



Spring Quarter 2020

Course: PSYC& 100 General Psychology 5 credits

Item# 5401

Section HYB

Time: Monday to Thursday 8:30 am to 9:20 am

Room: B 227

Instructor: Madhura Sohani

Office: D 100 A

Office hours: Monday: 8:30 am to 9:30 am; Thursday : 9:30 am to 10:30 am or appointment via zoom

Email: madhura.sohani@bellevuecollege.edu

Course description:

Psyc&100 is a general psychology class. It includes examining different concepts pertaining to human cognition, emotions, behaviors and perceptions. It comprises of studying the empirical facts in a scientific way which are often studied in laboratories and controlled settings. In this class, you will have the prospect to engage in different learning experiences. Most common ways would be lectures, presentations, assignments, videos, research papers, understanding and applying the APA (American Psychological Association) style. At the end of this class, you will be able to understand various ways in which human behavior, cognition and interaction can be evaluated. It will help you develop the ability to critically evaluate assertions about human behaviors and make observations around you.

Course outcomes:

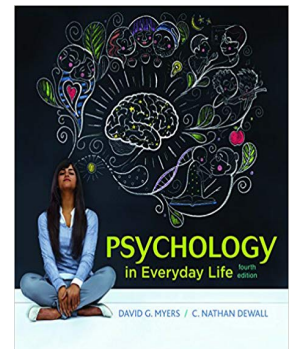
- Describe key concepts, principles, and overarching themes in psychology
- Describe psychology's content domains and areas of application to human behavior
- Use scientific reasoning to understand, apply and/or critique various research methods and theoretical perspectives used by psychologists to study 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

Textbook requirement

Myers, D.G., & DeWall, C. N. (2017). *Psychology in everyday life*. New York: Worth, Macmillan Learning, (required)

ISBN: 9781319013738

Any format is acceptable, including eBook, notebook, paperback.



Grade distribution

Course Grade

The College Grading Policy is located on page 10 of the Course Catalog: [Grading policy](#). The course letter grade is related to the point total as follows:

Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	F
Minimum %	93%	90%	87%	83%	80%	77%	73%	70%	67%	63%	0%
Minimum Points	372	360	348	332	320	308	292	280	268	252	0-235

Grading system

Course Format

The course is comprised of 2 units. For each unit, students will earn points for participation. For units 1 & 2 students will take a unit exam, do online chapter quizzes, do reading assignments intended to engage the student with empirical research in diverse subfields of psychology and complete in-class assignments.

Course Grade:

Your course grade will be wholly determined by the total number of points you accumulate on the assignments described below.

Assignment	Points	% of Grade
Introduction quiz, Pre & Post Assessment quiz, Syllabus quiz (10 pts each)	30	7.5%
Lecture/Chapter notes (8 lecture notes, 1 each chapter, 10 points each)	80	20%
Chapter Quizzes (8 quizzes, 10 pts each)	80	20%
Unit Exams (2 Exams, 1 per unit, 50 pts each)	100	25%
Reading & Writing Assignments (8 Assignments, 10 pts each)	80	20%
Participation	30	7.5%
TOTAL	400	100%

Introduction quiz

In order to know a little bit about you I have created this quiz. Complete this quiz so I get to know you more. All the information you share will be of great assistance for me to help you succeed in this class. There is no time limit on this quiz, and you will be awarded the grade as soon as you complete it.

Pre and Post Assessment quiz:

Pre and Post assessment quiz contains a scenario based off of which you will be answering 5 multiple-choice questions. You will answer them based on your existing knowledge of psychology; don't look anything up! You will earn full credit for completing the quiz, regardless of the accuracy of your answers. Answers won't be revealed to you after the quiz; instead, you'll learn about the correct answers as we cover course material during the quarter. Pre assessment will be done at the beginning of the quarter and post assessment at the end of the quarter.

Syllabus quiz

You should always consult the syllabus first when you have a question about the class. Chances are, an associated policy is outlined here, and I strictly adhere to my policies. To make sure you have read and understood the policies for this course, you will take a syllabus review quiz on Canvas as your first assignment.

Lecture notes

For each chapter (2-3 lectures/week) you will be **completing one lecture/chapter note guide** that will help you follow through the concepts covered in the lecture and pay attention to the important aspects of the class that may show up on the test/quizzes. **Your lecture/chapter notes are graded, 10 points each.** Grade will be determined by, if the notes are completed, the depth of notes taken, all questions are answered, examples provided wherever necessary. Lecture notes will be **due every Saturday at 11:59 pm.**

Chapter Quizzes

You will complete a short **multiple-choice quiz** for each chapter we cover. These quizzes can be found on the “**Quizzes**” page of Canvas website. All chapter quizzes are available to be **retaken 2 times** to obtain a perfect score before the due date with a **25 minutes’ time limit.** **Quizzes will be due every Sunday night at 11:59pm.**

Reading and Writing Assignments:

Throughout the quarter you will be completing **8 reading and writing assignments** linked to the chapters that will count towards your final grade. This is intended to help you follow through the concepts covered in classroom. Each **activity/assignment is worth 10 points** and will help you apply the concepts learnt in class and will be **due every Sunday night at 11:59pm.**

Unit Exams

Unit 1 & 2 will culminate in **2 exams worth 50 points each**. These exams will consist of **multiple-choice questions**. These exams will be online.

NOTE: If you are concerned about your ability to understand exam questions due to a language barrier, you may use a translation dictionary or an electronic translator **without internet access**. If this applies to you, speak with me immediately. **I must approve your device before you may use it on an exam.**

Rules and Classroom Policies

1. Participation:

Since we are fully online now, participation will be in the form of completing your course objectives on time, posting in the discussion posts, logging onto canvas every day, watching the lectures/going over the topics from textbook and completing lecture/chapter notes, doing chapter quizzes on time will be accounted for as participation. This is a relatively easy part of your grade to score full points on. All you have to do is fulfill the expectations of this course and you will be awarded full credit. Reasons you may lose points are, constant late submissions, missing assignments, not watching lecture videos/ doing textbook reading, not completing the lecture notes thoroughly.

2. Late policy:

It is important that you meet the deadlines for all assignments. I ensure that you get enough time to complete the assignments. Late submissions will cause you to lose points. Assignments turned in 24 hours late will face a 20% penalty. Assignments submitted later than 48 hours will not be accepted. In case of emergencies, late submissions may be allowed only if the reason is discussed with me and a legitimate document is presented when necessary.

If you know that a week is going to be stressful for you, contact me before hand to ask for extensions. I appreciate thoughtful requests that are made beforehand as a result of careful planning. In some cases, I will be open to extending the due dates.

3. Contacting me:

The best way to get in touch with me is via Canvas message or Bellevue College email (madhura.sohani@bellevuecollege.edu). I check my email regularly and you can expect a reply within 24 hours on weekdays. It may take me longer than 24 hours to reply on the weekends. It is important that you ask brief questions with clarifications when necessary. Anything that needs detailed explanations should be talked about in person during or after the class or my office hours. If I do not reply in time, please try and send me the email again.

4. Make Up Exams:

Make up unit exams will only be allowed if legal or medical documentation to explain your absence is presented. Exams may be taken early with at least one week's notice and with written documentation for the upcoming absence.

Tips for Success:

- Read all material and watch videos on the topics that are unclear to you.
- Video lectures/PowerPoint slides will be available online.
- Take advantage of office hours or email if you have questions about the material.
- Make flash cards of key terms, be able to name terms when given a description, and vice versa.
- Form a study group with other students in the class (but make sure to complete assignments independently).
- Go to Psychology Tutoring in the Academic Success Center (D204).

Important Notes About Technology Use:

I will be posting class material (e.g., syllabus, PowerPoints, announcements, readings, assignments, and links to articles) regularly on the Canvas course website. **Plan to check the Canvas website regularly.** If you don't have a home computer with Internet access, an open computer lab is available in N250. You will have plenty of time to complete assignments. Excuses such as "my internet wasn't working," "I couldn't make it to the computer lab this morning," or "I thought I posted on the discussion board" will not be accepted.

You are required to create a BC student network account [here](#). The student network account may be created any time after you receive your student identification number (SID) and personal identification number (PIN). For students enrolled in credit classes, the SID and PIN are issued after you apply for admissions. For students enrolled in classes through BC Continuing Education, the SID and PIN are established after you register for a class. Continuing Education students may contact the Continuing Education office directly to request this identification information. Once you have your student network account, go to the Bellevue College website and click Canvas under Student Links to log into the course website. Our course homepage can be accessed from the Courses dropdown menu on the left side of the page.

Classroom Learning Atmosphere

Classroom Etiquette

Disagreeing with the instructor, and engaging in passionate, intellectual discussion are not disruptive behaviors if they are done with basic respect. If you feel that your rights have been violated, please contact me immediately. Appropriate action will be taken. Respect is important in three other class rules:

1. Students and teaching staff will not silence the views of others they do not agree with in this class.
2. No one may threaten or intimidate others involved in this course with violence or threats of violence.
3. Harassment, sexual and otherwise, will not be tolerated in this class.

Email Communication

Please use standard professional guidelines for all written communication, including using a formal greeting, writing in complete sentences, and signing your name. Your email should do one of the following:

1. Ask a short, clarifying question whose answer cannot be found in the syllabus
2. Request to meet at a time other than during my scheduled and posted office hours and include at least two days and times you are available for this meeting.
3. Request additional feedback on a graded assignment. Include: a) the question, b) your answer, c) the feedback you have already received, and d) any follow-up questions.

Religious Holidays

Students who expect to miss classes, examinations, or any other assignments because 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 a 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 (Title IX)

Bellevue College does not discriminate based on 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 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/>

For further information and contacts, please consult College Anti-Discrimination Statements.

Procedures & Guidelines of the Social Sciences Division

Bellevue College's 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 BC, and students, faculty, staff members, and administrators are to treat one another with dignity and respect. The college's "Affirmation of Inclusion" is in line with the principle of free speech in a free society: we have the right to express unpopular ideas as long as we don't show disrespect for reasonable people who might believe otherwise. In this course, you will be expressing ideas through the medium of the course site as well as face to face in the classroom. In that case, these expectations refer to the courtesy with which you communicate with one another in the classroom and on the course website. Part of this respect involves professional behavior towards the instructor, colleagues, and the class itself.

Plagiarism and Other Conduct Policies: Plagiarism is a form of academic dishonesty that occurs when students use information or material from outside sources and do not properly cite those sources. This is grounds for disciplinary action. It is your responsibility to understand plagiarism and its consequences. Plagiarism occurs if:

1. You do not cite quotations and/or attribute borrowed ideas as references.
2. You fail to enclose borrowed language in quotation marks.
3. You do not write summaries and paraphrases in his/her own words and/or doesn't document his/her source.
4. You turn in work created by another person.
5. You submit or use your own prior work for a current or past course, or work from one current course in another course without express permission from your professors. This may also be considered academic dishonesty.

Consequences: If you have plagiarized or engaged in other forms of academic dishonesty, you will likely fail the assignment and possibly the course, despite points earned through other work. Acts of academic dishonesty are reviewed for disciplinary action. If you are new to writing then please come talk to me during office hours and/or visit the Writing Center. Their website is <https://www.bellevuecollege.edu/asc/writing/> and they are located in D204.

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 behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: Plagiarizing material from the internet and posting rude or personal attacks in discussions. When you are in doubt about any behavior, please consult your instructor. In addition, you may wish to review the generally applicable rules of cyberspace, such as in the Core Rules of Netiquette. The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors.

The instructor can refer any violation of the Student Code of Conduct to the Vice President 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 Vice President of Student Services. <https://www.bellevuecollege.edu/policies/id-2050/>

Incomplete vs. F: If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). It is the student's responsibility for maintaining contact and adhering to the agreed-upon actions. Canvas class sites, and material may not be directly accessible after the end of the quarter so it is important to decide before the quarter ends. The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F"). There is a standard form that instructors have access to in their instructor's grade briefcase.

F Grade: Students who do not withdraw by the deadline and fail a course will receive a letter grade of "F."

Final Examination Schedule: Final examinations may involve proctored on-campus arranged exams or may be administrated completely online at the discretion of the instructor and in keeping with the stated policies provided in the course syllabus. Please refer to the syllabus at the start of the quarter for additional details and contact the instructor directly for any clarifications. A student who is not in compliance with the scheduled format 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 follow 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.

Withdrawal from Class: Academic Year: 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. Check the [enrollment calendar](#) for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.

Hardship Withdrawal (HW): Hardship Withdrawal indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. The student must contact the instructor to request this withdrawal option, or the faculty member may initiate the contact. No points are calculated into the grade-point average. Students may also contact the enrollment Services Office BEFORE grades are assigned in cases of hardship.

Students Who Require Disability Accommodations: Students with disabilities who have accommodation needs are encouraged to meet with the Disability Resource Centre (DRC) <http://bellevuecollege.edu/drc/>. The office is located in B132 (telephone 425.564.2498 or TTY 425.564.4110 email drc@bellevuecollege.edu). Students will need to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation letter or contact your online instructor directly by email. Students who require accommodation in a course 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 Disability Resource Centre, and review those needs with the instructor as well.

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 the Library Media Center in D125.

The DRC office is located in B132 or you can call our reception desk at 425.564.2498. Deaf students can reach us by Skype: the address is DRCatBC (NOTE: There is no @ sign...it is actually DRCatBC). Please visit our website at Disability Resource Center for application information into our program and other helpful links.

COURSE OVERVIEW:

DATE		Time due
April 13 th to May 11 th	Unit 1 Chapter 1: Psychology's roots, Big Ideas and Critical Thinking Tools Chapter 2: Biology of Mind Chapter 3: Developing through the Life Span Chapter 6: Learning	
April 18 th	Lecture notes 1	Due 11:59 PM
April 19 th	Quiz for Chapter 1	Due 11:59 PM
April 19 th	Reading/writing Assignment 1	Due 11:59 pm
April 25 th	Lecture notes 2	Due 11:59 PM
April 26 th	Quiz for Chapter 2	Due 11:59 PM
April 26 th	Reading/writing Assignment 2	Due 11:59 pm
May 2 nd	Lecture notes 3	Due 11:59 PM
May 3 rd	Quiz for Chapter 3	Due 11:59 PM
May 3 rd	Reading/writing Assignment 3	Due 11:59 pm
May 9 th	Lecture notes 6	Due 11:59 PM
May 10 th	Quiz for Chapter 6	Due 11:59 PM
May 11 th	Unit 1 Exam	Due
May 12 th to June 19 th	Unit 2 Chapter 7: Memory Chapter 9: Motivation & Emotion Chapter 11: Social Psychology Chapter 13: Psychological Disorders	
May 16 th	Lecture notes 7	
May 17 th	Quiz for Chapter 7	Due 11:59 PM
May 17 th	Reading/writing Assignment 7	Due 11:59 pm
May 23 rd	Lecture notes 9	

May 24 th	Quiz for Chapter 9	Due 11:59 PM
May 24 th	Reading/writing Assignment 9	Due 11:59 pm
June 6 th	Lecture notes 11	
June 7 th	Quiz for Chapter 11	Due 11:59 PM
June 7 th	Reading/writing Assignment 11	Due 11:59 pm
June 13 th	Lecture notes 13	
June 14 th	Quiz for Chapter 13	
June 14 th	Reading/writing Assignment 13	Due 11:59 pm
June 15 th	Unit 2 Exam	Due in class

The syllabus is not set in stone and is subject to change. Any change will be informed in classroom.