

PSYC 351 Abnormal Psychology

Syllabus & Course Calendar for Section 3, Spring 2018

Instructor: Dr. Heather Meggers-Wright (you can call me Dr. Meggers)

Email: hmeggers@uwsp.edu

Office: D230

Office Hour: Thursdays 11:30-12:15

Section 3: Hybrid, online and Thursdays 12:30-1:45

Classroom: D314

Required Readings

- Kearney & Trull (2015). *Abnormal psychology and life: A dimensional approach*, 2nd Edition. Belmont, CA: Wadsworth.
- Additional articles/readings as assigned available on D2L

Course Description: This course provides an overview of psychological disorders, including pertinent diagnostic information, possible etiologies, and common treatments. Course topics include: neurodevelopmental disorders; schizophrenia spectrum and other psychotic disorders; bipolar and related disorders; depressive disorders; anxiety disorders; obsessive-compulsive and related disorders; trauma- and stressor-related disorders; dissociative disorders; somatic symptom and related disorders; eating disorders; substance-related and addictive disorders; neurocognitive disorders; and personality disorders.

Course Objectives & Learning Outcomes: The main goals for this course are to recognize and classify psychological disorders, understand the basic process of diagnosis, and understand possible etiologies and treatments of psychological disorders. Specific learning outcomes for the course include:

- Students will be able to categorize and discriminate specific psychological disorders.
- Students will be able to identify how psychological disorders impact life experiences and daily living.
- Students will be able to analyze, compare, and contrast psychological disorders for a deeper understanding of the disorders.
- Students will be able to distinguish possible, appropriate treatments for a variety of psychological disorders.
- Students will be able to distinguish possible etiologies for psychological disorders.
- Students will be able to apply knowledge obtained about psychological disorders by providing diagnoses based upon case examples provided.

Course Assignments & Grading

Exams (300 pts)

There will be three regular exams given during the course of the semester. Each regular exam will cover the specific chapters assigned for that exam period (non-comprehensive) and will consist of multiple choice and short essay questions. The questions will be derived from lectures (in class and assigned out-of-class video lectures), the textbook, videos, and the assigned readings. Please refer to the course calendar for examination dates.

Papers (100 pts)

There will be two short papers written in “blog” style. You will choose a psychological disorder or problem for each paper and write a 450-550 word blog post addressed to individuals who may have that problem that 1) discusses common symptoms and 2) gives some research-based self-help tips. These blogs will require you to seek out and use sources other than your book. If you don't have much experience reading or writing blogs, check out the example links on D2L, or visit <http://www.bhcwausau.com/blog/>

Reading & Viewing Quizzes (total pts varies)

For the online portion of the course, you will complete readings from the book and other assigned sources (see D2L), as well as watch films. You will also be responsible for some powerpoint lectures. There will be online quizzes to check your learning from these sources due by midnight on each Sunday of the semester. I suggest you take the quizzes weekly. See the calendar for the official due dates. You may not have an extension on these due dates.

Class Policies:

Assignments: Assignments are to be turned in exactly as described on D2L. Read it and follow the directions. Also, make sure you read any supporting documents posted on D2L—I spend time on those to give you more information on HOW to do an assignment, as well as give information on how it will be evaluated. You are responsible for following the directions in these documents. Any deviation from these assignment directions that I have not personally permitted will result in a grade of zero points on the assignment.

Make-Up Exams and Late Assignments: Make-up exams will be offered only under extreme circumstances (e.g., death in family, accident, medical emergency) decided on a case-by-case basis. In order to qualify for a make-up exam, students must: a) provide a valid excuse for missing the exam (e.g. letter from physician) and b) schedule a make-up exam within one week of the missed exam, at a time that is convenient to the instructor. Failure to provide adequate rationale for missing an exam or providing false information or documentation will result in a score of zero points for the exam.

Assignments must be turned in as assigned to receive full credit. Assignments not submitted by the designated due date and time will result in at least a 10% reduction in credit per day, with a late deduction day beginning 1-hour after the designated time due has passed.

Respect: Students enrolled in this class are expected to be respectful of each other and the professor. Right now your job is to be a student, and a professional student is one who comes to class on time and ready to work. Respectful behavior includes, but is not limited to the following:

- **Keep cell phones and other electronic devices turned off and kept in bags. When you are in class, it is expected that you behave professionally, which means you pay attention to the class material exclusively.**
- When other students are presenting material to the class, or are asking questions, pay attention. Be equally if not more attentive to your classmates as you are to me.

Attendance: This class is a Hybrid class, which means that you are required to attend the weekly in-class face-to-face lectures. Attendance is mandatory for that 1.5 hours a week. You will not be penalized if you have 1 absence (for whatever reason). However, any absences over 1 will result in an automatic reduction, per absence, on your final grade in the course with only 2 exceptions, both of which must include prior notification: 1) college-events such as athletics or research conferences or 2) military duty. Do not waste your 1 allowed absence—if you misuse it and then really need it later (i.e. you get really sick), I will not make an exception.

Extra Credit & Rounding Policy:

IF extra credit is awarded in the class, final grades will not be rounded. If there is no opportunity for extra credit, the instructor may choose to round within a half-percentage point. Excessive rounding contributes to grade inflation and will not be awarded under any circumstances. Extra credit is not up for individual negotiation. *The only guaranteed way to receive the grade you want for the course is to earn it through your performance on regular course assignments.*

Incompletes: Incompletes will only be given in extreme circumstances (e.g., medical emergency) with proper documentation (e.g., doctor's note). An incomplete is not an option for students who feel overwhelmed by academics, work schedules, or extracurricular activities. Typically, incompletes must be completed within one semester, otherwise an "F" will result.

Campus-Wide Policies:

Students' Rights & Responsibilities: UWSP values a safe, honest, respectful, and inviting learning environment. In order to ensure that each student has the opportunity to succeed, the University has developed a set of expectations for all students and instructors. This set of expectations is known as the *Rights and Responsibilities* document, and it is intended to help establish a positive living and learning environment at UWSP.

Academic Integrity: Academic integrity is central to the mission of higher education, particularly to UWSP. Academic dishonesty includes, but is not limited to, cheating, fabrication, falsification, and plagiarism. Plagiarism includes copying or paraphrasing other students' work, and copying or paraphrasing material from sources (e.g., internet, articles, books) without using quotations or citations. You may not collaborate with other students on exams or homework assignments for this course. Violation of academic integrity is left to the discretion of the professor of this course. The minimum penalty is a zero for the assignment. For more information, see the UWSP "Student Academic Standards and Disciplinary Procedures" section of the *Rights and Responsibilities* document, Chapter 14, which can be accessed from: <http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>.

Accommodations: The Americans with Disabilities Act (ADA) is a federal law requiring educational institutions to provide reasonable accommodations for students with disabilities. For more information about UWSP's policies, see: <http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/ADA/rightsADAPolicyInfo.pdf>. If you have a disability and require classroom and/or exam accommodations, please register with the Disability and Assistive Technology Center, if you have not done so already, and then contact the professor. I am happy to help in any way I can. For more information, please visit the Disability and Assistive Technology Center, located on the 6th floor of the Learning Resource Center. You can also find more information at: <http://www4.uwsp.edu/special/disability>.

Extra Assistance: If you would like extra assistance related to course materials or if you have any questions related to your performance in the course, please come by my office hours or set up an appointment. If you would prefer help from a student, you can contact the UWSP Tutoring Learning Center (018 LRC, 715-346-3568) or utilize the Psychology Tutoring Center (contact Kay in the Psychology Department office, 715-346-2883).

Emergency Response: In the event of a medical emergency call 911 or use the Red Emergency Phone outside of room D230 Science Building. Offer assistance if trained and willing to do so. Guide Emergency Responders to victims. In the event of a tornado warning, proceed to the lowest level interior room without window exposure or the hallways outside of our classroom. See www.uwsp.edu/rmgt/Pages/em/procedures/other/floor-plans.aspx for floor plans showing severe weather shelters on campus. Avoid wide-span rooms and buildings. In the event of a fire alarm, evacuate the building in a calm manner. Meet underneath the athletic sign outside the HEC across from the Science Building. Notify the instructor or emergency command personnel of any missing individuals. In the event of an active shooter – Run/Escapes, Hide, Fight. If trapped, hide, lock doors, turn off lights, spread out, and remain quiet. Follow instructions of the Emergency Responders. See UW-Stevens Point Emergency Management Plan at www.uwsp.edu/rmgt for details on all emergency response at UW-Stevens Point.

Tentative Course Calendar

All of the contents are subject to change by the instructor, including topics, readings, due dates and exam dates.

Reminder: This class meets every Thursday from 12:30-1:45. Attendance is mandatory.

Dates	Topics (Class)	Assignments (Online)	Assignments Due (D2L)
Week 1 1-25	Introduction to abnormal psychology	1) Read Chapters 1& 2 2) Finish outstanding lecture notes 3) Quiz 1	
Week 2 2-1	Diagnosis, assessment, and research of mental disorders	1) Read Chapter 3 & 4 2) Finish outstanding lecture notes 3) Quiz 2	
Week 3 2-8	Anxiety Disorders	1) Read Chapter 5	
Week 4 2-15	Obsessive-Compulsive, and Trauma Related Disorders	1) Watch film 2) Finish outstanding lecture notes 3) Quiz 3	
Week 5 2-22	Cont. previous chapters/wrap up		Quiz 1-3 due by Sunday 2-35 midnight
Week 6 3-1	Exam 1 In Class Exam 1 covers Chapters 1-5	1) Blog Assignment #1	Blog due by Sunday 3-4 at midnight
Week 7 3-8	Depression and Bipolar Disorders	1) Read Chapter 7 2) Watch film 3) Finish outstanding lecture notes 4) Quiz 4	
Week 8 3-15	Eating Disorders	1) Read Chapter 8 2) Watch film 3) Finish outstanding lecture notes 4) Quiz 5	
Week 9 3-22	Substance Related Disorders	1) Read Chapter 9 2) Finish outstanding lecture notes 3) Quiz 6	
Week 10 3-29	No Class Spring Break		
Week 11 4-5	Cont previous chapters/wrap up		Quiz 4-6 due by Sunday 4-8 at midnight
Week 12 4-12	Exam 2 In Class Exam 2 covers Chapters 7-9	1) Blog Assignment #2	Blog due by Sunday 4-15 at midnight
Week 13 4-19	Personality Disorders	1) Read Chapter 10 2) Finish outstanding lecture notes 3) Watch film 4) Take Quiz 7	

Week 14 4-26 **	Schizophrenia	<ol style="list-style-type: none"> 1) Read Chapter 12 2) Finish outstanding lecture notes for week 13 3) Watch film 4) Take Quiz 8 	
Week 15 5-3 **	Developmental & Behavior Disorders	<ol style="list-style-type: none"> 1) Read Chapter 13 2) Finish outstanding lecture notes 3) Take Quiz 9 	
Week 16 5-10	Cont. previous chapters/wrap up		Quiz 7-9 Due by Sunday 5-13 at midnight
Final Exam Period	Exam 3 In Class Exam 3 covers Chapters 10, 12, & 13 Wednesday 5-16 10:15-12:15		Extra Credit Quiz Due by Wednesday 5-16 at midnight