

# BELLEVUE COLLEGE

## Spring Quarter 2020

Course: Psyc& 200 Section HYC, Item 5430, 5 credits (online)

Instructor: Ilona Pitkänen, Ph.D.

Office hours: Via Zoom Wednesdays 3:00 pm - 4:00 pm or by appointment

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### Course Description

Welcome to Lifespan Psychology 200! The purpose of the course is to introduce you to the major concepts, theories and research findings in lifespan development. We'll discuss the roles of heredity and environment in shaping development as well as cross-cultural influences in development. We'll cover prenatal development, and various biological, cognitive, emotional, and social aspects of development during infancy, childhood, adolescence, and early, middle, and late adulthood.

**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.

Textbook: **Human Development: A Life-Span View 8e** (Robert V. Kail & John C. Cavanaugh;  
Publisher: CENGAGE)

Students will get the eBook and the Mindtap digital product for **FREE** this quarter. See Canvas for how to register. Students who wish to additionally have the physical book can order it from the publisher or from other sources.

### Course Outcomes

After completing this class, students should be able to:

- Identify and explain the issues involved in the scientific study of human development across the lifespan, from conception through death, through the interaction of biological, psychological, and social aspects of human development across the lifespan.
- Distinguish between the contributions of influential theorists in developmental psychology, such as Piaget, Ainsworth, Kohlberg, Bronfenbrenner, Vygotsky, Arnett, and Erikson.
- Relate course materials to a personal perspective on human developmental experiences, as well as learn how to test theories using qualitative and quantitative research methods.
- Identify and critically reflect on the variability and diversity of developmental pathways, and their own embeddedness in social, cultural, and political contexts.
- Apply knowledge of cross-cultural research to developmental differences across the life span.

**IMPORTANT:** We use Canvas in this course. I will be posting class materials and documents on the Canvas site. 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 & Activities (380 points total)**

- 1) **Exams (90 points):** There will be 3 exams, each worth 30 points. The exams are not cumulative, and they cover the topics listed in the review sheet for each exam. The exams are taken online in Canvas and include multiple-choice, true/false, matching and short-answer questions. Each exam is available for 5 days (see the schedule for the exam dates). You can take the exam any time during this period. Once you start the exam, you must finish it, and you have 90 minutes to complete the exam. **Please note that if you start the exam less than 90 minutes from the deadline (11:59pm on the last exam day), the exam will still automatically close at 11:59pm.** No late exams are generally given, but please contact me for exceptional circumstances such as serious illness/death in the family. If possible, do not take the exams with a cell phone. **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 deadline. Please note that the exam answers will be revealed after the deadline. After they are revealed, no late exams are possible.**
- 2) **Canvas assignments (180 points):** We will have online Canvas assignments in which you'll discuss topics and take surveys related to the class material. For most assignments, you also need to comment on other students' posts. See the instructions for these assignments in Canvas.
- 3) **Introduction (10 points):** Students need to post an introduction and respond to two other students' introductions in the introductory module in Canvas.
- 4) **Mastery Training assignments in Mindtap (100 points):** Complete the Mindtap Mastery Training (to 100%) in each chapter by the due date. You will get 10 points per chapter for the Mastery Training completed in its entirety. We will have 15 chapters (Ch. 1 is optional and not counted for points), and I recommend that you complete the Mastery Training for all of them. However, for maximum flexibility this quarter, you will get points for completing the Mastery training in 10 chapters, and you can miss 5 Mastery trainings without losing any points. If you complete the Mastery Training for more than 10 chapters, you get **5 points extra credit** per chapter.

## COURSE SCHEDULE

WEEK/ CHAPTERS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> <b>Ch. 1</b>			4/8 <b>First day of the quarter</b>	4/9	4/10	4/11 Canvas intro due	4/12 Try Ch 1 Mastery training for practice (optional)
<b>Week 2 Part 1</b> <b>(Ch. 2-5)</b>	4/13 Responses to student intros due	4/14	4/15	4/16 <b>Reflection: gender- stereotyped products</b>	4/17	4/18 2 student comments	4/19 Ch. 2 & 3 Mastery training
<b>Week 3 Part 1</b> <b>(Ch. 2-5)</b>	4/20	4/21	4/22	4/23 <b>Reflection: cognitive development scenarios</b>	4/24	4/25 A student comment for cognitive scenarios	4/26 Ch. 4 & 5 Mastery training
<b>Week 4</b> <b>Part 1 (Ch. 2- 5)</b>	4/27	4/28	4/29 <b>Canvas exam 1 opens (CH. 2, 3, 4, 5)</b>	4/30	5/1	5/2	5/3 <b>Canvas exam 1 closes at 11:59pm</b>
<b>Week 5 Part 2</b> <b>(Ch. 6-9)</b>	5/4	5/5 <b>Reflection: Limits and freedom in childhood</b>	5/6	5/7 2 student comments	5/8	5/9 <b>Toy evaluation</b>	5/10 Ch. 6 & 7 Mastery training;
<b>Week 6 Part 2</b> <b>(Ch. 6-9)</b>	5/11 2 student responses to toys	5/12	5/13	5/14 <b>Reflection: Sexuality</b>	5/15	5/16 2 student comments	5/17 Ch. 8 & 9 Mastery training
<b>Week 7</b> <b>Part 2 (Ch. 6- 9)</b>	5/18	5/19	5/20 <b>Canvas exam 2 opens (CH. 6, 7, 8 &amp; 9)</b>	5/21	5/22	5/23	5/24 <b>Canvas exam 2 closes at 11:59pm</b>
<b>Week 8</b> <b>Part 3 (Ch. 10-13)</b>	5/25	5/26	5/27	5/28 <b>Reflection: Ted Talk “30 is not the new 20”</b>	5/29	5/30 2 student comments	5/31 Ch. 10 & 11 Mastery training
<b>Week 9 Part 3</b> <b>(Ch. 10-13)</b>	6/1	6/2 <b>Attachment survey</b>	6/3	6/4	6/5	6/6 <b>Bodies podcast</b>	6/7 Ch. 12 & 13 Mastery training
<b>Week 10</b> <b>Part 4 (Ch. 14-16)</b>	6/8 1 student podcast comment	6/9	6/10	6/11 <b>Life expectancy survey</b>	6/12	6/13 1 student survey comment	6/14 Ch. 14, 15 & 16 Mastery training
<b>Week 11</b> <b>Part 4 (Ch. 14-16)/ FINAL EXAM</b>	6/15 <b>Exam 3 opens (CH. 10, 11, 13, 14 &amp; 15)</b>	6/16	6/17	6/18	6/19 <b>Exam 3 closes</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.