

General Psychology 5408 Fall 2018

Instructor: Leo Kiralla

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.” -Martin Luther King, Jr.

“To know that we know what we know, and that we do not know what we do not know, that is true knowledge.”

-Henry David Thoreau

<https://console.pearson.com/enrollment/9vlyah>

E-mail: leo.kiralla@bellevuecollege.edu

Phone: ext 2718

Office location: D200 F

Office Hours: by appointment: T, TH, F 10:30pm-12:20pm

Class Times: 12:30 pm – 1:20 pm Daily in A206

Course Outcomes

Psychology is the scientific study of mind and behavior. This course will survey the major concepts, theories, and research findings in psychological science. Through readings, lectures, discussion, and assignments, students will learn about the wide range of research issues addressed by psychologists and gain an appreciation of the importance of psychological research in its application to everyday human life.

“I’m a skeptic not because I do not want to believe but because I want to know. I believe the truth is out there. But how can we tell the difference between what we would like to be true and what is actually true? The answer is science.” Michael Sheerer

BC Course Learning Objectives

Upon completion of Psychology 100, students will be able to:

1. Describe the purpose, comprehensive scope, and areas of application in the field 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.

BC General Education Outcomes

Bellevue College is committed to providing students a comprehensive learning experience that addresses critical dimensions of student personal, professional, and intellectual growth. Bellevue College’s General Education program is designed to address areas and specific requirements to ensure that students’ learning experiences prepare them to build fulfilling and successful lives as individuals, workers, citizens, and life-long learners. As a reflection of our values of maintaining excellence and anticipating future needs in teaching and learning, Bellevue College has identified

three main overarching General Education areas: Creative & Critical Thinking; Communication; and Connections. This course satisfies the area of Creative & Critical Thinking in that General Psychology students must learn to apply critical thinking methods in assessing the validity of claims about human behavior.

Grading

There will be a total of possible points in this class. Letter grades are based on percentage of the total number of points earned. The following criteria will be used:

A	94 - 100%
A-	90 - 93%
B+	87 - 89%
B	83 - 86%
B-	80 - 82%
C+	77 - 79%
C	73 - 76%
C-	70 - 72%
D+	67 - 69%
D	63 - 66%
F	62% and below

Assignments- 180

Participation- 60

Exams- 300

Quizzes- 210

Exams

Multiple Choice and Written Exams There will be three in-class multiple choice/written exams throughout the quarter. In total, these will be worth 300 points (which is approximately one-third of your final grade), with the final exam being your third exam (it is not cumulative). Each will cover information from the text, class lecture, and videos. With each exam, you can expect to make connections between the lecture material and your life by coming up with real-life examples. The exams may consist of multiple-choice questions, essay questions, matching items, labeling, and/or drawing.

Exams will not be given late. If you know ahead of time that you will be unable to attend class on any exam day, you may make arrangements with me to take an alternative exam early. If you come late to class on an exam day, you will not be allowed any additional time. Make-up exams will be allowed only with appropriate documentation. All exams given outside of class must be taken in paper form and during office hours.

Assignments

Assignments are often pass/fail and are excellent opportunities to accumulate points if you are

unhappy with your exam scores. Major assignments will be accepted late but docked one letter grade for each day late. In-class or smaller assignments generally will be given no points unless discussed in advance with the instructor.

Attendance

Attendance will be taken regularly and sometimes in the form of in-class activities. If you are not in class, you cannot participate; if you do not participate, you will not receive credit for in-class activities. You will receive 50 points for participation. Attendance will be factored into that score.

Extra Credit

There may be limited opportunities to earn extra credit for this course. These opportunities may consist of outside activities (e.g., attending a campus lecture or workshop, viewing a film, etc.) and written papers pertaining to the topics covered in this course. Such opportunities will be announced in class.

The link to the College Grading Policy is located on page 10 of the Course Catalog: Grading Policy

Books and Materials Required

Ciccarelli, Saundra and White, J., *Psychology*, Pearson Publishing: New York, 2017.

ISBN- 9780134623702

We will be using a new version of the test that should allow you to access the book through REVEL and an access card.

Classroom Learning Atmosphere

▪ Instructor's Expectation

Please arrive to class prepared and with an open mind. My goals for you, beyond acquiring new knowledge, are development of (1) critical thinking skills (how to effectively evaluate new information), and (2) the ability to apply concepts in psychology to situations beyond the classroom. You will learn new material every week through a combination of lecture, whole-class discussion, and small group activities. Every week, you'll take a quiz or test what you've learned that week.

This might be one of your first college classes. College works quite differently from high school. There is less structure, time, and guidance, and a lot more is expected from you. You are responsible for keeping yourself on schedule, knowing due dates, and planning ahead. Study concepts you do not understand, and ask for help right away if you need it. This class goes quickly, and you'll need to stay on top of the reading to do well. If you have questions about the class, read this syllabus first. Be an active participant in your own education. You will be expected to read the book before class, take notes, think about the stuff you read, and come prepared to discuss the ideas with your professor and peers. Challenge assumptions, and consider

the implications and applications of course material. Thinking deeply about the course material not only will help you remember it better – it'll make it more useful for the future.

Attendance is not optional. As adult students, you are expected to manage your own time and priorities. If you miss any class session, you are responsible for obtaining any lecture notes from fellow students, missed assignments from me, and for staying abreast of any class announcements or changes to the class schedule or policies. Emailing me of your absence is appreciated. Note: when emailing me outside of Canvas, please include your full name and class section; in the email subject line, it is helpful to start with "STUDENT" so that it does not get lost in the melee of emails.

Class conduct expectations will be in compliance with policies described in the BC student handbook.

"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. 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 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."

Cheating and plagiarism will not be tolerated. All work that you submit in this course must be the product of your own efforts. In either case, zero points will be allotted. In addition, cell phone use in class is not allowed; cell phone ringers/modes are to be turned off prior to entering the classroom. Laptop/tablet use will not be allowed in class. For more information and to see the Student Code, Policy 2050, in its entirety, please visit: http://bellevuecollege.edu/policies/2/2050_Student_Code.asp

Course Evaluations are encouraged. You are encouraged to complete a course evaluation before the end of the quarter. The Bellevue College Online Evaluation web site is secure and submissions are completely anonymous. College instructors, program chairs and administrators are granted access to a class composite document on the web site only after all grades are posted to transcripts at the close of the current quarter. To participate in the evaluation process, use your Student ID and PIN to log in on the following site: <https://bellevuecollege.edu/ClassEval/default.aspx>

On the BC Online Evaluation site, you will find a listing for each of your classes. 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.

Participation is encouraged. You are encouraged to participate in discussions of the theoretical issues presented in class. Some theories may appear counter-intuitive and may provoke much reaction, sparking lively discussions. Within these discussions, it is important to remain respectful of your fellow students. Everyone has a point of view. While discussion is encouraged and will be solicited, side comments and off-topic talk will not be tolerated.

Punctuality is expected. Please be on time for class. Arriving late or leaving early undoubtedly breaks the flow of the class and causes a distraction. If you arrive late, please take a seat close to the door. If you need to leave early, make arrangements with me ahead of time and sit close to the door.

Study effectively by self-testing. Each section of the text begins with a study question. Read the material, trying to understand the underlying ideas. A few minutes later, go back to the page and see if you can answer the question. Test yourself again with the multiple-choice questions at the end of each chapter and on Canvas.

■ 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.

■ Student Code of Conduct and Academic Integrity

Any act of academic dishonesty, including cheating, plagiarism (using the ideas or words of another as one's own without crediting the source), and fabrication and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue 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 Success for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Code of Conduct

at: Student Code

Important Links

- **Bellevue College E-mail 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: Create Email

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 Technology Help Desk

- **Disability Resource Center (DRC)**

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 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.

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.

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.

- **Public Safety**

Public Safety and Emergencies

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.

PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION Fall 2018

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. 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.

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 Resource Centre (DRC) office located in B132 (telephone 425.564.2498 or TTY 425.564.4110), to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation letter. Students who require accommodation in class 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.

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.

*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.

Monday	Tuesday	Wednesday	Thursday	Friday
9/17 Syllabi and introduction, expectations;	9/18 Begin reading cha 1 at home; icebreakers, notecards, approaching psych	9/19 Begin ch 1 notes; Basic history of Psychology: trends, eras, etc	9/20 Thinking Scientifically What does it mean to think scientifically?	9/21 Quiz 1 Chapter 1 and all class notes
9/24 Correlation v causation, Experimental designs, thinking statistically;	9/25 Happiness surveys, challenges to psych tests/surveys	9/26 Confirmation bias Double blind, placebo In class ideas shared Observations and survey questions due;	9/27 Pairings, hypothetical experiments, variables, issues in experimentation	9/28 Quiz 2 Chapter 1 and all class notes
10/1 Begin Neuroscience How do neurons work? Drawings of neuron and the synapse	10/2 No class: faculty development day	10/3 Action potential, NTs, equilibrium, addiction? SSRIs, CNS, review, parts of the brain? SleepDream journals assigned	10/4 Endocrine, Hormones; David Eagleman video discussion	10/5 TEST 1- chapters 1 and 2, and all class notes
10/8 Chp 3 Consciousness, two track, Sleep, dreams, drugs, mindfulness	10/9 Mindfulness exercises	10/10 Altered States, Sleep cycles, dreams, theories and science	10/11 Altered States, drugs and consciousness, video clips; Begin Sensation and Perception	10/12 Quiz
10/15 Sensation and perception, basics Perception exercises	10/16 Sensation and Perception; Gestalt; optical illusions; sonification	10/17 Begin Learning: Classical Conditioning	10/18 Learning: Operant conditioning	10/19 Learning: reinforcement schedules, punishment, etc

Monday	Tuesday	Wednesday	Thursday	Friday
10/22 Review and finish Learning chapter	10/23 Chapter 8 Memory, processing, encoding What is memory?	10/24 Memory exercise, palace, enhancing memory; Begin reading chapter on learning	10/25 Eye witness testimony, Loftus, etc	10/26 Quiz on all notes from past two weeks
10/29 Basics of Freud, Psychosexual stages, Defense mechanisms Philosophy Statements assigned	10/30 Jung, Archetypes, Basic ideas of Jung; Erickson, Personality theory;	10/31 Kohlberg and morality Personality theory; OCEAN Philosophy Statements assigned	11/1 Finish personality psychology; Strengths and weaknesses	11/2 Test # 2 Memory, Learning, and Personality Psychology chapters
11/5 Attachment theory and bonding; EFT; Harlow's monkeys Attachment theory, bonding	11/6 Deci ABCs Motivational psych; in-class journal Finish Attachment theory	11/7 Chp 13 Social Psychology Bystander effect, Social Exchange theory	11/8 List of terms; class activity	11/9 Philosophy Statements due; Attraction; sharing meaning; existential humanistic
11/12 Veteran's Day	11/13 Ch 5 Gender, Sexuality, Gender norms/ identity	11/14 Gender, androgyny	11/15 Review social identity; attachment and relational psych	11/16 Quiz on all class notes past two weeks
11/19 Chp 14 Abnormal Psych intro; Vocabulary and diagnosing	11/20 DSM - what is it? Basic History and pros and cons Anxiety and depression	11/21 Symptoms- PTSD, Bipolar Disorder, Schizophrenia, Personality disorders	Thanksgiving	Friday after Thanksgiving
11/26 History of therapy; theoretical frameworks Rogerian theory, Listening, modalities of therapy	11/27 Therapeutic modalities	11/28 Finish chapter 15; present fictional diagnoses	11/29 Finish Chapter 15; non talk therapies; medication;	11/30 Quiz on Final two chapters
12/3 No class	12/4 No class	12/5 No class	12/6 Daily Final Exam at 11:30am	