

Welcome to General Psychology at Bellevue College

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

~B. F. Skinner

PSYC& 100 General Psychology 5407 HYH Winter 2020

Instructor: Carol Anderson

E-mail: carol.anderson@bellevuecollege.edu

Phone: 425-564-2327

Office location: D100B

Drop-In Hours: MTWTh 9:45am-10:15am, MTW 1:30pm-2:30pm and by appt

Social Science Division Office: D110

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

Course Information

Class Times: MTWTh 11:30am-12:20pm

Class Location: A206

Course Required Materials

Grison, S. & Gazzaniga M. (2019). *Psychology in Your Life* (3 ed.). New York: Norton.

Course Description

Psychology is the scientific study of mental processes and behavior. This course will survey the major concepts, theories, and research findings in psychological science. Through readings, lecture, discussion, and assignments, you will learn about a wide range of research issues addressed by psychologists. In addition, you will be provided the opportunity to develop your critical thinking skills and become prepared to be cautious and analytical consumers of information that proclaims to be scientific or research-based. Thus, you will gain greater insight into human behavior by examining how human behavior is studied and analyzed by psychologists.

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.

Course Grading

There will be a total of 900 possible points in this class. Letter grades will be based on the percentage of the total number of points earned:

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

Course Work

3 In-Class Written Exams	= 300 pts (33%)
10 Multiple-Choice Quizzes	= 200 pts (22%)
2 Critical Thinking Assignments	= 200 pts (22%)
4 Video Reflection Papers	= 100 pts (11%)
Attendance	= 100 pts (11%)
Total Possible	= 900 pts

Quizzes & Exams

Multiple-Choice Quizzes

Throughout the quarter, we will cover nine chapters in your textbook and complete 10 multiple-choice (MC) 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 in the Testing Center or during my drop-in 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 quiz score will count towards your grade.

In-Class Written Exams

There will be three in-class written exams throughout the quarter, each worth 100 points. Each exam 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, short-answer questions, matching items, labeling, and/or drawing.

Exams will not be given late. If you know ahead of time that you will be unable to attend class on any exam day, you may make arrangements with me to take an alternative exam early. If you come late to class on an exam day, you will not be allowed any additional time. Make-up exams will be allowed only with appropriate documentation. All exams given outside of class will be taken at the Testing Center or during drop-in 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. Both 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

Throughout the quarter, 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 and is worth, in total, 100 points. This works out to be 2.5 points per class session. On occasion, attendance will be taken in the form of in-class activities. In any case, if you are not in class, you cannot receive points for attendance.

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 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 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, let me know ahead of time and, if possible, sit close to the door to minimize distractions.

Attendance is not optional and missing class can impact your overall grade in class. 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.

Reasons of Faith and Conscience

Reasonable Accommodations for Reasons of Faith and Conscience: Students who will be absent from course activities due to reasons of faith or conscience may seek reasonable accommodations so that grades are not impacted. Such requests must be made within the first two weeks of the course to the office of the Associate Vice President of Student Affairs (see BC Policy 2950 <https://www.bellevuecollege.edu/policies/id2950/>). In the event you feel you are being discriminated against based on faith or conscious, you may refer to the procedures outlined in the college's Discrimination, Harassment and Retaliation Policy 1440P <https://www.bellevuecollege.edu/policies/id-1440p/>

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](#).

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. relationship 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 425-564-2641 and more information can be found at [Title IX](#)

<http://www.bellevuecollege.edu/titleix/>

If you have any concerns, you may report to: [Report Concerns](#)
<https://www.bellevuecollege.edu/reportconcerns/>

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

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

The Disability Resource Center (DRC) 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 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 me 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 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 center for Parking Permits, Lost and Found, and Emergency Notifications. 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.

General Psychology Course Calendar Winter 2020

Monday	Tuesday	Wednesday	Thursday	Weekly Chapter
			1/02	
1/06	1/07	1/08	1/09 RP1	Ch 1 pt.1 Introducing the World of Psychology
1/13	1/14	1/15	1/16	Ch 1 pt.2 Introducing the World of Psychology
1/20 College Closed Holiday	1/21	1/22	1/23 CTA1	Ch 2 The Role of Biology in Psychology
1/27	1/28	1/29	1/30	Ch 5 Sensation & Perception
2/03 Exam 1	2/04	2/05	2/06 RP2	Ch 4 Development Across the Lifespan
2/10	2/11	2/12	2/13	Ch 6 Learning
2/17 No Classes	2/18	2/19	2/20 RP3	Ch 7 Memory
2/24 Exam 2	2/25	2/26	2/27	Ch 11 Health & Well-Being
3/02	3/03	3/04	3/05 CTA2	Ch 14 Psychological Disorders
3/09	3/10	3/11	3/12 RP4	Ch 12 Social Psych
3/16 <i>Last class session</i>	3/17 Student Success Day No Classes	3/18 Final Exam Week Exam 3 11:30AM–1:20PM	3/19 Final Exam Week	3/20 Final Exam Week

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

PROCEDURES & GUIDELINES OF THE SOCIAL SCIENCE DIVISION

<https://www.bellevuecollege.edu/socsci/procedures-guidelines/>

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.

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.

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. Students must have completed 85 percent of the required work and have a grade of C or better at the time the incomplete is issued.

<https://www.bellevuecollege.edu/policies/id-3000/>

F Grade

Students who fail a course will receive a letter grade of "F."

<https://www.bellevuecollege.edu/policies/id-3000/>

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.

<https://www.bellevuecollege.edu/policies/id-3250/>

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.

<https://www.bellevuecollege.edu/registration/withdrawing/>

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 425-564-6189), 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 DRC and review those needs with the instructor as well. <https://www.bellevuecollege.edu/drc/students/>

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: <https://www.bellevuecollege.edu/records/>

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.
