

BELLEVUE COLLEGE

Spring Quarter 2019

Course: Psyc& 202 Section HYA, Item 5436, 5 credits
Time: M/W 1:30PM – 3:20PM
Room: A206

Instructor: Ilona Pitkänen, Ph.D.
Office: D200A
Office hour: Wednesdays 4 pm - 5 pm
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Phone: Phone: (425) 564-2706 (My voicemail)
Mailbox: Social Science Division Office (D110)

Welcome to the Introduction to Physiological Psychology course! 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.)

Textbook:

John P.J. Pinel & Steven J. Barnes: **Biopsychology**, 10th Edition, *Pearson*.

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) **Exams (200 points):** There will be 4 exams in the classroom, and each exam is worth 50 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.**
- 2) **Research papers: Sensory/motor systems and Neuroscience of Psychological disorders (80 points):** There will be two research 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 (260 points):** Attendance in the lectures will be recorded in most lectures (not on exam days) with in-class assignments, and students who attend the entire class and complete the assignment receive 20 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 13 assignment/attendance recordings. A 14th assignment/attendance recording brings **10 extra credit points**. These attendance assignments cannot be made up. However, because attendance will be taken in every non-exam day, this policy allows for multiple absences without losing points.
- 5) **Creative work summaries (90 points):** Each student writes 3 summaries about creative works (movie/play/book/game/podcast etc.), popular press articles or documentaries that portray biopsychology topics related to our class material. These need to be non-academic creative/informational sources that are intended for the general public (not peer-reviewed academic sources). The specific topics and due dates are given in Canvas. In each summary, the student needs to explain how the biopsychology/neuroscience concept is portrayed in the creative work. The summary needs to be at least **TWO PAGES** (when double-spaced) and must include some analysis of how accurately the neuroscience concept was portrayed in the source based on information learned from the class material. The student also needs to provide information about the source that allows others to find out more about it (if applicable, this could be a link to a website, name/actors/director of a movie, location of a play, etc.). Each student also needs to respond to two other students' posts. These can be short responses, but they must refer to something on the students' post. Each summary is worth 20 points and each response to another student 5 points. We'll have 3 summary assignments and two student responses to each, for a total of 90 points.

Course Schedule

	Assignments	Monday	Wednesday
Week 1 Ch. 1			4/3 Ch. 1 Introduction to the class
Week 2 Ch. 3		4/8 Ch. 3 Brain anatomy and function	4/10 Ch. 3 Brain anatomy and function
Week 3 Ch 3, Ch. 4	Summary 1: Sat April 20/Mon April 22	4/15 Ch. 3 Brain anatomy and function	4/17 Ch. 4 Neural conduction and synapse
Week 4 Ch. 4		4/22 Ch. 4 Neural conduction and synapse	4/24 Ch. 4 Synapse/Drugs
Week 5 Ch. 6	Sensory/motor/attention paper Sat May 4 th /Mon May 6th	4/29 Exam 1 (Chapters 3 and 4)	5/1 Ch. 6 Vision
Week 6 Ch. 6, Ch. 10		5/6 Ch. 6 Vision; Ch. 10 Brain damage/neurological disorders	5/8 Ch. 10 Brain damage/neurological disorders
Week 7 Ch. 11	Summary 2: Sat May 18/Mon May 20	5/13 Ch. 11 Memory/Amnesia	5/15 Exam 2 (Chapters 6, 10 and 11)
Week 8 Ch. 14		5/20 Ch. 14 Sleep	5/22 Ch. 14 Sleep
Week 9 Ch. 16	Summary 3: Thu May 30/Sat June 1	5/27 HOLIDAY	5/29 Ch. 16 Hemispheres/ Split brain
Week 10 Ch. 17		6/3 Exam 3 (Chapters 14 and 16)	6/5 Ch. 17 Emotion

Week 11 Ch. 17, Ch. 18	Psychological disorder paper Fri June 14 th /Sun June 16th	6/10 Ch. 17 Emotion	6/12 Ch. 18 Psychiatric disorders
Week 12 Ch. 18		6/17 Ch. 18 Psychiatric disorders	6/19 Final exam (Chapters 17 and 18) 1:30pm-3:20pm

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.