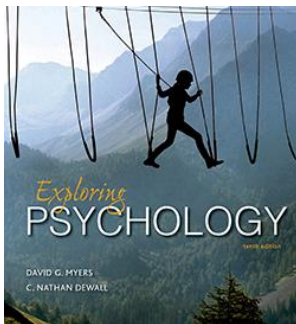


Instructor: Maggie Seibel
E-Mail: Use Canvas email for all correspondence
Phone: 425-564-2072 (Direct to Voice Mail)
Virtual Office Hours: Refer to the Canvas Getting Started Module for specific times

Social Science Division Office Location: D110
Social Science Division Phone: 425-564-2331

Social Science Division Website:
<http://www.bellevuecollege.edu/socsci/>

REQUIRED TEXT BOOK:



Myers, David & DeWall, Nathan 10th edition, Worth Publishers, 2016. Any format is acceptable, including eBook, notebook, paperback, or cloth edition. However, only use VitalSource for eBook rental. See the BC Bookstore for pricing and availability.

COURSE DESCRIPTION:

General Psychology broadly surveys the knowledge and methods of the discipline of psychology by presenting methods, concepts, and principles of psychology. Topics include psychophysiology, sensation and perception, learning and memory, motivation, development, emotion, health, stress, personality, and abnormalities and their treatments.

COURSE OUTCOMES:

Upon completion of this course, the successful student will 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.



COURSE FORMAT:

This is an online course with all assignments and exams completed on our Canvas website. To succeed in this course, you must regularly use a computer with Internet access. If you don't have a home computer with Internet access, and you live close to campus, you can access the location and times of computer labs by following the link below.

<https://bellevuecollege.teamdynamix.com/TDClient/KB/ArticleDet?ID=24665>

If you have questions about the course, please read the Getting Started folder on our course website first before asking your professor. Take active responsibility for your own education. You will be expected to read the weekly chapters before completing the assignments. Challenge assumptions, and consider the implications and applications of course material. Thinking deeply about the course material will not only help you remember it better – it'll make it more fun!

COURSE REQUIREMENTS & GRADES:

The final grade is based on a total of 935 points. These points are calculated as follows:			
Exams	4 x 100 points each	400 Points/	43% of Grade
Video Quizzes	15 x 5 points each	75 Points/	8% of Grade
Chapter Quizzes	4 x 10 points each 6 x 20 points each	160 Points/	17% of Grade
Discussions	10 Individual Posts x 10 points 10 Responses x 10 points	100 Points 100 Points/	21% of Grade
Written Assignment	Psychology Careers Paper	100 Points/	11% of Grade
Total		935 Points	



In conformity with BC's grading policy, the grades will be assigned as follows:

A 100% – 94% (4.0)	B+ 89% – 87% (3.3)	C+ 79% – 77% (2.3)	D+ 69% – 67% (1.3)
A- 93% – 90% (3.7)	B 86% – 84% (3.0)	C 76% – 74% (2.0)	D 66% – 64% (1.0)
	B- 83% – 80% (2.7)	C- 73% – 70% (1.7)	D- 63% – 60% (0.7)
			F 59% – 00% (0.0)

PREREQUISITES:

None. This course serves as a prerequisite for many upper level courses.

EXAMS:

There will be four (4) exams, each worth 100 points. Each exam will cover information that is contained in the study guide. The exam format may contain multiple choice, fill-in-the-blank, or short answer questions. No exams will be available outside of the regular open exam window without written documentation. **It is expected that no matter where you are, you will find a way to access the Internet** (free Wi-Fi spots, hotel offices, public libraries, etc.) in order to take your exams during the open exam window. *There will be no comprehensive final exam.*

VIDEO QUIZZES:

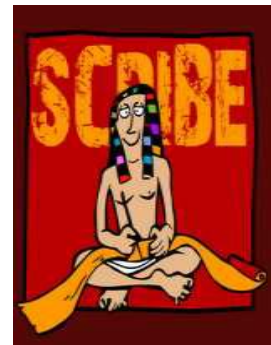
There will be 15 video quizzes during the quarter. Each corresponds to the textbook chapter and demonstrates some aspect of the current topic followed by a short quiz to help retain the information.

WEEKLY CHAPTER QUIZZES:

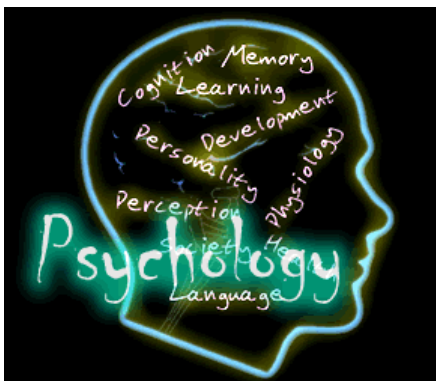
There will be ten chapter quizzes during the quarter. These weekly quizzes are incorporated into the various chapters of the textbook and used to help integrate terms and concepts to further learning.

DISCUSSIONS:

The discussions are intended to increase your experience in a learning community as well as deepen your understanding and thinking about the subject matter. New topics and discussion questions are open all quarter, so students can work at their own pace after reading the corresponding chapters. Specific details on how to write discussion responses are available in the course modules.



PSYCHOLOGY RESEARCH PAPER:



For this assignment students will examine specialties within the field of psychology. Students will conduct research to locate and summarize elements within the assignment. Specific directions and details are posted on the Canvas course module.

COURSE EVALUATION:

Your feedback is highly valued. During the ninth week of the course, you will receive an email from the college (at your Bellevue College email address) that provides a link to complete the official course evaluation.

POWERPOINT SLIDES:

Each module of the course contains PowerPoint slides that can be downloaded and/or printed. The PowerPoint slides come from the textbook publisher are not narrated so that students can proceed at their own pace.

CANVAS:

Canvas is Bellevue College's "Learning Management System" or "LMS". It enables instructors to build and maintain a secure workspace to share course content, communicate with students, provide online learning activities and assessments, and keep track of their students' progress.

LEARN ABOUT CANVAS WITH A STUDENT CANVAS WORKSHOP:

Before getting started, familiarize yourself with Canvas through one of the workshops below. These workshops are geared towards the student experience and cover the basic concepts that are used in most Canvas sites at Bellevue College.

- [On-campus student workshops](#). During the first week of the quarter, you can stop in for live, hands-on instruction in the use of Canvas.
- [Recorded webinars](#). View a recorded session that will give you a 30 minute overview of what you will experience in Canvas.
- [Canvas student orientation](#). This page is a full learning resource for Canvas, starting with student questions, technical requirements, and information on how to use Canvas on your mobile device, followed by videos that step you through using Canvas. To watch the student orientation, scroll down to the fourth topic heading, "Canvas Student Orientation."
- [Canvas online learning workshops](#). This is a workshop sponsored by the eLearning Department and is offered for students taking Online and Hybrid Courses using Canvas. The workshop is offered on specific days, before the start of the quarter, but on those days, you may work at home, at a time of your own choosing, at your own pace. Advanced registration is required.

YOU LEARNED ABOUT CANVAS, BUT YOU HAVE MORE QUESTIONS:

If you've taken one (or more) of the workshops listed above, and you are encountering issues in Canvas, take a look at our self-help guides below:

- [Why can't I see my course\(s\)?](#)
- [Having trouble logging in?](#)
- [Common error messages in Canvas](#)
- [General troubleshooting in Canvas](#)
- [Where can I get help with Canvas?](#)
- [Self-paced Canvas course for students](#)

FAQ:

Learning about Canvas is the first thing you must do before you begin using it. If you've taken one (or more) of the workshops listed above, but you still have questions, you can get more information on the Canvas FAQ and troubleshooting pages below:

- [Getting started with Canvas](#)
- [Tips and tricks when using Canvas](#)

DUE DATES AND DEADLINES:

All assignments for the course will be open from the first day of the quarter but have weekly due dates and times when work is due.

Because of this generous and open schedule, no late work will be accepted, except under the following circumstances:

- If you are able to provide written documentation, such as a letter from your health care provider, which explains your need for an exception, it will be considered.
- It is each student's responsibility to know the due dates and times for all assignments and make sure there is an alternate computer (public library, on campus, friend or family member) from which to complete assignments and take exams.
- Computer malfunction or technical problems are not valid excuses to grant an exception to the due date. Plan ahead.
- **Put all due dates and exam times in your phone** to help manage your time efficiently. Save your work early, often, and in multiple locations, such as the cloud, a memory stick, or another computer.



EMAIL COMMUNICATIONS:

All email communication must be done through the Canvas learning system during the quarter. My regular BC email is only in the event of an emergency when Canvas is down. No communication regarding course work or grades will be sent to student's personal non-Bellevue College email accounts.

INSTRUCTOR AVAILABILITY:



As your instructor for this course, I will make every effort to answer your email questions in a timely manner. My goal is to respond to a question within 24 hours of receiving it Monday through Thursday between the hours of 9am and 7pm, and on Friday between 9am and noon. Outside of these times I will reply only if I happen to visit

the course site. Note that this response time is only applicable to email questions, not to graded assignments. I will also hold virtual office on our Canvas website. Instructions for participating in online office hours is available in the Getting Started folder.

ADVISING:

The Psychology Department has an in-house advisor, Deanne Eschbach, located in D110C. Call 425-564-2216 or 425-564-2212 for personal appointment.

WITHDRAWAL FROM CLASS:

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter during the standard academic year (Registration Office, B125).

If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course. *Merely stopping participation does not qualify as withdrawal.* Check the Enrollment Calendar Deadlines, and Refunds/Withdrawals, for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.

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").

HARDSHIP WITHDRAWAL (HW):

HW indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. You must make your request in writing to be considered for this exception, and you must provide documented proof of the need for this exception. An example of qualifying circumstances for a Hardship Withdrawals are:

- Death in the immediate family (spouse, child, parent) documented by an obituary listing the student as a survivor.
- Significant illness or injury (documented by a health care provider's note) of self or a person for whom the student is primarily responsible.

Also, be aware that a hardship withdrawal cannot be used as an option to avoid receiving a failing grade for the course.



TIPS FOR SUCCESS IN THIS COURSE:

Log onto our Canvas site every day: In order to complete the weekly assignments and be informed about any changes to the schedule, assignments, and other information about the course it will be necessary for you to check Canvas course website regularly.

Read the Textbook: Reading the course textbook as well as assigned readings/ articles will be essential for understanding the course material. It will also give you the opportunity to experience

the material in a different media. It will be assumed that you have completed the readings before completing the discussions and case studies so that you will be able discuss and reference the material that you have read.

Manage Your Time Efficiently: Do not wait until the last minute to start an assignment. Even though all assignments are open for the entire quarter, each assignment has a weekly due date. Starting your work early allows you to spend the appropriate amount of time on the assignment, and it allows you to contact the instructor if you have any questions. Plan ahead. Save your work early, often, and in multiple locations. Submit proofread work only.

Talk with me: I will be available for virtual office hours every week throughout the quarter. You can also send me an email through our Canvas website where we can correspond or set up a private chat on our site.

SAFE SPACE:

This class is a Safe Space for all students. Lesbian, gay, bisexual, questioning, queer-identified, and transgender students along with students of all cultures, nationalities, and spiritual beliefs are welcome in this classroom and encouraged to share your thoughts and be an integral part of this course. If a student has any questions or concerns about this, feel free to speak with me or email me about it immediately. **All are welcome in this class!**

STUDENT SUPPORT SERVICES & RESOURCES FOR SUCCESS:

Submit proofread work only. If you need help with your writing, please use the following student support services:

- Academic Success Center: <http://www.bellevuecollege.edu/asc/>
Where students can successfully complete their college courses through one-on-one, group tutoring, workshops and classes.

- TRiO Student Support Services: <http://www.bellevuecollege.edu/trio/>
Where students who are first-generation college students, low-income students, or students with a documented disability can receive help. Services include tutoring, study skills, advocacy, laptop computer lending, activities and transfer assistance.

- Library Media Center: <http://www.bellevuecollege.edu/lmc/>
Where students have access to electronic periodicals, research assistance, books and publications, computers with Internet connections, material reservation, media lab, study rooms and other helpful resources.



LIBRARY MEDIA CENTER:

You are strongly encouraged to use the resources of the Library Media Center, whether in person or via the web. Talk to a Reference Librarian at the Library (D-126), by calling 425-564-6161.

Main Library Media Center: <https://www.bellevuecollege.edu/lmc/> Here you can access the LMC online catalog as well as all their catalogs and databases.

BELLEVUE COLLEGE 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.

BELLEVUE 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](#)

RELIGIOUS HOLIDAY OBSERVANCE:

Students who expect to miss classes, examinations, or any other assignments as a consequence of your religious observance will 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 will be offered an opportunity to make up the work without penalty (if you 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.

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/.

**KNOW THE
CODE**
INTEGRITY • RESPECT • RESPONSIBILITY

ACADEMIC CALENDAR:

The Bellevue College Academic Calendar is separated into two calendars. They provide information about holidays, closures and important enrollment dates such as the finals schedule.

[Enrollment Calendar](#) On this calendar you will find admissions and registration dates and important dates for withdrawing and receiving tuition refunds.

[College Calendar](#) This calendar gives you the year at a glance and includes college holidays, scheduled closures, quarter end and start dates, and final exam dates.

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:

- a. You do not cite quotations and/or attribute borrowed ideas.
- b. You fail to enclose borrowed language in quotation marks.
- c. You do not write summaries and paraphrases in his/her own words and/or doesn't document his/her source.
- d. You turn in work created by another person.
- e. 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 it is determined that 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.

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:

1. Plagiarizing material from the Internet and
2. 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 general applicable rules of cyberspace, such as in the Core Rules of Netiquette. The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors. The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Vice President of Student Services.

http://www.bellevuecollege.edu/policies/2/2050_Student_Code.asp

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](#)

STUDENTS WHO REQUIRE DISABILITY ACCOMMODATIONS:

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 the DRC 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 asn@bellevuecollege.edu or (425) 564-2764. ASN is located in the Library Media Center in D125 <http://www.bellevuecollege.edu/autismspectrumnavigators/>

The DRC office is located in B 132 or you can call our reception desk at (425) 564-2498. Deaf students can reach us by TTY at (425) 564-4110. Visit their website for application information into their program and other helpful links 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 & 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.

CAMPUS CLOSURES:

To get announcements of campus closures:

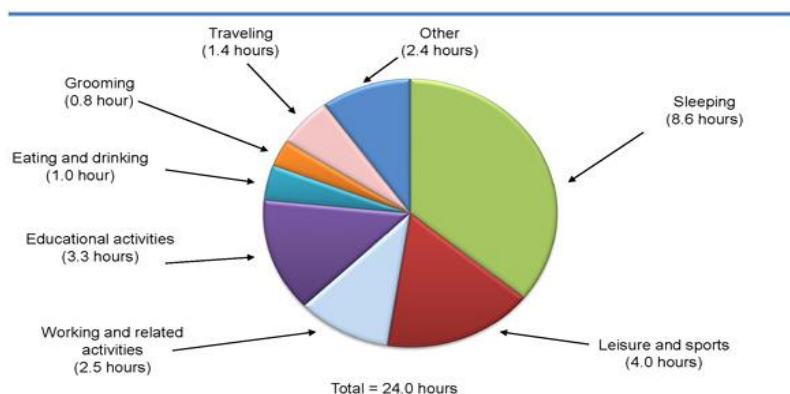
- Receive email and text messages through the BC Alert System. Sign up at <https://www.bellevuecollege.edu/alerts/>.
- Visit School Report at <https://flashalert.net/region.html?RegionID=12> to subscribe to their emergency email and text message service.
- Call BC's emergency information line: 425-401-6680.
- Check the BC home page <http://www.bellevuecollege.edu/> for a link to the BC emergency information website, or access that page directly at <https://www.bellevuecollege.edu/alerts/>

FINAL EXAM SCHEDULE:

Follow this link for the final exam schedule. <http://www.bellevuecollege.edu/courses/exams/>

All examinations for this course will be administered completely online in keeping with the stated policies provided in the course syllabus. The Social Science Division will adhere to the final examination schedule as stated in the BC Schedule. 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.

Time use on an average weekday for full-time university and college students



NOTE: Data include individuals, ages 15 to 49, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2009 -13.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

COURSE SCHEDULE:

Week	Chapters	Discussions	Video Quizzes	Chapter Quizzes & Exams
Week 1	Chptr 1: Thinking Critically with Psychological Science	Disc 1, Pt 1		
Week 2	Chptr 2: The Biology of Behavior	Disc 1, Pt 2 & Disc 2, Pt 1	Chptrs 1 & 2	Quiz 1: Chptr 1
Week 3	Chptr 3: Consciousness and the Two-Track Mind Chptr 4: Developing through the Life Span	Disc 2, Pt 2 & Disc 3, Pt 1	Chptrs 3 & 4	Quiz 2: Chptr 2
Week 4	Chptr 5: Sex, Gender, and Sexuality Chptr 6: Sensation and Perception	Disc 3, Pt 2 & Disc 4, Pt 1	Chptrs 5 & 6	Quiz 3: Chptrs 3 & 4 Exam 1: Chptrs 1-4
Week 5	Chptr 7: Learning Chptr 8: Memory	Disc 4, Pt 2 & Disc 5, Pt 1	Chptrs 7 & 8	Quiz 4: Chptrs: 5 & 6
Week 6	Chptr 9: Thinking, Language, and Intelligence Chptr 10: Motivation and Emotion	Disc 5, Pt 2 & Disc 6, Pt 1	Chptrs 9 & 10	Quiz 5: Chptrs 7 & 8 Exam 2: Chptrs 5-8
Week 7	Chptr 11: Stress, Health, and Human Flourishing	Disc 6, Pt 2 & Disc 7, Pt 1	Chptr 11	Quiz 6: Chptrs 9 & 10
Week 8	Chptr 12: Social Psychology	Disc 7, Pt 2 & Disc 8, Pt 1	Chptr 12	Quiz 7: Chptrs 11 & 12
Week 9	Chptr 13: Personality	Disc 8, Pt 2 & Disc 9, Pt 1	Chptr 13	Quiz 8: Chptr 13 & 14 Exam 3: Chptrs 9-12
Week 10	Chptr 14: Psychological Disorders	Disc 9, Pt 2 & Disc 10, Pt 1	Chptr 14	Quiz 9: Chptr 15 Project Due
Week 11	Chptr 15: Therapy	Disc 10, Pt 2	Chptr 15	
Finals Week				Exam 4: Chptrs 13-15