

# BELLEVUE COLLEGE

## Spring Quarter 2020

Course: Psyc& 100 Section HYH, Item 5407, 5 credits  
Time: Online  
Instructor: Ilona Pitkänen, Ph.D.  
Office: Via Zoom  
Office hour: Mondays 12:00pm-1:00pm or by appointment  
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Phone: Phone: (425) 564-2706 (My voicemail)  
Mailbox: Social Science Division Office (D110)

**Required Text:** *Hockenbury, Nolan & Hockenbury, Discovering Psychology, 7<sup>th</sup> Edition New York, NY: Worth Publishers (Macmillan Learning)*  
(Launchpad website access is an optional resource with the eBook that you can purchase, but it's not required)

### Course Description

Welcome to the Psychology 100 class! The field of psychology is defined as a “scientific study of behavior and mental processes”, and you will learn that psychologists study a remarkably wide range of topics. Examples of topics we will cover include learning and memory, sleep, psychoactive drugs, lifespan development, social psychology, and psychological disorders. We will also talk about the brain, and about how psychologists conduct research. The main purpose of the course is to introduce you to the major concepts, theories and research findings in psychology. More specific goals for the course are listed below.

**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 as soon as possible.

### COURSE OUTCOMES

1. Describe the purpose, comprehensive scope, and areas of application in the discipline of psychology.
2. Apply and/or critique various research methods used by psychologists in the study of behavior.
3. Recognize, compare and contrast various theoretical perspectives used to explain and guide psychological research and application.
4. Identify historical and present-day contributions of major psychologists.
5. Define key psychological terms, concepts, processes and principles.
6. Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
7. Apply psychological principles and findings to one's own life.

## 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

Apply personal skills:

- a) Understanding the influence of stress, nutrition, and life style on personal health and performance

**IMPORTANT:** We use Canvas in this course. You can access Canvas on the Bellevue College website. For Technology related problems, contact the HELP desk at (425) 564-4357 or online at <http://depts.bellevuecollege.edu/helpdesk/>

### **Exams and activities (360 points total)**

- 1) **8 Canvas quizzes (160 points):** There will be 8 quizzes that you will take online. 7 of them are each worth 20 points, and a longer final quiz is worth 40 points. Of the seven 20-point quizzes, your lowest score will be automatically dropped, so that only **six of the quizzes (120 points) count towards your final grade. The last 40-point quiz cannot be dropped.** None of the quizzes is comprehensive; each quiz only covers the material for the given module (one chapter, except the last quiz covers two chapters). The quizzes are available **Friday 8am – Sunday night 11:59pm** in the designated weeks. See the course schedule and calendar for the deadlines. The last 40-point quiz will be available during the final exam week. The quizzes are timed and can only be taken once. **No make-up quizzes will be given. Since your lowest score will be dropped, if you miss a quiz, the missed quiz will be accepted as your lowest score.**
- 2) **Chapter reflection assignments and introduction (160 points + 10 points):** We will have online Canvas assignments in which you'll discuss topics related to the class material. You'll also need to comment on other students' posts. See the instructions and due dates in Canvas for these assignments. Students also post an introduction and respond to two other students' introductions in the introductory module of the Canvas site.
- 3) **Podcast assignment (30 points):** You will summarize and evaluate a "Hidden Brain" podcast episode, read other students' posts and comment on two of them. The comments should address the content of the students' posts, showing that you read them. See the more detailed instructions in Canvas. There is also an optional **20-point extra credit assignment** due June 8<sup>th</sup> (see Canvas).

## COURSE SCHEDULE

WEEK/ CHAPTERS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ch. 1: Intro and Research Methods</b>			4/8 <b>First day of the quarter</b>	4/9	4/10	4/11 Canvas intro due	4/12
<b>Ch. 1: Intro and Research Methods</b>	4/13 Responses to student intros due	4/14	4/15 <b>Ch. 1 Reflection</b>	4/16	4/17 2 student comments	4/18	4/19 <b>INTRO AND RESEARCH QUIZ</b>
<b>Ch. 2: Neuroscience and Behavior</b>	4/20	4/21	4/22	4/23	4/24 <b>Hidden Brain podcast</b>	4/25	4/26 2 student comments
<b>Ch. 2: Neuroscience and Behavior</b>	4/27	4/28	4/29 <b>Ch. 2 Reflection</b>	4/30	5/1 2 student comments	5/2	5/3 <b>NEURO QUIZ</b>
<b>Ch. 4: Sleep and Consciousness</b>	5/4	5/5	5/6 <b>Ch. 4 Reflection</b>	5/7	5/8 2 student comments	5/9	5/10 <b>SLEEP QUIZ</b>
<b>Ch. 5: Learning</b>	5/11	5/12	5/13 <b>Ch. 5 Reflection</b>	5/14	5/15 2 student comments	5/16	5/17 <b>LEARNING QUIZ</b>
<b>Ch. 6: Memory</b>	5/18	5/19	5/20 <b>Ch. 6 Reflection</b>	5/21	5/22 2 student comments	5/23	5/24 <b>MEMORY QUIZ</b>
<b>Ch. 9: Lifespan Development</b>	5/25	5/26	5/27 <b>Ch. 9 Reflection</b>	5/28	5/29 2 student comments	5/30	5/31 <b>DEVELOPMENT QUIZ</b>
<b>Ch. 11: Social Psychology</b>	6/1	6/2	6/3 <b>Ch. 11 Reflection</b>	6/4	6/5 2 student comments	6/6	6/7 <b>SOCIAL PSYCHOLOGY QUIZ</b>
<b>Ch. 13: Disorders; Ch. 14: Therapies</b>	6/8 <b>Psychology in the world (extra credit)</b>	6/9	6/10 1 student comment (extra credit)	6/11	6/12 <b>Ch. 13 &amp; 14 Reflection</b>	6/13	6/14 2 student comments
<b>FINAL QUIZ OPEN Mon 6/15- Fri 6/19</b>	6/15	6/16	6/17	6/18	6/19 <b>DISORDERS AND TREATMENT QUIZ</b>		

### **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.

<b>%</b>	<b>Letter Grade</b>
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.

### **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**

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 Bellevue College [Policy 2950](#)). 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](#)).

- Students will apply for accommodations through Office of the Associate Vice President of Student Affairs during the first two weeks of the quarter. (Here is the [Request Form](#))
- In a manner similar to the DRC, the Student Affairs AVP will approve the accommodation and inform, support and work with the faculty member to accommodate the requested days. That may include an alternate test day, or extended deadlines/alternate assignments for work completed during class time.

### **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/](http://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 5 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.** 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](mailto: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](http://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.