

## Welcome to General Psychology

*"Education is not just the filling of a pail, it is the lighting of a fire."*

*~B. F. Skinner*

# PSYC& 100 General Psychology 5406 HYG Spring 2019

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**Office location:** D100B

**Office Hours:** MTWTh 11:30am-12:15pm, MTWTh 2:30pm-3:00pm and by appt

**Social Science Division Office:** D110

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

## Course Information

**Class Times:** MTWTh 10:30am-11:20am

**Class Location:** D259

## Course Required Materials

Grison, S., Heatherton, T., & Gazzaniga M. (2015). *Psychology in Your Life* (2 ed.). New York: Norton.

## Course Description

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.

The major goals of this course are to:

1. Examine how human behavior is studied and analyzed by psychologists.
2. Gain greater insight into human behavior.
3. Develop familiarity with the theories describing human behavior.
4. Become familiar with the symptoms of psychological disorders and various treatment options.
5. Develop critical thinking skills and become prepared to be cautious and analytical consumers of information that proclaims to be scientific or research-based.

## Course Learning Objectives

Upon completion of Psychology 100, students 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

## 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. BC'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, BC has identified three main overarching Gen Ed areas: Creative & Critical Thinking; Communication; and Connections. This course satisfies the area of Creative & Critical Thinking: General Psychology students must learn to apply critical thinking methods in assessing the validity of claims about human behavior.

## Course Grading

There will be a total of 1000 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%	940 - 1000 pts
A-	90 - 93%	900 - 939
B+	87 - 89%	870 - 899
B	83 - 86%	830 - 869
B-	80 - 82%	800 - 829
C+	77 - 79%	770 - 799
C	73 - 76%	730 - 769
C-	70 - 72%	700 - 729
D+	67 - 69%	670 - 699
D	63 - 66%	630 - 669
F	62% and below	

3 W Exams	= 400 pts (40%)
10 MC Quizzes	= 200 pts (20%)
2 W Assignments	= 200 pts (20%)
4 Reflection Papers	= 100 pts (10%)
Attendance	= 100 pts (10%)
Total Possible	= 1000 pts

## Course Work

### Exams

*Multiple-Choice Quizzes* Throughout the quarter, we will cover 9 chapters and complete 10 multiple-choice quizzes. For each chapter, there will be a timed multiple-choice quiz, worth 20 points. While these weekly quizzes will be completed online on Canvas, they are not considered open-book. If you have difficulty taking MC quizzes online, you will be allowed to take a paper quiz during office hours. If you miss a quiz or want to improve a quiz score, you will be allowed to take one make-up paper quiz at the end of the quarter; only the highest score will count.

*Written Exams* There will be three in-class written exams throughout the quarter. In total, these will be worth 400 points. The first two will be worth 125 and the final will be worth 150 points. 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.

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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.

### **Written Assignments**

Throughout the quarter, you will complete two written assignments that deal with critical thinking (CTA). Each will be worth 100 points. Details will be posted on the class site on Canvas in the Basics & More Module. These assignments will be submitted on Canvas. Late assignments will only be accepted within 24 hours of the due date and at penalty of 20% off the total points possible. See the Class Calendar for due dates.

### **Reflection Papers**

For the hybrid portion of the course, you will view four different online videos pertaining to the text chapter(s) at hand. For each video, you will write a 300-word reflection paper, each worth 25 points. Details will be posted on the class site on Canvas. Late assignments will be accepted only within 24 hours of the due date and at penalty of 20% off the total point possible. See the Class Calendar for due dates.

### **Attendance**

Attendance will be taken in the form of in-class activities worth, in total, 100 points. If you are not in class, you cannot participate; if you do not participate, you will not receive credit for in-class activities.

### **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) and written papers pertaining to the topics covered in this course. Such opportunities will only be announced in class.

## **Classroom Learning Atmosphere**

### **Instructor's Expectation**

You are about to learn about many theories seeking to explain why people do and think the things they do. In doing so, you will practice and develop critical thinking skills and the ability to apply concepts in psychology to situations beyond the classroom. You will learn new material each week through a combination of lecture, discussion, and small group activities. To complement that, each week, you'll take an online quiz to assess what you've learned that week.

**Hybrid Course** As a hybrid, this course includes both on-line and on-ground components. To succeed in this class, you must have regularly access to a computer with Internet access. If you do not have access to a computer with Internet access, an open computer lab is available in N250 to all BC credit students.

**Come Prepared** As a college student, you are responsible for your own education. Be an active participant. It is up to you to stay on schedule, to adhere to due dates, to plan ahead, and to ask questions when in doubt. If you have questions about the class, read this syllabus first; if you do not find the answer there, ask. Always ask. You will be expected to *read the chapter in your text before class*, take *notes*, *think* about the stuff you read, and come prepared to *discuss* the theories and their implications. Challenge

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assumptions. Consider the applications of this course material. Participation will be encouraged. Within class discussions, it is important to remain respectful of your peers; everyone has a point of view. While discussion is encouraged and will be solicited, side comments and off-topic talk will not be tolerated.

**Study effectively.** Think deeply about the course material; this will not only help you remember it better, it will make it more useful for the future. Study concepts you do not understand. Form study groups with your classmates. Ask for help right away if you need it; BC has a tutoring center and the library has areas for study groups. This class goes quickly, and you'll need to stay on top of the reading to do well.

**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.

**Attendance** is not optional. As adult students, you are expected to manage your own time and priorities. If you miss any class sessions, 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. 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.

### **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](#).

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## **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 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](#)

All work you submit in this course must be the product of your own efforts. Cheating and plagiarism will not be tolerated. In either case, zero points will be allotted. In addition, *cell phone/laptop/tablet* use in class is not allowed; cell phones should be silenced prior to entering the classroom.

## **College Resources and Links**

### **Bellevue College E-mail and access to MyBC & Canvas**

All students registered for classes at Bellevue College are entitled to a network and e-mail account. 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](#)

### **Course Evaluations**

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.

### **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 the DRC.

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 are on the web page. ASN is located in D125 (LMC).

The DRC office is located in B132 or you can call the reception desk at 425.564.2498. Deaf students can reach the DRC via Skype: the address is **DRCatBC**. Please

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visit [Disability Resource Center](#) for application information and other helpful links.

### **Additional Support Services**

In addition to the DRC, BC has a variety of support services available to students, each with the aim of promoting student success. Examples include the Academic Success Center, Career Education Options (CEO), Counseling Center, LGBTQ Resource Center, Multicultural Student Services (MCS), Student Programs, TRiO, and the Veterans Office. For more information: <http://www.bellevuecollege.edu/resources/services/>

### **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 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 [BC 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 work 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.

In the event of inclement weather or emergency conditions, you can check the status of BC at <https://www.bellevuecollege.edu/> You may also listen to local radio stations or watch local television stations (KING, KIRO, KOMO) for school closure announcements. In addition, you may sign up for BC Alerts to receive text messages about school emergency alerts. Visit <https://www.bellevuecollege.edu/alerts/> for more information.

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## Course Calendar Spring 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		4/03	4/04	4/05
4/08	4/09	4/10 RP1	4/11	4/12 <b>Q Ch 1 pt.1</b> Introducing the World of Psychology
4/15	4/16	4/17	4/18	4/19 <b>Q Ch 1 pt.2</b> Introducing the World of Psychology
4/22	4/23	4/24 CTA1	4/25 College Closed No Classes	4/26 <b>Q Ch 2</b> The Role of Biology in Psychology
4/29	4/30	5/01 RP2	5/01	5/03 <b>Q Ch 5</b> Sensation & Perception
5/06 <b>Exam 1</b>	5/07 College Closed No Classes	5/08	5/09	5/10 <b>Q Ch 4</b> Development Across the Lifespan
5/13	5/14	5/15	5/16	5/17 <b>Q Ch 6</b> Learning
5/20	5/21	5/22 RP3	5/23	5/24 <b>Q Ch 7</b> Memory
5/27 College Closed Holiday	5/28 <b>Exam 2</b>	5/29	5/30	5/31 <b>Q Ch 11</b> Health & Well-Being
6/03	6/04	6/05 CTA2	6/06	6/07 <b>Q Ch 12</b> Social Psych
6/10	6/11	6/12 RP4	6/13	6/14 <b>Q Ch 14</b> Psychological Disorders
6/17	6/18 Student Success Day No Classes	6/19 Final Exam Week	6/20 Final Exam Week	6/21 Final Exam Week <b>Exam 3</b> 9:30AM–11:20AM

The schedule and procedures in this course are subject to change; advance notice will be given.

# **PROCEDURES & GUIDELINES OF THE SOCIAL SCIENCE DIVISION**

## **Spring 2019**

### **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.

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### **Students Who Require Disability Accommodations**

Students with disabilities who have accommodation needs are encouraged to meet with the Disability Resource Center (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 Center 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.

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