

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 5410 HYK Spring 2020

Instructor: Carol Anderson

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Office location: D100B

Virtual Office location: Canvas Messaging

Virtual 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

Virtual Class Times: M-Th 11:30am – 12:20pm

Virtual Class Location: Canvas via BigBlueButton live conferences

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 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%)
Participation	= 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. Study guides will be provided for all quizzes. If you miss a quiz or want to improve a quiz score, you will be allowed to take one make-up quiz at the end of the quarter; only the highest score will count.

Exams

There will be three exams throughout the quarter, each worth 100 points. Each exam will cover information from three chapters from the text, class lecture, and videos. Study guides will be provided for all exams. 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, and/or labeling.

Exams will occur during our scheduled class time (although available throughout the day). If you know ahead of time that you will be unable to complete an exam on exam day, you may be able to take an alternative exam early or a make-up exam late. Appropriate documentation may be required. See the Canvas Calendar for exam dates.

Written Assignments

Throughout the quarter, you will complete two written assignments that deal with critical thinking (CTAs). Each will be worth 100 points and completed in two parts. Details will be posted and discussed in lecture. Late assignments may be penalized 20% of 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 Canvas. Late assignments may be penalized 20% of the total points possible. See the Class Calendar for due dates.

Participation Points

Throughout the quarter, we will meet virtually on Canvas to discuss our course content via BigBlueButton (BBB) Conferences. To earn Participation Points, you will take notes of our BBB lectures and upload copies of these notes on Canvas. These will be worth a total of 100 points.

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.

Online Course While originally a hybrid course, this course is now completely online because of the current COVID-19 crisis. To succeed in this class, you will need regular access to a computer with Internet access. If you do not have access to a computer with Internet access, let me know as soon as possible.

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; Discussion Boards may be created to help facilitate study groups. *Ask for help right away if you need it*. This class goes quickly, and you'll need to stay on top of the reading to do well.

Attendance will be taken in the form of Participation Points earned by uploading notes. Our virtual class will occur via BigBlueButton (BBB) live Conferences during our scheduled class time. When the BBB Conference goes live, you will receive an email invitation; you can also find the BBB Conference by clicking on the Conference button found on the left of the Canvas page. If at any time you are unable to attend our live Conference lectures (i.e., no WIFI, laptop problems, etc.) you may view the Conference recording at a later time. However, to earn points, your notes still must be uploaded by the deadline. In other words, try not to allow too much time to go by; watch the recordings the same day or week on which they occur. Email me if you have any trouble.

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 conscience, 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. 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/](http://www.bellevuecollege.edu/titleix/). If you have any concerns, you may report to: [Report Concerns https://www.bellevuecollege.edu/reportconcerns/](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. 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.

College Resources and Links

Bellevue College E-mail and access to 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

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 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.

General Psychology Course Calendar Spring 2020

Week One – April 8-9
Ch 1 pt.1: Introducing the World of Psychology
Week Two – April 13-16
Ch 1 pt.2: Introducing the World of Psychology; Reflection Paper 1
Week Three – April 20-23
Ch 2: The Role of Biology in Psychology; Critical Thinking Activity Practice
Week Four – April 27-30
Ch 5: Sensation & Perception; Critical Thinking Activity 1
Week Five – May 4-7
Exam 1; Ch 4: Development Across the Lifespan
Week Six – May 11-14
Ch 6: Learning; Reflection Paper 2
Week Seven – May 18-21
Ch 7: Memory
Week Eight – May 26-28
Exam 2; Ch 11: Health & Well-Being; Reflection Paper 3
Week Nine – June 1-4
Ch 14: Psychological Disorders; Critical Thinking Activity Practice 2
Week Ten – June 8-11
Ch 12: Social Psych; Critical Thinking Activity 2
Week Eleven – June 15-16
Reflection Paper 4
Final Exam – June 17-19
Exam 3

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.
