

BELLEVUE COLLEGE

Winter Quarter 2019

Course: Psyc& 202 Section A, Item 5436, 5 credits
Time: Daily: 12:30PM – 1:20PM
Room: D274A

Instructor: Ilona Pitkänen, Ph.D.
Office: D200A
Office hour: Wednesdays 2:30pm-3:30pm
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Mailbox: Social Science Division Office (D110)

Welcome to Introduction to Physiological Psychology! This course introduces the physiological systems that underlie behavior with emphasis on the nervous system, sensory systems, and research methods unique to the field of biopsychology. Examples of topics we will discuss include the brain processes associated with psychopharmacology, sleep, memory, emotion, vision, neurological diseases and psychological disorders. **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. (This course fulfills natural science course requirement at BC. Recommended: PSYC& 100.)

Required Course Material:

Revel: You are required to obtain access to **Revel** for the John P.J. Pinel & Steven J. Barnes: **Biopsychology**, 10th Edition, *Pearson*.

The REVEL website is an interactive experience that helps you engage with the complex, detailed material we cover in this class. It contains interactive quizzes that you are required to take. Revel also includes an eBook version of the textbook.

This quarter the publisher will provide access to Revel for FREE. Students will sign up for the 14-day temporary access on the first week of the quarter, and the publisher will provide free codes after that.

While access to Revel is required, the printed version of this text is optional. If you wish to purchase the printed version, one option is to order the printed loose-leaf version of the book for \$19.95 when you sign up for the temporary Revel access. It will be shipped to you with no shipping cost. You could also find the book on Amazon or other outside websites. Even if you purchase the printed book, I recommend that you at least look at the eBook too, because it includes interactive features besides the assigned quizzes that might help you in learning the material (videos, short quizzes in between chapter sections, definitions, notes, interactive note taking functions, flash cards).

Follow these steps to get started or watch a short video

(www.pearsonhighered.com/Revel/students/registration) on how to register for Revel:

1. Enter this Course Invite Link in your web browser. Please use a recommended browser like Google Chrome, Firefox, or Safari.

Course invite link: <https://console.pearson.com/enrollment/emhgzc>

2. If you already have a Username and Password for another Pearson technology (i.e. MyMathLab), go ahead and sign in. If you do not have one, you'll need to create one using a valid email that you check regularly, like your school email address. Once you've signed in or created your Pearson Account, you'll immediately be directed to your Revel account. Here you'll see your course appear.

3. Sign up for the 14-day temporary Revel access which is free. If you wish, purchase the loose-leaf for \$19.95. After the first week of the quarter, new free Revel codes will be provided to each student from the publisher.

3. To access Revel throughout the semester log onto <http://console.pearson.com>. Make sure to bookmark this URL and NOT the course invite link. Remember to always use the same username and password to logon.

If you encounter any issues, support materials are available at www.pearsonhighered.com/Revel/students/support/index.html, including a Tech support number: 855-875-1801.

Access to a computer or mobile electronic device (tablet or smartphone) with internet access is required to complete your Revel assignments.

IMPORTANT: I will be posting class materials and documents on the Canvas site. You can access Canvas on the Bellevue College website. For Technology problems, contact the HELP desk at (425) 564-4357 or online at <http://depts.bellevuecollege.edu/helpdesk/>

- **Course Tools:** To the left, you'll see a navigation bar with links. **Home** and **Modules** links take you to a list of all the modules for the course. You can reach the calendar by clicking the **Calendar** link on the left. You can access your grades for Canvas assignments by clicking the **Grades** link on the left. You can access your email inbox by clicking the **Inbox** link on the left. Use this email to contact me, and you can also use my regular Bellevue College email (ilona.pitkanen@bellevuecollege.edu), especially if Canvas is down.

COURSE OUTCOMES

After completing this class, students should be able to:

- Demonstrate an appropriate use of terms and theories related to the field of physiological psychology.
- Identify the structures and functions of the nervous system, endocrine system, and immune system, and sensory systems as they are integrated to subserve behavior. For example, students will be able to recognize structures of the brain and sensory systems from a diagram, a model or a dissection.
- Demonstrate knowledge of the application of scientific method to the study of the biology of behavior, (i.e., by critically analyzing and/or proposing a scientific test of a claim about the biological aspects of behavior)

- Discriminate among the diagnostic technologies used to study brain function and brain structure.
- Identify the contributions of prominent theorists in the field of physiological psychology.

STUDENT LEARNING OUTCOMES

In terms of general education outcomes, students will be able to:

Use cognitive and creative skills:

- a) Analyzing (identifying and evaluating problems)
- b) Synthesizing (interpreting situations, drawing conclusions, and making connections)

Improve communication skills:

- a) Doing research (gathering and documenting information)
- b) Delivering one or more written, oral and/or visual presentation with formal documentation

Student Exams & Activities (640 points total)

- 1) **REVEL quizzes (200 points):** The Revel website has two different kinds of quizzes: short **module quizzes** at the end of each text module (section), and longer **chapter quizzes** at the end of each chapter. For full points, you need to complete **all** of these quizzes. For each chapter, you get 10 points for completing all of the module quizzes and 10 points for the chapter quiz towards your grade in the class (I will enter these points in Canvas for your convenience, so that you can track your grade during the quarter). This means that you can get a total of 20 points per chapter towards your grade (10 chapters x 20 points = 200 points). Note, however, that we will actually cover 11 chapters in this class; whatever points you get above 200 for the “extra” chapter will count as **EXTRA CREDIT**. The due date for the quizzes is Sunday 11:59 pm (see the schedule below, the Revel website and the Canvas calendar). The quizzes are designed to engage you directly with the material you are learning. They consist of multiple-choice questions, and if you give an incorrect answer, the quiz notifies you of this and provides additional information. You need to take all the quizzes at the end of each book section/module (short “module quizzes”). Each module quiz question is worth 3 points initially, and you have two attempts such that if you answer wrong, you lose 1 point. However, for these short module quizzes, you get 10 points towards your class grade for completing all the module quizzes for a chapter regardless of what your score is for each quiz. You need to complete EVERY MODULE QUIZ for the 10 points. However, for the longer **chapter quiz** at the end of each chapter, your score matters. You have two tries for each question in the chapter quizzes. Each question is initially worth 5 points, but if you give an incorrect answer, you lose 2 points. If you give 2 incorrect answers for a question, you get 0 points for that particular question. This means that for each question, you can get either 5 points (first answer is correct), 3 points (second answer is correct) or 0 points. **You get 10 points towards your class grade for each chapter quiz you pass with a score of at least 80% (60 points). If you get less than 80% for a chapter quiz, you will not receive any points towards your final grade for that chapter quiz.** Note that each chapter also interactive charts, videos, note-taking functions and other resources. The quizzes for all the assigned chapters are available until the deadline for each quiz, so you can start taking them anytime. You can take breaks

during the quiz, go back to them, and the quizzes are NOT TIMED, but once you submit each question (by clicking SUBMIT), you can't undo that action. Take the chapter quiz which counts towards your grade only when you have studied the chapter. NO LATE QUIZZES ARE ALLOWED FOR ANY REASON. You have a lot of time and flexibility to take the quizzes, and you should not leave them for the last minute. **TO RECAP: to get the full points for a chapter, you must take ALL the module quizzes but your score does not matter (get 10 points towards your class grade), and the chapter quiz with a score of at least 80% which is 60 Revel points (get 10 points towards your class grade).**

- 2) **Two papers: Sensory systems and Neuroscience of Psychological disorders (80 points):** There will be two papers due that will be submitted in Canvas. Each paper is worth 40 points and must be at least 3 pages (double spaced). In the papers, you need to use biological psychology concepts/terminology learned from the class or from other reliable sources. When you refer to sources, you need to use **APA format in-text citations** and an **APA format reference list**. You also need to read other students' papers and comment on two of them. Your comments should address the content of the student's paper, showing that you read it and thought about it. You receive 5 points for each comment. See the instructions in Canvas for these assignments.
- 3) **Introduction (10 points):** Students need to post an introduction and respond to two other students' introductions in the introductory module. See the course schedule for the deadlines.
- 4) **Class Activities (200 points):** Attendance in the lectures is **required** and will be recorded on random lecture days (attendance will not be recorded on exam days). Attendance will typically be recorded during the lecture with in-class assignments, and students who attend the entire class and complete the assignment receive 10 points per class. 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. For full points, each student must collect **20 attendance recordings**. Any attendance recordings collected above 20 will count as **extra credit** (10 points per recording). Attendance assignments cannot be made up for any reason. However, there will be multiple "extra" attendance recordings beyond 20.
- 5) **Exams (150 points):** There will be 5 exams in the classroom, and each exam is worth 30 points. Each exam covers the chapters assigned for it, and none of the exams is cumulative. The exams may include short essay questions, multiple choice questions and other short questions. No scantrons are needed. **Generally no make-up exams will be given.** 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. **A student who has a legitimate medical situation or other emergency needs to communicate with me promptly and contact me as early as possible BEFORE the exam (if this is not possible, the reason for the late communication must be explained/documented).** If I allow a make-up exam, the make-up needs to be taken on the day of the final exam. The make-up includes questions from all the exams. A student can take only one make-up exam (with an approved documented reason), and the final exam cannot be made up.

COURSE SCHEDULE

CHAPTERS	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday quizzes
Week 1 Ch. 1: Biopsych			1/2 First lecture; intro to class	1/3	1/4	1/6
Week 2 Ch. 3: Brain Anatomy	1/7 Post your intro in Canvas	1/8	1/9 Respond to 2 student intros in Canvas	1/10	1/11	1/13 Revel Ch. 1 and 3 due
Week 3 Ch. 3	1/14	1/15	1/16	1/17 CH. 3 EXAM	1/18	1/20
Week 4 Ch. 4: Neurons & synapses; Ch. 15: Drugs	1/21 HOLIDAY	1/22	1/23	1/24	1/25	1/27 Revel Ch. 4 & Ch. 15 due
Week 5 Ch. 4 & 15; Ch. 6: Vision	1/28	1/29	1/30 CH. 4 & 15 EXAM	1/31	2/1	2/3
Week 6 Ch. 6; Ch. 10: Brain Damage & Neuroplasticity	2/4	2/5	2/6	2/7 NO CLASS	2/8	2/10 Revel Ch. 6 and 10 due
Week 7 Ch. 10; Ch. 11: Learning, Memory & Amnesia	2/11	2/12	2/13 CH. 6 & 10 EXAM	2/14	2/15	2/17 Sensory system paper due (in Canvas)
Week 8 Ch. 11	2/18 NO CLASS	2/19 Two comments to Sensory paper	2/20	2/21	2/22 NO CLASS (TEACHER ABSENT)	2/24 Revel Ch. 11 due
Week 9 Ch. 14: Sleep & Dreaming	2/25	2/26	2/27	2/28	3/1	3/3 Revel Ch. 14 due
Week 10 Ch. 16: Split Brain only; Ch. 17: Emotion	3/4 CH. 11 & 14 EXAM	3/5	3/6	3/7	3/8	3/10 Revel Ch. 16 due
Week 11 Ch. 17; Ch. 18: Psychiatric disorders	3/11	3/12	3/13	3/14	3/15 Neuroscience of a Disorder paper due in Canvas	3/17 Revel Ch. 17 and 18 due
Week 12 Final exam week	3/18 LAST LECTURE; 2 paper comments	3/19 NO CLASS: student success day	3/20 NO CLASS	3/21 NO CLASS	3/22 FINAL EXAM (Ch. 16, 17 & 18) 11:30 AM-1:20 PM	

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

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](#)
[TRiO Student Support Services](#)

Counseling Service

Offers confidential consultations for students experiencing non-academic difficulties. For more information visit their website: <https://www.bellevuecollege.edu/counseling/>

The Center for Career Connections

Offers career resources for all stages of your academic and professional career. Visit their website: <https://www.bellevuecollege.edu/careers/>

Academic Advising:

The Psychology Department has an in-house advisor in D110C. Please call 425-564-2216 or 425-564-2212 to set up personal advising appointments.

Attendance and missing class:

I expect that you attend the classes regularly. I record attendance and you receive points for attending the entire class period (see the Attendance section under Student Activities & Assignments). In addition, in order to receive points for class assignments, **you need to participate in the class 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”**. 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 you and other students. Laptop use is not allowed at all during films we watch in class. If you use a laptop in class, I may request to see your lecture notes from the lecture, and you will need to provide them immediately upon request. If you have an accommodation for laptop use, the DRC will notify me of your accommodation.

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

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.

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 any and 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 www.bellevuecollege.edu/titleix/.

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. To participate in the evaluation process, use your Student ID and PIN to log in on the following site: [STUDENT EVALUATION](#)

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. 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.

Plagiarism and academic dishonesty

Plagiarizing (using the ideas or words of another as one's own without crediting the source) is a violation 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 discussion posts**. Other examples of academic dishonesty include behaviors such as having someone else write your assignments, copying other students' answers on an exam, allowing other students to take credit for your work, etc. Any assignments, exams and other instances of plagiarism and academic dishonesty will receive 0 points. In addition, the instructor may file a report with the Manager of Student Conduct and 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 (see below).

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](#)

**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.*

Email Communication

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.

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 disabilities. A disability includes any physical or mental impairment that substantially limits one or more major life activities. Common disabilities include physical, neurological (e.g. Autism, ADD), and mental health (e.g. depression, anxiety). If you are a student who has a disability or if you think you may need accommodations in order to have equal access to programs, activities, and services, please contact the DRC.

If you require assistance in an emergency, please meet with your individual instructors to develop a safety plan for while in class and contact the DRC to develop a safety plan for while you are elsewhere on campus.

If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. [Contact Autism Spectrum Navigators](#) (ASN). 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 building B Room 132. You can contact the DRC by stopping by B132, calling our desk at 425-564-2498, emailing drc@bellevuecollege.edu, and Deaf students can reach

us by Skype (account name **DRCatBC**). For more information about the services we offer, including our Initial Access Application, visit our website at www.bellevuecollege.edu/drc.

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 and Emergencies

Public Safety is located in the D building (D171) 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.