



**Winter Quarter 2018**

**Course: PSYC& 100 General Psychology**

5 credits

Item# 5400

Section A

**Time:** Daily 7:30 AM – 8:20 AM

**Room:** D 273

**Instructor:** Madhura Sohani

**Office:** D 200B

**Office hours:** Monday 8:30 to 9:30 am, Tuesday and Thursday 8:30 to 10:30 am

**Email:** madhura.sohani@bellevuecollege.edu

**Course description:**

Psyc&100 is a general psychology class. It includes examining different concepts pertaining to human cognition, emotions, behaviors and perceptions. It comprises of studying the empirical facts in a scientific way which are often studied in laboratories and controlled settings. The topics covered in this class are memory, learning, psychological disorders and their treatments, social psychology, stress, therapies, physiological psychology. In this class, you will have the prospect to engage in different learning experiences. Most common ways would be lectures, presentations, assignments, videos, research papers, understanding and applying the APA (American Psychological Association) style. At the end of this class, you will be able to understand various ways in which human behavior, cognition and interaction can be evaluated. It will help you develop the ability to critically evaluate assertions about human behaviors and make observations around you.

**Course outcomes:**

- 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

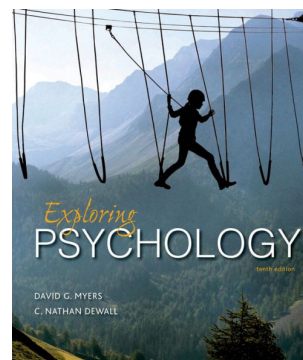
## **Textbook requirement**

Myers, D. G., & DeWall, C. N. (2016). *Exploring psychology*. New York: Worth, Macmillan Learning. (required)

**ISBN-13: 9781464154072**

**ISBN-10: 1464154074**

Any format is acceptable, including eBook, notebook, paperback.



## **Grade distribution**

### **Course Grade**

The College Grading Policy is located on page 10 of the Course Catalog: [Grading policy](#). 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

## **Grading system**

### **Course Format**

The course will be comprised of 5 unit exams. For each unit, students will earn points for attendance and participation, take an in-class exam, take online chapter quizzes, complete an activity assignment 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.
- I will not round up final grades; for example, 449.5/500 (89.9%) is a A- in all cases.

Assignment	Points	% of Grade
Chapter Quizzes (10 chapters, 10 pts each)	100	20%
In-class Activity/Assignments (5 activities, 10 pts each)	50	10%
Unit Exams (4/5 exams, 50 pts each)	200	40%
Article Assignments (4 articles, 25 pts each)	100	20%
Attendance and Participation	50	10%
<b>TOTAL</b>	<b>500</b>	<b>100%</b>

## 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 Activity/Assignment

Students will have to do 5 in class activities/ assignments that will count towards their final grades. This is intended to help students follow through the concepts covered in the classroom and will be due as announced. Each activity/assignment is worth 10 points. **Students will need to submit the completed assignments either through Canvas**

or in class for 50 points towards the course grade. These cannot be turned in late without medical or legal documentation.

### Unit Exams

Each unit will culminate in an in-class 50-point exam. These exams will consist of multiple choice questions. These exams will be administered in class.

**You will need to buy 5 Scantron sheets from the bookstore to take PSYC& 100 exams.**

**The lowest exam score will be dropped.**

**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.**

**BECAUSE OF PAST CHEATING, 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 the articles. 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.

- **(6 points)** How does the article relate to material offered in the course? Be precise. You must cite Myers in APA style. This should be written in at least a full paragraph (4-6 sentences).
- **(3.5 points)** What hypothesis/research questions is the article tapping on? (2-3 sentences).
- **(3.5 points)** What are the different variables (Independent and Dependent variable) methodology and procedure used in the paper? (3-4 sentences)
- **(3 points)** Paraphrase the results and discussion. (4-6 sentences)
- **(6 points)** What is your analysis of the research? Try and answer the following questions: what did you find interesting in this research paper? What was the most challenging part in this paper? How will the knowledge help you improve your life? (4-6 sentences)
- **(3 points)** Full article citation in APA style.

## **Rules and Classroom Policies**

### **1. Attendance & Participation:**

Attendance is very important to succeed in this class. Attending classes regularly will help you better understand the concepts and give you the opportunity to get all your questions answered. Also, regular attendance will ensure that you have all the information that is necessary to pass this class with good grades. Up to 50 points can be earned for attendance. Unexcused absence will not be accepted except in cases of emergencies. Excused absence such as family emergencies, doctor visits and job interviews/job related tasks should be accompanied with legitimate documentation such as a doctor's note and a notice of job interview.

### **2. Late policy:**

It is important that you meet the deadlines for all assignments. I ensure that you get enough time to complete the assignments. No late submissions will be allowed unless the reason is discussed with me before hand and a legitimate document is presented when necessary.

### **3. Contacting me:**

The best way to get in touch with me is via Bellevue college email ([madhura.sohani@bellevuecollege.edu](mailto:madhura.sohani@bellevuecollege.edu)). I check my email regularly and you can expect a reply within 24 hours on weekdays. It may take me longer than 24 hours to reply on the weekends. It is important that you ask brief questions with clarifications when necessary. Anything that needs detailed explanations should be talked about in person during or after the class or my office hours. If I do not reply in time, please try and send me the email again.

### **4. 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.
- 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.
- 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 [here](#). 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**

#### **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 if 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.

### **Religious Holidays**

Students who expect to miss classes, examinations, or any other assignments because 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 based on 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.

### **Confidentiality and Mandatory Reporting**

As an instructor, one of my responsibilities is to help create a safe learning environment on our campus. It is my goal that you feel able to share information related to your life experiences in classroom discussions, in your written work, and in our one-on-one meetings.



I will seek to keep information you share private to the greatest extent possible. However, I am required to share with the Title IX Coordinator all information regarding sexual assault and other forms of sexual misconduct (e.g. dating violence, domestic violence, stalking) that may have occurred on campus or that impacts someone on campus. Students may speak to someone confidentially by contacting the BC Counseling Center at (425) 564-2212. The Title IX Office can be contacted at 425-564-2441 and more information can be found at <https://www.bellevuecollege.edu/titleix/>

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 <https://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. <https://www.bellevuecollege.edu/policies/id-2050/>

**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](#) 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](mailto: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 overview:

Dates		Remarks
January 2 <sup>nd</sup> to January 16 <sup>th</sup>	<u>Unit 1</u> 1. Introduction to Psychology (Chapter 1 in textbook) 2. Biology of behavior (Chapter 2 in textbook)	
January 10 <sup>th</sup>	Chapter Quiz 1	<b>Due 11:59 PM</b>
January 17 <sup>th</sup>	Chapter Quiz 2	<b>Due 11:59 PM</b>
January 19 <sup>th</sup>	<b>Unit 1 Exam</b>	<b>Due in class</b>
January 26 <sup>th</sup>	<b>Article assignment 1</b>	<b>Due 11:59 PM</b>
January 23 <sup>rd</sup> to February 2 <sup>nd</sup>	<u>Unit 2</u> 3. Learning (Chapter 7 in textbook) 4. Memory (Chapter 8 in textbook)	
January 29 <sup>th</sup>	Chapter Quiz 3	<b>Due 11:59 PM</b>
February 2 <sup>nd</sup>	Chapter Quiz 4	<b>Due 11:59 PM</b>
February 5 <sup>th</sup>	<b>Unit 2 Exam</b>	<b>Due in class</b>
February 9 <sup>th</sup>	<b>Article assignment 2</b>	<b>Due 11:59 PM</b>
February 6 <sup>th</sup> to February 16 <sup>th</sup>	<u>Unit 3</u> 5. Developmental Psychology (Chapter 4 in textbook) 6. Personality (Chapter 13 in textbook)	
February 13 <sup>th</sup>	Chapter Quiz 5	<b>Due 11:59 PM</b>
February 19 <sup>th</sup>	Chapter Quiz 6	<b>Due 11:59 PM</b>
February 20 <sup>th</sup>	<b>Unit 3 Exam</b>	<b>Due in class</b>
February 23 <sup>rd</sup>	<b>Article assignment 3</b>	<b>Due 11:59 PM</b>
February 21 <sup>st</sup> to March 5 <sup>th</sup>	<u>Unit 4</u> 7. Social Psychology (Chapter 12 in textbook) 8. Psychological Disorders (Chapter 14 in textbook)	
February 28 <sup>th</sup>	Chapter Quiz 7	<b>Due 11:59 PM</b>
March 6 <sup>th</sup>	Chapter Quiz 8	<b>Due 11:59 PM</b>
March 7 <sup>th</sup>	<b>Unit 4 Exam</b>	<b>Due in class</b>
March 13 <sup>th</sup>	<b>Article Assignment 4</b>	<b>Due 11:59 PM</b>
March 8 <sup>th</sup> to March 19 <sup>th</sup>	<u>Unit 5</u> 9. Therapy (Chapter 15 in textbook) 10. Stress Health and Human Flourishing (Chapter 11 in textbook)	
March 14 <sup>th</sup>	Chapter Quiz 9	<b>Due 11:59 PM</b>
March 20 <sup>th</sup>	Chapter Quiz 10	<b>Due 11:59 PM</b>
March 22 <sup>nd</sup>	<b>Unit 5 Exam</b>	<b>Due in class</b>