

# General Psychology Syllabus

PSYC&100 – 5410 – WINTER 2020

**Time to meet:** Tues & Thurs 12:30-2:20

**Room:** A138

**Professor:** Dr. Lonson

**Office:** D200B

**Office hours:** Tues & Thurs 2:30-3:15 (and by appointment)

**Mailbox:** Social Sciences Division Office (D110)

**Best Way to Contact Professor:** Canvas E-mail

You are **NOT** required to purchase a textbook.

## **Course Outcomes**

After completing this class, students should 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.

## **Class Values & Expectations**

### ***RESPECT FOR EACH OTHER:***

Students should accept and appreciate one another. Hateful behavior is prohibited. Any form of inflammatory, violent or offensive comments (verbal or nonverbal) are prohibited.

In psychology, we explore various phenomena across different cultures, races, social classes, genders, sexual orientations, etc. In this course, we will at times discuss and view videos about controversial topics; it is expected that we tackle these issues with an academic and respectful mindset. You are encouraged to discuss matters critically, as long as it is done in a peaceful and respectful manner. Hateful and discriminatory statements are prohibited in class, on Canvas, and in assignments.

Students are also asked to respect each other's privacy. In this course, we will often discuss sensitive issues and students are encouraged to share their experiences. Personal things that are shared in the classroom should stay ***in the classroom***.

## **RESPECT FOR LEARNING:**

You are 100% responsible for your education. You are expected to do your best to complete assignments in a timely and appropriate fashion, to come to class prepared for the day's work, and to actively participate in classroom discussions and activities. You are responsible for any material missed due to absence or lateness so I encourage you to get acquainted with those around you, trade e-mail addresses and/or phone numbers, and make one or more study buddies. If you do not understand something please take the initiative to find out the answer – ask me before or after class, come to my office hours, email me, etc. I cannot read minds – you must be proactive about seeking clarity when it is lacking.

Students must adopt a team building mentality in class. Our class is a team working towards a common goal of successful learning. I am an instructor, but I am also a learner. I am not Dr. Wikipedia, so I do not have all the answers - we are here to learn from each other. In order to succeed as a team, I will play my part as the instructor to deliver a fun, educational, and interactive curriculum. I expect that you will play your role as students to comply with course rules and guidelines and fulfill the course requirements. By working together, we can maximize the learning benefits of this course.

Your classmates will have different racial, cultural, ethnic, social-economic, sexual and religious backgrounds. It is crucial that we respect each other's differences, experiences, and opinions. When someone is speaking in class (student or instructor), please listen, respect their comments and do not interrupt. Also, so that everyone has a chance to participate, a student who has just answered or commented will need to wait for two other students to answer/comment before answering or commenting again in discussions.

Please turn off or set your mobile devices on **silent** (not vibrate) during class. Students choosing to use laptops to take notes are asked to sit towards the back or sides of the room. If you must answer your phone for emergency reasons, sit close to the door so that you may exit the room without disturbing your classmates.

## **RESPECT FOR YOUR PROFESSOR:**

I will do my best as your instructor to create intellectually stimulating (and hopefully fun) classes. I will also do my best to answer any questions you may have both during and outside of class (during office hours).

If you choose to e-mail me, please do so through Canvas and write it as an e-mail. E-mails should be written as e-mails, not as text messages. It is in your best interest to understand this difference in your academic and professional life.

Please also address me appropriately. Do not begin your e-mail with "Hey, ..." or "Hi Celeste, ..." or "Mrs. Lonson, ..." Please address me as "Dr. Lonson," "Professor Lonson," or simply "Professor."

***If you miss a class, it is up to you to get notes from your classmates.***

Side conversations during lectures are incredibly disrespectful- these will **NOT** be tolerated.

**\*\* Students who violate the above rules and/or demonstrate disrespectful behavior to other students or the instructor will be asked to leave class. They will be marked absent until the instructor gives them permission to return. \*\***

## **What You Will Need to Succeed in This Course:**

1. Ability to follow instructions & manage time effectively
2. A folder to keep your in-class handouts and homework organized
3. Reliable internet access (there are many computers available to students on campus, see "other useful information" below)
4. Good attendance
5. Willingness to learn
6. Willingness to work with others

## **Course Work**

### ***Attendance & Class Participation:***

Attendance and participation are both EXPECTED and NECESSARY to do well in this course. Attendance will be taken by sign-in. Sign next to your name on the class attendance sheet before class. ***Signing in for a student besides yourself will be treated the same as cheating.***

**>> In-class work CANNOT BE MADE UP <<**

### ***Chapter Quizzes:***

For each chapter you will have a weekly quiz on Canvas.

**>> Weekly quizzes CANNOT BE MADE UP\*\* <<**

### ***Weekly Assignments:***

Specific guidelines for each assignment will be posted in Canvas; there will also be an in-class announcement.

**>> Weekly quizzes CANNOT BE MADE UP\*\* <<**

**\*\*Exceptions will only be made for those who have documented emergencies.**

### ***Group Project:***

You will be required to work with classmates on a research project. More details to follow.

### ***Midterm & Final Exams:***

Your midterm and final exam will both require an 882-E scantron. **Your final exam is scheduled for Thursday March 19 from 11:30-12:20.**

**Extra Credit:**

Opportunities for extra credit will include-

1. Stamped class worksheets (1 point for every 5 stamps)
2. Course evaluation (2 points)
3. Other opportunities may arise and if so, will be announced in class.

Grading Category	Points	%
Chapter Quizzes	90	17
Assignments	90	17
Midterm	100	19
Final Exam	100	19
Group Project	140	28
<i>Total</i>	<i>520</i>	<i>100%</i>

Grade	Percentage
A	94-100%
A-	90-93%
B+	87-89%
B	84-86%
B-	80-83%
C+	77-79%
C	74-76%
C-	70-73%
D+	67-69%
D	64-66%
F	Below 64%

**Important Dates**

**1/16** (Thurs) – VERY IMPORTANT CLASS – Group project requirements, partners, & topic

**1/28** (Tues) – VERY IMPORTANT CLASS – How to read a journal article & library field trip

**2/18** (Tues) – **Midterm** & Group project work day

**3/10** (Tues) – VERY IMPORTANT CLASS – Group project work day

**3/12** (Thurs) – **ATTENDANCE MANDATORY** – Poster presentation day

**3/17** (Tues) – NO CLASS – Student success day (I will be in my office to answer any questions before the final exam)

**3/19** (Thurs) – **Final Exam 11:30-1:20**

## **Policies & Procedures**

### ***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.

**\*\* If you require DRC accommodations please see me in my office during the first two weeks to discuss your needs. \*\***

### ***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, color, national origin, language, ethnicity, religion, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at <https://www.bellevuecollege.edu/policies/>  
The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, 425-564-2641, Office C227, and EEOC/504 Compliance Officer, 425-564-2266, Office R130.

### ***Confidentiality and Mandatory Reporting:***

Given the nature of psychological science, it is very important to consider the privacy of others during class discussions. When participating in class and sharing information about yourself or others, please be as discrete as possible and leave out information that can identify the person. Please be respectful to your fellow learners by not sharing private information with others or through social media.

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

### ***Student Code of Conduct and Academic Integrity:***

The Student Conduct Code of Bellevue College (WAC 132H-125) outlines the rights and responsibilities of students in the Bellevue College community. These rights and responsibilities include due process rights, appeal routes and behavior expectations.

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

### ***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).

- ***Are you on campus late at night?*** Public Safety will escort you to your vehicle! You can either call when you are ready to be picked up OR you can even call ahead to let them know what time to pick you up so that you won't have to wait.
- ***Car won't start?*** Call Public Safety and they will jump-start your car!
- ***Locked your keys in your car?*** Public Safety can help with that too!

Public Safety also 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 <https://www.bellevuecollege.edu/alerts> \*\***

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.

If you feel threatened or see something that may indicate trouble, please report it right away at <https://www.bellevuecollege.edu/reportconcerns/>

We all need to help keep our campus safe for everyone.

You may also visit public safety web page for answers to your questions.

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

## **Other Useful Information**

### ***Download Microsoft Office for Free:***

Every Bellevue College student and employee has permission to install up to five copies of Office 2016 on their personal computers.

How To:

1. Click on the link that will redirect you to a TDX Service that provides instructions for downloading Office 2016. [Download Office 2016](#)

OR

1. Login to your Bellevue College email account. [BC Email](#)
2. Click on Office 365 tab (top left of page)
3. When the Office 365 page opens, click the Install Office 2016 button (top right of page)
4. Follow prompts and install

### ***Student Computer Labs and Printing Kiosks:***

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

List of open computer labs and hours that are available for student use on main campus. These labs are configured with Internet access, computer hardware, software applications and printing. Printing kiosks are also available in the R and S buildings. These are standard operating hours and do not reflect holidays or quarter breaks.

#### **Student Computer Labs:**

Bellevue College student open computer labs in N250 and D101 have over 100 PCs and Macintosh computers available to all registered students. Internet access and software applications that support academic and vocational courses are available, as well as printing.

#### **N250 Student Computer Lab:**

Mon - Thu: 7:00am - 9:30pm  
Friday: 7:00am - 7:00pm  
Saturday: 9:00am - 6:00pm  
Sunday: 9:00am - 6:00pm

#### **D101 Student Computer Lab:**

Mon - Thu: 7:00am - 9:30pm  
Friday: 7:00am - 7:00pm  
Saturday: Closed  
Sunday: Closed

#### **Library:**

The Library and the Library Media Center has a couple dozen computers with Internet access, software applications and printing.

For current hours of operation and contact information, please visit the [Library's website](#).

#### **Printing Kiosks:**

- S100 lobby outside of the Science Study Center.
- R100 first floor lobby on the east side of the building.
- R200 second floor lobby on the east side of the building.

**Pals Center:**

Open during regular business hours in C105

There are 6 computers available for quickly accessing information. Printing is also available

**Academic Success Center (D204):**

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

The Academic Success Center (and all associated labs listed below) is committed to providing high-quality educational resources for all students enrolled at Bellevue College. Please use these free resources while you can!

**Tutoring:** <http://www.bellevuecollege.edu/asc/tutoring/>

Both drop-in tutoring and online tutoring are available for ALL students enrolled in classes at BC (regardless of your current grade)! Online tutoring is available even during our quarter breaks and closures.

**Reading Lab:** <https://www.bellevuecollege.edu/asc/reading/>

The Reading Lab offers 3 paths to reading improvement:

- 1 ) Reading Classes: English 080 and 180
- 2 ) Workshops – see “Workshops” below
- 3 ) Instructors may refer students to the Reading Lab to come as a “guest” for 10 free visits, without needing to register for the class. Students are welcome to ask for a referral from instructors and advisers as well.

**Writing Lab:** <https://www.bellevuecollege.edu/asc/writing/>

Get face-to-face, personalized help with writing projects, including:

- >> class assignments
- >> personal statements
- >> resumes and cover letters

This is also available online through e-Tutoring.

**Workshops:** <https://www.bellevuecollege.edu/asc/workshops/>

No registration required. Useful topics include- study skills, APA documentation, reading faster, personal statements for college applications, understanding American idioms, and more!