultural views of pregnancy/childbirth, etc.). Students search for and evaluate journal articles and other sources, and post their findings in Canvas. Students are also expected to read other students' posts and respond to at least one of them in Canvas for each assignment. **Students are expected to research their topic and participate in the discussions online to receive the points.** More information about these assignments will be given in class and in the Canvas instructions. **Students are expected to use APA format in-text citations and a reference list in their submitted Canvas assignments.**
- 3) **Class Assignments/Attendance (120 points):** Attendance in the lectures is **required** and will be recorded for every lecture. For most lectures, students will be given questions about the lecture topics that need to be answered BEFORE attending the class. Students need to bring the written answers to the lecture, and we will discuss them during the lecture. **STUDENT NEEDS TO ATTEND THE ENTIRE CLASS TO RECEIVE THE POINTS. NO POINTS WILL BE GIVEN FOR THESE ASSIGNMENTS IF THE STUDENT IS ABSENT OR DOES NOT ATTEND THE ENTIRE CLASS.** Each completed assignment is worth 20 points. If there are no pre-assigned activities (e.g. for the first lecture), attendance will be recorded during the lecture with an in-class assignment worth 20 points. Student needs to collect a total of **6 attendance recordings** to receive all the points ($20 \times 6 = 120$). Students who collect 7 attendance recordings receive **20 extra credit points.**
- 4) **Introduction (15 points):** Each student needs to post an introduction (10 points) and respond to another student's introduction (5 points) in the introductory module of the Canvas website. See the course schedule for the deadlines.

Course Schedule

CHAPTERS	REQUIRED FILMS	MONDAY (HOMEWORK DUE IN CLASS)	SATURDAY (CANVAS ASSIGNMENT DUE DATE)	SUNDAY (QUIZ DUE DATE)
Ch. 1: History of Psychology and Research Methods	<i>Past, Present and Promise</i>	6/26 INTRODUCTION/ CHAPTER 1 LECTURE	7/1 Famous psychology person assignment	7/2 NO QUIZ
Ch. 1; Ch. 2: Neuroscience and Behavior	<i>Understanding Research; Cognitive Neuroscience</i>	7/3 CHAPTER 1/ CHAPTER 2 LECTURE	7/8 Brain assignment	7/9 <i>HISTORY/ RESEARCH QUIZ</i>
Ch. 2; Ch. 4: Sleep and Consciousness	<i>The Mind Awake and Asleep</i>	7/10 CHAPTER 2/CHAPTER 4 LECTURE	7/15 Drug assignment	7/16 <i>NEUROSCIENCE QUIZ; SLEEP QUIZ</i>
Ch. 5: Learning; Ch. 6: Memory	<i>Learning; Remembering and Forgetting</i>	7/17 CHAPTER 5/CHAPTER 6 LECTURE	7/22 Memory assignment	7/23 <i>LEARNING QUIZ; MEMORY QUIZ</i>
Ch. 9: Lifespan Development	<i>Developing Child</i>	7/24 CHAPTER 9 LECTURE	7/29 Two parts: Toy assignment; Pregnancy/ childbirth assignment	7/30 <i>DEVELOPMENT QUIZ</i>
Ch. 11: Social Psychology	<i>The Power of the Situation</i>	7/31 CHAPTER 11 LECTURE	8/5 Social psychology in movies assignment	8/6 <i>SOCIAL PSYCHOLOGY QUIZ</i>
Ch. 13: Disorders; Ch. 14: Therapies	<i>Psychopathology; Psychotherapy</i>	8/7 CHAPTER 13/14 LECTURE	No assignment	8/10 <i>DISORDERS AND TREATMENT QUIZ (DUE THU 8/10)</i>

Note: The course schedule is a plan only and is subject to change. You will be notified if changes occur.

Grading Information

The total number of points you earn will be converted to a percentage of the total points possible. Your final grade will be assigned based on the letter grade scale as shown below.

%	Letter Grade
95-100%	A
90-94	A-
86-89	B+
80-85	B
75-79	B-
71-74	C+
66-70	C
60-65	C-
55-59	D+
50-54	D
49 or less	F

For example, if you earn 320 points out of the total possible 400 points, your points are divided by the total possible points to obtain a percentage of the total points ($320/400 = 0.80 = 80\%$). Refer to the table above to figure out the grade ($80\% = B$).

Course Policies

Hardship withdrawal policy: According to the social science division policy, hardship withdrawals are for exceptional circumstances that prevent the student from completing the course. Documentation such as a death certificate or a doctor's letter may be required.

Academic Problems: It is important to me that you succeed in this class. If you have concerns about your performance, please contact me as soon as possible. Additionally, Bellevue College offers a variety of learning assistance services. See the following links for additional help:

Academic Success Center: <http://bellevuecollege.edu/asc/>

TRiO Student Support Services: <http://depts.bellevuecollege.edu/trio/>

Attendance and missing class: I expect that you attend the classes regularly. I record

attendance and you receive points for attending (see the Attendance section under Student Exams & Activities). In order to receive points for class assignments, **you need to be in class and participate in the activities**. It is your responsibility to find out from other students what you have missed when you are absent. If you stop attending, you must withdraw yourself from the class to avoid earning a 0.0 in the class.

Punctuality and class conduct: You should arrive on time for class and stay the entire period. If you do need to leave early, please notify me in advance and sit near the door if possible to avoid disrupting others. **Please keep your cell phones and other electronic devices silent or turned off during class. CELL PHONE USE IS NOT ALLOWED DURING THE LECTURES. This also includes “silent cell phone use”, such as texting.** You are encouraged to share your views and participate in class discussions in a manner that is respectful of others. You are encouraged to critique the material presented and discussed in class and the readings, but critique should be based on theory and research evidence, not individual experience alone. Side comments directed to other students, use of electronic devices, and activities that are not related to the learning material are disruptive. A student who engages in persistent disruptive behavior will be asked to leave the classroom.

My laptop policy: During lectures, I only accept the use of laptops FOR NOTE TAKING RELATED TO THE CLASS MATERIAL. Any other use of laptops is not permitted (unless pre-approved by me). This is because **laptop use during lectures can distract other students**. Laptop use is not allowed during films we watch in class. **If you are bothered by another student’s laptop or cell phone use, please talk to me or email me, and I will address the issue anonymously. I don’t always notice subtle but disruptive behaviors, and usually other students are also bothered by them and appreciate that someone contacted me.**

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.

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 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.

Class evaluations: You are encouraged to complete a voluntary course evaluation before the end of the quarter. My policy is that if **at least 90% of the class completes the evaluation, everyone will get 10 extra credit points**. The Bellevue College Online Evaluation website is secure and submissions are completely anonymous (I see how many students have submitted the evaluation but I will never know the identities of the students). College instructors, program chairs and administrators are granted access to a class composite document on the website only after all grades are posted to transcripts at the close of the current quarter. Access to each course evaluation is granted only once, and after you press the SUBMIT button at the bottom of the page, you will see a screen telling you which class evaluations have been completed. If you have questions or need assistance, please call the Distance Education Office at 425-564-2438 or toll free at 1-877-641-2712. I will discuss this process in class once the evaluation site becomes available.

PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION

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 College. Changing some words or sentences in the original source does not make it your own. **You need to completely write your own assignments and exam answers.** Other examples of academic dishonesty include behaviors such as having someone else write your assignments, copying other students' answers or cheating in other ways during an exam, allowing other students to take credit for your work, etc. Additional 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 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 and at:

[http://bellevuecollege.edu/policies/2/2050P_Student_Code_\(Procedures\).asp](http://bellevuecollege.edu/policies/2/2050P_Student_Code_(Procedures).asp)

Email Communication with instructors must be done through student email accounts only. Instructors cannot communicate with students about their course work or grades through student's personal email accounts.

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 BC 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. Documentation may be required.

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.

Distribution of Grades

Grades will not be posted in the Social Science Division or in faculty offices, and program assistants or coordinators will not give out grades. Students should access their grades through the BC 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.

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**If you are accused of cheating, stealing exams and/or plagiarism, there is a Bellevue College Student Discipline and Appeals Procedure (the right to due process) which you may pursue. Contact the office of Division Chair (D110), the Dean of Student Services (B231A) or the Associated Student Body (C212) for information regarding the appeals process.*

Important Links

Bellevue College email and access to MyBC

All students registered for classes at Bellevue College are entitled to a network and e-mail account. Your student network account can be used to access your student e-mail, log in to computers in labs and classrooms, connect to the BC wireless network and log in to MyBC. To create your account, go to: <https://bellevuecollege.edu/sam> .

BC offers a wide variety of computer and learning labs to enhance learning and student success. Find current campus locations for all student labs by visiting the [Computing Services website](#).

Disability Resource Center

The Disability Resource Center 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 student with a documented autism spectrum disorder, there is an additional access program available to you. Contact [Autism Spectrum Navigators](#) Email and phone number is 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.

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.

Accessibility

The online elements of this course are designed to be welcoming to, accessible to, and usable by everyone, including students who are English-language learners, have a variety of learning styles, have disabilities, or are new to online learning. Be sure to let me know immediately if you encounter a required element or resource in the course that is not accessible to you. Also, let me know of changes I can make to the course so that it is more welcoming to, accessible to, or usable by students who take this course in the future.

Academic Calendar

- Enrollment Calendar - <http://bellevuecollege.edu/enrollment/calendar/deadlines/>. On this calendar you will find admissions and registration dates and important dates for withdrawing and receiving tuition refunds.
- College Calendar - <http://bellevuecollege.edu/enrollment/calendar/holidays/0910.asp>. This calendar gives you the year at a glance and includes college holidays, scheduled closures, quarter end and start dates, and final exam dates.

Public Safety

Public Safety is located in the K building and can be reached at **425-564-2400** (easy to remember because it's the only office on campus open 24 hours a day—2400). Among other things, Public Safety serves as our Parking Permits, Lost and Found, and Emergency Notification center. Please ensure you are signed up to receive alerts through our campus alerting system by registering at [RAVE Alert Registration](#)

If you work late and are uneasy about going to your car, Public Safety will escort you to your vehicle. To coordinate this, please phone ahead and let Public Safety know when and where you will need an escort.

Please familiarize yourself with the emergency postings by the door of every classroom and know where to go in the event of an evacuation. Your instructor will be asked if anyone might still be in the building, so check in before you do anything else. Emergency responders will search for anyone unaccounted for.

If a major emergency occurs, please follow these three rules:

- 1) Take directions from those in charge of the response** -We all need to be working together.
- 2) Do not get in your car and leave campus (unless directed to)** - Doing so will clog streets and prevent emergency vehicles from entering the scene. Instead, follow directions from those in charge.
- 3) In an emergency, call 911 first, then Public Safety.**

Please do not hesitate to call Public Safety if you have safety questions or concerns at any time. You may also visit the [Public Safety](#) web page for answers to your questions.